



# New Australian Karate Champion

By Frank Neill

Neiko Love, who is a member of the Raroa-based Marist Kyokushin Karate Club, is the new Australian Kyokushin Karate Champion.

Neiko won the heavyweight full-contact open grade, the premier division at the Australian MKA Kyokushin Karate Championships this month.

He was one of two club members to feature among the medals.

Miu Lin, who at 14 was the youngest member of the New Zealand team, won a bronze medal in the non-contact section of her age grade division.

Winning the gold medal "was really surreal," Neiko says.

"I'm beyond happy.

"All of the hard work and dedication paid off.

"Standing on that podium was definitely something else."

Neiko is coached by Shihan (Master) Peter Jennings, who has – along with his wife Sensi Bev-Ann Jennings (4th Dan) and a number of internationally certified black belts – been running the Marist Kyokushin Karate Club at Raroa Intermediate School since 2000.

"When the decision came my way I just gave Shihan a big hug," Neiko says.

"It was pretty amazing."

Neiko began his Karate journey in 2009 when he was five or six years old.

"I have been training ever since," he says. His ambitions for the future are to "keep

on training.

"Also there's a big international tournament next year, a World Tournament in Jakarta, Indonesia, so I will be training up hard for that.

"In about three years' time there is the big World Tournament in Japan and I'm hoping to get there as well."

Neiko and Mui were members of the five strong New Zealand team to compete in the annual Australian MKA National Kyokushin Karate Championships.

Shihan Peter also attended the event.

"Given New Zealand had a relatively small team competing against Australia's best from every state, the challenge was such that even one podium finish would constitute a success for the team," Peter says.

"However the results for the team far exceeded all expectations and hopes, with two achieving third place in their division, one second place and two returning home with impressive first place trophies."

The other Kiwi winner was Creed Norman from Gisborne, also a heavyweight, competing in the low grade full-contact division.

This year's results, Peter says, were "by far the most successful of all Kiwi teams who have attended the Australian competition over the past five decades.

*Continued page 2.*

**PHOTO:** Neiko Love with the Cup he won as Karate champion, together with Shihan Peter Jennings and Sensei Bev-Anne Jen-



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# Everyone over achieved

Continued from Page 1.  
“It has prompted a large number of Australian fighters and officials committing to exact revenge at the 2027 MKNZ Open National Championships, which will be held at Porirua’s Te Rauparaha Arena in late February.”  
Peter’s comments about the quality of the New Zealand performances is echoed by Neiko.  
“New Zealand did very well considering the small team we brought over,” Neiko says.  
“Everyone overachieved what was

expected.  
“Everyone was very happy with these results. We are over the moon,” Neiko says.  
Peter Jennings has been training in the Kyokushin style of karate for more than 50 years.  
He is a New Zealand Branch Chief of the International IKO Matsushima organisation and holds the grade of 5th Dan black belt.  
PHOTO: Neiko Love being presented his Champion Trophy by IKO Matsushima South Pacific Chair, Hanshi Gary Viccars.  
Photo Supplied.



## Standing for Council

By Frank Neill

Stop Tiaki Wai founder Guy Nunns plans to stand for a seat on the Wellington City Council.  
He plans to stand in the upcoming by election for a Takapu/Northern Ward.  
The by election is taking place following the recent passing of Takapu/Northern Ward Councillor Tony Randle.  
Mr Nunns announced his intention to stand in the by election just after Tiaki Wai held a protest at Parliament on 20 August.  
“I will be standing on a platform of saving money, not spending money we don’t have,”

he says.  
That will include “keeping debt to a minimum and questioning the whole water situation.”  
Wellington City Council “still apparently have control over Tiaki Wai.  
“This would be a good little effort from us to have someone in there with an official status questioning what is going on,” he says.  
Mr Nunns stood for the Wharangi/Onslow-Western Ward in both the 2025 and the 2028 Wellington City Council elections, but was not voted in.  
PHOTO: Guy Nunns. Photo: Frank Neill.





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Greg O'Connor  
MP for Ōhāriu

As we sit and watch the extreme weather events around the world which are setting all sorts of records for rainfall, temperature, winds, and sea temperature, it's a good time to reflect that Wellington is in a good position to weather (sic) the changes.  
Other than increased wind, which let's face it we are not only used to as Wellingtonians but have learned to embrace and celebrate, predictions are we won't be as impacted as more low-lying places and those which already have high summer temperatures.  
The biggest storms we have had to weather have been attacks on our city by people in the rest of the country who try to scapegoat us for problems which have nothing to do with Wellington.  
That's why we need to be our best advocates and champions,

whether we are talking among ourselves or to our friends and relations who live elsewhere in the country.  
Because so many of us were born elsewhere and of course being the capital we tend to have a national view and focus, I observe that we are not as parochial as folk in other cities. Sit and watch a Canterbury or Hawkes Bay sports crowd and you'll see what I mean.  
It's a good city with plenty happening; we just need to get out and appreciate it. The new Te Ara Tupua walkway has opened our Western side of the harbour and is well worth the effort.  
We'll never be as one eyed as some of our South Island friends but let's allow ourselves a decent chunk of pride about what we've got here.

