

Thursday May 28, 2026



Today 9-15



Friday 7-14



Saturday 11-14



Sunday 13-17

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Climate action

By Frank Neill

A unique climate change initiative is coming to Wellington next month.

'Don't Look Now' is a series of seven short but snappy plays about climate change and actions communities and individuals can do in response.

The plays were written by Wadestown's award-winning author Angie Farrow.

Continued on page 2.

Actor Bethany Miller gets into the swing in a scene from 'Don't Look Now'. Photo: Alex Rabina.



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The most important issue of our time

**Wadestown author Angie Farrow who wrote the series of plays in 'Don't Look Now'.** Photo: Supplied.*Continued from page 1.*

"Don't Look Now" will be performed at Bats Theatre from 16 to 20 June.

Following the plays there will be time for people to discuss and present ideas on what they can do to help with climate change and environmental issues.

"The issue around climate is probably the most important issue of our time," Angie says. "I wanted to find a way of exposing the issues around climate through theatre and do it in such a way it is not apocalyptic or overly scientific but speaks to real stories and real human beings."

The result is the series of plays looking at how individuals can respond to climate issues and make a difference.

**Actor Ralph Johnson in a scene from 'Don't Look Now'.** Photo: Alex Rabina.

"They are very strong stories," Angie says.

"The plays are all very different. Some of them are comedies, some of them are quite surreal and some of them are very light hearted.

"Some of them are very funny, some of them are very warm, some of them are deeply sad, but largely they are addressing the issue a round climate change.

"I think theatre is a great way to put these ideas forward, because on the whole we are dealing with people face to face.

"Theatre has always had the power to change hearts and minds," Angie says.

"One of the great things about these shows is that we have set up a really good forum after the shows, so that people can talk about their ideas and how it relates to them."

It felt "very timely" to present 'Don't Look Now', Angie says, "particularly in New Zealand where we have had so many catastrophic weather events in recent years and months."

"Don't Look Now" is directed by former Wadestown resident David O'Donnell, who now lives in Thorndon.

"I think the reason these seven short plays are so important is because they are seeking to find ways that communities and individuals can find some hope in what seems like a hopeless situation with the climate change crisis," David says.

As well as providing entertainment, the plays are being presented to "provoke people, give

people ideas and alternatives."

The plays "have got fantastic characters in them and each one of them looks at different scenarios to do with climate change.

"One of the things we have come across in our research for these plays is that people feel they have got climate change fatigue.

"People just give up hope, because they think: 'I've been on a protest or written to an MP or something, and nothing's happened and things are just getting worse and worse', and so they think: 'I'd just rather not think about it'.

"That's possibly not the best strategy.

"We feel that the arts in general and theatre, in particular live theatre, brings people together and that provides an impetus for new ideas and for action.

"Among our actors we have got some environmentalists who are keen to use theatre to get the message out there that it's not too late.

"We shouldn't give up hope.

"We should keep lobbying our government and our local councils and do something positive.

"We have had some catastrophic climate events this year, like Mount Maunganui, for example, and of course the storm in Wellington a few weeks ago where somebody lost their life.

"We feel it is quite urgent to bring people together to try and think about solutions and small things we can do to make a difference," David says.

Government investigating local planning rules

The Government has confirmed an investigation has been launched into whether council planning rules in Wellington, including in Karori and Kelburn, are hindering economic growth and the construction of new homes.

RMA Reform Minister, Chris Bishop says the Wellington request, made by Wellington City Council's Mayor and Deputy Mayor, focuses on several heritage provisions that may be preventing housing growth, infrastructure improvements, and new jobs.

"One example is the Courtenay Place Heritage Area, where height limits are roughly half those allowed in surrounding parts of the central city, despite Courtenay Place being identified as a priority growth area close to jobs and public transport," Mr Bishop says.

"Another involves heritage listings on the Karori Tunnel and Kelburn Viaduct, where relatively straightforward upgrade works have reportedly increased in cost from around \$350,000 to around \$2.5 million because of planning requirements.

"We're also looking at whether heritage rules relating to a concrete gas tank are

unnecessarily constraining expansion at the Weta FX and Wingnut Films site, where evidence shows additional capacity could support around 150 extra workers.

"These are exactly the kinds of situations New Zealanders find frustrating.

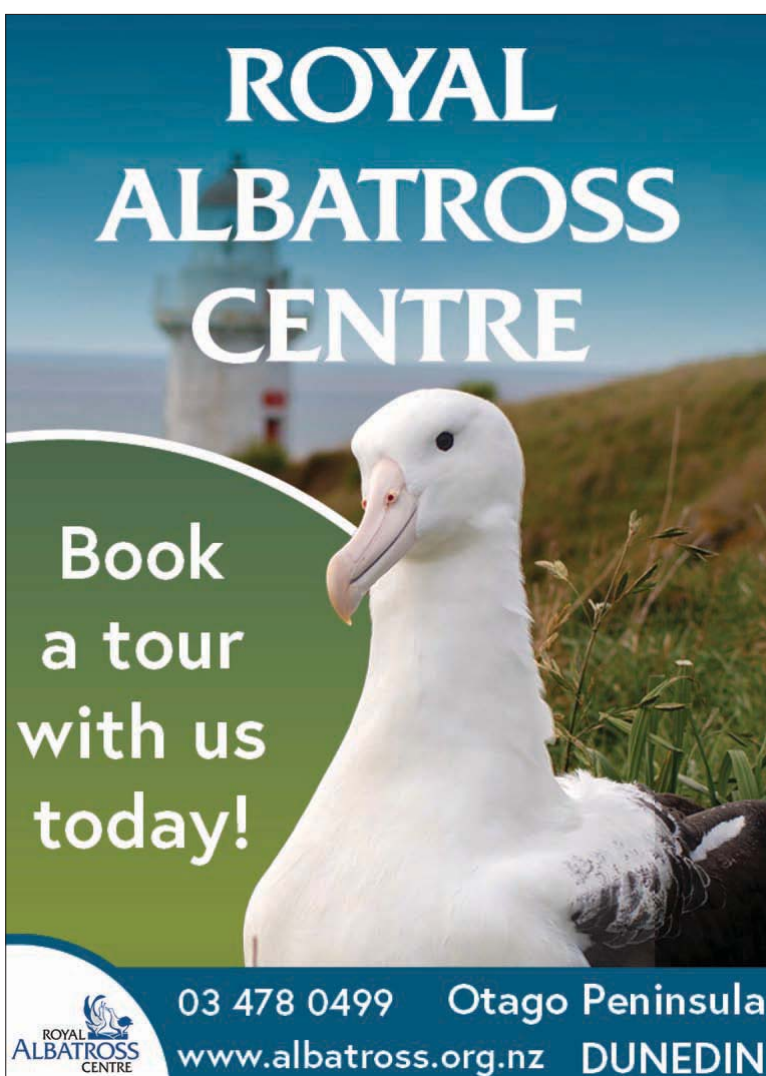
"We need planning rules that protect genuinely important heritage while still allowing cities to grow, infrastructure to be upgraded, and businesses to create jobs."

