

Wrapping around our community during Covid-19 crisis



Helping the community through their ECC work during the COVID-19 pandemic are (left) CDEM operations recovery Bronwyn O'Reilly and ECC intelligence manager Kupu Lloyd.

Photo by Diana Dobson/ The Black Balloon

As Covid-19 wound its way across the globe essential and emergency workers braced for the worst, including Gisborne District Council's Emergency Co-ordination Centre team. Diana Dobson talks to some of that team who is supporting the region's response.

As the pandemic situation escalated, the Civil Defence Emergency Management (CDEM) Team stepped in, setting up the Emergency Co-ordination Centre (ECC) and calling in its people.

"When this all kicked off, it was a scary time for everyone," says ECC group controller

Dave Wilson.

"People came in to work at a time when everyone else was being told to stay home. They were leaving their families at a very uncertain time for everyone. Their focus on ensuring the community was cared for was unwavering and I am very proud of everyone involved."

Each of the team has a bubble that includes the ECC family and each of their families, making it even more crucial to maintain social distancing and follow the rules strictly.

Dave is a dad of three who cut his teeth in Wellington as a senior Government advisor but he and wife Sara wanted to bring their children up on the beaches where they had

chased waves as kids.

His calm but firm leadership style trickles through the team. He's backed by his response manager, Wiremu Tamati, another Coastie who also came home for family reasons after an extended career in the military. Their ECC positions call for cool heads.

CONTINUED ON PAGE 2

"Taking care of you inside and out"

Stay home, save lives and keep safe



VARICOSE VEINS • SKIN CANCER CLINIC • CARDIOLOGY • GENERAL SURGERY

GENERAL MEDICINE • NUTRITION SERVICES • PELVIC PHYSIOTHERAPY

Empower yourself with our expertise.

State-of-the art technology, combined with the knowledge of a network of medical experts.

» Laser Varicose Veins

Do your legs ache or cramp? Feel comfortable and look good with our long-lasting treatment. We offer gold-standard non-invasive treatment for varicose veins. You'll notice the effects immediately - talk to us today. **Our treatment could change your life.**

NZGS

NZ General Surgery and Medical

14 Rutene Rd • Gisborne • Phone 06 868 9595

admin@nzgeneralsurgery.co.nz • nzgeneralsurgery.co.nz

Telephone and video consultations available



The Emergency Co-ordination Centre in full swing during a training exercise.
Photo by Diana Dobson/The Black Balloon

'Preparation is everything ...'

FROM PAGE 1

Dave is the one who is tasked with making the tough calls on important matters like checkpoints and welfare. It is about finding the balance between the national guidelines and directives and the requirements of our very unique communities in Tairāwhiti.

His hardest question came from home when his littlies asked him about the "monster under the bed" that they can't see but was changing their worlds.

Wiremu's military background is evident in the day-to-day running of the ECC and not just with timing and efficiency — everything has a name, whether it is an acronym, abbreviation or an "operation" name, most of which are completely in-house and all with a good slice of humour.

It creates a buoyed environment for all. When the ECC was stepped up, there were some long hours worked as systems were set up and protocols sought. Everyone was keen to do the best job they could by the community and when a "normal" working day ended, there was no rush for the door. Communities certainly discovered leaders, people rallied to ensure pakeke were kept safe, whānau had food on the table and essential services were kept strong.

Two of those are CDEM operations recovery Bronwyn O'Reilly and ECC intelligence manager Kupu Lloyd. Bronwyn is a former police officer while Kupu spent seven years in the Army as a combat engineer.

Bronwyn is a mum of two young boys and didn't think twice about being part of the response.

"The first few weeks were stressful and tiring but I am an optimist and this really

has put into perspective the things we really need," she says.

The coming together of the team is a big bonus for her.

"The training we have done and put into action has certainly highlighted people with excellent skills. It was always going to be hard in those first few weeks but once we found our rhythm, it was great."

Her background in policing stood her in good stead.

"As a police officer, you are always assessing and reassessing as things unfold. The Covid-19 pandemic meant constantly adapting to change."

Kupu is a dad of four. In the Army he was deployed offshore and did humanitarian aid and disaster relief. His concerns in the early stages were around his parents and children.

At the ECC, his job is co-ordinating the intelligence team to ensure a wider picture of what is happening in the community.

"We are looking closely at the social environment and how Covid-19 is affecting the Gisborne region as a whole and what that could lead to," he said.

The biggest challenges at the start were around establishing processes for a pandemic when most training had focused on natural disasters.

"I am really pleased we were able to pull together as such a strong team and operate so effectively for the community and region. Our team at the ECC has created a real whānau sort of base, which is key in these types of situations."

There's a buzz in the room not unlike

a newsroom. Hushed conversations on cellphones and one-sided snippets of Zoom meetings. Radios chirp with feedback from the kai delivery teams on their Coast runs.

When kai parcels head out late in the day because the delivery truck has been delayed, there is no shortage of volunteers to drive to the top of the Coast to make sure people have food on their tables.

The team has scaled down a bit since Covid-19 Alert Level 4 but the passion and intensity of those ensuring the needs of the community are met has not diminished.

The 1pm Prime Minister's briefing creates a physically-distanced gathering with everyone quiet as the daily numbers are announced.

A sigh of relief moves swiftly through when it remains low. The pride in the efforts of Tairāwhiti to keep those numbers down is palpable.

"We couldn't be more proud of the team that has come together from across Tairāwhiti with Police, health, Fire and Emergency NZ, the Ministry of Social Development, NZTA and our

iwi partners to look after our community through this emergency," says Dave.

The ECC holds regular training exercises with Council staff to ensure most are trained and can step in when there is an emergency. However, no-one predicted an international crisis like this one . . . tsunamis, floods, earthquakes and other natural disasters were all well covered but a pandemic? That truly was unprecedented territory for all.

However, the ethos and processes inside the Tairāwhiti Civil Defence Management team in helping the wider community remain the same. The exercises done over the past

year are solid and have assisted staff to slip easily into gear. The teams — operations, intelligence, welfare, logistics and public information — work together seamlessly and each has the other's back.

While it is a formal operation, there is a familiar feeling in the room, thanks to those exercises.

The team will scale back further as the alert levels drop, but there is still plenty of work going on in the recovery phase of the district and lots of learnings for the next time the district is faced with a state of emergency.

Wiremu will be looking closely at everything that has been done and what could be done differently. For him, it's well summed up by Ben Franklin's words:

"By failing to prepare, you are preparing to fail."

"Preparation is everything when it comes to Civil Defence and how a community copes in a disaster," says Wiremu.

THE GOOD OIL

During the Covid-19 response, Council's ECC has:

- Answered 178 welfare calls
- Assisted 512 people
- Delivered 416 food parcels
- Delivered essential household items to 2000 people
- Collaborated with Toitu Tairāwhiti to deliver 1450 food parcels
- Sent out 55 press releases
- Answered 339 private messages on Messenger
- Published 149 posts on Facebook
- Over 28 days there were 96,699 engagements with those Facebook posts with a reach of 124,484
- Called 7145 over-65s to ensure they were safe, included and connected.