You can contact my office on 04 478 3332 or email  
Greg.OConnor@parliament.govt.nz



Labour



NZ

Authorised by Greg O'Connor MP  
Parliament Buildings, Wellington

# Greg O'Connor considers standing for WCC

By Frank Neill

Ohariu MP Greg O'Connor is "seriously considering" standing for a seat on the Wellington City Council.

Although a by election had not been announced when the 'Independent Herald' went to print, a by election for a new Takapu/Northern Ward Councillor is almost certain.

This follows the death of the very highly performing former Takapu/ Northern Ward Councillor Tony Randle earlier this month.

"I haven't made a final decision yet, but I'm seriously considering it," Mr O'Connor says.

"I have had conversations with a lot of people ... a very wide ranging group of people from local businesses to local residents to local politicians.

"Given that a big proportion of the old Ohariu electorate makes up the Northern Ward, it's an area I obviously know very well and the people I know well," he says.

"It was always my intention to contest Ohariu again.

"With Ohariu gone, I don't want to ever leave Wellington, so my options were diminished," Greg says.

Mr O'Connor was elected to Parliament in 2017, and will have served as an MP for nine years at the end of this Parliamentary term.

After being selected as Labour's Ohariu candidate that year, he aimed to challenge long serving MP Peter Dunne.

However Mr Dunne withdrew and Mr O'Connor won the seat ahead of National list MP Brett Hudson with a margin of 1,051 votes.

He then retained the seat in the 2020 election with a big margin of 11,961 votes.



PHOTO: Ohariu MP Greg O'Connor. Photo: Supplied.

At the last election in 2023 he defeated National's Deputy Leader Nicola Willis with a margin of 1,260 votes.

Mr O'Connor was in the Police for 41

years before being elected to Parliament, including being elected by Police officers to be the President of the Police Association."

## Karori's Meet the Candidates

By Frank Neill

Local residents will have the opportunity to meet the candidates standing in the Wellington North electorate in this year's general election.

The Karori Residents Association (KRA) has organised the "Meet the Candidates" public meeting.

It will be held at the Karori Baptist Church, 161-163 Karori Road, on 27 October, starting at 7pm and with the doors opening

at 6:45pm.

"At this stage five of the six candidates have confirmed they will attend," the KRA Chair Andrea Skews told the 'Independent Herald' on 25 August.

The five candidates who have confirmed are Dr Ayesha Verrall (Labour), Tamatha Paul (Greens), Jonathan Pitts (National), Jessica Hammond (Opportunity), and Josh Harford (Alliance).

The KRA was still waiting to hear back from Matthew Hague (ACT).

"We want to know the questions you want to ask," the KRA says.

"Please send us your questions for the candidates well ahead of the evening.

"We won't be taking questions from the floor on the night.

"This helps us keep things running to time, avoid repetition, and make sure the questions of greatest interest and importance to our community get priority."

People can submit questions on the KRA's website, <https://karoriassociation.nz>.

### inbriefnews

#### Gardens Magic

Applications to perform in the 2027 Gardens Magic Concert Series close soon. Applications close at 11:50pm on Monday 31 August.

Individuals or bands can apply at [wellington.govt.nz/news-and-events/events-and-festivals/gardens-magic](https://wellington.govt.nz/news-and-events/events-and-festivals/gardens-magic).

Set in the Botanic Garden ki Paekaka, the event runs from 12 to 31 January, showcasing music from Wellington's best and brightest talent.

Wellington City Council says it is looking to showcase a diverse range of family-friendly music.

"We welcome applications across all styles such as Maori music, classical, jazz, indie, pop, folk, rock, country, choral, avant-garde, blues, ska, reggae, world music and more.

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## Greg O'Connor MP for Ōhāriu

Spokesperson for Courts and Veterans' Affairs  
Assistant Speaker

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

# Top two apprentices both locals

By Frank Neill

Two locals scooped the pool in the Lower North Island Apprentice of the Year competition.

Ngaio resident Dylan Johnston was named the Lower North Island's 2026 Master Builders Carters Apprentice of the Year on 24 August.

Richard Carroll, who lives in Karori, gained second placing.

Dylan is an apprentice with Tonks Residential Construction.

"Dylan delivered an exceptional entry, with an articulate and engaging written submission that combined clear, thorough explanations with a strong understanding of the materials, methods and building requirements behind his work," the judges said.

"He demonstrated an impressive ability to explain not only what he had done, but why and how, alongside a sound understanding of the Building Code and industry standards.

"His compelling personal story further showcased his commitment to the trade, willingness to learn and pride in his development as an apprentice.

"Dylan reinforced this strong impression throughout the practical challenge, interview and site visit."

The judges praised his careful planning, excellent health and safety practices, organisation and



ABOVE: Dylan Johnston, the Lower North Island's 2026 Apprentice of the Year. Photo: Supplied.



ABOVE: Richard Carroll, who finished second in the Lower North Island's 2026 Apprentice of the Year contest. Photo: Supplied.

high standard of workmanship, as well as the depth of knowledge he demonstrated across his project.

"He confidently discussed everything from demolition through to finishing details, clearly explaining construction methods, challenges

and the solutions used along the way," the judges said.

"His passion for building and genuine pride in his work shone through, leaving the judges in no doubt that his technical ability, professionalism and commitment to

quality mark him as an exciting emerging talent with a very bright future in the industry."

Dylan will now progress to the national Apprentice of the Year competition in Auckland from 7 to 9 October.

Richard is an apprentice with Western Builders.

