



Disability has not stopped entrepreneur

By Frank Neill

Young Woodridge entrepreneur Cyrus Dahl has not let having a disability stop him.

Cyrus is living with cerebral palsy, a physical disability that affects his movement, posture and speech.

Yet he has just started his own business, Dahl Designs.

His business specialises in designing and 3D printing custom products such as trophies, name plates, business signage, accessibility products, personalised items and practical solutions for everyday life.

Dahl Designs has a website, www.dahldesigns.co.nz.

"I have always wanted to show that having a disability should not stop someone from pursuing their goals and creating opportunities for themselves," Cyrus says.

"I also want to encourage other young people, including those with disabilities, to have a go at starting something of their own.

"Starting my own business has been a really exciting journey.

"I have had to learn a lot along the way, from designing and manufacturing products to dealing with customers, marketing, finances and running the business while also balancing school.

"A big part of what motivates me is using my experiences to create products that can make life easier for other people, particularly through accessible and practical designs," he says.

"At Dahl Designs I create accessible, practical tools using tech and lived experience – everything from inclusive sporting gear to custom equipment for waka ama.

"At Dahl Designs every product is rooted in purpose, with an eye on inclusion, usability and community."

Even before starting his business, Cyrus was active in the community.

This saw him win the Youth Philanthropy Award at the 2020 Wellingtonian of the Year awards.

This award came for his work with Wellington City Council to provide swings disabled tamariki can use in playgrounds.

As a 13-year-old student at Newlands College, Cyrus set out to raise enough money for an inclusive swing for his local park, Tawhai Raunui Play Area in Woodridge.



PHOTO: Cyrus Dahl at work. Photo: Supplied.

He wanted a specially designed supportive bucket swing which he and other disabled children could enjoy.

Cyrus and his mother shared their plans with Wellington City Council, which supported the venture and agreed to install the bucket swing if their fundraising efforts succeeded.

They did. It did not take long for Cyrus to raise \$23,000 – the full cost of the equipment, shipping, safety surfacing and installation.

He then raised \$43,000 for new swing seats at Pukehuia Park in Newlands, Cummings Park in Ngaio and Shortland Park in Island Bay. Cyrus continues to be invited by councils to advise on inclusive playground design and to review and test play equipment before it is installed.

He also advocates for city-wide accessibility improvements in parks, housing and public amenities.

"I'm fueled by a mission to build an Aotearoa where accessibility isn't an afterthought. It's the starting point," he says.



ABOVE: Cyrus Dahl. Photo: Supplied.



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A creative concoction of delights

Review by Margaret Austin

Circa 2 is crammed with expectancy. Long-time fans and curious newcomers are awaiting the first night performance of Ali Harper's self-written show 'Judy's Encore'.

Harper has made no secret of her dramatic premise: Judy Garland returns to Australia to restore her damaged reputation. This imagined scenario underlies an already powerful performance with threads of remembrance and pathos.

The stage already provides an appropriate setting for a star's entrance: glittery curtains, flashing lights, chandeliers – oh and don't forget two musicians – grand pianist Francis Meria and saxophonist Blair Latham who start us off with a lively overture.

Enter Ali Harper, or should I say Judy Garland, her gown as glittery as her background curtains.

If we weren't fully awake already, her belting out of "I Feel a Song Coming on" would do the trick. Harper's energy is infectious and she sustains it throughout.

Altogether we get 20 songs, many no doubt familiar to her audience but none the less enjoyable for that, and we hear the first half of them, interspersed with some light-hearted narrative in the form of appeal for appreciation.

There's also some-messing with the front row – de rigueur for an entertainer and bound to have the audience delighted.

We also hear of her introduction to show business at the tender age of 13, a theme that is due for further exploration in the second half.

This is heralded by a musical interlude and then introduced by our star in a smart black trouser suit and jerkin and takes a more serious turn.

We are reminded of the darker side of Garland's life – from her childhood beginnings being thrust into Hollywood limelight. These form a sharp contrast with the gaiety and panache of songs such as "Puttin' On the Ritz" and "There's no Business like Show Business".

There are reminders of her time and her contemporaries – the likes of Gene Kelly, Mickey Rooney and Fred Astaire.

But far more compelling is the portrayal of Garland's heartbreak brought on by the avaricious and relentless demands of Hollywood.

The portrayal is all the more powerful by being felt and acted out – not just narrated.

Harper's constant appeals to us to tell us we love her are touching – a constant reminder that this show is a heartfelt request for that which she thinks is lost.



ABOVE: Ali Harper as Judy Garland in 'Judy's Encore'.

Photo: Supplied.

Ali's matchless performance is matched actually – by her two musicians whose rapport with each other and with her is delightful, and by the set created by Ian Harman who is

also the show's producer.

'Judy's Encore' is a marvellous meeting of talents, a creative concoction of delights and a touching tribute to its inspiration: Judy Garland.

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PHOTO: The monitor being removed from Kopu Junior. Photo: Supplied.

Kiwi celebrates a milestone

By Frank Neill

The Capital Kiwi Project celebrated another milestone in re-establishing a population of wild kiwi on the hills surrounding Wellington on 27 August.

It removed the last ankle bracelet with a monitoring transmitter.

Kopu Junior, who was wearing the last ankle bracelet to be removed, had graduated to a stoat-proof weight and was able to be freed into the Terawhiti scrub.

The Kiwi who have returned to the Wellington hills, after an absence of some 150 years, are now fully wild.

"This is a milestone a decade in the making," The Capital Kiwi Project says.

It is "a result of epic collective effort from community, iwi, landowners, civic and sanctuary partners."

"Half a million trap checks worth of predator free and rewilding mahi. 5,300 traps across 24,000ha of farms, forestry, city suburbs, and

power infrastructure.