PROFILE

Martin Lowe used the harsh words from his school principal as a motivating force to create and own his own business in Gisborne. The Business Applications company director shares his story with Matai O'Connor.

Martin left school at the age of 15 as he was told he would never get School Certificate back then, and the majority of the fifth form class he was in would not achieve and make the grade. That was the advice he got back in the 1960s.

He made a promise to himself that, one day, he would own his own company . . . and so his life began. He bit the bullet and left school in 1965 at the start of that year.

With the push from his father, he applied for a job at Eric Upton and Son, a locally-owned and operated typewriter and cash register shop owned by Murray Upton on Gladstone Road where Enterprise Cars now stands.

Martin started an apprenticeship, had a three-month trial and trained to be a qualified office equipment technician.

In those days, working as an apprentice in the Instrument and Coach Builder trade required training in mechanical and electrical qualifications for five years — 10,000 hours.

"I started at the age of 15", earning only 4 pounds 15 shillings a week back then.

"Yes, you read it right — that was \$8.75 per week," Martin said.

He thought that was a long sentence to commit to an employer to come out as a qualified technician.

"In those days that was expected when taking on a trade. One was reminded to spend and commit a further three years after qualifying to allow your employer to recuperate some of the costs that were spent on you as an apprentice — something that is now overlooked these days. This was a verbal promise that was to be kept to."

During his apprenticeship, he worked on old mechanical equipment and then electro-mechanical products and finally early electronic equipment in the Upton Shop.

Mr Upton made sure Martin was looked after with good pay rises when due, as he didn't take long to become a sought-after technician with companies from Auckland and Wellington hearing of his technical ability.

Martin was offered many jobs in those five years and then after his apprenticeship, he was being headhunted by even more aggressive businesses in the cities.

Martin decided to make Gisborne his home and stay with people he grew up with.

"I had a great team of good honest reliable friends from all walks of life."

Martin's hobbies were always something to do with cars. He started the Gisborne Slot Car Club with some of his friends. Martin made a scale-electric track that could be dismantled and taken around to school gala days to promote the newly-formed club. They gave the profits made back to the schools. This was a monthly occasion for several years.

"Nearly all schools in Gisborne benefited from these efforts."

Back in the slot car days, he and his committee grew the club to over 180 members. Eventually the club moved to fixed premises and built several tracks situated above the old Mark-n-Pak building.

"Most of us may remember it as the

He kept his promise . . . and then some



Business Applications company director Martin Lowe.

Picture by Liam Clayton

Barwick's Building where McDonald's is now."

Martin committed many years to helping the club and also spent many hours with the Gisborne Car Club as an active member, and then on the committee.

"We organised trials, gymkhanas, hill climbs, quarter-mile sprints, local and international rallies (Rothmans) and a couple of car shows."

He became president and was the instigator of bringing the famous TV show Knight Rider "Kitt Car" to Gisborne and the "Street Hawk" Motorbike. Along with other events, they raised funds for the Car Club to build and freehold their own clubrooms.

Martin retired as president after 10 years and was made a life member.

Changes happened — Eric Upton was sold to Beechey and Underwood of Auckland, then the company was taken over by Armstrong and Springhall just after decimal currency was introduced into New Zealand.

So from 1965 to about 1970, Martin worked for the same company with Mr Upton, his original boss.

He always remembers calling him Mr Upton.

"No one ever called their boss of senior age by their first name back then, and even customers were addressed as Mr, Mrs or Miss.

"Calling them by their first name would have been a total insult and considered cheeky. Wow, how things have changed."

Martin did not enjoy working in Gisborne for the big Armstrong and Springhall company. His good weekly wage dwindled away every time there was a general wage increase.

This was done by the powers of the Wellington-based firm to entice Martin to get out of Gisborne by hanging a bigger carrot in front of him if he moved to head office in Wellington.

Incidentally, Martin was clever and made a smart move — "head office did not like this at all".

He was the only one in New Zealand who knew how to repair a certain expensive electronic printing calculator which had hundreds of problems, costing the company thousands of dollars and a lot of embarrassment, he said.

Head office and all other branches had to send these products to "little old Gisborne to

be repaired".

"You can imagine what that did for a national company's ego — having to get work done in Gisborne. This was one of many reasons why they wanted me in head office."

Eventually, things came to a head and Murray Upton moved on and re-started Te Rau Press Office Equipment with Max Stephens, the then owner.

Martin was invited to go there, which he did, with the promise to purchase the business machine division at some stage.

"On leaving the big company, my managers and directors told me I would never succeed, never afford to travel and I was making a very big mistake."

This was not the case — Martin soon proved these so-called experts wrong with simple hard work and determination.

He spent several years working there with Murray and his son Kevin. Leaving Murray behind, Martin and Kevin eventually left and started up Business Applications Limited in 1980.

Within six months, the Office Equipment Division of Te Rau Press was sold to the new company and they moved back from the original starting shop on the corner of Palmerston Road and Derby Street to 32 Peel Street. Six months later they split the shop through lack of space, to 1 Peel Street for computers and cash registers and 32 Peel Street for typewriters and photocopiers.

"This double shop was hard to manage with sales staff and service split into two so a decision was to move the business to where it is now.

"Later Paul Bengé, current co-owner, and Martin bought the building."

Meanwhile, Martin could not get motorsport out of his blood.

During the growth of the new company, Martin became good business friends with Derek Johnstone and two Allen brothers, Les and Dick of Allen Brothers and Johnstone (AB & J) through buying several cars from them.

He was invited to buy into the company, which, in those days, was the Hillman, Humber and Dodge dealerships of Todd Motors.

Martin was ecstatic because he had always had a passion for cars . . . but he decided to "stick to his knitting" and stay in the office equipment industry.

AB & J was eventually sold and the new sole owner Ed and Robyn White offered Martin a division of the business to take on the Honda agency.

In his wisdom, once again he decided to stay within his trade and keep the loyal clients he had built up over the years.

Martin was welcomed in the Turanga Lions in the 1970s and 80s where he spent many weekends and hours working on community projects.

He still had a passion for cars and motorsport and started driving Speedway, enjoying several years at the wheel of his trusty little 1973 Holden Torana.

"Every weekend during the season, I could not wait to get out and blast around Gisborne's track."

He never became involved with committee work for the Speedway club but today his company sponsors the club as much as they can.

For the past 34 years, Martin has been teamed up with business partner Paul Bengé who is as dedicated as he is. They run "a company with 12 of the best full-time staff".

Martin and Paul have travelled to over 20 countries and won countless supplier awards.

"We even topped New Zealand's sales many times through dedication and by making sure our customers get the best bang for their buck and they are looked after as if the product is one of their own."

Over his working career, some very special people have mentored and supported him.

