

Thursday July 16, 2026



Today 7-15



Friday 8-13



Saturday 7-13



Sunday 6-11

Phone: (04) 587 1660

Life membership of School Sport NZ

Samuel Marsden Collegiate School's Tumuaiki/Principal Paula Wells has been awarded Life Membership by School Sport New Zealand in recognition of her significant contribution to school sport across Aotearoa.

Over nine years on the School Sport New Zealand Board, including four years as Chair, Paula played a central role during a period of major organisational reform.

At the 2026 Annual General Meeting, she was one of four outgoing governors acknowledged for helping guide significant change across the organisation, including governance reform, constitutional review, updated eligibility settings, membership changes and a refreshed strategic direction for secondary school sport.

A key focus of her work was the development of a strategic plan that places young people at the centre of decision-making, while strengthening the organisation's commitment to inclusive, accessible and educationally focused sport.

"It positioned us as an organisation taking responsibility for the future of school sport in New Zealand," Paula says.

"We wanted every student to have the opportunity to wear their school colours and experience the benefits of being involved."

Across her tenure, she contributed to a modernised governance framework, a rewritten constitution and a full review of eligibility rules across secondary school sport.

"The role of governance has changed enormously," she says.

"It has moved from eligibility and competition rules to complex strategic decisions about the future of school sport."

For Paula, that shift reflects a broader responsibility: ensuring school sport helps young people build lifelong habits of wellbeing.

She believes the real value of sport lies in young people being active, connected and engaged in healthy recreational experiences during their school years, developing positive habits that carry into adult life.

Paula sees the impact of this work most clearly during tournament weeks, when she makes a point of being present with students and seeing first-hand what this philosophy looks like beyond policy and planning.

Across her career in both education and governance, she has consistently emphasised the lasting value of sport beyond results.

"The memories they make through sport often stay with them far longer than any result," she says.



Samuel Marsden Collegiate School's Tumuaiki/Principal Paula Wells. Photo: Supplied.

While stepping away from formal governance, Paula will remain a Life Member and continue to support the organisation. She also acknowledges the broader community behind

school sport. "I accepted the Life Membership on behalf of all the principals, teachers, coaches and volunteers who make these experiences possible," she says.

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Plane Sense appeals

Plane Sense Wellington Incorporated has filed an appeal to the Court of Appeal following the High Court dismissing its judicial review of the flight path changes made in 2022.

The decision on the judicial review against Airways Corporation Limited and Airways International Limited, Wellington International Airport Limited, and the Director of Civil Aviation was issued on 5 June.

Plane Sense is now seeking a mandate to proceed from its community and gathering support from community groups nationwide. It has filed the appeal to protect its right to go ahead with an appeal.

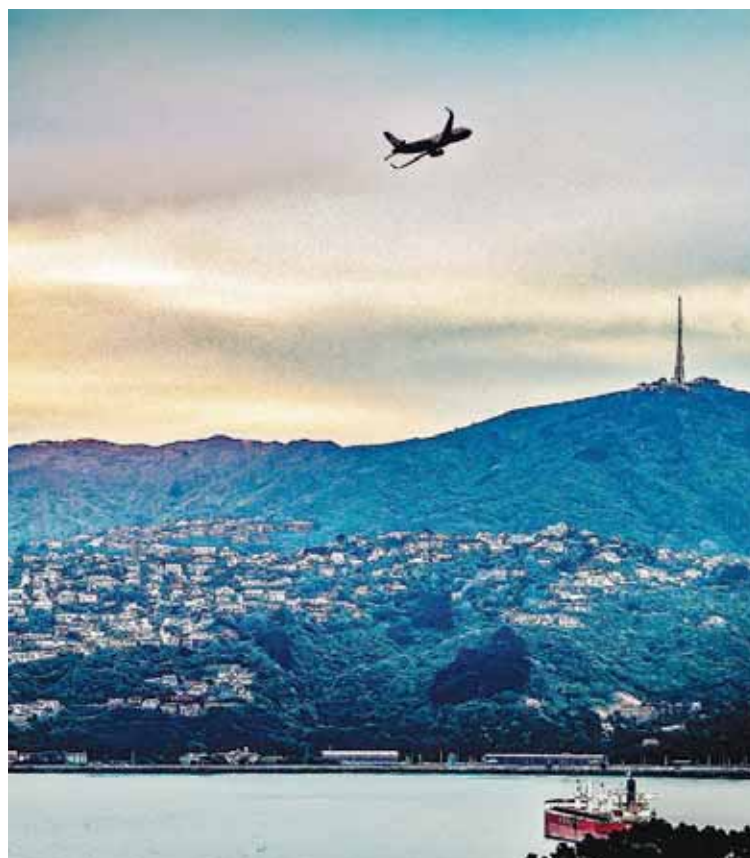
The judicial review challenged the implementation of new instrument flight paths over Wellington's northern suburbs, which commenced on 1 December 2022 without prior consultation with affected residents.

Plane Sense says it believes the significance of the judgment extends well beyond Wellington. The organisation says the judgment reinforces its long-held belief that New Zealand's current aviation framework does not adequately recognise communities as an essential part of aviation decision-making.

Plane Sense believes the current framework does not require transparent and accountable decision-making that demonstrates community impacts and all reasonable practicable alternatives have been properly considered before significant flight path changes are implemented. The High Court held that Airways Corporation had no obligation to consult with residents before implementing new flight path changes.

It also found that the requirement in the State-Owned Enterprises Act for State-owned enterprises to have regard to community interests is not legally enforceable.

The judgment further held that the Director of



An aeroplane flying low over northern suburbs homes. Photo: Phil Greig.