"Ten years ago the thought of a (rapidly growing) population of 300 plus kiwi roaming Wellington's backyard would've been near unimaginable. Now it's a reality."

Capital Kiwi only wants to have transmitters on birds when they are necessary.

They are invasive and many kiwi don't like them.

"The reason that we're able to remove them is the confidence that we have in the monitoring metrics that the project has delivered," Capital Kiwi says.

"In areas without predator control over 95% of kiwi chicks fail to reach the weight where they can fight off a stoat."

Capital Kiwi's chick survivorship is more than 90%.

Removing the ankle bracelets does not mean that the monitoring stops.

Less intensive monitoring using acoustic recorders and call counts, along with people's reports, will help Capital Kiwi track the population's growth.

Otari celebrating its centenary

By Frank Neill

Otari-Wilton's Bush celebrates its centenary this year with Ra Tuwhera ki Otari | Otari Open Day on Saturday 19 September from 10am to 2pm.

The open day will provide a behind the scenes look at the people, plants and projects shaping Otari.

The open day gives people an opportunity to explore the only public botanic garden dedicated solely to native plants.

The reserve has existed since 1926 and is Aotearoa New Zealand's only public native botanic garden.

It is a living collection of unique native plants and forests, a place where conservation, education and recreation take place.

The reserve's genesis goes back much earlier however.

One of the settler farmers that arrived in Wellington in the 1800s, Job Wilton, chose not to clear seven hectares of original forest.

He then fenced it for protection.

In 1906 the forest Job Wilton had protected, along with adjoining land, was established as the Otari Scenic Reserve.

Wellington City Council took over its management in 1918.

In the early 1920s eminent botanist Dr Leonard Cockayne voiced his dismay at the destruction of New Zealand's native forests and flora.

In order to reduce the loss Dr Cockayne had a vision of bringing as many original native forest plants as possible into one "open-air plant museum".

He selected Otari as the place for the "plant museum" and the Otari Open-Air Native Plant Museum opened in 1926.

He and the Director of Wellington Parks and Reserves, J G McKenzie were at Otari's helm.

They developed a four point vision, to:

- establish a collection of plants from all over New Zealand;
- cultivate these native plants at Otari;
- teach people about native plants and advocate their use in gardens; and
- restore the native forest of Otari.

Their vision remains a blueprint for Otari-Wilton's Bush today.

More than 1,200 native plant species, hybrids and cultivars are now at Otari.

They were collected from as far afield as the Kermadec Islands in the north to Campbell

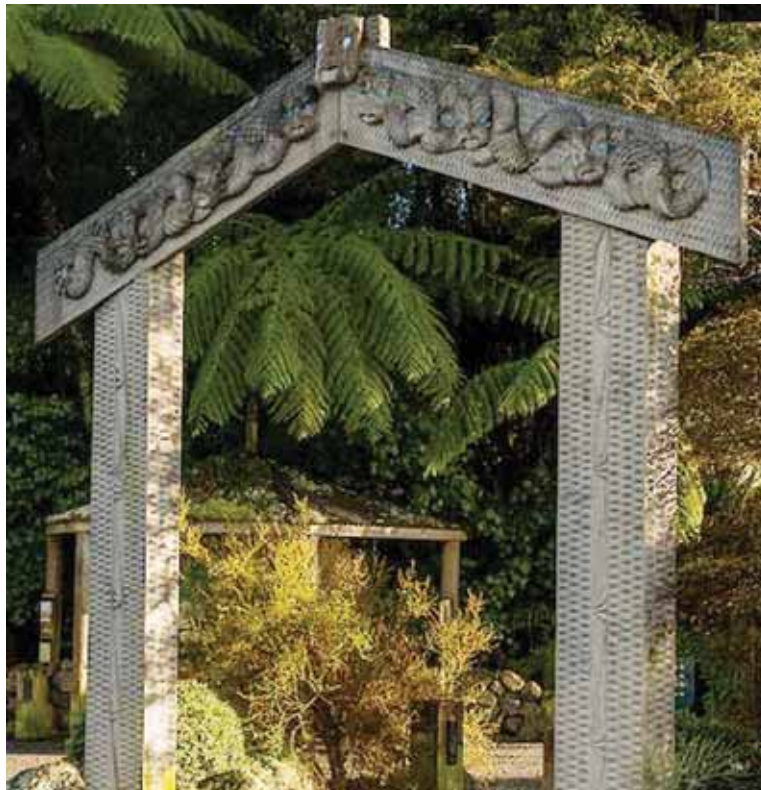


PHOTO: The gateway that features at Otari-Wilton's Bush. Photo: Otari-Wilton's Bush Trust.

Island in the south.

Reaching 100 years is an extraordinary milestone to celebrate, says Otari's team manager, Tim Park.

"This place carries the stories of the land, the dedication of countless people and the resilience of our native plants.

"Our centenary is not just about looking back, it's about inspiring the next generation to protect and cherish Aotearoa's unique biodiversity," he says.

Mr Park leads a team of nine (part time and full time) Wellington Gardens' staff who are based at Otari.

As well as the open day, the centenary programme includes the Otari Seminar Series. This series runs on the first Tuesday of each month until November and features talks from

conservationists, researchers and community leaders.

Other Otari centenary events are:

- Otari Walk Series – held on the fourth Sunday of each month from March to November. These guided walks will explore the ecology and history of both Otari and Aotearoa. The next walk on 27 September is entitled "Kaiwharawhara Restoration Revisited".
- Glow Worm Tour on 12 September, a guided night tour through the forest to discover titiwhai/glowworms and other nocturnal wildlife.

• The Wellington Heritage Festival in October and November, where visitors will walk through Otari's remarkable journey, from forest and farmland to internationally recognised native botanic garden.

inbrief news

Movie Night

A whanau movie night will be held at Johnsonville's Keith Spry Pool from 5pm to 7:30pm on Saturday 5 September.