Ministry for the Environment officials will now investigate both requests and engage with councils and affected parties before providing advice to the Minister.

"If the investigations show these rules are unnecessarily restricting growth or development, the Government has the ability to step in and change them," Mr Bishop says.

"This Government is determined to fix the basics and build the future by making it easier to build homes, grow businesses, and deliver infrastructure while still protecting what genuinely matters."

The investigations are due to be completed in the coming months, and decisions expected before the end of the year.



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Lots happening at Newlands College

By Frank Neill

There are “many spectacular things happening in our school at the moment,” the Principal/Tumuaki of Newlands College, Deb King says.

“And we’re incredibly proud of our learners.”

Newlands College is currently undergoing a series of new developments, Ms King says.

“We’ve got a new two-storey library which has quickly become a hub for many of our students.

“A whole lot of spaces including classrooms have been revamped. And what’s next is a nine classroom block that features four science labs.”

In addition, the college’s production of ‘The Addams Family’ is currently being performed.

A musical comedy by Andrew Lipka, the show is being held in the Newlands College Hall this week, with the last performance this Friday, 29 May.

The production involves more than 100 students across a range of roles including performers, stage management, costume, makeup and support crews.

“It’s been a joy to see the collaborative effort from students and staff in bringing this performance together,” Ms King says.

Newlands College competed against students from Onslow and Tawa Colleges in the annual triangular tournament, and came away winning the trophy on 21 May.

The tournament includes a variety of sports such as Netball, Basketball, Cross Country, Football and Badminton.

“Newlands College is committed to providing diverse opportunities for all our learners particularly in our semester programmes,” Ms King says.

“This focused approach has led to impressive academic success, including NCEA Level 2 results last year which achieved an 83.3% attainment rate for year 12 students – nearly 10% higher than the national average.

“Our Level 3 and University Entrance results were well above national averages.

“Our students finishing year 13 also achieved exceptional success with 97%



Standing in front of the new library at Newlands College (from left) Lily-May Bai, Atti Graham, Bella Pua, Principal Deb King, Rishan Naik, Rose Gillam and William Phoon. Photo: Supplied.

passing literacy and 96% passing numeracy.

“This success is coupled with a strong emphasis on meeting individual learning needs, fostering academic learners, and securing year 12 scholarships.

“The flourishing learning experience extends beyond the classroom, with robust offerings such as outdoor education trips to

the Tararua and Ōtaki Forks, alongside the development of student leadership through initiatives like our Student Executive.

“We are enabling every learner to succeed through comprehensive pastoral care, curriculum innovation, and a school environment where 96% of students were regularly arriving on time in Term 4.”

Road closures

With extra maintenance work planned, Wellington drivers can expect additional closures of the Terrace and Mount Victoria and Terrace tunnels this month and in June.

Previous schedules have been changed and updated to allow for additional works including road resurfacing and tree maintenance works.

Works are weather-dependent and may be postponed at short notice.

NZTA/Waka Kotahi and the Wellington Transport Alliance understand the addi-

tional closures do create added disruption for drivers.

However, the State Highway tunnels are critical transport infrastructure, and it is essential they are properly maintained.

Upcoming night closures for the Terrace Tunnel are taking place from now until 28 May from 9pm to 4:30am.

Night closures are planned between 9pm and 4:30am on Monday 8 June; and Monday and Tuesday 22 and 23 June.

Mount Victoria tunnel will be closed from 9pm to 4:30am on Tuesday 9 June.

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Authorised by Greg O'Connor MP,
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Soumya Tyagi and Ohariu MP Greg O'Connor, who is sitting in Parliament's Speaker's chair. Photo: Supplied.

Newlands student diplomat for a day

By Frank Neill

Newlands College student Soumya Tyagi became a diplomat for a day at the British High Commission this month.

"I had an incredible opportunity taking part in the Diplomat for a Day programme at the British High Commission," Soumya says.

"I gained a much deeper understanding of how diplomacy operates in practice and how international relationships are built through communication, collaboration and respect for different perspectives.

"One of the most valuable parts of the day was engaging directly with diplomats and learning about the real challenges and responsibilities involved in representing a country.

"I was especially interested in the emphasis placed on young people's voices and how important it is for youth perspectives to be included in conversations about global issues and decision-making.

"The experience also helped

me understand diplomacy in a more practical and human way, beyond what we see on the surface.

"It reinforced my interest in how young people can contribute meaningfully to discussions on leadership, global challenges and community impact," Soumya says.

Soumya attended a series of events throughout the day on 5 May.

As well as interacting with diplomats, she also visited Parliament and met MPs, including Ohariu MP Greg O'Connor.

Other events Soumya attended were meeting the MEAT Europe Division, attending the Poland National Day celebration and a British citizenship ceremony.

Soumya also presented a paper at the Global Youth Panel for Action-focused Diplomacy.

She put forward an idea to create a Global Youth Panel.

Following her presentation the British High Commission gave their support to her idea and offered her guidance and assistance to help move the initiative forward.



The 'real women' models from Johnsonville Lions Club. Photo: Supplied.

Johnsonville Lions support food bank

Johnsonville Lions Club held a successful fundraising event on Friday 15 May to raise funds supporting the local Johnsonville food bank.

Club member Shirley Ng, who organised the evening, said that almost \$1,000 was raised at the fashion evening at the local Ballentynes store.

"We had a full house with much fun and laughter," Shirley says, "as our club members modelled upcoming winter fashions."

Members of Johnsonville Lions enjoyed taking on the role of 'real life' models to display a wide range of fashions.

A capacity audience enjoyed the show, and drawing of raffles during a brief supper break.

Male members of the club were also involved for the evening with some of them baking and preparing items for the supper.

Club President Phillip Henty gave special thanks to Ballentynes manager, and her staff while outlining some of Johnsonville Lions activities.

He was pleased that it was a hugely successful evening which raised funds to help local citizens who are struggling to feed their families, particularly at this time of rising prices.

President Phillip said he was

pleased that Johnsonville Lions were again able to assist in supporting an aspect of the local community.

The Johnsonville Lions Club currently has 25 members and meets on two Monday evenings each month at the Johnsonville Club in Norman Lane.