Civil Aviation's role is limited to certifying the Airways Corporation subsidiary responsible for designing instrument flight paths, rather

than overseeing individual flight path design decisions.

Continued on page 3.

Made for Girls. Open Day

Friday 14 August, 10am

For full details and to register, visit
ngatawa.school.nz/openday

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Greg O'Connor MP for Ōhāriu

Here we go again! Just when we thought the Middle East had settled down and the oil was flowing, the bombing and shooting start again. The world now holds its collective breath that the associated economic issues which cause inflation and interest rate rises will not return.

Because this directly affects us here in Ōhāriu and New Zealand. The more money we spend on petrol and interest, the less we have to spend on other goods, which means less money for retailers and those who make the goods. That in turn means less tax for the government, so they have less to spend on hospitals, roads and other essential services.

The point is everything is interconnected, and those who think that solutions are easy, that everything would be fixed if only we did so and so, unfortunately, we often don't see

the consequences, actions and policies.

That's the role of government. Of course, when two or three parties are involved in government, they all have different ideas about how best to fix the economy, and it is usually the idea that their voters have.

That is why I always encourage people who ask my opinion on certain matters to read a few different points of view so they can make their own evaluation.

The good thing about the soccer World Cup occupying all the media at the moment, is that at the end of the day, unlike so much of what is happening in the world, the result doesn't actually make much difference, other than feel-good for the country that wins.

If only we could say the same about the wars going on at the moment.

You can contact my office on 04 478 3332 or email

Greg.OConnor@parliament.govt.nz



Labour



Authorised by Greg O'Connor MP,
Parliament Buildings, Wellington

Community support for appeal sought

Continued from page 2.

Plane Sense believes the effect of the judgment is to confirm that members of the public are outside New Zealand's current civil aviation framework and have no legal rights in relation to the adverse effects of flight path changes. Plane Sense believes the Court of Appeal should assess the relevant facts and law as they applied when the DMAPS flight paths were implemented on 1 December 2022, rather than after subsequent regulatory actions had occurred.

The filed appeal also raises additional grounds, including whether the combined factors relating to the flight path design made the decision irrational.

Evidence Portal

Alongside this, Plane Sense has launched a public Evidence Portal to support greater transparency and understanding of aviation decision-making in New Zealand.

The portal, www.planesensewellington.com/evidence, brings together Plane Sense's key court documents, expert witness statements, the High Court judgment, and extensive Official Information Act documentation obtained during the proceedings.

Plane Sense is encouraging journalists, elected representatives, officials, researchers and anyone with an interest in aviation decision-making to review the material.

For those wanting an overview of the case, the organisation recommends beginning with the Statement of Claim and Chronology of Events before continuing to explore the expert evidence, Official Information Act documentation and High Court judgment.

Plane Sense is also inviting community groups across Aotearoa New Zealand who have experienced similar concerns to collaborate in building a nationwide library of information to improve transparency and understanding of aviation decision-making.

The organisation believes the judgment presents an opportunity for a wider national discussion about whether New Zealand's current aviation framework appropriately recognises communities affected by flight path changes.

As Australia progresses major aviation law reform, including stronger consumer protections



Plane Sense co-founder Roxy Steel speaking at the 14 April 2024 meeting that voted in favour of Court action. Photo: Frank Neill.

and an independent Aircraft Noise Ombudsman, Plane Sense believes it is timely for New Zealand to consider whether its own aviation framework delivers the level of transparency, accountability and community recognition that New Zealanders expect.

Plane Sense is asking communities, local representatives, Ministers and Members of

Parliament across Aotearoa New Zealand: "Should organisations be able to implement significant flight path changes without first demonstrating that all practicable alternatives have been transparently evaluated, community impacts properly considered, and affected communities meaningfully informed and consulted?"

inbrief news

Cable Car closing

The Cable Car will be closed from Monday 27 July to Monday 3 August for its annual maintenance.

It will re-open at 7:30am on 4 August. "It's that time of year again when our beloved historic red cars are getting booked in for their WOF (warrant of fitness) and a bit of TLC (tender loving care)," Wellington City Council says.

Passengers will need to use buses while the Cable Car is closed.

Visit the Cable Car website – www.wellingtoncablecar.co.nz – for updates and Metlink for route planning and schedules.

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Greg O'Connor MP for Ōhāriu

Spokesperson for Courts and Veterans' Affairs
Assistant Speaker

Get in touch

My office is open 9am - 4pm
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Labour



Authorised by Greg O'Connor MP,
Parliament Buildings Wellington.

Police seeking public's assistance

Police investigating an alleged copper theft in Tawa are seeking the public's assistance.

Between 6am and 7am on Friday 3 July Police were notified that railway signal cables had been tampered with at the southern end of the Takapu Road railway station platform in Tawa.

The damage caused multiple signal issues and disrupted rail services.

"Police are seeking to identify the person pictured, as we believe they may have information that could assist our enquiries," the Police say.

"Additionally, we are seeking any information or footage of a dark coloured ute, that was seen in the area around the time the incident was reported.

"Anybody who witnessed any suspicious activity, or saw either the person or vehicle pictured, is encouraged to contact Police via our 105 service, either over the phone or online at 105.police.govt.nz

"Please reference the file number 260703/4789.

"Information can also be provided anonymously via Crime Stoppers on 0800 555 111."



Police are seeking to identify this person in relation to an alleged copper theft in Tawa. Photo: Police.

Feedback on Bunny Street plan wanted

Public consultation is now open on Wellington City Council's proposed pedestrian, bike and traffic safety improvements for Bunny Street.

Feedback is open from 13 July to 3 August 2026.

The proposals aim to make it safer and easier for people to move through Bunny Street, near Wellington Railway Station, connecting to the waterfront and central city destinations. They provide clearer, safer routes for pedestrians, and people using bikes and scooters.