The evening will feature Kung Fu Panda 2.

Kung Fu Panda 2 follows Po and the Furious Five as they journey to stop the villainous Lord Shen from eradicating kung fu and conquering China, while Po confronts long-buried truths about his origins.

Tickets are available on the Wellington City Council website, bookings. wellington.govt.nz/Ticket/Buy.

Tickets are also available on this site for the Splash Bash party at Karori Pool on Saturday 19 September.

Starting at 4:30pm this will be an evening of fun, music and water-filled excitement.

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Regional Council against rates capping

Capping rates increases at 4% would fail to recognise the real cost borne by Greater Wellington Regional Council (GWRC) for protecting communities, maintaining essential services and investing in the region's long-term resilience.

The rates capping bill announced by the government last week does not account for councils' responsibilities, infrastructure pressures and exposure to rising costs, GWRC Chair Daran Ponter says.

"If passed into law, the bill could force difficult trade-offs between affordability today and higher costs tomorrow," Cr Ponter says.

"History shows that deferring essential infrastructure investment does not make



PHOTO: Greater Wellington Regional Council Chair Daran Ponter.

Photo: Supplied.

the cost disappear.

"It allows problems to grow, transfers costs to future generations and can leave communities facing more expensive, disruptive and poorer solutions.

"New Zealand has seen the consequences of sustained underinvestment in water services.

"We must not repeat that pattern across flood protection, public transport, and other essential regional infrastructure.

Cr Ponter says Greater Wellington supports disciplined financial management and greater transparency but cautions against measures that prioritise an artificial short-term target over long-term value.

"Affordability matters," he says.

"Greater Wellington has a responsibility to scrutinise every dollar and demonstrate value to the community. But genuine affordability is not achieved by postponing essential work until it becomes an

emergency.

"The Government must design its rates-capping system carefully so that it does not recreate the infrastructure deficit New Zealand is now paying to fix.

"A rates cap must not become an investment or resilience cap," Cr Ponter says.

Constraints on rates revenue could also affect councils' borrowing capacity, increasing financing costs and delaying critical projects, GWRC Deputy Chair Ros Connelly says.

"Because council debt is secured against rates revenue, a cap could weaken our ability to borrow and fund major infrastructure traditionally built and paid for over generations.

"A rates cap based solely

on CPI inflation would also fail to reflect the actual cost pressures facing councils.

"Construction and maintenance prices typically rise faster than general inflation, while inflationary pressure on unavoidable costs like insurance premiums won't be capped by this bill.

"If revenue cannot keep pace with these costs, councils may need to reduce services, delay renewals, increase fees and charges, or reconsider essential capital investment.

"Those choices can weaken resilience and ultimately cost communities more.

"For public transport, that could mean higher fares, fewer services, or deferred investment. These outcomes would fall hardest on people who rely on affordable public transport

to access employment, education, healthcare and essential services," Cr Connelly says.

"Rather than imposing a one size fits all approach, we're calling on the Government to work with the local government sector to produce a transparent rates-capping framework region-by-region," Cr Ponter says.

"In the Wellington Region, the government is effectively signalling cuts to public transport and flood protection schemes.

"We will leave it to the Minister of Local Government to explain to our communities why their bus and train services have to be cancelled and why they are in danger of flooding."



Top placing by Newlands band

By Frank Neill

Newlands Intermediate School band Tofu Fighters featured at the Rockshop Bandquest 2026, taking out second place on day two of the competition on 23 August.

Five of the band – Declan Burt on guitar; Louis Gillespie, drums; Jasper Quick, percussion; Joshua Wilkinson, guitar and vocals; and Arush Dhungana, guitar – played at Bandquest.

Two band members were missing as they were sick – Liam Coutts, bass; and Luna Zhang keyboards.

"The Tofu Fighters really enjoyed playing at Bandquest," Tofu Fighters member Declan Burt told the 'Independent Herald'.

ABOVE: Tofu Fighters performing at Rockshop Bandquest 2026 (from left) Declan Burt, Louis Gillespie, Jasper Quick, Joshua Wilkinson and Arush Dhungana.

Photo: Supplied.

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"We loved the experience of performing in front of lots of people and playing the songs we worked hard together to learn.

"We are really proud of ourselves for coming second and very happy with the way we played.

"We hope we get more opportunities to present our musical skills later in the year."

Held at Lower Hutt's Sacred Heart College, Bandquest 2026 featured 24 bands – 146 students – performing in front of whanau, friends and music lovers, showcasing months of rehearsals and collaboration.

Rockshop Bandquest, launched in 2011, is Rockquest Promotions's primary and intermediate school pathway to Smokefree Rockquest and Smokefree Tangata Beats.

It gives young people the opportunity to perform either covers or original songs on a professional stage.

"Rockshop Bandquest is one of the highlights of the year for us," Rockshop's General Manager of Artist Relations, Sponsorship and Events Hamish Jackson says.

"It's so awesome seeing young people experience the joy of live performance, often for the very first time, and build lifelong creative skills.

"Creating these opportunities for the next generation of musicians across Aotearoa is hugely important to us at the Rockshop."

Bandquest is powered by the Rockshop, presented by the Wright Family Foundation, and made possible through the generous support of the Lotteries Board and the Lion Foundation.

The programme is supported locally by the Kiwi Gaming Foundation.

This year, the programme has attracted more than 350 acts and over 2,500 young people from 184 schools across the country.

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Khandallah Pool closed this summer

Khandallah Pool will not re-open for the 2026/27 summer season as preparations continue for the refurbishment project and construction moves closer.

The decision has been made to support the next phase of the project, including site surveys, investigations and enabling works required ahead of construction, which is currently planned to start in February next year.

The existing facility has also recently sustained storm-related damage and may require repairs to enable operation for another summer season.