Lions clubs are a group of men and women who identify needs within the community and enjoy working together to fulfil those needs.

For more information or to get involved with the Johnsonville Lions Club contact Stephen Cook at 972 2036 or email Johnsonville@lionsclubs.org.nz

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One of the teams who took part in last year's Relay For Life. Photo: Joe Serici.

Relay For Life this weekend

More than 4,200 Wellingtonians will descend on Hnry Stadium this weekend for what is set to be the largest Relay For Life event in the Southern Hemisphere in 2026.

With 188 teams entered, the Cancer Society Wellington Division's iconic overnight fundraiser is aiming to raise \$750,000 to support people impacted by cancer throughout the region.

From schools and sports clubs to workplaces, families and groups of friends, thousands of people will take to the track from Saturday afternoon 30 May through to Sunday morning 31 May in a powerful show of solidarity, remembrance and hope.

Relay For Life sees teams keep a baton moving around the track continuously overnight, representing the reality that cancer never sleeps.

Participants walk, run, dance and cheer each other on while fundraising to support free cancer support services, transport assistance, accommodation, wellbeing programmes, health promotion initiatives and cancer research.

Cancer Society Wellington Division Chief Executive, Darryl Carpenter, says the scale of this year's event reflects the incredible spirit of the Wellington community.

"To have more than 4,000 people rallying

behind this cause is extraordinary," Darryl says.

"Relay For Life is deeply personal for so many people, whether they are celebrating someone who has survived cancer, supporting someone currently going through treatment, or remembering a loved one they have lost."

One of the most emotional moments of the event will be the candlelight ceremony, where candle bags decorated with names and messages will line the track in honour of those affected by cancer.

While fundraising efforts have already been under way for months, the community is still being encouraged to get behind the event and help participants reach the ambitious \$750,000 target.

Donations can be made directly to an individual participant, a specific team, or contribute to the overall Relay For Life Wellington fundraising total.

"Every donation, no matter the size, helps ensure people facing cancer have access to the support they need," Darryl says.

"The community response so far has been incredible, and we would love to see Wellington help push us over the finish line."

To donate or learn more, visit: <https://wellington.relayforlife.org.nz/>.

Johnsonville bowlers scoop top awards

By Frank Neill

The Johnsonville Bowling Club won all five of the top awards presented at Bowls Wellington's awards ceremony, which the club hosted on 24 May.

Dale Rayner, who was not present to receive the award, won the trophy for the women's player of the year and Wayne Coleman was awarded the cup as the men's player of the year.

The Johnsonville women were named the champion women's club of the year, and the Johnsonville men were named the champion men's club of the year.

Brady Amer was presented the award as coach of the year.

Two days before the Bowls Wellington awards ceremony, the Johnsonville club held its awards afternoon, which was attended by the club's patron, Ōhāriu MP Greg O'Connor.

The 2025-26 season has been a hugely successful one for the club.

It has seen Johnsonville bowlers win title after title.

The long list of winners is: Women's Open Singles Dale Rayner; Men's Over 60 Singles Phil Todd;

Men's Open Pairs: Phil Todd, and Wayne Coleman; Women's Open Fours: Paula Meredith, Lynette Campbell, Alison Colgate and Debera Dean; Women's Easter Pairs: Dale Rayner and Kaaren Guilford; Men's Easter Pairs: Isi Taito and Terry Dean; Men's Champion of Champion 1-5 year Singles Terry Dean; Men's Champion of Champion Pairs: Phil Todd and Wayne Coleman; Men's Champion of Champion Triples: Phil Todd,



Wayne Coleman with the cup he won as men's player of the year. Photo: Supplied.

Brendon Gibson and Wayne Coleman; and Johnsonville were the Women's Division 1 Interclub winners.

Johnsonville players who represented Wellington during the season were Phil Todd, Wayne Coleman, Grant Wakefield, Paula Meredith, Gill Oliver, Lui Hare, Leslie Seabright, Debera Dean, Terry Dean, Brendan McDonnell, Dale Rayner, Kaaren Guilford, Lynette Campbell and Rod Leitch (Selector/Manager).

A well-received innovation at the awards was the presentation of caps to players who have represented Wellington more than 100 times. The following Johnsonville players were presented caps: Grant Wakefield, Brendon Gibson, Jim Scott, Rod Leitch, Rob Ashton, Kaaren Guilford, Bruce Henderson, Paula Meredith, Rex Knox and Dale Rayner.

E-pay restored on buses

Contactless payments have been restored on all Metlink buses.

Contactless payment functionality (e-pay) was affected following a recent software issue with Snapper equipment.

A software update was successfully put in place from Friday morning 22 May and was progressively rolled out across all buses last weekend. As a result, contactless payments are now available on all buses.

Any remaining issues passengers experience while paying with contactless methods can be resolved by the bus driver rebooting the equipment on board.

Senior Manager Strategy and Investments

for Metlink, Tim Shackleton, thanks passengers for their patience while the issue was fixed.

"We know how important contactless payments are for convenient travel, so we appreciate how quickly our passengers temporarily pivoted back to using Snapper cards and cash and for bearing with us while we worked through this issue," Tim says.

"Our teams worked closely with Snapper to implement the fix as quickly as possible.

"Passengers will be pleased to have contactless payments back up and running across the bus network," Tim adds.

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Local history – Mana Island

By Felicity Wong

Te Mana a Kupe (Mana Island) is a familiar landmark which few people have visited.

Its long flat profile, off the coast of Plimmerton, hides a surprisingly interesting landscape.

Endangered takehe birds waddle around like big blue chickens and the views are spectacular.

The “Go Mana” boat trip takes 20 minutes departing from Mana Marina.

After scrambling ashore on the beach and a half hour introductory talk, visitors wander around till the early afternoon.

A three to four hour walk, mostly at elevated heights, ensures a sound sleep afterwards.

In the 1850s a court case about ownership between Henry Moreing and the Fraser brothers followed early whaling days on the island.

The Government determined that Ngāti Toa owned the land and paid 300 pounds to three Ngāti Toa Chiefs, Hohepa Tamahengia, Tāmahina Te Rauparaha and Matene Te Whiwini (with orders to share it with 81 iwi members).

In 1863 the Marine Department decided the island would have a lighthouse for Cook Strait shipping.

Wellington builder Janes Smith used three teams of bullocks to haul equipment to the highest point.

Despite using heart rimu and tōtara timber, 11 years later the lighthouse keeper reported out buildings had blown over and his cottage leaked and shook.

From 1865 the light operated from a 21m metal tower built in Birmingham, which was four storeys high.