The proposed improvements also connect the recently opened Te Ara Tupua shared path from the Hutt Valley to Lady Elizabeth Lane and the Wellington Waterfront. The Council is seeking public feedback on these proposals.

Proposed changes on Bunny Street focus on improving pedestrian safety and strengthening connections to the growing bike network:

A raised mid-block pedestrian platform to create a safer, clearer crossing in front of Wellington Railway Station.

A separated two-way bike lane on the northern side of Bunny Street between Featherston Street and Waterloo Quay, linking the Thorndon Quay bike lane to Lady Elizabeth Lane.

A wider footpath and a short bike path on Lady Elizabeth Lane to create more space and make it easier for people walking, biking and scooting to move through the area.

Changes to turning lanes at the Bunny Street / Waterloo Quay intersection to make space for a two-way bike lane and changes to the crossing.

Removal of six metered parking spaces on the northern side of Bunny Street to enable these improvements.

These changes are intended to reduce conflict between street users, encourage smoother vehicle speeds, and create clearer routes through the area.

Vehicle access to these areas will not be affected.

Why these changes are needed

Between 11,000 and 12,000 commuters travel into the city through Wellington Railway Station each weekday. The Council's cordon counts show that roughly half use the sta-



The latest Bunny Street render. Image: Wellington City Council.

tion's front doors, which means about 10,000 people cross Bunny Street or Waterloo Quay each weekday.

Biking and scooting numbers are increasing, particularly as new bike routes into the city centre are completed, including the Te Ara Tupua shared path from the Hutt Valley.

The section of Bunny Street the changes are proposed for has recorded a number of crashes over the past decade, including incidents involving pedestrians and people

riding bikes.

People can view the plans and submit feedback online at transportprojects.org.nz/bunnyst, complete a paper submission form or email citydesignprojects@wcc.govt.nz.

Phone 04 499 4444 for assistance accessing the information.

All feedback will be reviewed before a final decision is made by the Regulatory Processes Committee. If approved, construction is expected to begin approximately four months after the decision.

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When we come and assess your skylight/s we will provide you with a free, no

obligation quotation. We will also provide you with a detailed report including photos that will include our findings and recommendations whether it be for general maintenance, repairs or replacement.

At this time of year everyone is concerned about insulation of their homes, trying to keep warm and retain heat. Unfortunately, skylights are often overlooked, even when they can be sometimes the main factor of heat loss. Older skylights are sometimes full-time venting without the homeowner even being aware of this, which is no

different from leaving a window open 24/7. Others are only single glazed or just plastic. By upgrading to double glazing you can retain up to 70% more of your heat. A lot of skylights we come across is simply a piece of glass glued to the roof structure of your home – This is by far inadequate for many reasons including thermal properties and condensation issues, as the moisture has no where to go but get absorbed by the structure of your home. We will assess the entire skylight including the flashings (roof flashings

are what connects the skylight to your roof and keeps all watertight). This will cover if you have adequate condensation channels, drainage, seals, condition of flashings, thermal properties and of course longevity of the skylight/s and the surrounding areas.

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Using the right words changes lives

An author talk by Bob Selden entitled 'Don't: How using the right words will change your life' will be presented on Thursday 23 July from 5:30pm to 6:30pm at Te Matapihi ki te Ao Nui Central Library.

Stop walking away from conversations wishing you'd said it differently.

In this free author talk Bob, a management consultant and best selling author, will help people make the simple word changes that will change their lives.

"The words we use every day are quietly working against us, and we don't even know it," Wellington City Libraries says.

"Every 'don't', every 'you always', every 'I will' is programming our brains in ways that sabotage our relationships, our habits, and our future.

"Grounded in neuroscience, behavioural economics and the psychology of emotions, 'Don't: How using the right words will

change your life' is a practical guide revealing how small word shifts create immediate, powerful change.

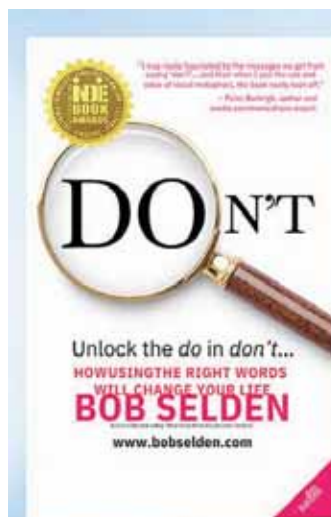
"Struggling with difficult conversations? Discover how positive parenting scripts, clean language techniques and better self-talk dissolve conflict before it starts.

"Bob Selden's book, 'Don't: How using the right words will change your life', first published in 2016 and now revised, has been described as 'ground-breaking' in developing positive conversations, relationships and personalities.

"Whilst the messages are timeless, this revised edition has additional chapters on family collaboration, how to apologise sincerely and fascinating new research on positive self-talk."

Bob is an Australian expatriate and now permanent resident of New Zealand's North Island.

He is the author of three previous



Bob Selden with the cover of his book on how using the right words will change your life. Photo: Supplied.

books, including the practical management title, 'What To Do When You Become The Boss: How New Managers Become Successful Managers', which has sold more than 75,000 copies and been published in four languages: English, Polish, Chinese and Portuguese.

In addition to his writing, Bob has worked as a banker, consultant, trainer, part-time sports psychologist and mentor to aspiring managers, leaders and start-up businesses.

He has held roles at two leading business schools: the Institute for Management Development in Lausanne, Switzerland, and the Australian Graduate School of Management in Sydney, Australia. He has also consulted with a wide range of organisations across four continents.

All are welcome to this free event.