Given the existing pool is planned to be demolished and replaced as part of the refurbishment project, undertaking repairs for short-term use would represent poor value for money and could delay progress toward construction.

Starting construction in February 2027 will allow the project to take advantage of favourable weather conditions and help optimise the overall construction programme timeframe.

Councillor Diane Calvert, Chair of Wellington City Council's Te Taurapa Planning and Finance Committee, says it's great to see work starting this year after a long campaign by the community to save the pool.

"The pool is over 100 years and has only had one major upgrade in its history, back in the 1960s.

"This is more than a community pool.

"It is treasured by locals and used by people across the city as it forms the gateway up

to Mount Kaukau, one of the most popular tracks in Wellington," Cr Calvert says.

Chief Operating Officer James Roberts says the decision will be disappointing for some residents, but it is an important step in delivering the refurbished facility as requested with feedback during community engagement.

"We know the 101-year-old Khandallah Pool is a much-loved community facility and that many people were looking forward to seeing it re-open this coming summer, but the project is now moving into a critical phase.

"Keeping the site closed will allow us to complete the investigations and preparatory work needed ahead of construction, and avoid investing in repairs to facilities that are due to be replaced."

As agreed by the Council in the Annual Plan, the project will proceed with the option to remediate the swimming pool within a budget of \$7.5 million, as identified in the technical review completed in 2024/25.

This delivers on the Council's Triennium Plan agreement to uphold the Long-term Plan commitment to Khandallah Pool with funding for the lower-cost refurbishment option.

The planned refurbishment project will deliver an improved facility for the Khandallah community and help support the pool's long-term future.

While the project is in the development stage, the pool will continue to operate.

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Tiaki Wai billing should have been better

Aspects of Tiaki Wai's billing experience and public communication should have been better, the Tiaki Wai Board Chair, Will Peet, said in his report to the 28 August meeting of Te Komiti Tiaki Wai/Partners Committee.

"While the billing process was largely successful at a technical level, the size and timing of the bills created frustration and concern for many customers," he said.

"Some of that reaction was expected, because customers are now seeing the cost of water services more directly.

"However we also ac-

knowledge that aspects of the billing experience and public communication should have been better, particularly where customers received their water bill before their rates bill and could not easily see that the change was partly a shift from rates to direct water charges, rather than simply an additional cost," Mr Peet said.

"Unsurprisingly, the immediate lesson is that technically correct billing is not enough.

"Customers need clear, timely and consistent information that explains what has changed, why it has changed, what is

within Tiaki Wai's control, what is inherited from the previous year, and where to go for support.

"Aside from our average increase, the bill differences are primarily the product of council rating policies which it is apparent that many people did not understand, and this represented one of the largest areas of negative feedback.

"We are taking that lesson into the next billing cycle and into the design of the longer-term customer care, billing and pricing work," Mr Peet said.

Lots on in Heritage Festival



PHOTO: Halfway House, which will feature throughout the Wellington Heritage Festival.

Photo: Supplied.

The events taking place as part of the 2026 Wellington Heritage Festival have been announced.

The festival will run from 4 October to 15 November.

Events are taking place across the whole region, including Kapiti, Wellington, the Hutt Valley and the Wairarapa.

Events in the 'Independent Herald' circulation area include:

Historic Johnsonville Walking Tour from 10:30am to noon on 26 October, starting from the Johnsonville Methodist Cemetery.

Heritage Thorndon Guided Walk, at Old St Paul's Murphy Street, from 1:15pm to 3:30pm on 24 October, and 1 and 7 November.

Friends of Karori Cemetery: Queerly Departed, 76 Old Karori Road, from 1pm to 3pm on 24 October.

Friends of Karori Cemetery: Treasures from the Gully, 76 Old Karori Road, from 10:30am to 12:05pm on 26 October.

Hangman's Noose tour, Karori Cemetery, 76 Old Karori Road, from 10am to 12:30pm

on 24 October.

Friends of Karori Cemetery: Evening Tour, 15 Rosehaugh Avenue, from 8pm to 9:45pm on 30 October.

'Tones of Silence', public talks at Futuna Chapel, 62 Futuna Close, Karori, from 2pm to 4pm on 1 and 8 November.

'Tones of Silence', exhibition at Futuna Chapel, 62 Futuna Close, from 11am to 3pm on 31 October and 1 November.

Lilburn House open day, 22 Ascot Street, Thorndon, from 1pm to 4pm on 25 October.

An evening with Wellington's Ghosts, 3 Mulgrave Street, Thorndon, from 7:30pm to 9pm on 28 October.

Halfway House heritage garden self-guided tour, 246 Middleton Road Glenside, at any time during the festival.

Rita Angus Cottage open day, 194a Sydney Street West, from noon to 4pm on 25 October.

Who was Dr Leonard Cockayne?, Otari Wilton's Bush visitors centre, 150 Wilton Road, from 7:30pm to 8:30pm on 3 November.

Heritage Trees in the Botanic Garden, 101 Glenmore Street,

Kelburn, from 1:30pm to 2:30pm on 31 October.

Katherine Mansfield House and Garden open day, 25 Tinakori Road, Thorndon, from 10am to 4pm on 25 October.

Talk: Unfolding Thorndon in the Thomas Ward Map, 25 Tinakori Road, Thorndon, from 11am to noon on 25 October.

There's Gold in Them Thar Hills: Terawhiti Station Tour, 220 South Makara Road, from 9:45am to 3pm on 31 October.

Dr Leonard Cockayne's vision for Otari, 150 Wilton Road, from 2pm to 3:30pm on 25 October.

Randell Cottage annual open day, 14 St Mary Street, Thorndon, from 1pm to 4pm on 25 October.

All About Foliage, 101 Glenmore Street, Kelburn, from 1:30pm to 2:30pm on 7 November.

Makara's Historic Buildings, 366 Makara Road, from 10am to 4pm on 24 and 25 October.