Oil for the light was stored on the first floor and the duty keeper watched out from the fourth floor.

In the 1870s several shipwrecks resulted from confusion for mariners with the Pencarrow lighthouse.

To resolve the issue an alternative light was put on “The Brothers” rocks and Mana was shut down with its 90 ton cast iron tower dismantled and winched down the cliff.

The lighthouse tower was shipped to Cape Egmont where it still is in use.

The foundations remain on Mana’s high northwest corner.

From 1873 land was leased for farming and in 1887 Mariano Vella, whose family farmed the island for 70 years, built the woolshed which still stands today.

During the “Russian scare”, 525 acres were made into a Defence

Reserve for military purposes but no installations were ever made.

The Department of Lands and Survey administered the land, rolling over 21 year leases, on behalf of the army.

In 1952 the Vella family unsuccessfully applied to freehold the land.

Instead a 999 year lease was sold at auction to Wellington solicitor Ian Gault whose son managed the farm.

Gault’s successful bid to purchase the lease (8,200 pounds) included three concrete dams, 13 paddocks and six exotic tree plantations.

The annual rent was 210 pounds.

In the 1970s John and his wife Margaret Clark raised three children on the island along with 12-1300 sheep and 90-100 cattle.

In 1973 the Government bought back the lease ending the era of private farming.

The island was then used for research and quarantine, and suffered serious scrapie disease outbreaks.

The Minister of Lands, (Venn Young), suggested the total revegetation of the island.

All remaining sheep and cattle were removed by 1986 but an exploding mouse population resulted.

DOC took over in 1987, introduc-



Vella’s woolshed built 1887. Photo: Supplied.

ing endangered takehe, kakapo (which died), kiwi, petrels, geckos, and other wildlife.

A major mouse population project resulted in Mana becoming the largest rodent free island in the world in 1991.

Some 30 years later a happy event was for its ownership to be returned to local iwi Ngāti Toa Rangitira.

The iwi has a deep historical and spiritual connection with the island since its migration from Kāwhia to take control of the island and its environment in the 1820s.

The leading chief Te Rauparaha had established a strong presence on the island using it as a strategic base to control and navigate across Te Moana o Raukawa (Cook Strait).

Ngāti Toa encouraged traders and had repeatedly sold or leased part

of the island to settlers.

The full vesting of ownership honoured the iwi’s role as guardians of the land, and its partnership with DOC to manage the land as a highly protected scientific reserve.

Te Mana a Kupe is restored to Ngāti Toa Rangitira as an important ecological sanctuary for threatened native birds and plants.

Artefacts, like fish hooks, spears and animal remains, found in middens, provide evidence of human occupation back to the 14th century and to the waves of earlier iwi who visited its shores.

Waves of DOC staff and volunteers have since planted hundreds of thousands of trees and helped with wildlife restoration: see <https://manaisland.org.nz/mana-island-2/history/>.

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- Jono Wyeth, Tumuaki/ Principal

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- Common mistakes parents make



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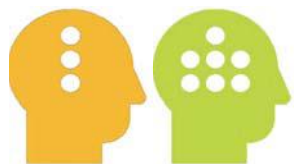
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Warm Feet this Winter!

As the temperature drops, we should take a few steps to look after our feet to keep them comfy. In Wellington's climate, which can be chilly, a thin wool sock will keep your feet warm. Wool or wool blend socks are the best to allow the feet to breathe and keep the skin warm, which benefits circulation. Choosing the right materials in a shoe can have benefits as well.

Leather shoes have several advantages: they can stretch, are breathable and are water repellent. Some shoes that promise to be waterproof are lined with Gortex. Bear in mind this lining may take up some room in the shoe so you may need a larger size than usual.

Keeping your toes warm will help you to avoid chilblains. Chilblains are small spots of tissue damage from poor circulation to the skin usually due to cold feet.

Chilblains are common in folks who don't keep toes warm, by having the house too cool, or who don't wear warm socks and slippers inside. Personally, I wear shoes and socks indoors and do not suffer cold feet. At Active Feet Podiatry we are here to help you whatever foot issues arise. We can be reached at our Terrace Clinic on (04) 473 8696 or ActiveFeetPodiatry.com or email: info@activefeetpodiatry.com

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SINUS INFECTION (SINUSITIS)

Have you ever had that really heavy feeling in your head, with pain, swelling and tenderness around your eyes and cheeks or forehead, a feeling of pressure building around your face? This could be a sinus infection or sinusitis.

Sinusitis is a common condition and can occur after you've had a cold or flu, or with hay fever and with allergies. Symptoms include nasal congestion with the build-up of mucous, and thick nasal discharge, which may be yellowish or greenish in colour. There may also be post nasal drip with mucous dripping down the inside of the throat. Sometimes there can be a high temperature of 38C or above, and sinus headache.

The sinuses are made up of several spaces or cavities in the skull, and when these become inflamed or infected then mucous is unable to drain away and sinusitis can be the result. The build-up of pressure in this area can then lead to headaches or pain, which can be quite severe.

When sinusitis occurs in young children signs include irritability, difficulty feeding and breathing through the mouth and not the nose. Symptoms of sinus infection generally clear within a week to ten days and this is without the need of any antibiotic treatment. There are several reasons why this is the case.

Firstly sinusitis is often caused by viruses which are not treated with antibiotics. Also it has been seen that when bacteria are the cause of the infection, antibiotics have not been found to be beneficial and that the symptoms have gone and the condition has resolved even without the use of antibiotics.

Avoiding antibiotics is the preferred situation to minimise the overuse of antibiotics and help prevent antibiotic resistance from occurring. However there are certain circumstances where your GP could prescribe antibiotics, e.g. extreme or severe pain, fever over 38.6 degrees Celsius, or signs of cellulitis, i.e. a skin infection such as a fast spreading red rash. Also you may need to visit your GP for antibiotics if the condition initially improves but then worsens and is prolonged.

In some cases sinusitis can recur and last longer than 3 months. This is known as chronic sinusitis and may need a referral from your GP to an ear, nose and throat (ENT) specialist.

There are things that you can do at home that will help sinusitis such as getting plenty of rest and drinking plenty of fluid. Extra fluid helps to thin the mucous so that it can drain away more easily. Gently blowing the nose, one nostril at a time is also effective.

Holding a warm flannel or compress over the inflamed area can help to ease the pain



and this can be done for a few minutes several times a day. Inhaling steam from a bowl of hot water may give some relief but care must be taken to avoid scalding and this is especially important with young children and is therefore not encouraged.

Applying a salt water solution to the nostrils can also help to ease the congestion. Home-made salt solutions can be used or they can be purchased from the pharmacy.