Make Your Own Show with Wellington Youth Improv will take place on Friday 17 July from 10:30am to 11:30am at Te

Matapihi ki te Ao Nui Central Library.

Make Your Own Show is a silly, fun, and hugely interactive comedy show for tamariki aged 3-13.

"Wellington's funniest teens will entertain with a series of scenes that they create on the spot – no scripts, no plan, just your suggestions and their wit," Wellington City Libraries says.

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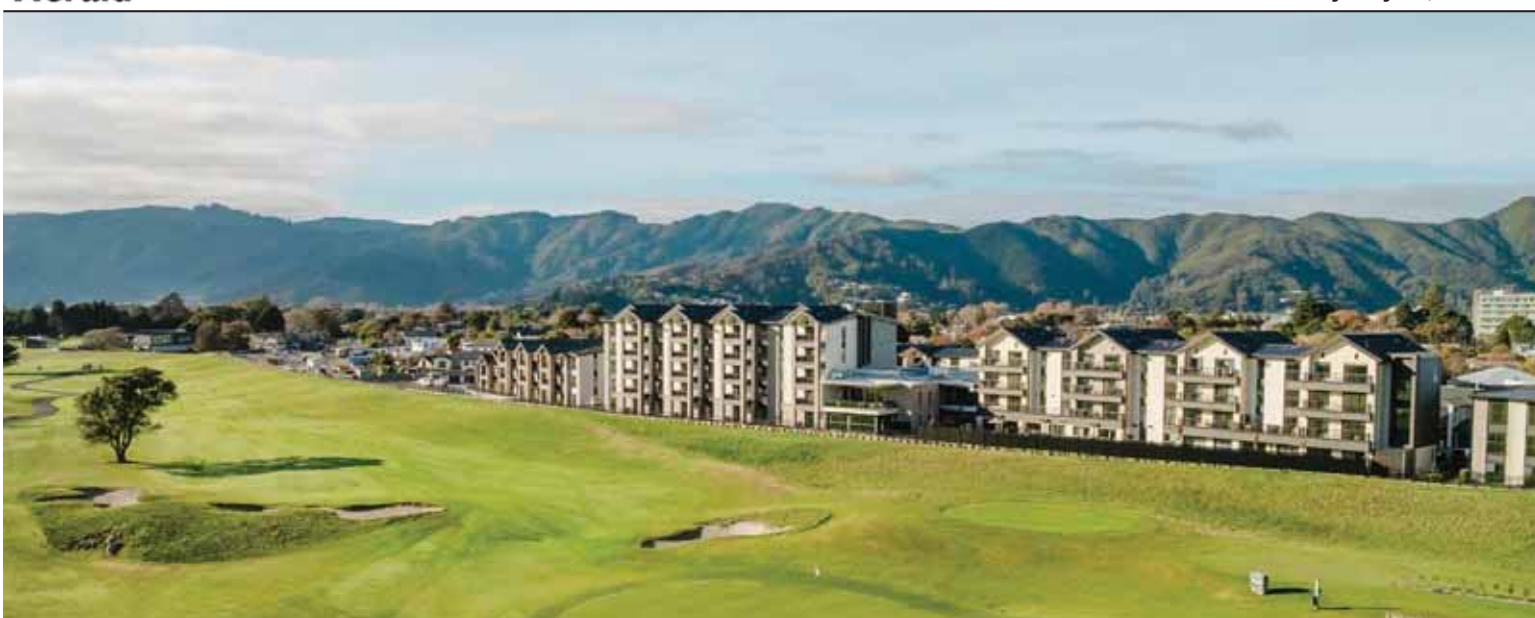
"Life with hearing aids is so much better. With the benefit of bluetooth aids I can hear my cellphone clearly. When I have the devices in the crickets or bell ringing stops and I can hear the birds and noises of everyday life clearly. I like the ability to control settings and it doesn't matter if they get a little wet in the rain." – Triton Hearing Client

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Health & Wellbeing

Wellington's calm conditions contribute to air quality issues

Cleaner home heating and lower transport emissions is helping to improve air quality in the Wellington Region, a new state of the environment report by Greater Wellington shows.

But traffic-related air pollution is often highest during the morning commute, especially in winter, when vehicle emissions coincide with calmer wind conditions that limit pollution dispersal. Air pollution can be even higher in 'street canyons' - roads lined by tall buildings that restrict airflow and trap vehicle emissions.

The report, the first in a series by the regional council, shows that while air quality is getting better in many parts of the region, issues remain - particularly winter woodsmoke in Wairarapa towns and traffic-related pollution in Wellington city's urban corridors.

Environment and Climate Committee Chair Quentin Duthie says the report reminds us that air quality is both a public health issue and an opportunity for practical action.

"The findings show we are making progress, but they also underline where more attention is needed - especially in communities where winter woodsmoke does not disperse, and in places where people are regularly exposed to traffic pollution."

The report found that Masterton and Carterton continue to experience the poorest winter air quality in the region, in some years experiencing more than 50 high-pollution days, defined by World Health Organization guidelines.

It also shows that while pollution from vehicle exhaust has generally declined over time, concentrations remain elevated along major transport corridors, especially the Manners Street section of the Golden Mile.

"Through our network of air quality monitoring stations and Greater Wellington expertise, the report shows us what is getting better, and where we can further improve," says Deputy Committee Chair Gabriel Tupou.

"Improving air quality and addressing

energy affordability must go hand in hand, ensuring low-income households are supported to transition to cleaner home heating without sacrificing the warmth and wellbeing of their whānau."

Senior Environmental Scientist and report author Tamsin Mitchell says the report recommends practical actions to reduce air pollution.

"Targeted support for cleaner home heating, continued electrification of public transport, and reducing congestion can all help to improve health outcomes, support climate goals, and make our towns and cities more liveable," Ms Mitchell says.