To discover the full list of events, visit the Festival website at wellingtonheritagefestival.nz/events.



PHOTO: A tulip growing in the Botanic Garden during spring. Photo: Wellington City Council.

Spring Festival at Botanic Garden

A month-long Spring Festival comes to Wellington's Botanic Garden Nga Mara o Poneke throughout September.

There will be open days, guided walks, talks and experiences across Wellington Gardens, alongside new collaborations with Verb Readers and Writers Festival and Te Matapihi ki te Ao Nui.

The 2026 programme also welcomes the Ahikaea, a major new series of free

events bringing together voices from Aotearoa and the Pacific to celebrate koanga through culture, creativity and connection.

Picnic Café will be re-opening in the Botanic Garden just in time for everyone to celebrate spring.

Tickets and information is available at wellingtongardens.nz/events/spring-festival-te-wa-o-te-koanga.

if it's NEWS contact Frank Neill
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The club is the perfect place to connect, offering activities like golf, darts, poker, dance, snooker and pool.

Housie is a midweek favourite – easy, social and full of laughs. Held first and third Wednesdays, tickets from 7:00pm, eyes down 7:30pm.

The Club has parking but is also close enough to taxis, buses, and the train for a worry-free way home.

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Story of Anna Pavlova's visit

A presentation of the visit of Anna Pavlova and her ballet company to New Zealand in 1926 will be made at Te Matapihi ki te Ao Nui Central Library from 5:30pm to 6:30 pm on Tuesday 8 September.

Two dance historians, Jennifer Shennan and Ian Lochhead, will be in conversation about this visit 100 years later.

Anna Pavlova (1881–1931), the namesake of the famous dessert, was a Russian prima ballerina who toured her company several times around the world.

Her tour of New Zealand was met with great enthusiasm, and she performed a phenomenal 38 shows in 39 days.

The historians will shine a light of the significance of this tour, lesser-known stories, and

connections to local history.

Jennifer Shennan is the author of significant books on the history of New Zealand dance, and co-editor, with Anne Rowse, of *The Royal New Zealand Ballet at Sixty* (2013) published by Te Herenga Waka Victoria University Press.

Ian Lochhead was Associate Professor of Art History at the University of Canterbury in Christchurch and has published extensively on New Zealand architecture. Ian has written and published dance reviews for many years.

A series of events will be held at Wellington libraries during Dying Matters Week. Which runs from 7 to 13 September.

Wellington City Libraries has teamed with Go With Grace to bring a series of

enlightening discussions on end-of-life matters.

This is part of a national series of Dying Matters Week events.

The full programme Wellington City Libraries programme is at www.wcl.govt.nz/news/dying-matters-week-events-at-wellington-city-libraries/.

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

Nau mai ra tatou katoa. Everyone is welcome.

PHOTO: Anna Pavlova. Photo: S P Andrew, courtesy of National Dance Archive Collection.

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Understanding Cholesterol
Cholesterol (mat ngako) is a fat-like substance found in your blood. Your body needs some cholesterol to work properly. It helps build cells and hormones and plays a role in digesting fats. Cholesterol comes from two sources: your liver makes most of it, while some comes from the food you eat. However, having too much cholesterol in your blood can be harmful. High cholesterol can increase your risk of a heart attack or stroke because it can cause fatty deposits to build up inside your arteries.

Types of cholesterol

There are two main types of cholesterol: LDL (low-density lipoprotein) and HDL (high-density lipoprotein).

LDL is often called "bad" cholesterol.

When LDL levels are too high, cholesterol can build up in the walls of your arteries. Over time, this can form hard fatty deposits called plaque. Plaque can narrow the arteries and, if it breaks away and blocks blood flow, can cause a heart attack or stroke. HDL is known as "good" cholesterol. It helps carry excess LDL cholesterol away from the arteries and

back to the liver, where it can be processed and removed from the body.

What are triglycerides?

Triglycerides are another type of fat in your blood. Your body turns unused calories into triglycerides and stores them in fat cells. Levels can remain high when you regularly consume more energy than your body needs, particularly from refined sugars, sweets, baked foods, white bread, sugary drinks and alcohol. High triglycerides can also contribute to fatty plaque in the arteries.

Getting your cholesterol checked

The only way to know your cholesterol levels is through a blood test, sometimes called a lipid profile or lipid test. It measures cholesterol and triglycerides. If you have never had a cholesterol test, talk to your doctor or nurse about when you should have one. You may need testing earlier or more often if you have a family history or other risk factors for heart attack or stroke.

How can you lower cholesterol?

You can help lower cholesterol by eating more vegetables, fruit, wholegrains and high-fibre foods, while limiting saturated fats and added sugar. Regular physical activity, maintaining a healthy weight, avoiding smoking and limiting alcohol can also support heart health. Some people may also need cholesterol-lowering medicine prescribed by their doctor.



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BLUE SEPTEMBER

RAISING AWARENESS TO FIGHT PROSTATE CANCER

Blue September: A month to talk about men's health

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September is Blue September — a month dedicated to raising awareness of prostate cancer and encouraging men to take a more active role in their health.

Prostate cancer is the most commonly diagnosed cancer affecting New Zealand men, and thousands of men and their families are impacted by it every year. While it is more common as men get older, knowing the signs, understanding personal risk and having conversations with a doctor can make an important difference.

One of the challenges with prostate cancer is that there may be no obvious symptoms in its early stages. When symptoms do occur, they can include needing to urinate more often, difficulty starting or stopping urination, a weak or interrupted flow, or blood

in the urine or semen. These symptoms can also be caused by other conditions, so they don't necessarily mean cancer — but they are worth discussing with a health professional.

Age, family history and ethnicity can all influence a man's risk. Men with a close relative who has had prostate cancer may have a higher risk and should talk to their doctor about when screening or further assessment may be appropriate.