In no order of favouritism are: his dear parents Anne and Frank Lowe; Murray Upton, his original boss; Peter O'Sullivan, a great friend and original photocopier supplier/importer for his company; his sister and brother-in-law Judith and Joe Hackel; his long-time business partner Paul Bengé and his two sons, Karl, who now manages Blueprint Imaging and Kieran, who is currently living in Spain; not forgetting his dedicated loyal staff, customers and suppliers, past and present alike, as without these people his journey would not have been as exciting and eventful.

"Retirement, well . . ." he said.

"Statistics say the average person passes on approximately six years after retirement and I don't want to be in that space.

"There is far too much to do before I leave this planet," he said. "You only get one shot — there is no trial run."

'Fruit of the gods ...'

There's always something delectable and different being created in my friend's kitchen . . . so when I asked her for recipes to make the most of all the beautiful persimmons around at the moment, she came up with this delicious persimmon crostini and a delightfully-fresh persimmon and avocado salad.



No wonder persimmons are known in Greek as the 'fruit of the gods' or diospyros. They look like golden balls hanging on the trees at this time of the year. Not only are persimmons beautiful to behold, they are also an excellent source of fibre and vitamins A and C.

Persimmon crostini

INGREDIENTS:

2 - 3 strips pancetta or smoked bacon
 ½ cup diced shallot
 1 tablespoon fresh lemon thyme leaves
 ¾ cup diced Fuyu persimmon
 ¼ teaspoon ground cinnamon
 Salt and freshly-ground black pepper
 Camembert or goat's cheese
 1 to 2 tablespoons pure maple syrup
 Freshly-squeezed lime juice

METHOD:

• Cook pancetta or bacon in pan.
 • Remove, drain, and dice or

crumble.

• Cook shallots in same pan until just soft.
 • Add thyme leaves, persimmons and cinnamon. Cook for a few minutes.
 • Add bacon to the mixture.
 • Season to taste with salt and pepper.
 • Spread cheese on crisp crostini, top with persimmon mixture, drizzle with a few drops of maple syrup and a squeeze of lime juice.
 • Serve at room temperature or heat in oven at 180C until just warm.

• Serves 4 to 6.



Persimmon crostini.

Persimmon and avocado salad

INGREDIENTS:

2 firm but ripe fuyu persimmons, sliced
 1 ripe avocado, sliced
 1 or 2 spring onions, green and white parts sliced on an angle
 1 cup lightly-packed fresh coriander
 3 tablespoons toasted slivered almonds
 2 to 3 cups lettuces — mizuna, wild arugula or spring mix
 Salt and freshly-ground black pepper

Kewpie roasted sesame dressing
 Fresh lime juice
 Toasted sesame seeds

METHOD:

• Assemble the first five ingredients and place on the lettuce leaves.
 • Season with salt and freshly-ground black pepper.
 • Drizzle with dressing, squeeze fresh lime juice over and sprinkle with sesame seeds.

• Serves 4.



Ingredients grown to perfection right here in Gizzy.

Confidence with a smile

- Full dentures • Partial dentures • Denture repairs
- Hygienic Workmanship • Mouthguards
- Gold work • Quality materials • Personal Service
- Teeth bleaching • Guaranteed Expertise
- WINZ quotes • Free Consultation

GISBORNE DENTURE CLINIC LTD

SIMONE CHALLIES
Laboratory Manager

JODY LUCAS
Clinical Dental Technician

96 DERBY STREET, GISBORNE | PHONE/FAX 06 867 4823

Exploring our own 'backyard'



The graceful stone towers are all that remain of the historic bridge over the Clutha River/Mata-Au at Alexandra.

©Justine Tyerman

Justine Tyerman continues her 'age-inappropriate' road trip in a mini campervan, revisiting places in Central Otago last travelled as a child . . .

Driving along magnificent stretches of Central Otago highway without a care in the world, the sun streaming down from a clear, blue, autumn sky, my husband Chris and I encountered some extraordinarily-friendly gestures from the occupants of other bright green and purple rental vehicles approaching or passing us on the open road — waves, thumbs-ups and beaming smiles.

We reciprocated, being careful to arrange our fingers in a non-offensive configuration, of course. We had such enthusiastic responses it inspired us to be even more inventive, so I held up a “Kia Ora” sign, assuming most of them were visitors to

Aotearoa.

After many such greetings over the next few hours, we decided to call this phenomenon the “JRW”, the JUCY Recognition Wave, brand recognition and brand bonding on a grand scale.

I also detected expressions of surprise and/or amusement on the faces of the invariably young occupants of the other vehicles as they glimpsed a couple of oldies travelling in a mini-camper. Did they think we were cool . . . or crazy? And did we care? Not two hoots! We were like a couple of teenagers on their first roadie as we meandered our way from Wanaka to the Catlins, revisiting places in Central Otago I had last travelled as a child.

In those days, the narrow, winding Cromwell Gorge road was just another obstacle to endure on our long car trips from Dunedin to our little crib in Arrowtown. But the old road is long gone now, submerged by Lake Dunstan — and the new road is straighter and much higher up the side of the gorge wall, closer to the craggy, weathered mountain tops that used to tower above us.

Fifteen minutes from Cromwell, the curved rim of the Clyde Dam loomed into view, the 103m-high concrete gravity structure that holds back the 26 sq km hydro-power storage reservoir of Lake Dunstan.

Shortly after the completion of the Clyde Dam in 1993, we had a guided tour of the

power station including a walk-through of the dimly-lit, vibrating interior corridor of the dam wall. I doubt I would do that now having researched the history of the dam construction in PM Robert Muldoon’s “Think Big” era, the discovery of fault lines above the one million cubic metres of concrete and steel dam and the safety compromises made back then.

Clyde has transformed itself into a seriously-classy village since the days we used to drive through the sleepy settlement stopping for a cuppa beside the river. Now the start and end point of the immensely-popular 152km Otago Central Rail Trail, Clyde has a

CONTINUED ON PAGE 7



Olivers Restaurant at Clyde, a seriously-classy village these days.

©Miles Holden, Tourism New Zealand.



The 103m-high Clyde Dam holds back the 26 sq km hydro-power storage reservoir of Lake Dunstan.

©Justine Tyerman

TRAVEL



Stunning autumn reflections — golden poplars mirrored in the waters of Clutha River/Mata-Au at Alexandra. ©Justine Tyerman



The rugged, wild landscape (above and below) is well-suited for the film set of a 'Western' movie. ©Shirley Howden



The Clutha River/Mata-Au flowing through the spectacular Cromwell Gorge. ©Shirley Howden

The contrasts are huge but the distances are not

FROM PAGE 6

great range of accommodation and eateries including Olivers, an upmarket craft brewery, bar, bakery-café, and gourmet restaurant with boutique accommodation, located in the old stone, gold rush-era general store.

Six or seven minutes further on is Alexandra whose claim to fame in my teenage years was the October Blossom Festival. I seldom managed to get there because I was always in Dunedin, buried in my books, studying for end-of-year exams.