"Air pollution remains a significant and preventable public health risk, connected with over 3,000 premature deaths nationally each year, and an estimated annual social cost to our region of \$1.29 billion."

The report highlights the benefits of bus electrification, with air quality improvements recorded along most of the Golden Mile as diesel buses have been replaced with electric vehicles.

"Twenty-five percent of Metlink buses are electric and our EV fleet continues to grow, with five electric bendy buses coming soon," Cr Duthie says.

Source: GWRC.

Kiwis helping other Kiwis beat prostate cancer

The Prostate Cancer Foundation of New Zealand - Te Kāhui Mate Pukupuku Repe Tātea o Aotearoa Manatōpū, (PCFNZ) provides vital support, education and information to individuals, their families and whānau across Aotearoa New Zealand affected by prostate cancer.

PCFNZ provides a comprehensive portfolio of free in-person and remote support services to help those living with

prostate cancer, at any stage of diagnosis, treatment and survivorship.

PCFNZ is also dedicated to reducing the impact of prostate cancer through raising awareness, funding NZ-based research and advocating for improved standards of care and investing in research that raises the understanding of prostate cancer and its effects on men, their families and our communities.

Cherries – helping support heart health and joint mobility

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Local history – Bond Store

By Felicity Wong

Highly influential men served on the Wellington Harbour Board, including future Labour Prime Ministers Peter Fraser (1884-1950) and Walter Nash (1957-1960).

Since its disestablishment in 1988, the Harbour Board Offices/Bond Store at Queens Wharf has been the home of Wellington Museum/Waka Huia.

The museum contains the magnificent board room with its kauri semi circular table watched by stern portraits of port governors.

The building has an interesting history, and hopefully a continued interesting future, despite the proposal by Deputy Mayor Ben McNulty to sell it for posh private apartments and see the Museum moved down to Takina.

The building is beloved and holds the important and varied stories of Wellington's harbour, history and city development.

It's a category one public heritage building potentially in need of more earthquake strengthening, even though its been strengthened twice before.

It was base isolated in 2015, and

since then determined to be safe to use until 2034.

The Government has passed new legislation that shifts from rigid New Building Standards NBS, for measuring earthquake prone status, to one of risk assessment, and allows timeline extensions for heritage buildings.

The Harbour Board Offices/Bond Store has a great history.

By 1889 the Harbour Board had spent £217,975 on port improvements and commissioned renowned Wellington architect, Frederick de Jersey Clere, to design its impressive waterfront head office.

The building also contained a new, larger bond store (a stronghold where the goods transferred from the ships were stored until importers had paid a duty tax to the Harbour Board).

It was completed for £11,264 in 1892.

Unlike other original wharf buildings, the Bond Store is made of concrete, to guard against enterprising thieves drilling up into its floor to steal liquor, as had happened at its timber predecessor.

While not lavish, the building

was inspired by the French style with an unusual "mansard" roof, (sloping with windows).

The Queen's Wharf end has a solid appearance and includes an elegant entrance and a master carved native timber staircase.

Inside are huge pillars of rough timber, each like Tane in an ancient forest.

Goods were brought in through three large cart entrances and transported to various floors by hydraulic lifts and jiggers installed by the engineering company, Luke and Sons.

The building demonstrated how trade rapidly expanded when shipping was relied on for transport of goods around the country.

The Harbour Board continued its reclamation of the harbour and commissioned numerous architecturally designed warehouses along Wellington's prosperous waterfront.

The Bond Store features in the city's dynamic and serious history, with Labour strikers frequently gathering outside.

In 1951 the Board became involved in New Zealand's bitterest industrial dispute, the Watersiders'

Strike, locking workers out of the port and banning overtime.

The 'wharries' were forced back to work after 151 days of very great hardship.

From the 1950s the increasing use of container ships and competition with the roads and rail lessened the commercial importance of Wellington's harbour.

The Bond Store ceased to be used from 1954 and was eventually converted into the Maritime Museum in 1989.

When the Harbour Board ceased to exist after local government restructuring, the building was saved by the popularity of its museum.

The Bond Store was reopened as Wellington's Museum of City and Sea in 1999 following careful restoration.

Since then it has been renamed Wellington Museum/Waka Huia and is operated by the Wellington Museums Trust (trading as Experience Wellington/Wheako Poneke), set up under a Deed of Trust for the benefit of the people of Wellington.

Councillors are right to be cautious about any project costs for

work, to insist on its tight management and reject any scope creep which has plagued past Council projects.

Sale of the museum building would be as extreme as demolishing the City to Sea Bridge, the Begonia House or the Khandallah Pool.

All of those were initially estimated to be out of reach until cooler heads prevailed and cheaper solutions found.

The Bond Store must tell all the stories, of the capital city, of mana whenua and of the Labour struggles it's witnessed.

Targetted minimal strengthening, once the sewage plant is fixed, must help tell Wellington's history hearing all its voices and diversity.

More generations of children can learn about their Wellington/Te Whanganui-a-Tara history.

Let's get firm figures for a cost-effective fix.

Absolutely do not blow out the budget (a la Town Hall) by adding a state of the art recording studio below sea level, and building a whole new adjacent building for toilets.

Women in *Business*

Welcome to The Independent Herald's - Women in Business Feature *where we shine the light on local women achieving great things every day*



Name: Khouanchai Adams
Occupation: Mortgage Adviser
E: kadams@mikepero.co.nz **Phone:** 021 911 189
Team Zebunisso

What does your role entail?