"Richard's submission demonstrated an excellent understanding of his project, with detailed plans and examples helping to clearly communicate the work involved," the judges said.

"During the judging process, he presented with confidence while remaining humble about his achievements, and his ability to reflect on his own development made a strong impression.

"The project itself represented a significant achievement for Richard.

"He had taken on a leadership role from start to finish, managing the site team alongside subcontractors and suppliers while maintaining oversight of the build.

"During the site visit, he spoke confidently about the different stages of the project, the challenges encountered and how they were overcome.

"He carried that same composed approach into the practical challenge, where his calm manner and well-presented tool kit reflected a professional approach to his work.

"Richard's maturity and growing leadership ability mark him as a highly capable apprentice," the judges said.

Both Dylan and Richard trained through BCITO.

Now in its twenty-third year, the Apprentice of the Year competition, delivered in partnership with Carters, is New Zealand's leading competition for construction apprentices.

It recognises and celebrates apprentices who are building strong skills and showing promise as the next generation of industry leaders.

Across New Zealand, 95 apprentices from nine regions took part in the 2026 regional competition.

Each apprentice submitted a detailed overview of a building project they were working on before completing a two-hour practical challenge, which required them to build a project box revealed on the morning of the competition.

The top 10 regional competitors were then interviewed by a judging panel and assessed during an on-site visit to their project, where they were tested on their technical understanding, communication, project involvement and wider industry knowledge.

For more information about the competition, visit [apprenticeoftheyear.co.nz](http://apprenticeoftheyear.co.nz).



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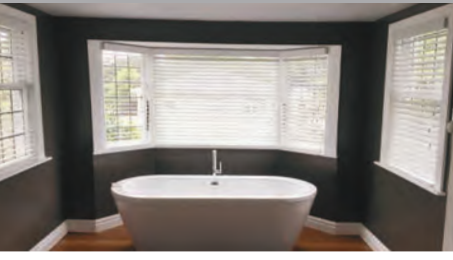
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# Making literacy fun and joyful

At Capital City Preschool literacy starts long before a child learns to read or write. It begins with conversations, songs, stories, rhymes, noticing sounds and discovering that words, letters and books can be exciting.

The preschool has been strengthening its language and literacy curriculum through professional learning with Liz Kane Literacy. The teaching team is deepening its understanding of how young children develop the foundations needed for later reading, spelling and writing, and how these skills can be intentionally nurtured through play and everyday experiences.

“We want our children to leave us excited about books, words, sounds and stories,” says Capital City Preschool Professional Leader Lisa Marshall.

“Literacy at this age should be fun and joyful.

“Our children are learning through play, conversations, music, stories and relationships, and we can intentionally weave early literacy skills into those experiences.”

Throughout the day, children enjoy stories, poems, songs, rhyming and listening games, and playful opportunities to notice sounds and letters.

Oral language and vocabulary are equally

important, with children encouraged to ask questions, share ideas and discover new words through their play.

While children take part in a short, intentional learning session each week introducing a new character, letter and its sound, this learning is then brought to life through stories, songs, games, conversations and play.

It combines evidence-based teaching knowledge with the joy, curiosity and play that should sit at the heart of the preschool years.

“We don’t want literacy to become something children think of as work,” Lisa says.

“We want them to be curious about language, to love being read to, to delight in rhyme and to feel proud when they discover something new.

“We also celebrate the different home languages our children bring to preschool.

“Literacy is about so much more than letters and sounds – it’s about language, communication, connection and giving children the confidence to share their ideas.”

By strengthening teacher knowledge while keeping learning playful and engaging, Capital City Preschool hopes to give every child a strong foundation and, most importantly, spark a lifelong love of literacy.





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## Local artist displaying at Te Papa

Long time Khandallah resident Ben Girven and fellow artist Tiana Krafft-Soffe will be displaying Te Ao Raranga – a public art projection, starting tomorrow 28 August.

Te Ao Raranga, supported and funded by Wellington City Council, will be displayed onto the harbour-facing rear exterior wall of Te Papa Tongarewa.

The display is free and will run every evening from 7pm to 9:30pm, from Friday 28 August until Friday 4 September.

An opening ceremony will be held at 7pm on 28 August.

This projected video artwork explores the body as a woven universe, and movement as wananga - learning through movement and introspection.

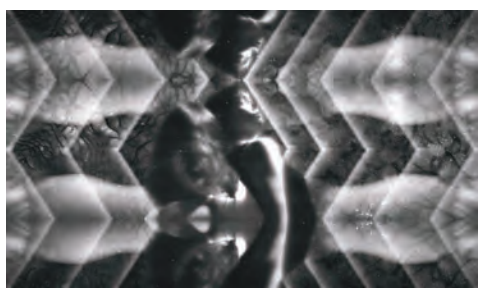
This event is weather dependent and cancellations will be announced via their website [www.teaoraranga.co.nz](http://www.teaoraranga.co.nz) and Instagram, @teaoraranga.

Tiana and Ben are Master of Fine Arts students from Massey University’s Toi Rauwharangi – College of Creative Arts.

They have lived all their lives in Te Whanganui-a-Tara. Ben was a student at Onslow College and Tiana attended Wellington High School.

Their individual practices are woven together for this collaborative artwork.