Alexandra reached its heyday during the late 1800s when huge gold dredges worked the mighty Clutha River/Mata-Au. The most successful dredge was the "Dunedin", which extracted around 528kg of gold.

Today Alexandra is known for its pinot noir vineyards and apricots, peaches, cherries and apples.

In mid-winter, we used to go ice skating on nearby Manorburn Dam, the largest natural ice skating area in the Southern Hemisphere. The dam has been a popular place to skate and play ice hockey and the game of "curling" since the late 1880s. Parts of the dam still freeze over but most people now go to the artificial rink in town.

They sure knew how to build beautiful bridges in the old days. The graceful stone towers of the bridge over the Clutha River/Mata-Au, built from 1879 to 1882, still stand strong and proud in New Zealand's swiftest river. The vivid turquoise of the

Clutha against the bright gold of the autumn poplars and willows on the riverbank, with the deeply-weathered rocks on the hillsides above, is stunning.

The replacement bridge, built in 1958, looked so utilitarian and ordinary by comparison.

We stopped for morning tea beside the river, soaking up the warm autumn sun. The little kitchen with its gas cooker, fridge and sink tucked into the back of the JUCY Cabana was incredibly convenient when we wanted to take a break in a beautiful spot.

Near the bridge, van-loads of excited cyclists were setting off to do the Roxburgh Gorge Trail, a 34km ride along the Clutha River from Alexandra to Lake Roxburgh Dam with a boat link in the middle. Combining fascinating goldmining era history, stunning scenery and wildlife, this is definitely top of my must-do list.

A remote wilderness experience with no road access, the trail passes through what's described as New Zealand's "Grand Canyon" with rocky bluffs 350m high on both sides of

the river.

I've always regarded Roxburgh as the heart of Central Otago, "well-suited to the making of Westerns", my father used to say whenever we drove over the wild, barren landscape scattered with jagged, grey-brown rocks.

Roxburgh's hot, dry summers and cold winters are ideal for growing apricots, apples, pears, raspberries and strawberries. We used to stop to pick sturmer apples at a friend's orchard there.

Roxburgh is near the site of the earliest of the large hydroelectric projects in the South Island. Opened in 1956, the concrete gravity structure dams the Clutha River/Mata-Au, 9km to the north of the town of Roxburgh creating a lake 30km long.

The land flattens out towards Raes Junction so we took a detour just before Lawrence, opting

for the Tuapeka West Road to Balclutha. What an incredible contrast. Suddenly we were surrounded by rolling green pastures populated with well-fed sheep and cows and barely a rock or weed in sight. A huge dairy factory stood in the middle of nowhere.



Chris grabbing a quick bite to eat at Kaka Point thanks to our handy little kitchen in the JUCY mini-camper... before launching into the Catlins. ©Justine Tyerman

At Balclutha, we headed towards Kaka Point and the much-anticipated start of our Catlins adventure, all new territory for us. I stood there gazing at the silvery sea and white sands of Molyneux Bay on New Zealand's south-east coast. It all seemed far too easy to have left the snow-capped mountains of Wanaka in the morning, traversed the wild and arid heart of Central Otago and the verdant pastures of Tuapeka and arrived at the seaside by lunchtime. That's one of a myriad things I love about our Aotearoa backyard. The contrasts are huge but the distances are not. **To be continued**

- Read the first of Justine's road trip stories in the Weekender April 25
- Next story: The Catlins... at last.

FACTBOX:

- Pick up a JUCY campervan, 4WD, people-mover or car from JUCY Rentals (www.JUCY.com) at Queenstown Airport. We've tried them all but this time we had a two-berth JUCY Cabana mini campervan with a double bed and a little kitchen, which gave us the freedom to camp out whenever we felt like it. The Cabana is not self-contained so we stayed at camping grounds and met some awesome people along the way. We liked the ease and manoeuvrability of the basic little campervan and the freedom of not being tied to an itinerary or pre-booked accommodation.

- If you have a bike rack, pick up a couple of NZ-designed SmartMotion ebikes and explore the splendid cycle tracks in the region.

Sow and grow in autumn . . .

Enjoy the final month of autumn gardening, where there's still an opportunity to sow and grow lots of fantastic plants.

HELLEBORES

You can add gorgeous winter colour into low-light areas in your garden with hellebores. Also known as "winter roses", they are perfect for growing in full to partly-shaded spots such as underneath the canopies of trees or in a pot on a shady patio. They are a delight during the cooler months of the year, putting on a prolific display of large, bell-shaped flowers right throughout winter and into early spring.

Hellebore "White Tutu" is a beautifully-elegant hellebore with graceful semi-double white blooms and ruffled, speckled-pink centres.

Growing to around 50cm high and 60cm wide, it flowers for many months and looks wonderful when mass planted in a shady garden bed.

White Tutu can also be planted in a container, creating a beautiful outdoor table centrepiece or winter courtyard focal point. They can also be brought indoors for up to three weeks in a well-lit room to show off their flowers.

Hellebores can be fed now with a high-potassium complete plant food, like Yates Thrive Roses & Flowers Liquid Plant Food, to promote lots of beautiful flowers and healthy foliage growth. Mix 2 capfuls in a 9L watering can and apply around the root zone each week.

To keep plants looking tidy and encourage further flowering, trim off any spent flower stems.

CYCLAMEN

Cyclamen are another gorgeous potted plant. They come in a range of flower colours, from pinks and purples through to white, scarlet and magenta, with some varieties having two-toned flowers or a light fragrance. Cyclamen's heart-shaped leaves are also attractive and can have mottled colours.

Beautiful potted cyclamen become available in autumn. With a little care, cyclamen can flower for many months and can be grown outdoors on a sheltered patio or deck or indoors on a cool, well-ventilated, brightly-lit windowsill. They prefer cool overnight conditions, so don't leave them near a heater.

Cyclamen can also be planted into protected garden areas under trees, creating a wonderful woodland effect.

When watering cyclamen, only water the soil surface, avoiding wetting the flowers and foliage (to minimise disease) and only water when the soil feels a little dry.

Remove any spent flowers by twisting them off at the base and feed each fortnight with a potassium-enriched liquid fertiliser like Yates Thrive Roses & Flowers Liquid Plant Food. Potassium is a key nutrient in promoting flowering.

When cyclamen leaves start to turn yellow in late spring, reduce watering and allow the pot to dry out in preparation for their dormant phase during summer. You can

keep a dormant cyclamen in a sheltered spot outside in the garden (underneath a shrub is ideal) until new shoots start to emerge at the end of summer. The cyclamen can then be re-potted using fresh, good-quality potting mix, like Yates Premium Potting Mix, to give it a new lease on life.

MICROGREENS

Grow your own microgreens using these easy steps:

- Sprinkle half a packet of Yates Microgreen Cabbage

Rubies over a 10cm diameter pot filled with compacted and moistened Yates Black Magic Seed-Raising Mix. For best results the seeds must be sown thickly.