As a Mortgage Adviser with Mike Pero Mortgages, I help people achieve their home ownership goals by providing tailored lending advice and guiding them through the entire home loan process. With more than 18+ years of banking and finance experience, including Private Banking, I work with everyone from first home buyers to experienced property investors and clients with complex financial situations. My role is about making lending simple, building strong relationships, and helping families make informed financial decisions with confidence.

What has been your biggest achievement?

Professionally, being recognised with Award for exceptional service to clients, was a proud milestone. Personally, my greatest achievement is seeing families I have helped receive the keys to their first home—especially those who never believed home ownership was possible. As someone who arrived in New Zealand as a five-year-old refugee, helping break generational barriers to home ownership for Pacific, Māori, and migrant families is incredibly rewarding and gives real purpose to the work I do.

Why I love where I live and work

Porirua has been home since I arrived in New Zealand as a young refugee, and it has shaped the person I am today. It's a diverse, welcoming community where people genuinely support one another. I love working here because I have the privilege of helping local families achieve one of life's biggest milestones while giving back to the community that gave my family so much.

The greatest joy about what I do is

The greatest joy is seeing the excitement and pride on a client's face when they become homeowners. Knowing I've helped someone build long-term security and create opportunities for future generations is the most rewarding part of my career.

When not working I enjoy

You'll usually find me on the football pitch playing for my local woman football team or supporting local sport, cheering from the sidelines at my daughters' netball and softball game and Kapa Haka events, or spending time in the kitchen cooking for the whānau and baking my signature cupcake. Family and community are at the heart of everything I do.

A woman in the world I get inspiration from

I'm inspired by women who break barriers and create opportunities for others. Seeing women from diverse backgrounds succeed in business, leadership, and their communities reminds me that our experiences can become our greatest strengths. Their courage motivates me to keep opening doors for more families to achieve home ownership and build a better future.

Contact myself/business because

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Name: Helen Jackson
Occupation: Owner
E: info@360rnr.co.nz **Ph:** 021 259 8881

What does your role entail?

I help people reduce pain, improve movement and reconnect with their bodies through postural alignment and healthy lifestyle practices. My role is about educating, encouraging and empowering people to take an active role in their own wellbeing. I provide the tools and guidance, but it's my clients who do the work—and watching them discover what their bodies are capable of is incredibly rewarding.

What has been your biggest achievement?

Completing my Bachelor of Health Science changed the direction of my life and gave me the confidence to follow a career that truly aligns with my values. Becoming a certified Postural Alignment Specialist through The Egosue Method has allowed me to combine science, education and practical solutions to help people move better, reduce pain and enjoy life again.

Why I love where I live and work

I love being part of a community where people genuinely care about one another. The Hutt Valley offers the perfect balance of nature, connection and opportunity, and it's incredibly rewarding to support local people on their journey towards better health and wellbeing.

The greatest joy about what I do is

Watching someone realise that pain doesn't have to define their life. Sometimes it's the little victories that mean the most—sleeping comfortably, reaching the bottom shelf of the fridge, fastening a bra without discomfort, or simply walking with confidence again. Those everyday moments remind me why I do what I do.

When not working I enjoy

Spending time with family and friends, cycling, continuing to learn about health and wellbeing, and finding ways to live the lifestyle I encourage others to embrace. I believe looking after our health should enhance life, not limit it.

A woman in the world I get inspiration from

I'm inspired by women who choose growth over excuses and understand that caring for themselves isn't selfish—it's necessary. The women I admire invest in their own health and wellbeing so they have the energy, resilience and capacity to show up for the people and communities they care about. We really can't pour from an empty cup.

My priorities and hopes for the future

My hope is to continue helping people understand that many of the aches and pains we accept as part of ageing don't have to be. I want to be part of building a community that inspires healthier lifestyles, empowers people to take ownership of their wellbeing, and helps them enjoy a more active, fulfilling life. I believe good health isn't about chasing perfection—it's about creating the freedom to live life well.

Contact myself/business because

If you're ready to move better, reduce pain and discover what your body is capable of, I'd love to help. Whether you're living with chronic discomfort or simply want to optimise your health, together we can create a personalised path towards feeling your best.



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Book Fair brings in \$6,000

The successful 2026 Karori Book Fair brought in more than \$6,000.

Run by the Lions Club of Karori and the Rotary Club of Wellington North, the fair was held at the Karori Baptist Church in Marsden Village on 10 and 11 July.

Lions' convenor Beth Anders says that it is gratifying to see so many people still keen to buy books, and to see families enjoying the area set up for children's reading.

"The fair grossed over \$6,000 and there are

some expenses to be met, but as we always say, it is not all about the income, though all profits do go back into the community, it is about providing an event for the locals and access to books at reasonable prices," Beth says.

"Friday was a particularly busy day, despite the frigid conditions, probably the busiest morning the fair has ever experienced," says David Watt, the Rotary convenor, "and many good quality books were donated during the



A scene from this year's Karori Book Fair. Photo: Supplied.

fair."

Both clubs wish to express their appreciation of the many willing helpers from the community who assisted the club members over the weekend.

The next project is the Karori Lions E-recycling, on Saturday 25 July, to be held in the Youth Room of the Karori Community Centre.

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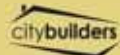
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Newlands artist features in free show

Well known Newlands artist Kit Ong is among the local artists featuring in the New Zealand Academy of Fine Arts' Winter Exhibition opening tomorrow, 17 July, at Wellington Cathedral of St Paul.

The exhibition is open daily from 10am to 4pm until 16 August and entry is free.

There has been a "wonderful response" to the unspoken theme of this exhibition among the 65 works selected, with dozens capturing the sense and feel of the season, the exhibition organisers say.

"With no constraint of theme or medium, selection was very open, assessing works on their success in delivering their intent within their chosen style and medium.