A humidifier can also be helpful, as is stopping smoking and avoiding known allergy triggers. Good hand hygiene can help to keep the spread of infection and prevent reinfection from occurring.

There are medicines available to use for sinusitis which includes pain relief such as paracetamol or anti-inflammatory drugs such as ibuprofen.

Your Self Care pharmacist can also give you advice on decongestants that can be used to help by drying up the mucous and unblocking the nose. These are available as nasal sprays or drops and it is very important to use these for a few days only, after 3 to 5 days their usage should be stopped. If they are used continuously for long periods of time they can cause a condition known as rebound congestion, which is more congestion, adding to the problem.

Decongestants are also available as tablets, some are only available with a GP's prescription while others can be purchased from the pharmacy. Care needs to be taken to see if pain relief and anti-inflammatory drugs have been included in the same product when buying these over the counter. Discuss this with your Self Care pharmacist to find out.

Other medication available from your pharmacist are antihistamines, which can be used to help dry up the nasal secretions especially if allergies are the cause of the symptoms.

Your Self Care Pharmacist can provide you with Self Care fact cards for more information on coughs, colds and flu and how to protect yourself this winter.



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Eco Wellington are located at 405 Hutt Road, Alicetown, Lower Hutt.

Winter gardening

Winter is a good time to identify problem areas in your garden – areas needing drainage, shady areas where it's difficult to grow anything and those exposed to the weather. With the right solution these areas can become functional outdoor living spaces.

If you have lawns that struggle to survive in winter because they are shaded by trees, then pruning them will let more light in and give them a better chance. Take note of your frost-tender plants and protect them before it's too late – use suitable cloth or spray-on protection.

The right design for your landscaping can really add something special to your outdoor living. www.groundplanz.co.nz.

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water bills, particularly during drought periods when mains water costs may rise.

Emergency Water Supply:

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There's gold in your drawer, you just don't know it yet

Heritage Gold, Petone

Somewhere in most New Zealand homes, there's a drawer. You know the one. It holds the tangle of old jewellery nobody wears anymore — the broken chain from an aunt's estate, the ring that no longer fits, the earring whose partner disappeared a decade ago. It holds the coins collected on overseas trips, the gold watch inherited from a grandfather, the bracelet bought in a different chapter of life.

Most of us assume these things have sentimental value, or no value at all. What we rarely consider is that they might have real, significant financial value — sitting quietly in a drawer while the gold price climbs to record highs.

Gold is currently trading at historic levels. The same gram of gold that sat forgotten in a jewellery box five years ago is worth considerably more today. And yet the vast majority of New Zealanders have never had their jewellery properly tested, never received a professional assessment, and have no idea what their pieces are actually worth.

Now operating from Imperial Park in Petone, Heritage Gold is a fourth generation, family business built on closing that gap.

"People come in nervous," says the team. "They think they're going to be taken advantage of, or that what they have isn't worth the trip. And then they're genuinely surprised."

The surprise cuts both ways. Sometimes a bag of old coins contains a rare New Zealand pre-decimal piece, such as a 1935 threepence, that a collector would pay handsomely for



depending on condition. And sometimes — often — a tangle of broken chains that seemed worthless turns out to contain several gold ones, making that trip in, very worthwhile.

Heritage Gold buys everything: antique and estate jewellery, vintage watches, gold and silver bullion, rare coins and all others, scrap

gold, broken pieces, dental gold. There is no minimum and no category too obscure.

What sets the business apart is not just what it buys but how. Every item is tested on the spot using professional equipment. The team explains the testing process and is happy to answer any questions you may have. If you decide not to sell, you leave with more knowledge about what you own than when you arrived. If you do sell, you leave with immediate payment — same day, every time.

In a market full of online buyers who offer

vague estimates and postal valuations, there's something quietly radical about a business that asks you to come in, sit down, and be treated like a person.

The drawer in most New Zealand homes is worth opening. It costs nothing to find out what's inside it.

Heritage Gold is located at Imperial Park, Unit 81 / 41 Bouverie Street, Petone. Open Monday to Wednesday, Friday 9:30am–2:30pm, Thursday 9:30am–4pm. Walk-ins always welcome. PBA

Karori Lions welcomes young members



The Karori Lions at a special function to welcome six new young members. Photo: Supplied.

At a special function at the Karori Park Café on Sunday 24 May the Karori Lions Club welcomed six new young members, who form the new Wellington branch of the club.

The new members of the branch all live in nearby suburbs, and look forward to joining with the 'parent club' in upcoming planned projects, as well as initiating their own projects.

Some of the upcoming activities of Karori Lions include:

Winter Wishes – nominate a deserving person for support;

Supporting the Foodbank appeal at Karori Mall – 30 May;

Supporting Karori Kaitiaki – enhancing Karori's natural environment – 31 May;

Upcoming collection for the Scouts' Jamboree in Karori Mall – 13 and 14 June;

Collection at Karori Mall for Camp

Quality – 26 and 27 June;
Karori Community Book Fair – 10 and 11 July;

E-waste collection at Karori Community Centre – 25 July;

Halloween haunted house – October/November;

Lap the Map, supporting diabetes at Karori Park – November; and

The Magic Show – November/December.

Activities are generally advertised on Facebook, in I Love Karori and the club's page at www.facebook.com/KaroriLionsClubInc.

Karori Lions is a diverse group of men and women of all ages who enjoy making a positive contribution to their community.

For membership enquiries go to the club's Facebook page or text Trevor at 021 454 056.

Petition to reverse CAB funding cuts

Citizens Advice Bureau New Zealand has launched a petition to Wellington City Council, asking it to reverse the 60% cut to council funding for Wellington CABs.

The cuts threaten the survival of the service, CAB NZ says.

The petition asks the council to reverse the funding cuts and commit to a sustainable long term funding partnership for CAB services in Wellington.

People can sign the petition by visiting <https://our.actionstation.org.nz/petitions/restore-funding-for-wellington-s-citizens-advice-bureau> or they can sign in person at their local CAB.

Helen Rodenburg, the Chair of Wellington CABs, says that the funding cut must not go ahead because of what the city stands to lose from it.

"Without adequate funding, Wellingtonians will lose access to trusted, free, independent advice and advocacy – and at the very time when many people in the city are struggling with employment issues, rising costs, housing stress, family hardship and increasing social isolation."

"Wellington will lose CAB locations around the city where people can go to get real support from real people about any issue they may be

facing," Helen says.

Kerry Dalton, Chief Executive of Citizens Advice Bureau New Zealand, says that the council funding cuts for Wellington CABs do not make financial sense.