- Cover the seed with a thin layer of seed-raising mix and moisten using a mist spray bottle.
- Place the pots in a warm, well-lit position indoors (or outdoors during warm weather), out of direct sunlight.
- Keep the seed raising mix consistently moist.
- Apply Yates Thrive All-Purpose Liquid Plant Food at half strength once the seedlings emerge.
- Snip microgreens above the soil line once they are 3-5cm tall.
- Gourmet tip: you can sprinkle microgreens over pasta dishes, salads, baked potatoes with sour cream and scrambled eggs and add them into sandwiches, wraps and rice paper rolls.



Beautiful hellebores (above) or winter roses are perfect for growing in full to partly-shaded spots. Pretty cyclamen (inset) can flower for many months and can be grown outdoors on a sheltered patio or deck or indoors on a cool, well ventilated, brightly lit windowsill.

CUTTING THE CARBS?

If you're trying to reduce your intake of carbohydrate-laden potatoes, then switching some potato dishes for Japanese turnips might be something to consider.

Turnips might not sound so appetising, but if you know some creative ways to prepare them, they may just become one of your favourite vegetables.

Here are some delicious recipe ideas:

- Pan-roasted Japanese turnips with honey
- Japanese turnip & bacon soup
- Roasted baby Japanese turnips with dijon shallot vinaigrette

Japanese turnips, also called Hakurei turnips, are beautiful white-skinned turnips with a crisp, mild, sweet flesh.

In addition to being cooked, they can be eaten raw and thinly-sliced in salads and the green tops can also be used like spinach.

Japanese turnip seed can be sown all around New Zealand during May. They are fast-growing, taking only 6 to 10 weeks to mature and are a perfect vegetable to grow

in pots in a sunny spot on a balcony or courtyard.

For potted turnips, sow seed 6mm deep direct into Yates Premium Potting Mix.

For garden turnips, enrich the soil beforehand with some Yates Dynamic Lifter Organic Plant Food. It adds rich organic matter to the soil which helps improve water and nutrient-holding capacity and provides gentle slow-release nutrients to the turnips as they establish.

Seedlings will take around 10 days to pop up. Keep the potting mix or soil moist while the plants establish.

Turnips can be harvested when the roots are 5cm across.

To encourage a great harvest, once the seedlings are established, feed your turnips each fortnight with Yates Thrive All-Purpose Soluble Fertiliser. It contains phosphorus which is an important nutrient for promoting strong root (and thus turnip) growth as well as nitrogen for healthy green leaves. — *Courtesy of Yates*

Night-time bliss is relaxing
in your new spa . . .

Enjoy some luxury at home.



Talk to us today
60 Roebuck Rd, phone 867 1240

Spa & Pool
WAREHOUSE

32194-01

SATURDAY-SUNDAY TELEVISION

TVNZ 1 © TVNZ 2020

5pm The Chase *TV-14*
6pm 1 News At 6pm *TV-14*
7pm Jamie: Keep Cooking And Carry On *TV-14*
 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.
7.25 Britain's Got Talent PG *TV-14*
 Simon, Amanda, David, and Alesha judge the ultimate reality competition, with an impressive line-up of acts for 2020.
8pm LIVE Lotto
 The Lotto draw.
8.05 Britain's Got Talent PG *TV-14*
 Continued.
8.40 The Hotel Inspector *TV-14*
 Alex receives a distress call from The Devon Bay, a 51-bedroom seaside hotel in Ilfracombe, and must turn hospitality novice Adrian into a hotelier before coaches arrive for summer.
9.35 The Victim M *TV-14*
 With his life imploding, an isolated Craig hits a new low as the trial draws near; Anna's obsession with proving Craig is Eddie J Turner threatens her family.
10.45 One Lane Bridge 16LC *TV-14*
 Ariki has a literal and metaphorical fall from grace and, stood down from work, he finds himself lost in the wilderness; One Lane Bridge tries to claim another victim.
11.35 Doctor Doctor M *TV-14*
 Meryl and Carlito's relationship affects the Knight family; the tension between Hugh and Penny puts the cardiac clinic at risk; Matt reconnects with his old high-school crush.
SUNDAY
12.25 Coronation Street *TV-14*
1.40 Infomercials
6am Rural Delivery *TV-14*
6.25 Country Calendar *TV-14*
 The Power of Whanau. When a shearing family are turned down for a bank loan, they help one another to lease, then buy, a farm each, and one couple has gone on to win a prestigious Maori farming trophy.
6.45 Tiny House Nation *TV-14*
 Newlyweds seek a first home that features a professional-grade functioning kitchen and a zen space.
7.30 Tagata Pasifika *TV-14*
7.55 Praise Be *TV-14*
8.25 Karena And Kasey's Kitchen Diplomacy *TV-14*
8.45 Topp Country *TV-14*
9.10 20/20 *TV-14*
10am Marae
10.30 Waka Huia
11am Attitude *TV-14*
11.30 The Inside Word PG *TV-14*
11.55 Sunday *TV-14*
12.55 Location, Location, Location *TV-14*
1.55 Adventure All Stars *TV-14*
3pm World's Busiest Train Stations *TV-14*
4pm NZ Hunter Adventures PG
5pm The Chase *TV-14*

TVNZ 2 © TVNZ 2020

5pm The Crystal Maze Celebrity *TV-14*
 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 *TV-14*
 Nadia Lim shares delicious and healthy recipes.
6.30 You Got This! PG *TV-14*
 Four 'at home' whanau teams take on a quirky challenge, hosted by Bree Tomasel.
7pm MOVIE Doctor Dolittle PG *TV-14*
 1998 Family. Things are going well for Dr John Dolittle, until he discovers he can talk to the animals. Eddie Murphy, Chris Rock, Ellen DeGeneres.
8.30 MOVIE Hitch M 2005 Comedy.
 The life of a modern-day cupid is complicated by a clumsy accountant client and a gossip columnist to whom he is attracted. Will Smith, Eva Mendes.
10.40 MOVIE Foxcatcher M *TV-14*
 2014 Drama. Based on the true story of the relationship between an eccentric multi-millionaire and two champion wrestlers. Steve Carell, Channing Tatum, Mark Ruffalo.
SUNDAY
1.10 MOVIE Amanda Knox: Murder On Trial In Italy M *TV-14*
 2011 Crime Drama. Based on the events surrounding the murder of British student Meredith Kercher. Hayden Panettiere, Amanda Fernando Stevens, Marcia Gay Hardin.
2.40 Love Is... M *TV-14*
3.25 Cats Make You Laugh Out Loud PG *TV-14*
4.10 Mike And Molly PG *TV-14*
5.10 Fresh *TV-14*
5.35 Bizaardvark *TV-14*
6am Paw Patrol *TV-14*
6.20 Thomas And Friends *TV-14*
6.30 New Looney Tunes *TV-14*
6.55 Powerpuff Girls *TV-14*
7.05 Alvin!!! And The Chipmunks *TV-14*
7.25 Littlest Pet Shop *TV-14*
7.50 Kai Five *TV-14*
7.55 The Drawing Show
8am What Now?
10am Young And Hungry PGS *TV-14*
10.45 Shortland Street Omnibus PGL *TV-14*
12.05 The Bachelorette PG *TV-14*
1.55 Little Big Shots
2.50 Home And Away Omnibus *TV-14*
4.45 Ellen's Game Of Games *TV-14*
5.45 The Voice UK *TV-14*