"The latter was surprisingly broad, with the standard oils, acrylics and watercolours being joined by works in charcoal, collage, gouache, pastels, and pen and ink.

"Many works combine media, with watercolour and ink, ink and pencil,

and oils and cold wax all being present.

"Mixed media works and works in 3D also add a welcome extra interest to the exhibition."

The styles on offer range from the stunning photoart of central Wellington based J M Beltran's image of the Milky Way above The Church of the Good Shepherd at Tekapo through the intensely observed realism of well-known local artist Denis Slowley's rusting boat or Yavanna den Harder's watchful tui and Kev O'Donnell's Wellington litter to the pure abstract minimalism of Brent Treacher's 'Black Cathedral'.

Kit Ong's view of the new Wellington Library and Jacky Pearson's depiction of the evening rush to the station in the rain each demonstrates the artists' mastery of their watercolour medium.

"Congratulations to the 51 artists whose works are on display in this lively exhibition," the exhibition organisers say.

Wheelchair access, accessible toilets and mobility parking are available on site.



Newlands artist Kit Ong's painting of the new Wellington Library. Photo: Supplied.



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Sinusitis is a common condition that many people experience, often recognised by a heavy feeling in the head, facial pressure, and pain or tenderness around the eyes, cheeks, or forehead. These symptoms occur when the sinuses—air-filled cavities within the skull—become inflamed or infected, preventing mucous from draining properly. This build-up can lead to significant discomfort and headaches that may feel quite severe.

Sinusitis frequently develops after a cold or flu, or in people with hay fever and allergies. Typical symptoms include nasal congestion, thick mucous that may appear yellow or green, and post-nasal drip, where mucous runs down the back of the throat. Some individuals may also experience a fever of 38°C or higher. In young children, signs can include irritability, difficulty feeding, and breathing through the mouth instead of the nose.

Most sinus infections clear on their own within seven to ten days without the need for antibiotics. This is because sinusitis is often caused by viruses, which do not respond to antibiotic treatment. Even when bacteria are responsible, research shows

that symptoms usually resolve without antibiotics. Avoiding unnecessary antibiotic use helps reduce the risk of antibiotic resistance. However, antibiotics may be required in certain situations, such as severe pain, fever above 38.6°C, signs of cellulitis (a rapidly spreading hot, red rash), or when symptoms initially improve but then worsen again. Persistent sinusitis lasting longer than three months is considered chronic and may require referral to an ear, nose and throat (ENT) specialist.

Several self-care measures can help ease symptoms. Rest and plenty of fluids help thin mucous, making it easier to drain. Gently blowing the nose one nostril at a time can also help. A warm compress placed over painful areas may provide relief. Steam inhalation can be soothing, though caution is needed to avoid burns, especially in children.

Saline nasal sprays or rinses can reduce congestion, and humidifiers may also be beneficial. Avoiding smoking and known allergy triggers, along with good hand hygiene, can help prevent infection.

Pain relief such as paracetamol or ibuprofen can reduce discomfort. Decongestants may also help but should only be used for three to five days to avoid rebound congestion. Antihistamines can be useful when allergies contribute to symptoms. Your Self Care pharmacist can provide further advice and fact cards on managing coughs, colds, and flu during winter.



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Change of venue no fuss for Waterside Karori

By Hamish Wareham

A week of Wellington wind and more importantly rain meant, surprisingly given its track record, a first pitch change of the year for Waterside Karori from their regular home ground of Karori Park for their round 13 men's Central League fixture against Petone. Alex Moore Park was the chosen venue, meaning that both Wharfies and TFS North Wellington would be due to play on the artificial on Saturday afternoon, 11 July.

What has traditionally been a high scoring fixture over the years was decided with just the one goal 10 minutes into the second half when Matthew Henry placed a first time finish into the bottom right corner past a sprawling Luca Siegel.

That 1-0 victory propelled Karori up to eighth on the ladder, leapfrogging the below par Phoenix Reserves and going level on points with Petone in seventh and one point behind Island Bay in sixth.

The Wharfies men are on the road to New Plymouth this coming weekend taking on bottom placed FC Western.

Also transferred was Waterside Karori women, whose third versus first women's Central League encounter against Petone also moved to an artificial surface of Te Whaea.

Having beaten Petone twice this season, it was the visitors who scored first nine minutes into the second half through Pepi Oliver-Bell. Renee Bacon equalized six minutes later and the sides couldn't be separated again, with the match ending in a 1-1 draw.

Wellington United leapfrogged Petone to first place on the women's Central League table following their 13-0 win over Victoria University.

TFS North Wellington took on Lower Hutt at 3pm, in a log jammed Central League two competition where every three points throughout the final seven weeks of the season was going to be vital.

After a scoreless 80 minutes, a maiden first team goal from debutant Onslow College student Jett Allan broke the deadlock for the home side in the 87th minute.

That was seconded four minutes later by Charlie Hooper scoring in the 91st minute to secure three points for Norths.

With other games being postponed as a result of Wellington's weather, North Wellington propelled up to fourth on the ladder two points and one point behind second and third on the table occupied by the two Palmerston North clubs.

North Wellington trek over the Rimutaka's this Saturday, doing battle with Douglas Villa at 2:30pm.



Avin Khajezadeh receiving her GirlBoss award from Chloe Gallagher, PwC's Chief People Officer, who judged the 2024 GirlBoss inclusion category. Photo: Greg Campbell.

GirlBoss awards now open

By Frank Neill

Applications for the 2026 GirlBoss awards will close at midnight on 2 August.

These awards are presented to trailblazing young women aged 11 to 18 who are defying stereotypes and creating change in their communities.

Churton Park teenager Avin Khajezadeh was named one of New Zealand's top Girl Bosses at the 2024 New Zealand GirlBoss Awards.