**PHOTO: One of the images that will feature in Te Ao Raranga. Photo: Supplied.**



## Learn knitting at Tawa Library

Spanish language celebration will be held at Te Matapihi ki te Ao Nui Central Library on Saturday 29 August.

“We’re celebrating the vibrant cultures of the Spanish-speaking world with a variety of literature, poetry, children’s storytelling, youth creative writing, music and dance events,” Wellington City Libraries says.

“¡Pasa y disfruta! Ven a celebrar la riqueza cultural del mundo hispanohablante con literatura, poesía, cuentacuentos, música y danza. ¡Te esperamos!”

The full programme can be found at <https://www.wcl.govt.nz/news/event-spanish-language-celebration-saturday-29-august/>.

Teen craft 101: learn to knit will take place at Te Takapu o Patukawenga Mervyn Kemp (Tawa) Library from 3:45pm to 5pm on Friday 28 August.

“Calling all teen crafters. Learn the basics of knitting or work on your own project for an hour of fun and creativity.”

All materials will be provided. Space is limited so please register on our event calendar, at <https://wellingtontcitylibraries.trumba.com/Teen-craft-101-learn-to-knit/E205902155>

Teen craft 101 is for ranga-

tahi (teens) aged 11 and older.

TUMANAKO! HOPE! Children’s art exhibition. Works for a peaceful world is an exhibition that is running until 6 September at Waitohi Johnsonville Library.

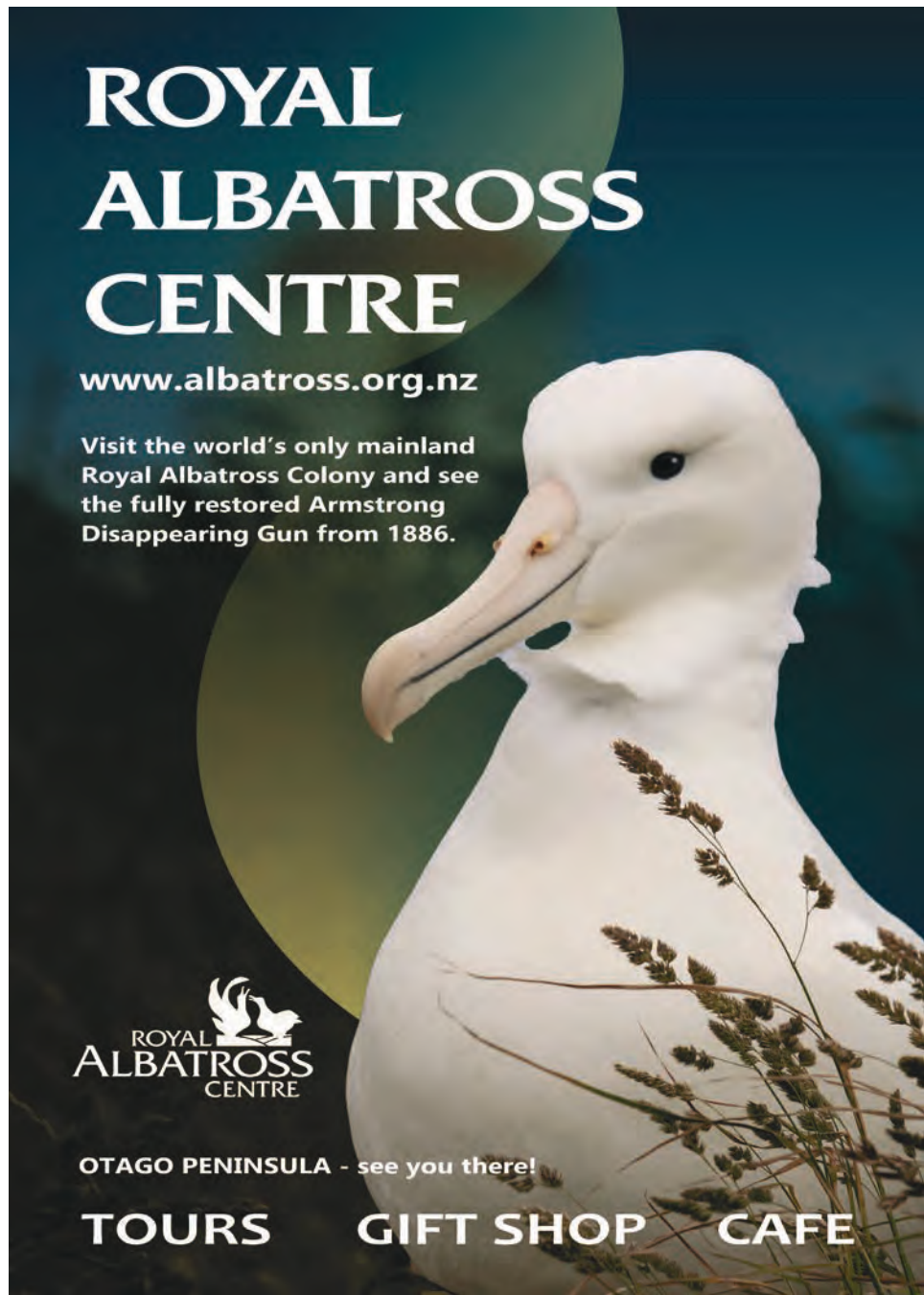
This year’s theme is: Kotahi te kakano whakaaro, he nui nga hua o te rakau houhou rongo – One seed of thought grows the forest of peace.