BRAVO

5.40 Say Yes To The Dress Atlanta *TV-14*
6.30 Revenge Body With Khloe Kardashian PG
7.30 Botched PG *TV-14*
8.30 Vanderpump Rules M
9.30 Murdered By Morning 16
10.30 A Lie To Die For M *TV-14*
11.25 Love It Or List It *TV-14*
SUNDAY
12.20 Infomercials
5am Clean House *TV-14*
6am Clean House *TV-14*
6.45 Clean House *TV-14*
7.30 Clean House *TV-14*
8.15 Clean House
9.25 Love It Or List It *TV-14*
11am Botched PG *TV-14*
11.45 Masters Of Flip *TV-14*
12.40 Say Yes To The Dress Atlanta *TV-14*
1.35 Hoarders *TV-14*
3.20 Judge Jerry *TV-14*
3.45 Judge Jerry *TV-14*
4.10 Judge Jerry *TV-14*
4.35 Judge Jerry *TV-14*
5.05 Hollywood Medium With Tyler Henry *TV-14*

THREE

6pm NewsHub Live At 6pm
7pm MOVIE Captain Underpants *TV-14*
 2017 Animated Comedy. Two imaginative pranksters hypnotise their principal into thinking he is a ridiculously enthusiastic, incredibly dimwitted superhero named Captain Underpants.
8.40 MOVIE Doom 16LV *TV-14*
 2005 Sci-fi. Based on a computer game about marines sent to investigate what went wrong at a scientific research centre on Mars.
10.35 Stan PG *TV-14*
 Documentary following Kiwi musician and actor Stan Walker over the previous nine months.
SUNDAY
12am Infomercials
5am Hillsong *TV-14*
5.30 Charles Stanley *TV-14*
6am Life TV
6.30 Brian Houston *TV-14*
7am Charles Stanley *TV-14*
8am Life TV *TV-14*
8.30 Turning Point *TV-14*
9am R&R With Eru And K'Lee
9.30 The Hui *TV-14*
10am NewsHub Nation *TV-14*
11am Classical Destinations
11.30 Xscape
11.55 Mega Transports 6
1pm Muscle Garage
1.30 Formula E Race At Home Challenge Round Two.
2pm FIA European Rally Championship
3pm British Superbikes
4pm Supercars Super 2 *TV-14*
4.55 The Fishing Show Classics *TV-14*
5.25 Fish Of The Day *TV-14*

CHOICE

5.30 Mysteries At The Monument
6.30 Jamie And Jimmy's Food Fight Club
7.30 Restoration Home: One Year On
8.30 Antiques Roadshow
9.30 Alex Polizzi's Secret Italy
10.30 Running Wild With Bear Grylls
11.30 Great Blue Wild *TV-14*
SUNDAY
12.30 Mysteries At The Monument
1.30 Sand Masters
2am Bear Grylls: Mission Survive PG
3am Antiques Roadshow
4am Restoration Home: One Year On
5am Jamie And Jimmy's Food Fight Club
6am Discovering... Chicago PG
6.30 Through The Bible With Les Feldick
7am Leading The Way
7.30 Key Of David
8am Discovering... Aretha Franklin PG
8.30 Secret Cities
9.30 Restoration Home: One Year On
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 Love Nature: Inside The Vets
4.30 Rick Stein's Long Weekends
5.30 My Dream Home

PRIME

5pm Fishing Classics *TV-14*
 In North Queensland, Matt, Jake, and the crew dodge crocodiles while hunting for barramundi, and go to the Great Barrier Reef for some saltwater fishing.
5.30 Prime News
6pm The Great British Bake Off: An Extra Slice *TV-14*
7pm WhichCar *TV-14*
 Dan meets the most aggressive and finely tuned Camaro he has seen, and must enlist expert advice to handle it; Emma finds out what makes French cars so chic.
7.30 The Seventies PG *TV-14*
8.30 Living With Tourette's M *TV-14*
9.30 MOVIE Dirty Harry 16 *TV-14*
 1971 Action. A San Francisco detective breaks all the rules to catch a serial killer. Clint Eastwood, Harry Guardino.
11.40 Whose Line Is It Anyway? PG
SUNDAY
12.10 Guiltology M *TV-14*
1.05 Closedown
6am Religious Programming
7am Nella The Princess Knight *TV-14*
7.30 Religious Programming
10am 100 Day Bach *TV-14*
11am The Great Escapers *TV-14*
Noon Fishing Classics *TV-14*
1pm Ice Road Truckers PG *TV-14*
2pm Mad About You PG *TV-14*
2.30 IRT Deadliest Roads PG *TV-14*
3.30 Judge Judy PG
4pm Hot Bench *TV-14*
4.30 Hook Me Up! *TV-14*
5.30 Prime News

MAORI TV

5pm The Hui: Kaupeka Wha
5.30 Nga Tamariki O Te Kohu *TV-14*
6.30 Te Ao: Maori News
7pm MOVIE A Simple Wish 1997 Family. A girl's plea for help from the fairy godmothers of the world has unexpected results. Mara Wilson, Martin Short, Kathleen Turner, Francis Capra.
8.40 MOVIE Babel 16VLS 2006 Drama. Tragedy strikes a married couple on holiday in the Moroccan desert, setting off an interlocking story involving four different families around the world. Brad Pitt, Cate Blanchett.
11.10 Te Ao: Maori News *TV-14*
11.40 Closedown
SUNDAY
6.30 Tamariki Haka
6.50 Kids' Kai Kart
7am Darwin + Newts *TV-14*
7.10 Huhu: Te Tunga Rakau
7.20 He Rourou *TV-14*
7.30 Potae Pai *TV-14*
7.40 Smooth
7.50 Polyfest Kapa Haka *TV-14*
8.20 Haati Paati *TV-14*
8.30 Waka Ama Sprint Nationals
9am Globe
9.30 Swagger
10am Cam's Kai *TV-14*
11am Tapatahi
11.30 Te Ao With Moana
Noon Matau Bros Gone Fishing PGL *TV-14*
12.30 Piri's Tiki Tour PGC
1pm Touch Rugby: Junior Championships *TV-14*
1.45 MOVIE A Simple Wish 1997 Family.
3.30 Marae DIY *TV-14*
4.30 Tagata Pasifika
5pm Tamaki Paenga Hira *TV-14*
5.30 Nga Pari Karangaranga O Te Motu *TV-14*