Avin won the GirlBoss Inclusion Award, sponsored by PwC New Zealand.

She was presented the award for her work

to transform health outcomes for refugee mothers.

The awards are made in eight categories – leadership; science, technology, engineering and maths; enterprise; arts and culture; innovation; emerging leader; digital impact and community.

People can apply or make a nomination for the awards at www.girlbossawards.com.

Founded in late 2015, GirlBoss is a network of high school aged “changemakers”.

Its mission is to close the gender gap in Science, Technology, Engineering, Maths, Leadership and Entrepreneurship.

Tawa gifts community patrol car



Wellington South Community Patrollers with their new patrol car, gifted by the Tawa Community Patrol. Photo: Supplied.

While many were celebrating Independence Day on July 4, the Tawa and Wellington South Community Patrol teams had a reason to celebrate closer to home.

Earlier this year, the Tawa Community Patrol took delivery of its new patrol vehicle, made possible through generous support from Mexted Motors, Lottery New Zealand, and local community organisations including Rotary, Lions, the Masonic Club and the Tawa Community Board.

The brand-new Mitsubishi Eclipse—a hybrid – has been warmly welcomed by all patrollers, offering a more environmentally friendly and cost-effective way to support patrol operations while helping keep the Tawa community safe.

The team is also enjoying the bonus of driving a brand-new vehicle as they continue their work supporting local safety and wellbeing.

Over recent months, the team considered how best to put their older vehicle to continued use.

The answer came when Wellington South Community Patrol, which supports Wellington's southern and eastern suburbs, expressed interest.

For the Wellington South team, the offer could not have come at a better time.

Their own patrol vehicle, a 2006 Toyota RAV4, after 13 years of dedicated service keeping neighbourhoods safe, was finally nearing the end of the road.

With an impressive 235,000 kms on the odometer, it had been a trusted companion to generations of volunteers over the past years.

In a generous act of community spirit, Tawa Community Patrol gifted its former patrol vehicle to the Wellington South team.

The handover was formalised by long-time community patrol supporter, Justice of the Peace, and former Rotary Club President Pat Waite, ensuring the deal was quite literally signed, sealed and delivered.

The Wellington South Community Patrol Trust gratefully accepted the vehicle, ensuring that patrols can continue providing a visible presence and valuable support to communities in the south and east of Wellington for many years to come.

With eight active members, the Wellington South Community Patrol team is always keen to welcome new volunteers who want to give back to their community, enjoy driving, build lasting friendships, and be part of something bigger than themselves.

Together, they make a real difference while enjoying the camaraderie, purpose and sense of pride that comes from serving their local neighbourhoods.

The Tawa Community Patrol team is slightly larger, but no less enthusiastic about attracting new members.

Both patrols are looking for community-minded people who want to contribute to safer communities while becoming part of a supportive and rewarding volunteer organisation.

“Whether you have a few hours to spare each month, enjoy getting out and about, or are looking for a meaningful way to connect with others in your community, there is a role for you,” the Tawa Community Patrol says.

“Volunteering with Community Patrol offers the chance to gain new experiences, develop valuable skills, make lifelong friendships, and play a visible role in helping keep local communities safe.

“There has never been a better time to get involved.”

Anyone interested in making a positive difference is encouraged to contact their local Community Patrol and discover how they can become part of the team.

Community Patrols of New Zealand (CPNZ) is a national, volunteer-run organisation that works alongside the New Zealand

At Zealandia this weekend

Zealandia Te Māra A Tāne is running two events for the community tomorrow, 17 July, and Saturday.

It is hosting free whānau printmaking sessions from 10am to 3pm tomorrow at the Zealandia visitor centre foyer.

The sessions are perfect for curious kids and adults wanting hands-on creative fun, Zealandia says.

“Drop in, explore the sanctuary and enjoy an activity designed to spark imagination in nature.”

The sessions will be delivered by local artists.

Tayla Hartemink has designed a series of unique stamps featuring beautiful native manu and ika, perfect for decorating cards, and printing fabric and clothing.

Rosalie Koko will guide whānau through the process of ‘elei printmaking, a traditional method of hand block printing from Samoa.

“As we at Zealandia celebrate Waitā and

our moana for Matariki this year, Tayla has designed stamps with beautiful ocean species and Rosalie has carved lino blocks to symbolise different aspects of Waitā,” Zealandia says.

“A limited amount of materials will be provided, but we encourage you to bring your own T-shirts, tote bags, tea towels or other fabric items to personalise with these stunning designs.”

This event is suitable for people of all ages.

A lively string bean puppet show will be performed between 11am and 11:45am on Saturday 18 July.

Entry to this entertainment is free and will take place in Zealandia's visitor centre foyer.

The show tells of Nan and Tuna, who have been friends for 70 years.

Now it is time for one last adventure together, but before they leave they need to find someone to care for the river.

More information about these two events is at www.visitzealandia.com/whats-on/.

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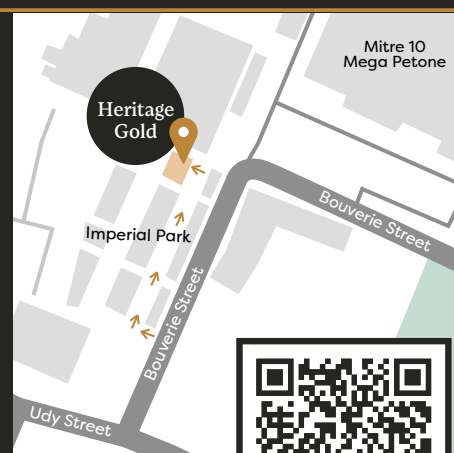
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