Organised by SGINZ, this is a community event encouraging tamariki and rangatahi (under 18) to express their creativity and share their aspirations for a peaceful, inclusive and nuclear-free world.

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# Queen of boogie piano returns

Australasia's queen of boogie piano, Jan Preston, is returning to Wellington next month.

Direct from Sydney via the Jazz in Martinborough Festival, Jan Preston's Boogie Duo perform on Saturday night 5 September at Days Bay Pavilion Eastbourne and on Sunday afternoon at St Peters Village Hall Paekakariki.

Tickets and more information is available on Jan's website [www.janpreston.com](http://www.janpreston.com).

Jan is a knockout singer and pianist who has captured audiences around the world.

She has created her own blues/boogie style trademarked by exceptional piano playing, together with her vibrant singing and

skillful songwriting.

Winner of five music awards, Jan plays concerts and festivals throughout Australia, New Zealand and Europe, and writes music for film and TV, having just completed the score for her sister, Dame Gaylene Preston's latest film "Grace".

From a background in classical music, Jan joined Red Mole Theatre Troupe, and first played Blues in Wellington with Midge Marsden's Country Flyers.

She and Midge's bass player, Neil Hannon, went on to form Auckland rock band Coup D'Etat with Harry Lyon (Hello Sailor) who had a hit with the song 'Doctor I Like Your Medicine', after which in 1980 Jan

moved to Sydney.

Jan has an extensive back catalogue of 16 album and CD releases, has represented the Sydney Blues Society at the American Blues Foundation in Memphis, and been programmed into every major Folk, Jazz and Blues Festival in Australasia.

She recently reached two million streams on Spotify, and her piano instrumental Trout Blues has become the title music to BBC Radio London's Evening Show.

Jan Preston's Boogie Duo sees Jan performing with percussionist Mike Pullman.



PHOTO Jan Preston and Mike Pullman – the Boogie Duo. Photo: Supplied.

# Wellington Food Show this weekend

The very popular Wellington Food Show is back at Hnry Stadium this weekend, 28 to 30 August.

It will serve up three delicious days packed with tastings, inspiration and culinary entertainment.

With more than 100 exhibitors under one roof, the Wellington Food Show is the ultimate destination for discovering new flavours, meeting passionate producers and stocking up on gourmet goodies from around New Zealand.

Adding to the excitement, beloved celebrity chefs Colin Fassnidge and Manu Feildel will take to the Cooking Theatre stage daily, sharing recipes,

kitchen tips and plenty of laughs with visitors.

Whether you're a dedicated foodie, home cook or simply looking for a great day out, the Wellington Food Show offers something for everyone, including interactive masterclasses, exclusive show specials and hundreds of products to taste and try.

"The Wellington Food Show is all about celebrating great food, drink and the people behind it," says Helen Kay Show Organiser.

"It's a fantastic opportunity for visitors to discover new products, learn from some of Australasia's best-known

chefs and enjoy a truly memorable day out."

Visitors can:

- meet more than 100 food and beverage exhibitors;
- watch Colin Fassnidge and Manu Feildel live in the Cooking Theatre;
- participate in interactive masterclasses;
- sample and purchase artisan food, wine, spirits and gourmet products; and
- access exclusive show-only specials and offers

Tickets are available at [foodshow.co.nz](http://foodshow.co.nz).



PHOTO: Well-known celebrity chef Manu Feildel, who will be cooking at the Wellington Food Show. Photo: Supplied.

# New seat for Greg O'Connor

The Wellington Vintage Car Club held its annual Daffodils Motor Show at Brewtown in Upper Hutt last Saturday 22 August.

Hundreds of vintage and classic cars were displayed, and among them was the well-known 1974 Austin 1300 GT belonging to Greg O'Connor, MP for Ohariu – in red (of course).

"Greg had made contact with us to ask for more details about the show, so we had an inkling he would be there," says John Stokes, one of the show's organisers.

"We knew Greg was losing his seat as a result of the electoral boundary changes, which had prompted his retirement from parliament.

"The Vintage Car Club decided to do something about that for Greg.

"We wondered if we could get him a replacement seat."

Sure enough, Greg turned up in "Litte Red" as his car is known and, during the speeches towards the end of the event, he was summoned to the stage – the tray of an old Ford pick-up truck – to be presented with his new seat by the club chairman, Phil Kidd.

Mr O'Connor's new seat is a large Lay-Z-Boy recliner, donated by the new City Mission shop in Johnsonville.

Having been invited to try it for comfort, Greg compared it favourably to the Speaker's chair at Parliament House, claiming his new seat to be immeasurably more comfortable.

"I am absolutely stoked with this gesture from heartland people", said the surprised retiring MP.

He told the audience from his new seat that he had spent all morning "touching base at the show with real people.

"It has been a wonderful day. The Cancer Society "is a great cause and I am touched by this gesture," Greg said to the crowd from his new seat.

The annual Daffodils Motor Show is a fundraiser for the Wellington regional branch of the New Zealand Cancer Society.

Almost \$6,000 was raised at the event.

PHOTO: Ohariu MP Greg O'Connor sitting in his new seat. Photo: Supplied.





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Handy tips to keep your garden looking great all year round!