"Because the service to the public is powered by volunteers, it is a very lean operation financially."

"A Price Waterhouse Coopers review of the service, that the council itself commissioned a few years back, showed that there was a 139% return on investment for every dollar the council contributed."

"This same council-commissioned review recommended that CAB funding be non-contestable under a partnership relationship with council."

"So, this funding cut should never have happened."

Kerry says that the CAB has been flooded with expressions of support for the Wellington CABs and opposition to the cut to their funding.

"The community has reacted very strongly to this threat to a highly valued service," Kerry says.

"So CABNZ has now set up a petition, for Wellingtonians to make their views known to council."



NEWS TIPS

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herald@wsn.co.nz

Tawa RSA selling bowling green

The Tawa RSA has confirmed it is proceeding with the sale of its former Bowling Green site following the closure of the Tawa Services Bowling Club at the end of the recent season.

For many years, the Bowling Green was home to the bowling club, whose members also shared a strong social connection with the RSA through regular use of the clubrooms.

The closure marks the end of an important chapter in Tawa's recreational history, while also creating an opportunity for the RSA to focus on its future.

Importantly, the Tawa RSA itself is not closing.

Rather, the sale represents a strategic decision to strengthen and secure the organisation's long-term future by reinvesting in its core facilities and member services.

RSA leadership says proceeds from the sale will help modernise and improve the clubrooms, ensuring the organisation remains sustainable, welcoming, and able to meet the changing needs of current and

future members.

The aim is to preserve the RSA as a central hub for remembrance, camaraderie, community events and local support initiatives.

Beyond its role supporting military veterans and their families, the Tawa RSA has long served as an important gathering place for the wider community.

By concentrating resources on strengthening its foundation, the organisation hopes to continue fulfilling that role for generations to come.

While the sale of the Bowling Green may bring a sense of nostalgia for many former bowlers and supporters, the move is being positioned as an investment in continuity rather than closure.

The message from the Tawa RSA is clear: this decision is about securing the future.

By adapting to changing circumstances and responsibly managing its assets, the RSA aims to remain a strong and active part of community life in Tawa for many years ahead.



The bowling green that the Tawa RSA is selling. Photo: Supplied.

Buses replacing trains this weekend

Buses are replacing trains across the rail network this King's Birthday weekend while KiwiRail carries out planned infrastructure upgrades.

Rail services on all lines will be replaced by buses from Saturday 30 May to Monday 1 June 2026, as work continues to create a modern, reliable network ahead of the introduction of the new Tūhono trains in 2029.

Metlink is urging passengers to plan ahead.

Buses replacing trains will operate to a Sunday train timetable on the public holiday on Monday 1 June, and will follow regular weekend train timetables on Saturday 30 May and Sunday 31 May.

Passengers are encouraged to allow extra time for their journeys across the long

weekend.

All buses replacing trains will arrive and depart from Platform 10 at Wellington Railway Station.

Passengers using rail replacement services should tag on and off on the bus.

Off-peak fares will apply throughout the long weekend, and SuperGold cardholders will be able to travel free.

Metlink bus services will continue to run over the long weekend, including after midnight services on Friday and Saturday nights.

Metlink harbour ferry services will also continue to operate, with a weekend timetable in place on King's Birthday Monday.

Before travelling, passengers are advised to check the Metlink website or app.

Creating positive sport environment

A nationwide youth sport initiative aimed at improving behaviour in youth sport will roll out across Wellington this winter, bringing a burst of pink positivity to local sports fields.

Positive Vibes Only, lead regionally by Nuku Ora, aims to create a fun, safe sporting environment for rangatahi and tamariki.

The main reason young people play sports is for fun and to hang out with friends. But when behaviour gets ugly on the sidelines or the pitch, the fun disappears, and so do the players.

"Let's create the most safe and fun sideline in the country, regardless of code and competition," Graham Witts from Nuku Ora says.

"Our goal is to create positive environments that foster a life-long love of being active for our tamariki and rangatahi."

Positive Vibes Only supports sports clubs and codes that run youth competitions to help improve sideline and on-field behaviour.

In other parts of the country where the programme runs, supporters and officials dress in pink; positive language and support for both teams replace negative shouting; and kids are rediscovering a love of sport.

As the independent body for physical activity across the Greater Wellington region, Nuku Ora is championing Positive Vibes Only.

They are working alongside Netball Wellington, Netball Hutt Valley, Wellington Rugby, Capital Football, College Sport Wellington, Netball Wairarapa, Wairarapa Bush Rugby, Kia Hākinakina, Just A Game, Wairarapa Secondary School Sport and Hockey Wairarapa.

Sue Geale from Netball Wellington says: "I'm feeling positive about Positive Vibes, because we rolled it out at Lower North Island Secondary Schools, and it made such a difference both on court and off court."

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Steps to keep yourselves safe

Every winter, as temperatures drop, Fire and Emergency New Zealand crews are called to an increased number of house fires.

Each year from May to July Fire and Emergency sees a 17% increase in house fires, and a 29% increase in fires caused by items too close to heat sources.

Community Education Manager Tom Ronaldson says there are simple steps you can take to keep your whānau safe this winter.

"Keep anything flammable at least one metre from the heater or fireplace. Any closer and you risk it catching fire.

"Often, we will see fires starting in bedrooms because heaters have been placed too close to the bed.

"If you can't allow a heater one meter of space around it in the bedroom, place it outside the bedroom and leave the door open."

"When using your dryer this winter, make sure you clean the lint trap after each use, as a buildup of lint can cause a fire."

Tom says people should make sure their chimney has been cleaned, and wood burners serviced. They should also ensure they dispose of hot ashes correctly.

He says ashes stay hot for up to five days, so it's important to make sure they are stored in a metal bucket and submerged in water to cool.

"Electric blankets should only be used to warm the bed before you get in it. Always make sure your electric blanket is turned off before you go to sleep."

Tom says you can check for hotspots in your electric blanket by turning it on high for 10 minutes, then switching it off and running

your hand over the blanket to feel for hot spots.

"Make sure your electric blanket is less than five years old and at the first sign of wear it needs to be replaced or checked by a registered electrician."

It is also a good time to make sure you have working smoke alarms in every bedroom, living room and hallway.

"It is vital to get that early warning of fire to help you escape."

Tom says your family should have a three-

step escape plan.

"It is as simple as having working smoke alarms, two clear exits and a safe meeting place.

"Doing these things will reduce the likelihood of a fire in your home this winter, or anyone being harmed should one occur."

There are more winter fire safety tips on the Fire and Emergency New Zealand website, <https://www.fireandemergency.nz/winter-fire-safety/>.