Britain's Got Talent
8.05pm on TVNZ 1



Captain Underpants
7pm on Three



Stan
10.35pm on Three

RNZ NATIONAL

5pm The World At Five
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 With Nick Bollinger.
1.10 At The Movies With Simon Morris.
2.05 The Drama Hour
3.05 The Arts Hour
4.06 Smart Talk
5pm The World At Five
5.10 Heart And Soul

PAY TV

SKY 5

7.30 Trucking Hell M
 Jim and his team face a difficult morning on the M1, where a crash involving two trucks has caused an eight-km-long traffic jam.
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
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 PGV
5.45 SmackDown PGV

MOVIES PREMIERE

6.25 Mary Queen Of Scots 16VC 2018 Drama. Saoirse Ronan, Margot Robbie.
8.30 Five Feet Apart ML 2019 Drama. Two teenagers with life-threatening illnesses meet in a hospital and fall in love, but restrictions dictate they must keep five feet apart. Haley Lu Richardson, Cole Sprouse.
10.30 Hellboy 16VL 2019 Action. David Harbour, Milla Jovovich.
SUNDAY
12.35 An Interview With God PG 2018 Drama. David Strathairn, Brenton Thwaites.
2.10 The Sisters Brothers 16VLS 2018 Drama. John C Reilly, Joaquin Phoenix.
4.10 Welcome Home MVLS 2018 Thriller. Aaron Paul, Emily Ratajkowski.
5.45 Mary Queen Of Scots 16VC 2018 Drama. Saoirse Ronan, Margot Robbie.
7.50 Five Feet Apart ML 2019 Drama.
9.50 An Interview With God PG 2018 Drama.
11.25 Hellboy 16VL 2019 Action.
1.30 The Darkest Minds MV 2018 Action.
3.15 The Meg MLC 2018 Action.
5.10 The Wife MLS 2018 Drama.

DISCOVERY

5.40 Ripley's Believe It Or Not! PG Showstoppers.
6.35 BattleBots PG
7.30 Curse Of The Bermuda Triangle PG
8.30 UFOs: The Lost Evidence PG Police UFO Files.
9.25 Gold Rush: White Water PG The Gold Cave.
10.15 The Day I Ran China PG Grand Finale.
11.05 Expedition Unknown
11.55 How It's Made PG
SUNDAY
12.20 How Do They Do It? PG
12.45 BattleBots PG
1.35 What On Earth? PG
2.25 Strange Evidence PG
3.15 Strange Evidence PG
4.05 Strange Evidence 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 Police UFO Files.
9.10 Rob Riggle: Global Investigator PG
10am Gold Rush: Dave Turin's Lost Mine PG
10.50 Deadliest Catch PG
12.30 Aussie Gold Hunters PG
1.20 Gold Rush: White Water PG
2.10 Aussie Lobster Men PG
3pm Aussie Lobster Men PG
3.50 Aussie Lobster Men PG
4.45 Aussie Lobster Men PG
5.40 Aussie Lobster Men PG

SUNDAY-MONDAY TELEVISION

TVNZ 1 © TVNZ 2020

5pm The Chase Ⓜ
6pm 1 News At 6pm Ⓜ
7pm Country Calendar Ⓜ
 Mighty Manuka.
 A thriving business based on manuka oil, honey, and tea provides an income for dozens of people in a tiny East Cape community north of Gisborne.

7.30 Sunday Ⓜ
 Special entry to the Zoo and catch up with the keepers and animals; Mark Crysell visits new All Black captain Sam Cane; will complacency lead to a second wave of Covid-19?

8.30 NEW The Luminaries PGV Ⓜ
 Based on the acclaimed novel, a drama telling a 19th-century tale of love, murder, and revenge as men and women make their fortunes on the West Coast of New Zealand's South Island.

9.35 DNA Detectives Ⓜ
 Prime Minister Jacinda Ardern investigates her ancestry, and discovers a few war heroes in her family tree; singer Stan Walker links to an ancient island, and returns to his homeland.

10.35 FINAL The Bay 16C Ⓜ
 A confession to Lisa shines a possible new light on Dylan's killer; Abbie has a frightening experience with some local junkies; Med begins his own investigations.

MONDAY

12.20 The Case Against Adnan Syed M
 Eighteen years after he was convicted, and almost a year after he won a new trial at the PCR hearing, Adnan Syed faces yet another hurdle, the endless morass of the appeals process.

1.25 Infomercials
6am Breakfast
9am The Ellen DeGeneres Show Ⓜ
 Ellen is joined by The Big Bang Theory star Jim Parsons.

10am Tipping Point Ⓜ
11am Cash Trapped Ⓜ
Noon 1 News At Midday Ⓜ
12.30 Emmerdale PG Ⓜ
 Aaron and Liv share a tearful goodbye with another; Moira manages to cover her tracks with Faith; Robert and Aaron reminisce, and decide to lead a more graceful life.

1pm Coronation Street Ⓜ
 Emma is perturbed; David continues to struggle with Shona; Gemma is in a pickle.

2pm The Ellen DeGeneres Show Ⓜ
 Ellen is joined by The Big Bang Theory star Jim Parsons.

3pm Tipping Point Ⓜ
4pm Te Karere
4.30 Highway Cops PG Ⓜ
 A car flip is caught on dashcam; a man fails two breath tests in the same day, but still argues he can drive; a rad red ride in Central Otago.

5pm The Chase Ⓜ

TVNZ 2 © TVNZ 2020

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

7pm MOVIE Rush Hour PGV Ⓜ
 1998 Action Comedy. The FBI hires a Los Angeles detective to baby-sit a Hong Kong police officer. Elizabeth Pena, Jackie Chan, Chris Tucker.

8.50 MOVIE Rush Hour 2 MV Ⓜ
 2001 Action. Two detectives, one American, one Chinese, encounter Triads, counterfeiting, and bomb smuggling while on holiday in Hong Kong. Jackie Chan, Chris Tucker.

10.30 The Bad Seed 16C Ⓜ
 Two brothers find their newly ordered lives falling apart when one becomes a murder suspect. Based on books by New Zealand author Charlotte Grimshaw.

MONDAY

12.05 The New Adventures Of Old Christine Ⓜ
3.50 Infomercials
4.25 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 Ⓜ
 Sheila and Susan come to a detente; Naomi finds an old friend; Chloe snoops for dirt.

10.30 Mike And Molly PG Ⓜ
 Carl and Mike seek to reconcile their partnership with couples counselling; after Peggy decides she will not participate in a promotional radio interview, Molly does it on her own.

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

THREE

5.25 Fish Of The Day Ⓜ
 Clarke Gayford travels to the Fiji Islands in search of Spanish mackerel and, in the process, gets close to some of the largest bull sharks in the world.

6pm NewsHub Live At 6pm
7pm NEW Lego Masters Australia PG Ⓜ
 Eight new teams have 15 hours to build a new world, to win not only the immunity-giving Golden Brick, but also the new Flash Jordy Brick.