# SEPTEMBER

September is a busy month in the garden calendar. The days are getting longer and the weather warmer. The promise of a long hot summer and a bumper harvest is in the air!



## PLANTING

- ✓ Vege seedlings & plants
- ✓ Potatoes
- ✓ Peas & beans
- ✓ Strawberries
- ✓ Passionfruit
- ✓ Sweet peas
- ✓ Sunflowers
- ✓ Lavender



## MAINTENANCE

- ✓ Protect frost sensitive plants
- ✓ Guard against slugs & snails
- ✓ Replenish container mix
- ✓ Check compost bins
- ✓ Spray for broadleaf weeds
- ✓ Re-sow lawn
- ✓ Spray for Onehunga weed
- ✓ Spray stone fruit trees



## GARDEN TIPS & TRICKS

### FRUIT

- ▶ Plant passionfruit in warmer regions. Choose well-drained soil, provide strong support and protect tender foliage from frost.
- ▶ Plant new citrus trees, removing flowers from young trees so they can concentrate on establishing strong growth.
- ▶ Feed strawberry plants every two weeks and water fertiliser in well.

### VEGETABLES

- ▶ Sow carrots, parsnip, beetroot, silverbeet, peas, lettuce, leeks, cabbage, tomato, capsicum, courgette and cucumber. Transplant tender seedlings as the weather warms.
- ▶ Sow peas, snow peas and beans directly into the ground, protecting new growth from frost.
- ▶ Plant seedlings of lettuce, cabbage, corn, pumpkin, celery, onions, silverbeet and courgettes.
- ▶ Plant sprouted seed potatoes now for a later harvest.

### FLOWERS

- ▶ Replace winter flowers with fresh spring annuals. Add a pinch of blood & bone when planting.
- ▶ Sow cosmos, impatiens, lobelia, salvia, viola and poppies, transplanting as the weather warms.
- ▶ Plant spring annuals including alyssum, begonia, dahlia, marigold and petunia.
- ▶ Sow sweet peas in a sunny, well-drained position with trellis support.
- ▶ Plant summer bulbs including gladioli, dahlias and begonias.
- ▶ Plant lavender in a well-drained position with at least half a day of sun.

### JOB

- ▶ Prepare garden beds with compost before spring planting.
- ▶ Empty mature compost from your compost bin and spread it around the garden.
- ▶ Protect vulnerable plants from frost with frost cloth, keeping the cloth off the foliage.

## KEY POINTS

- ▶ It's spring and time to prepare your garden for planting
- ▶ Sow vegetable seeds for summer salads
- ▶ 'Fresh is best' plant vegetable seedlings
- ▶ Prepare and plant your herb garden
- ▶ Time to refresh and replenish your pots
- ▶ Continue to plant seed potatoes
- ▶ Plant and feed strawberries
- ▶ Plan your garden colour, plant seeds, seedlings and perennials for summer colour
- ▶ Continue to plant trees, shrubs and hedges
- ▶ Planning a new lawn? It's time to sow seed.

Scan to view the September gardening checklist

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Developed by CHASNZ, Tōtika provides clients with confidence that contractors have robust health and safety systems in place and operate to a consistent, independently assessed standard. This accreditation allows us to work seamlessly with commercial clients, property managers and organisations that require proven health and safety capability. Alongside our commercial work, we provide expert exterior cleaning services including house washing, commercial building washing, roof moss and mould treatments, gutter cleaning, window cleaning, deck restoration, driveway and concrete cleaning, and fence washing.

## The benefits of a well-designed garden

A well-designed garden stands out from others, it draws your attention and feels just right. The layout flows seamlessly from one area to another, and above all has interest and appeal. The garden has a pleasing mix of plants that have seasonal interest and are suitable for the environment you live in.

Landscape design should address your needs for access to your outdoor living areas, to your vege and herb gardens, clothesline and waste disposal bins. It leads visitors to your preferred entrance.

Landscape structures such as decks, retaining walls, pergolas, and screens help define use areas and create an



interesting setting for your outdoor living.

Good landscape design maximizes the best features of your site and addresses issues like exposure to the wind, lack of privacy, steepness, poor drainage and ease of access.

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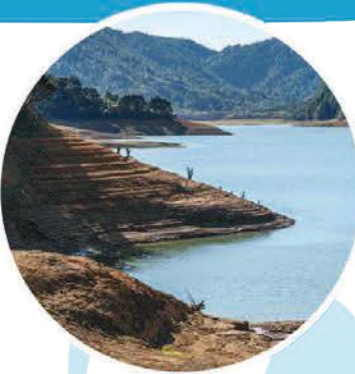
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# Successful Stop Tiaki Wai protest

By Frank Neill

Around 1,000 people joined the Stop Tiaki Wai protest that marched to Parliament on 20 August.

“We consider it to be a great success,” one of Stop Tiaki Wai’s founders, Guy Nunns says.

The protest, he says, “is against the action of Tiaki Wai”.

“How is it that we cannot pay for the basic things we need?” Mr Nunns asked in his speech on Parliament’s grounds.

“How is it that any number of people here now are struggling to actually pay their mortgage at the end of the week?”

“This has to stop,” he said.

“We’ve got Christopher Luxon saying something’s wrong.

“We’ve got Chris Bishop saying something’s wrong.

“We’ve Michael Laws saying it’s a disaster – Tiaki Wai.