Blue September is also a reminder that looking after your health isn't just about one particular disease. Regular exercise, maintaining a healthy weight, eating a balanced diet, avoiding smoking and keeping alcohol intake within recommended limits can all contribute to better overall wellbeing.

Perhaps most importantly, men are encouraged to speak up. It can be easy to put off a doctor's appointment, particularly when life is busy or when talking about personal symptoms feels uncomfortable. But a simple conversation could be an important first step.

For partners, families and friends, Blue September provides an opportunity to encourage the men in their lives to make their health a priority — not with pressure, but with support.

This September, wear blue, start a conversation and encourage the men around you to know their health, understand their risk and seek medical advice if something doesn't feel right.

Because looking after your health isn't something to put off until tomorrow.

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BLUE SEPTEMBER

RAISING AWARENESS TO FIGHT PROSTATE CANCER

Local support available for Prostate Cancer

People affected by prostate cancer across the community can access trusted, compassionate support through local Prostate Cancer Foundation New Zealand (PCFNZ) support leads.

Whether someone has recently been diagnosed, is undergoing treatment, living beyond prostate cancer, or supporting a loved one, PCFNZ representatives are available to provide connection and support for individuals and their whānau.

Each local support lead brings lived experience and a strong understanding of the prostate cancer journey.

Support can include regular group meetings, informal connections and one-on-one conversations, allowing people to choose an approach that best suits their needs.

Those seeking support are encouraged to find their local PCFNZ contact and get in touch when they feel ready.

While local support leads can provide understanding, connection and practical support, people with questions about medical treatment should speak with their usual healthcare provider, who is best placed to provide clinical advice.

NZ footballers rally to support Blue September

It's September — and time to remember All Whites skipper Steve Sumner and his legacy with Prostate Cancer. Once again, the calendar has rolled around to September — the month in which football supporters help promote awareness of ways to combat prostate cancer.



Prostate Cancer Support

Are you living with prostate cancer, or caring for someone who is? You don't have to go through it alone. A community of others, who've been there too, are here for you.

For information or a chat contact:

Support Coordinators **Graeme Coutts & Bill Guthrie**

P: 022 674 7832 (Graeme) 027 247 5427 (Bill)

E: lowerhutt@prostate.org.nz

- Individual support & information
- Monthly support group meetings
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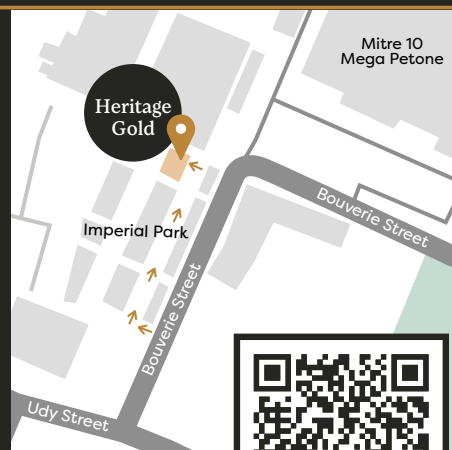
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Exhibition confronts endometriosis cost

Endo Warriors Aotearoa and photographer Ainsley Duyvestyn-Smith will present 'Now You See Me', a free photographic exhibition exploring the lived realities of endometriosis, at Thistle Hall Community Gallery from 8 to 13 September.

Combining powerful portraiture with personal storytelling, the exhibition centres diverse bodies, genders and identities while revealing experiences frequently hidden from public view.

The stories address chronic illness, persistent pain, surgery,

infertility, menstrual health and experiences within the healthcare system.

Together they challenge narrow stereotypes and invite visitors to see the lives behind the statistics.

For Endo Warriors Aotearoa founder and Charity Director Yessenia Sandoval, the exhibition is deeply personal.

Yessenia was diagnosed with endometriosis at 20 following her first miscarriage. Her health journey has since included chronic pain, multiple surgeries, infertility, eight miscarriages and an ectopic

pregnancy.

After undergoing a hysterectomy in 2019, Yessenia developed a serious infection and spent an extended period in hospital. In early 2020, she was medically retired and could no longer continue working full time.

"Endometriosis did not just give me painful periods. It affected my health, my relationships, my pregnancies, my ability to work and the way I saw myself," she says.

"Much of what I was experiencing remained invisible. 'Now You See Me' asks visitors to pause, look

and listen — to recognise what those with endometriosis may be carrying behind an appearance of being well."

The exhibition was created by Ainsley Duyvestyn-Smith, an empowerment portrait photographer, visual storyteller and health advocate who also lives with endometriosis.

"Photography has the power to help someone reclaim how their body and story are represented," Ainsley says.

"These portraits are not about reducing anyone to an illness.

They are about identity, strength, vulnerability and the right to be witnessed on your own terms."

Accessibility is a core part of the exhibition.

Seating, accessible exhibition guides, clear signage and inclusive design will be available, alongside scheduled low-sensory viewing periods.

Admission is free, with a koha being welcomed. For more information visit <https://endowarrior-aotearoa.nz/now-you-see-me/>.



PHOTO: Number 75 Tinakori Road, photographed about three to five years before Katherine Mansfield's family moved in. Photo: Supplied.

Talk on Tinakori Road history

Gabor Toth will present on the residents of Tinakori Road when Katherine Mansfield's family lived there at the next meeting of the Wellington Branch of the NZ Society of Genealogists.

The meeting will be held on Wednesday 16 September at 7:30pm at the Johnsonville Bowling Club, 34 Frankmoore Avenue.

"The Butcher, the Baker, and the Beauchamps: A look at the demographics and residents of Tinakori Road and the nearby area when Katherine Mansfield's family lived at number

75" is the title of the talk.

Gabor Toth has been the Local History Specialist at Wellington City Libraries for more than 25 years.