Inaugural Taste of Tawa coming up

The inaugural Taste of Tawa International Food Festival was born from feedback gathered through Try Tawa surveys, where residents repeatedly mentioned hearing great things about local restaurants but never quite getting around to trying them.

Now the festival is giving locals and visitors the perfect excuse to do just that.

Running from 4 to 21 June, the festival features 28 eateries and flavours from more than 15 countries, showcasing special dishes and signature favourites from Tawa's cafés, restaurants and takeaways.

It creates an opportunity to experience global cuisine without leaving Wellington.

"People often told us they had heard amazing things about restaurants in Tawa but just hadn't had the chance to try them," says Bernadette Pallister, BID Manager for the Tawa Business Group.

"We thought: 'why not create something fun that encourages people to explore, discover

somewhere new, and support our fantastic local hospitality businesses at the same time?'

"Taste of Tawa is all about celebrating the incredible variety of food we have here and helping people experience the flavours, cultures and stories behind our local eateries."

The festival is free to enter and easy to join. Visitors simply pick up a Taste of Tawa flyer, choose somewhere to eat, and start exploring participating venues.

Along the way, diners can collect stamps in their Taste of Tawa passport for the chance to win prizes.

The festival is delivered by the Tawa Business Group, a Business Improvement District organisation established to provide projects, services and initiatives that help promote and strengthen the Tawa business community.

More information about the festival, participating eateries and specials can be found at www.tawabusiness.co.nz/tawa-international-food-festival.

Public Notice

Johnsonville School

Johnsonville School Enrolments for Terms 3 and 4 of 2026

Enrolment at the school is governed by an enrolment scheme. Applications for out of zone places are now being invited for students wishing to enrol between 20 July 2026 and 14 December 2026.

The Board has determined that 10 Year 0 places are available, inclusive of 1 Year 0 and 1 Year 3 space in our Special Education Unit during this enrolment period.

The deadline for receipt of applications is Friday 12 June 2026. If a ballot for out of zone places is required it will be held on Monday 15 June 2026.

Please contact the school office for details regarding the application process.

Ph 478 7155 or email office@johnsonville.school.nz.

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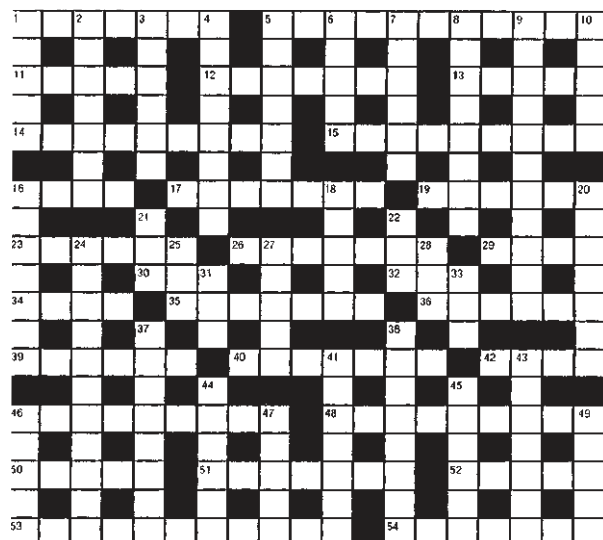
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ACROSS

1. Preliminary event; '...-raiser' (7)
5. Most entertaining person at the party (4,3,4)
11. Computer data (5)
12. Taught (7)
13. Town in Surrey (5)
14. Self-employed (9)
15. Concord (9)
16. Register (4)
17. Harsh (7)
19. Illustrate (6)
23. Rides bike (6)
26. Selling (7)
29. Assistant (4)
30. Era (3)
32. Small amount (3)
34. Drawn tight (4)
35. Stance (7)
36. Promotes (6)
39. Senility (6)
40. Outlawed (7)
42. Broad smile (4)
46. Beekeepers (9)
48. Amazed (9)
50. Complain (5)
51. Notable (7)

52. type of edible nut (5)
53. Eternity (11)
54. Confused (7)

DOWN

1. Precipice (5)
2. Hold back (7)
3. '... The Hun' (6)
4. Memorandum (8)
5. Most supple (7)
6. Earth; terra ... (5)
7. Snakes (6)
8. Dredged (8)
9. Atrocities (11)
10. Restrict (5)
16. Found (7)
18. More discourteous (5)
20. Disloyalty (7)
21. Bishops diocese (3)
22. Insect (3)
24. Rural in manner (11)
25. Soak up liquid (3)
27. Praise highly (5)
28. Chatter (3)
31. Member of upper classes(sl) (3)
33. Put on clothes (3)

37. Injure (8)
38. Multi-skilled employee (8)
41. Rubbers (7)
43. Extreme (7)
44. Property (6)
45. Bounded (6)
46. Dispute (5)
47. Steeple part (5)
49. Ate (5)

Solution

Last Week: 21 May 2026



Better late than never for Wharfies women

By Hamish Wareham

A bye in round one of the Kate Sheppard Cup a fortnight ago, was followed up by a second defeat of the women's Central League season in 2026 for table toppers Waterside Karori when they were beaten 2-0 on the road by Palmerston North United.

Trailing 3-2 with little over ten minutes of normal time remaining, a few at Karori Park possibly had the thought of back to back defeats

on the mind before a brace from Amelia Abbott saw Wharfies snatch victory from the jaws of defeat.

Having trailed 3-1 at the halftime interval, things were made even more difficult following two yellow cards to Jayden Watts.

Sophie Burchfield scored four minutes into the second half making it 3-2 before Amelia grabbed goals in the 80th and 92nd minute to claim a crucial three points, keeping Middleware Waterside Karori second on the women's Central League

table ahead of a Kate Sheppard Cup fixture against Victoria University.

Elsewhere, league leaders Petone thumped University 10-0, Wellington United came from a goal down to beat Miramar Rangers 3-1 and honours were even in Palmerston North as Marist and Seatoun played out a 1-1 draw.

For Waterside Karori men, unfortunately the heroics of the week prior's 2-2 draw with Western Suburbs was not repeated.

Wellington Olympic, in the midst

of a six game winning run, stopped by for a visit and scored once in the first half and twice in the second to leave with a 3-0 win boosting them to top of the table in the process.

For North Wellington, languishing in ninth was hardly the start they wanted nor expected after the first seven rounds of the men's Central League two competition. Nor was the scoreline after the first 25 minutes at Richard Prouse Park as they took on fellow cellar dwellers

Wainuiomata.

A goal from Jack Imray had put the hosts in front, before eight minutes later Lachie Macgregor equalized for the visitors.