“We’ve got Dave Seymour saying something’s wrong.

“We don’t know about the left. I’m sure they are thinking something’s wrong, but they are possibly milking this opportunity,” Mr Nunns said.

“We all want the same thing and it’s pretty simple ... clear, non-toxic, affordable water.

“I think if we can impress on the people that make decisions that this is what we want from this agency we are all going to be much better off.

“When it is done well, everybody is better off ... because we will get a resource delivered at a very good price efficiently and well,” he said.

Commenting on water meters, Mr Nunns said: “We don’t want to pay ... three times what they are paying up in Auckland for the same thing.”

He and his group were not enamoured with water meters.

Around 70% of the Tiaki Wai bill was for provision of stormwater and wastewater.

“What is left is the 30%.

“A water meter is a punitive charge,” he said.

“We are going to keep progressing.

“Going forward we have got some really good things in the pipeline, so stay tuned,” Mr Nunns said.

People can stay tuned by visiting Stop Tiaki Wai’s Facebook page.

The 20 August protest march was calling for:

- democratic accountability to be restored;
- competitively managed affordable water services, producing a significant



ABOVE: Some of the people who took part in the Stop Tiaki Wai protest marching towards Parliament. Photo: Supplied.

- reduction in the water bills;
- any future water bill increases limited to the rate of increases to superannuation;
  - an independently audited, fully costed 10-year financial plan;
- meaningful consultation with households before major projects proceed; and
  - existing infrastructure problems to be fixed before billions more are borrowed.



ABOVE: One of Stop Tiaki Wai’s founders, Guy Nunns.

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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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# Important win for North Wellington

By Hamish Wareham

After being unbeaten in June and July, North Wellington briefly slumped to consecutive defeats at the hands of Stop Out 1-0 and Tawa 4-3.

With every point vital in the race for promotion to next season's Central League, maximum points had to be vital in their final three games.

A fortnight ago a trip to Palmerston North brought about the end of the high flying Palmerston North Marist's ten game unbeaten run when a first half goal from Miles Woodhall combined with second half strikes from the two Benji's Holden and McMillan saw Norths make the drive back a pleasing one after a 3-0 victory.

This past Saturday brought about a trip to the end of Wellington to face Seatoun,

themselves needing maximum points from remaining games to stay in the hunt for promotion for next season by finishing in the top five positions.

After a nervy first quarter of an hour that could have seen Seatoun ahead by a couple early on, a stellar solo run from Miles gave North Wellington a 1-0 halftime lead right on the whistle.

Jerram Tuck could have killed the game off when he had two chances fall his way within the first five minutes of the second half but fired both over the bar.

A refereeing disaster class then turned the game on its head as brainiacs Oscar Lam and Shea Hughers combined to send off James Wilkinson despite comments from the North Wellington bench claiming they'd got the wrong person fell upon deaf ears.

Luke Hardy then equalized

for Seatoun moments later, but the introduction of Jarred Cunniff, who slipped a clever through ball to Benji Holden only for him to be brought down, awarding a penalty to North Wellington.

That was duly slotted by Miles Woodhall and Norths defended for their lives throughout the final half an hour plus added time.

As the full time whistle came an explosion of joy erupted from North Wellington who came out on the right end of a tough encounter, moving up to second on the table after Tawa faltered away in Palmerston North.

North Wellington's final game beckons this Saturday at Alex Moore Park when they host ninth placed Wainuiomata at 2:30pm.

**PHOTO: North Wellington's Jarred Cunniff about to get a pass away in the match against Seatoun. Photo: Wareham Sports Media.**



ADVERTORIAL

## New Johnsonville indoor golf facility offers flexible way to play year-round

Wellington golfers have a new option for getting on the course, with Little Birdie Golf opening an indoor golf facility in Johnsonville designed to provide flexible, year-round access to the game.

Located at 11b Burgess Road, the facility features two private TrackMan simulator bays, allowing players to practise their swing, play virtual rounds on famous courses around the world or enjoy a social game with friends.

The TrackMan technology provides feedback on every shot, giving golfers the opportunity to better understand their game and work on their technique without needing to travel to a traditional course.

For players looking to fit golf around busy schedules, the indoor facility also removes some common barriers to playing, including waiting for a tee time and dealing with the forecasts.

Little Birdie Golf was founded with a straightforward aim: to make it easier for people to play more golf. The space has been designed to be relaxed and welcoming, catering for golfers of all abilities.

Experienced players can use the simulators for focused practice, while beginners can get an introduction to the sport in a less formal setting. The facility can also be used for social catch-ups, providing an alternative to a conventional round of golf.

The fully self-service setup is intended to make the experience simple for customers. Once a session has been booked online, players receive access codes for both the front door and their simulator bay.

Customers can then arrive at the facility, enter their codes and get started without needing to wait for staff assistance.



Little Birdie Golf is open seven days a week from 5am until 11pm, giving customers a wide range of options for fitting a practice session or virtual round around work, family and other commitments.

The facility provides an accessible alternative to heading out to a conventional golf course, whether customers want to practise alone, spend time with friends or take their first steps into the sport.

Bookings and further information are available online, with simulator sessions bookable through the TrackMan booking platform.

Little Birdie Golf is located at 11b Burgess Road, Johnsonville. The business can be contacted on 022 040 5248. Bookings are available through the TrackMan booking platform, while further information can be found on the Little Birdie Golf website.