While researching the history behind a City Council decision in the early 20th century to re-number all the properties in Tinakori Road, Gabor was struck by the diversity in the occupations of residents in the area.

This led him to concentrate on the period when Katherine Mansfield's father, Sir Harold Beauchamp, made the decision to move his family back to

the Thorndon area after living in Karori for five years.

They shifted into a grand villa at 75 Tinakori Road which was later renumbered No 133 (and eventually demolished for the construction of the motorway).

Gabor will talk about how the mixed nature of the neighbourhood was something Mansfield later drew upon in some of her best-known short stories.

This talk is aimed at a general audience and is free.

Visitors are very welcome at all the branch's meetings.

"Coffee, tea, and biscuits are available from 7pm, and our friendly members will be happy to chat with you," the branch says.

"If you would like some help with your own family history research, please ask us at our pre-meeting informal discussion group and help session which starts from 6pm."

The meeting should finish between 8.30 and 9 pm.

For more information on the society visit www.wellington-genealogy.org.

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Historic crackdown on Tiaki Wai

Wellingtonians will get independent scrutiny of how Tiaki Wai spends their money, with the Government imposing tougher regulation on the region's water services provider, Local Government Minister Simon Watts and Commerce and Consumer Affairs Minister Cameron Brewer have announced.

The Government has accepted a Commerce Commission recommendation to impose performance requirement regulation on Tiaki Wai for the next 10 years.

This is the first time this tool has been used on a water services provider in New Zealand.

"Wellingtonians are being asked to pay a great deal, and they are entitled to know exactly what they are getting for it," Mr Watts says.

"Decades of local underinvestment have left this region with water networks that are not up to standard, and the cost of fixing them is now landing directly on households.

"Given the scale of investment required, strong accountability is essential.

"The Government will be watching Tiaki Wai very closely.

"I have a low threshold for considering further intervention if we do not see clear and sustained performance improvements," Mr Watts says.

"This is about restoring confidence that the money being collected is delivering the infrastructure and services people have been promised."

"Under Local Water Done Well, water charges are ring-fenced," Mr Brewer says.

"For years the cost of water services was buried inside rates while networks were left to deteriorate – which is partly why Wellington ended up here.

"Transparency on its own is not enough.

"The Commission – which is the sector's independent regulator – needs to be able to do more than publish information, and that's why we are giving it the power to set binding requirements on Tiaki Wai's performance.

"That means the Commission can specify what

Tiaki Wai must deliver and by when, giving greater assurance that major investments are prioritised appropriately, delivered effectively, and are achieving the outcomes Wellingtonians are paying for.

"The Commission has signalled its initial focus will be the critical, high-risk projects Tiaki Wai has already committed to," Mr Brewer says.

"Tiaki Wai faces an estimated \$25 billion of investment over the next 30 years.

"That is an enormous amount of other people's money, and Wellingtonians are entitled to expect it goes into pipes and treatment plants.

"This is hard accountability, enforced by an independent regulator with real teeth.

"It is part of this Government's plan to fix the basics and build the future, so the money Kiwis hand over buys them the services they were promised," Mr Brewer says.



PHOTO: Protesters marching on Parliament to raise issues about Tiaki Wai on 20 August. Photo: Supplied.

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Te Kura o Ōtari School

OTARI SCHOOL ENROLMENT FEBRUARY 2027

Ōtari School Board of Trustees is limited in the number of places it is able to offer students as a consequence of operating an enrolment scheme, details of which are available at the school office.

The Board has determined that there are limited places available for children wanting to enrol in our English medium classes in 2027. Spaces are limited to the Original Strand and are available for students in Years 1 to 8.

If the number of out of zone applicants exceeds the number of places available, students will be selected by ballot, following the Ministry of Education defined priority order:

1. Siblings of current students
2. Siblings of former students
3. Children of former students
4. Children of board or staff
5. All other applicants

The deadline for receipt of applications is Thursday 17 September. Applicants will be notified of the outcome of applications before Friday 25 September 2026. If a ballot for out of zone places is required, it will be held on Monday 21 September.

Application forms are available from the Ōtari School office: phone 475-3018 or email office@otari.school.nz.

Clifford Wicks
Principal

Churton Park School

Churton Park School Enrolment Out of Zone Enrolment for 2027

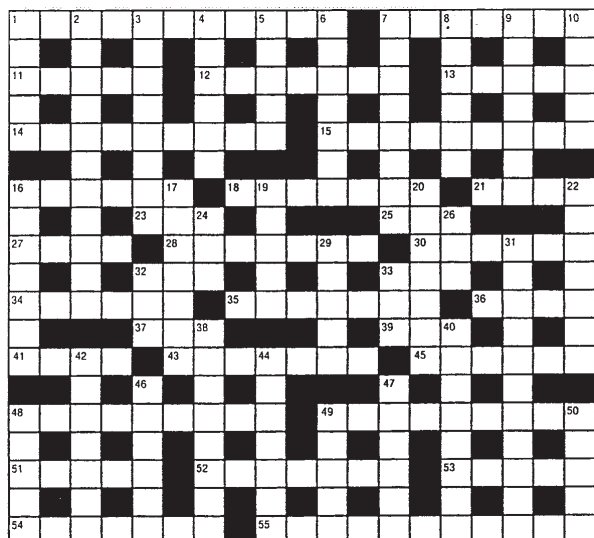
The Board of Trustees invites applications from parents who wish to enrol "Out of Zone" students at Churton Park School. Churton Park School is governed by an enrolment scheme, details of which are available on the school website.

The Board of Trustees have approved 40 Out of Zone vacancies in 2027. Applications are made on the official enrolment form, which is available at the school office or online enrolment on the school website. The deadline for receipt of applications for out of zone places is Friday 16th October 2026 at 3pm. If a ballot for out of zone places is required, it will be held on Wednesday 21st October 2026. Parents will be informed of the outcome of the ballot within three working days of the ballot being held.