8.45 MOVIE The Magnificent Seven MV Ⓜ 2016
 Action Western. Seven mercenaries are hired by a small town to protect the townsfolk from exploitation by an industrialist. Denzel Washington, Chris Pratt, Ethan Hawke.

11.10 Humans M (Starting Today) Ⓜ
MONDAY

12.10 Magnum PI M Ⓜ
 After a 16-year-old kidnap victim escapes her captors, her parents hire Magnum, who experienced similar trauma as a POW, to find who took her.

1am Infomercials
6am The AM Show
9am The Café PG
10am Infomercials
11.30 Millionaire Hot Seat Ⓜ
12.30 Face The Truth PG
1pm Dr Phil PG
2pm Lego Masters Australia PG Ⓜ
3.55 Travels With The Bondi Vet
4.30 NewsHub Live At 4:30pm
5pm Millionaire Hot Seat Ⓜ

CHOICE

5.30 My Dream Home
6.30 American Restoration
7pm American Restoration
7.30 Irish Pickers
8.30 The Cold Case Files MCV
9.30 Paranormal Survivor MCV
10.30 Irish Pickers
11.30 American Restoration
MONDAY

12am American Restoration
12.30 My Dream Home
1.30 Baby Animals
2am Bear Grylls: Mission Survive PG
3am The Cold Case Files
4am Rick Stein's Long Weekends
5am Love Your Home And Garden
6am My Family And The Galapagos
7am Secret Cities
8am Inside The Vets
9am Tom Kerridge's Fresh Start
9.30 Money For Nothing
10.30 American Restoration
11am 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 FINAL Cruising With Jane McDonald Ⓜ
 In a special festive episode, Jane McDonald travels around Europe visiting the world's best Christmas markets, and creating her own 'wonderland' in her cabin.

7pm Storage Wars PG Ⓜ
7.30 Griff's Great Australian Rail Trip PG Ⓜ
8.30 McMillions M Ⓜ 2/6.
9.40 White Dragon 16VLS
10.40 Shearing Gang PG Ⓜ
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 Game Shakers Ⓜ
9am Antiques Road Trip Ⓜ
10am The Doctors PG
11am The Chase Australia Ⓜ
Noon Everybody Loves Raymond Ⓜ
12.30 Bull PG Ⓜ
1.30 Married... With Children PG Ⓜ
2pm The Late Show With Stephen Colbert PG Ⓜ
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 The Negotiators Ⓜ
7.30 Jimmy Little's Gentle Journey
8.30 MOVIE The Party M 2017
 Comedy. A woman hosts a party to celebrate her promotion but, as the guests arrive, it becomes clear things are going to fall apart. Kristin Scott Thomas.

10pm Nanakia PGC
11pm Te Ao: Maori News Ⓜ
11.30 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 Paki Vault Ⓜ
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 Swaggar
4.30 Pukana
5pm Waiata Mai
5.10 Te Mana Kuratahi Ⓜ
5.40 Tamariki Haka
5.50 E Kori Ⓜ
5.55 Pipi Ma



The Luminaries
8.30pm on TVNZ 1



Lego Masters Australia
7pm on Three



The Magnificent Seven
8.45pm 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 PGV
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 PGV
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

5.10 The Wife MLS 2018 Drama. Glenn Close, Jonathan Price.
6.50 Top-End Wedding ML 2019
 Comedy. Miranda Tapsell, Gwilym Lee.
8.30 Angel Has Fallen 16VL
 2019 Action. When a secret-service agent is framed for the attempted assassination of the president, he must evade his own agency to discover the real threat. Gerard Butler, Morgan Freeman.
10.35 Child's Play 16VL 2019
 Horror. Aubrey Plaza, Mark Hamill.
MONDAY

12.05 The Hate U Give MVLSC
 2019 Drama. Amandla Stenberg, Regina Hall.
2.15 The Darkest Minds MV
 2018 Action. Amandla Stenberg, Mandy Moore.
4am The Meg MLC 2018 Action.
5.50 Close Up: Jennifer Lawrence PG
6.20 The Wife MLS 2018 Drama.
8am Top-End Wedding ML 2019
 Comedy.
9.40 Angel Has Fallen 16VL
 2019 Action.
11.40 Welcome To Marwen MV
 2018 Drama.
1.35 The Hate U Give MVLSC
 2019 Drama.
3.45 The Miseducation Of Cameron Post MVLSC 2018
 Drama.
5.20 Teen Spirit PGL 2019 Drama.

DISCOVERY

5.40 Aussie Lobster Men PG
6.35 Aussie Lobster Men PG
7.30 Aussie Gold Hunters PG
8.30 Ripley's Believe It Or Not! PG Invisible Worlds.
9.25 Curse Of The Bermuda Triangle PG
10.15 Expedition Unknown
11.05 Gold Rush: White Water PG The Gold Cave.
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 XL MC
5.45 Naked And Afraid XL MC
6.35 Gold Rush: White Water PG The Gold Cave.
7.30 What On Earth? PG The Minotaur's Lair.
8.20 Ripley's Believe It Or Not! PG Invisible Worlds.
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
 Lake of the Dead.
11.40 Aussie Lobster Men PG
12.30 Swamp Murders M A
 Dark Place to Die.
1.20 American Monster M
 Shooting Phoenix.
2.10 Top Gear
3pm Alaska: The Last Frontier PG
3.50 Gold Rush PG
4.45 Fast N' Loud PG
5.40 Aussie Lobster Men PG

TELEVISION

ON TV THIS WEEKEND


THAT'S MY BOY!
 Sunday, 8.30pm,
 TVNZ DUKE

After not seeing each other for years, Todd's world comes crashing down when his father resurfaces!
 Starring: Adam Sandler, Andy Samberg.


HITCH

Saturday, 8.30pm, TVNZ 2

Alex "Hitch" Hitchens, a professional 'date-doctor', finds his own charm lacking when it comes to a gossip columnist whom he has become smitten with! Starring: Will Smith, Eva Mendes.


ONE HOUR PHOTO

Saturday, 9.25pm, TVNZ DUKE

A mentally-unstable photo developer becomes obsessed with a middle-class family who are regulars at his department store. Starring: Robin Williams.


DOCTOR DOLITTLE

Saturday, 8pm, HOME LEARNING TV

The doctor is in and he'll see you and your . . . pets! A doctor discovers that he can communicate with animals!
 Starring: Eddie Murphy.


FOXCATHER

Saturday, 10.40pm, TVNZ 2

The true story of a tragic relationship between an eccentric millionaire and two champion wrestlers. Starring: Steve Carell, Channing Tatum, Mark Ruffalo.

WHAT'S ON in Gisborne

Covid19.govt.nz
New Zealand Government

Unite against COVID-19

Playing it safe at Alert Level 2

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



Jacob, 8, and some more lockdown baking delights. Picture by Janene Swann



Sunset glory. Picture by Paula Renouf



Brax, 10 months, tasting his fresh produce! Picture by Cassandra Blumfield



Kobe-James Whitiri-White and Mangakau Campbell. Picture by Nadia Taare