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Public Notices



Johnsonville School Enrolments for Terms 1 and 2 of 2027

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 **1 February 2027 and 2 July 2027**. The Board has determined that 15 mainstream places and 3 Special Education Unit spaces are available during this enrolment period. The deadline for receipt of applications is **Monday 7 September 2026**. If a ballot for out of zone places is required it will be held on **Tuesday 8 September 2026**. Please contact the school office for details regarding the application process. **Ph 478 7155 or email [office@johnsonville.school.nz](mailto:office@johnsonville.school.nz)**

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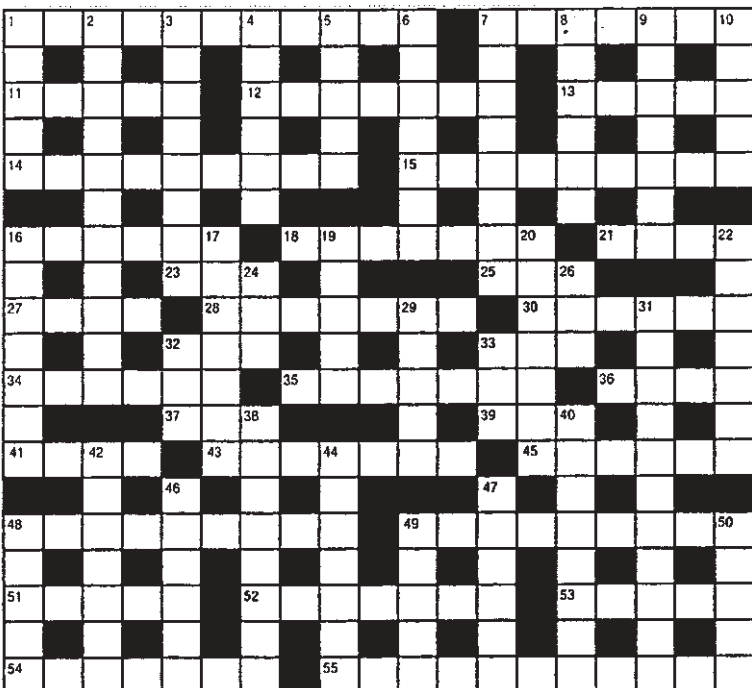
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## CROSSWORD Puzzle



ACROSS

- Unnecessary (11)
- Of fat (7)
- Wrinkle (5)
- Chinas' longest river (7)
- Flat bread (5)
- Associates (9)
- Devious (9)
- Small mound (6)
- Moderately slow tempo (music) (7)
- Small Island (4)
- Formerly Ceylon; ... Lanka (3)
- Finale (3)
- Formal (4)
- Charm (7)
- Lasso (6)
- Ex NZ wicketkeeper; ... Smith (3)
- Faint (3)
- Benefit (6)
- Aims (7)
- Quarrel (4)
- Large deer (3)
- Estimated time of arrival (intls) (3)
- Run swiftly (4)
- Competitor (7)
- Scanty (6)

- Of plants (9)
- Sperm whales (9)
- Not tied (5)
- Brochure (7)
- Avoid (5)
- Soaks up (7)
- Allure (11)

DOWN

- Monetary unit of Ecuador (5)
- Perspective (5,2,4)
- Bursts (8)
- Amateur (6)
- Weight measurement (5)
- Small orange (7)
- Short story (8)
- Disclose (6)
- Bandits (7)
- Antelope (5)
- Slender (7)
- Foot lever (7)
- Deadens (5)
- Enrols (7)
- Qualify (7)
- Hotel (3)
- Female parent(animals) (3)
- Alliance (5)
- Ape (11)
- Wrath (3)

- River in Scotland (3)
- Finger joints (7)
- Obvious (8)
- Conserves (7)
- Free (7)
- Captivate (6)
- Canadian province; Nova ... (6)
- Light wood (5)
- Inflammation of the colon (5)
- Cloying (5)

Solution

Last Week: 20 August 2026



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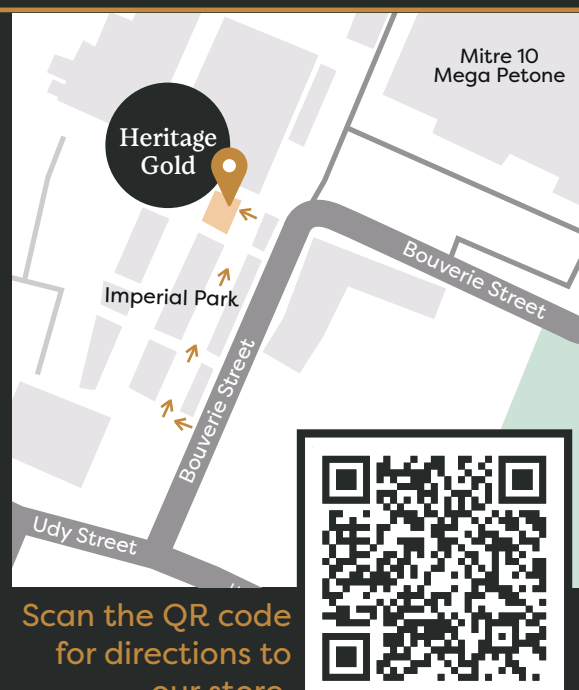
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