If you live in the home zone and have not yet signalled your intention to enrol your child, please contact the school immediately to assist us to plan appropriately.

Please contact the school office, phone 04 4784282 for details regarding the application process or email: office@churtonpark.school.nz

CROSSWORD Puzzle



ACROSS

1. Sham (11)
7. Prattle (7)
11. Bygone (5)
12. Upstart (7)
13. Rustic (5)
14. Narrow in outlook (9)
15. Tower Of London warder (9)
16. Round, close fitting hats (6)
18. Deep crimson colour (7)
21. Dress (4)
23. Longing (inf) (3)
25. Cathedral city (U.K.) (3)
27. Christmas (4)
28. Without purpose (7)
30. Sign of authenticity (6)
32. Leather boring tool (3)
33. Dandy (3)
34. Incorrect (6)
35. Swift animal (7)
36. Holiday house (4)
37. Range of knowledge (3)
39. Male cat (3)
41. Russian emperor (4)
43. Injures (7)
45. Attorney (6)
48. Kiwi rugby team (3-6)
49. Breed (9)

51. Wanderer (5)
52. Relish served with fish (7)
53. Sequence (5)
54. Unpredictable (7)
55. Distance measuring instrument (5-6)

DOWN

1. Horse's headquarters (5)
2. Be in legal custody (5,6)
3. Stubbornness (8)
4. Mend (6)
5. Register (5)
6. Quiver (7)
7. Dark brown (8)
8. Concurs (6)
9. Ecclesiastical cap (7)
10. Governor (5)
16. Feast (7)
17. Marine alga (7)
19. Muslim name for God (5)
20. Intoxicating liquid (7)
22. Meat vendor (7)
24. Zero (3)
26. Bark (3)
29. Soft leather (5)
31. Clumsy (5,6)
32. Seabird (3)

33. Obese (3)
38. Drug (8)
40. Type of pasta (8)
42. Everywhere (3,4)
44. Underwriter (7)
46. Light red wine (6)
47. Stick together (6)
48. Eagles' nest (5)
49. Clear (5)
50. Mistake (5)

Solution

Last Week: 27 August 2026





PHOTO The golfers are all smiles as they enjoy the Manor Park Golf Club's course.

Summer escape at Manor Park Golf Club

As the warmer months arrive in the Greater Wellington region, golfers seeking an easy local escape can find it at Manor Park Golf Club in Lower Hutt.

Tucked away in Lower Hutt alongside the banks of the Hutt River, this historic course combines a welcoming community atmosphere with an easy-walking layout suited to summer rounds.

Golfers can enjoy tree-lined fairways, native bush, picturesque hills and the chance to spot local wildlife along the way.

A flexible summer membership is available from \$425 for 9-hole play, with an early-bird offer running from 1 September to 31 March.

The membership provides an affordable option for golfers wanting regular access to the course throughout the warmer months.

Manor Park Golf Club is a great course to choose this summer.

It provides a range of facilities and amenities for both regular and casual players, including comprehensive practice areas for those looking to sharpen their game, and after

a round, golfers can relax on the modern ground-level summer deck enjoying the clubhouse's relaxed hospitality at the Sprig Bar.

Whether the goal is to maintain a handicap, improve a swing or simply enjoy a weekend round in the sun, the summer membership offers local golfers a flexible way to make the most of the season.

Golfers interested in joining can contact Manor Park Golf Club to secure their summer membership and get out on the course.

PBA

Grenada North playground upgrade

By Frank Neill

Wellington City Council is seeking community input on the planned upgrade of the Grenada North Play Area.

A concept plan has been developed, and the Council wants people to view the plan, tell them what they like and what could be improved, and why.

The plan is at www.letstalk.wellington.govt.nz/grenada-north-playground-renewal.

Feedback on the plan closes at midnight on 6 September.

The concept plan for the play area includes:

- a larger play module with a crawl tunnel, monkey bars, climbing opportunities and two slides;
- a bowl spinner • a swing set; • a walk the plank seesaw;
- balance elements; • sensory panels; • new safety surfacing; and
- amenity planting.



PHOTO An artist's impression of the refurbished Grenada North playground.

Wadestown walk back again

The Wadestown School House and Garden Walk is back again this year.

The walk, which is held every three years, will take place from 10am to 4pm on Sunday 15 November.

"Wander through some of Wadestown's most beautiful homes and gardens," the organisers say.

These homes and gardens provide "a wonderful mix of indoor and outdoor spaces that reflect the neighbourhood's character and creativity."

"This year's walk spans an inspiring range of houses, from cleverly renovated spaces with fresh, contemporary design to heritage homes that honour their history."

"Two of the featured homes will be serving refreshments (included in your ticket), and the much loved deli stall will be back by popular demand."

A community tradition for nearly 30 years, the Wadestown School House and Garden Walk continues to draw locals and visitors from across the region.



PHOTO: One of the houses people will visit on the Wadestown School House and Garden Walk. Photo: Supplied.

Tickets to the walk are available at www.wadestown.school.nz/house-and-garden-walk-2026.

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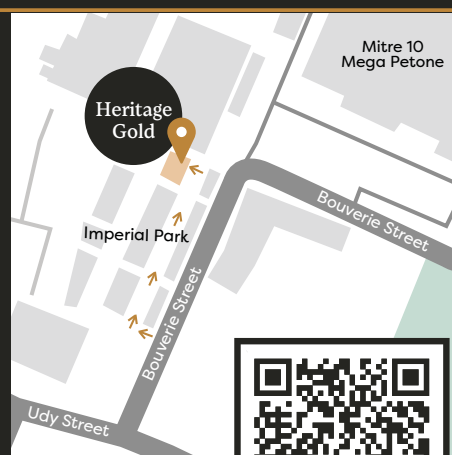
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