Two goals six minutes apart in the second half from Miles Woodhall and Jared Cuniff saw North Wellington at last win a league away game for the first time in 2026 and rocket them up to sixth on the ladder ahead of a bye week due to being eliminated from the Chatham Cup.

Local Footballer wins US scholarship

By Frank Neill

Churton Park student Holly Robins has been awarded a scholarship to study in the United States.

Holly, who plays Football for the Wellington Phoenix Academy Reserves, has been given an athletics scholarship at the University of North Carolina in Charlotte.

She has been awarded the scholarship to play what is called "Soccer" in the United States and will compete in the highly regarded American Athletic Conference.

"I've been looking at the US college pathway for a while and I've been chatting to a few different schools," Holly says.

"Hearing that I was going to be offered this Football scholarship, I thought: 'Wow, that's pretty awesome.'"

A year 13 student at Newlands College last year, Holly is currently studying engineering at Victoria University of Wellington.

However, she will be leaving that soon, as she will travel to the United States in July.

Holly has represented New Zealand in Football. She played for New Zealand in the Under 17 World Cup in Morocco last year.

"I would have to say that would be a highlight for me because it was a goal I had had for a



Holly Robins in action. Photo: Imray's Snaps.

long time.

"To actually go to something like that and play these other countries like Japan, it was absolutely incredible.

"It was an awesome experience," she says.

Holly, who plays as a defender, played Football for Onslow and North Wellington before joining the Wellington Phoenix.

Lots happening at the libraries

The Karori library book group will meet on Thursday 28 May from 5:30pm to 6:50pm at Te Mahanga Karori Library.

This is a community-run group. It meets upstairs at Karori Library on the last Thursday of each month.

Those attending explore and discuss a different nominated book genre at each meeting.

NZ Music Month: Songs from the Edge with Joseph Robinson will take place on Saturday 30 May from 11am to 11:30am at Te Takapū o Patukawenga Tawa Library.

Join Songs from the Edge for a selection of folk songs and ballads from headlands, the great capes, and New Zealand's furthestmost coastline – from Bluff to Gibraltar.

Joseph will explore the origins of the songs and the personal lives of those that sang them.

Let's talk in English! Will be held at Waitohi Johnsonville Library on Tuesday 2 June, from 10:30am to 11:30am.

This is a free group for people who want to practise speaking and listening to English.

People can join any time. This group does not run during school holidays.

La maleta de los cuentos – Storytelling in Spanish will be held on Tuesday 2 June from 4pm to 5pm at Te Matapihi ki te Ao Nui Central Library.

¿Ven a descubrir los cuentos que viajan por el mundo – los esparamos!

Come to La maleta de los cuentos – The suitcase of stories – and discover stories that travel the world.

These Spanish storytelling sessions are brought by the Embassy of Spain. They are perfect for Spanish speakers and learners aged 5 to 12 and their caregivers.

African Book Club will be held on Thursday 4 June from 5:30pm to 6:30pm at Te Matapihi ki te Ao Nui Central Library.

The club will read books from the continent of Africa and the African diaspora with a chosen theme that can be discussed as a group each month.

The book club encourages collaboration, discussion and learning together. All are welcome to attend and share what they have enjoyed from Africa.

For more information visit <https://wellington-citylibraries.trumba.com/African-Book-Club/E203174008>.

All events are free and seating is limited. Wellington City Libraries encourages people to arrive early to secure a seat.

Nau mai rā tātou katoa. Everyone is welcome.

All Wellington City Libraries will be closed for King's Birthday on Monday 1 June.

Sports awards nominations open

Nominations for the 2026 Āti Awa Toa Wellington Regional Sports Awards are now open. The awards celebrate the contribution sport makes to the greater Wellington region community between 1 April 2025 and April 2026. The organisers invite sports teams, clubs, organisations and community members across the Wellington region to nominate the outstanding people who make sport thrive. Nominees can come from any level of sport – from grassroots and community-led initiatives through to high-performance environments.

The awards place strong emphasis on values such as manaakitanga, inclusion and contribution to community wellbeing through sport. Awards are presented in the following

categories:

- Club of the Year
- Coach of the Year
- Community Impacts
- Disabled Sportsperson of the Year
- Leadership Award
- Official of the Year
- Rangatahi Sports person of the Year
- Sports person of the Year
- Team of the Year
- Volunteer of the Year

This year's awards ceremony will be held on Thursday 20 August at Wellington College.

Nominations close on 22 June, and can be made at www.wellingtonsportsawards.co.nz/nominations.

SPCA seeking pet of the year

It's that time of year again, where pet owners across New Zealand vie for the top spot on SPCA's 2027 Pets of the Year calendars.

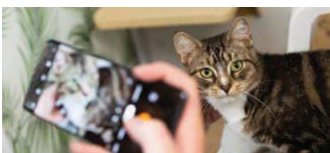
The charity is inviting cat and dog owners across the country to submit their best pet pictures from now to June 29.

This year SPCA is encouraging some friendly competition to see if the top-cat contender, Deli Department, will be bumped from the top of the leaderboard.

Deli has featured on the front of SPCA's cat calendar for the last four years and the question is: will he make it to year number five, or is it someone else's turn?

Getting involved is easy, says CEO Todd Westwood.

"All you need to do is enter your pet, capture your photogenic furry friend's best side – a picture that lets their personality shine and will brighten faces and fridges across the country in the SPCA



2027 Calendar," Todd says.

SPCA wants to hear all the stories about your pet, whether it be funny, heartwarming or downright adorable. Your pet's story is part of what makes this campaign pawsome.

First to third place winners take home \$500 / \$300 / \$200 Giftiee digital Visa Cards, powered by iGo, (Cat and Dog categories). The Coffee Club are back again helping support the campaign as presenting partner and will provide \$30 vouchers to the 4th to 12th place winners.

For more information and to enter visit petsoftheyear.sPCA.nz.



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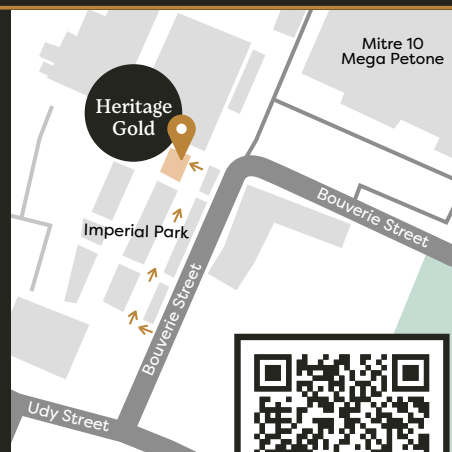
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