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# Success celebrated

By Frank Neill

Onslow College celebrated the 2026 success of its students at its Pō Whakanui (Celebration of Success) on 12 November.

Unlike other secondary schools in New Zealand, Onslow College does not have a prizegiving. Nor does it name a dux or a proxime accessit.

*Continued on page 2.*

**Sam Gawe with her Onslow College Spirit Award.** Photo: Frank Neill.

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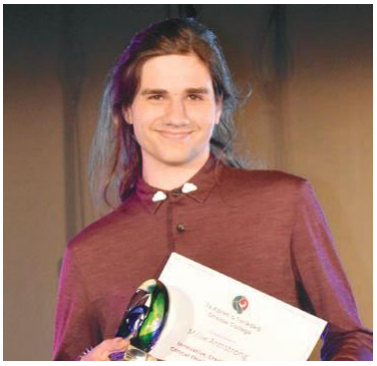


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**George Fullelove just after he was presented the Leadership Award.** Photo: Frank Neill.



**Millie Armstrong with the Creative, Critical and Innovative Thinking Award.** Photo: Frank Neill.



**Leb Foden With Onslow College's Community Contribution Award.** Photo: Frank Neill.

# The extraordinary achievements of students

*Continued from page 1.*

Instead, Onslow College rewards a great many of its students for their achievements.

The Pō Whakanui is about celebrating the extraordinary achievements of the college's students.

"What a vibe, your prizegiving," the guest speaker, the new Kenepuru electorate's first MP Barbara Edmonds said (although the evening was not actually a prizegiving).

"It's such an awesome energy and I've been to lots of prizegivings."

When she first met the college's Tumuaki/Principal Jono Wyeth and came to the school "I really got the impression that Onslow College is a school where you can be whoever you want to be," Ms Edmonds said.

"And the key thing there is finding that connecting thread that connects you all together, because you all have wonderful individual skills and talents and things that you bring to this school."

The advice she gave was "when things are tough and when things change and when you are really testing your character, your resilience, find your Southern Cross or your Northern Star.

"Find what it is that brings you purpose, that grounds you, that brings you back to your centre, whether it be whānau, whether it be your friends.

"Find what it is that refills your cup, because throughout life things will change.

"Resilience will carry you through and it is your connections that keep you grounded and help you achieve further in life," Ms Edmonds said.

The late legendary New Zealand physicist Sir Paul Gallaghan once said 'one hundred inspired New Zealanders can change the world,'" Tumuaki Wyeth said in his speech.

"Looking out at this room tonight I think Sir Paul underestimated the numbers.

"I see a hall full of inspired young people capable of transforming our future.

"As leading Kiwi futurist Frances Valintine highlights, the most critical skills for tomorrow aren't just technical, they are adaptability, curiosity and human empathy.

"That spirit of adaptability and 'Pursing Growth' is clearly evident in the academic results we celebrate tonight.

"We know that Onslow College students have achieved NCEA and University Entrance rates that sit well above national benchmarks and exceed comparable high-performing schools," Mr Wyeth said.

Five major awards presented at the Pō Whakanui were the Onslow College Spirit Award, the Innovative, Creative and Critical Thinker Award, the Leadership Award, the Community Contribution Award, and a new award, the Student Advocacy Award.

Sam Gawe was presented the Spirit Award.

"The Onslow Spirit award is for a student who embodies the best parts of what it means to be an Onslow student," Sam's citation says.

"They achieve highly, they show our school values, they contribute to the wider school and local community and they are, unfailingly, a wonderful role model for those around them.

"This person embodies the absolute best of Onslow College through her compassionate leadership and unwavering dedication to others.

"As a captain and coach of our netball and volleyball teams, they use sport as a vehicle for youth empowerment, actively mentoring younger athletes on mental wellbeing and ensuring they know their worth extends far beyond performance.

"Their natural ability to uplift and guide those around them makes her a truly inspirational role model for students across the school.

"Beyond her sporting leadership, their commitment to the wider community is extraordinary.

"They volunteer weekly on the older patient ward at Kenepuru Hospital and founded 'Bridging Generations,' a youth-led programme connecting students with elderly residents at the Cashmere rest home to combat isolation.

"Deeply connected to her cultural heritage and engaged in international community outreach, they are a grounded and empathetic leader who unfailingly makes a positive difference in the lives of everyone they encounter.

"For these endeavours, they are a finalist for the Zonta Young Women in Leadership Award, and they have also been awarded a 2026 Wellington City Council Mayor's Award."

George Fullelove was presented the Leadership Award.

George "is a student who as a leader within our kura and whānau manaaki class, has naturally embraced the role of Tuakana, offering quiet guidance, encouragement, and support to our younger students," his citation said.

"Serving as a Kākā Tangi Haeata student leader for several years, they have powerfully demonstrated that true leadership is not about having the loudest voice, but rather possessing the greatest capacity to listen, care, and lead by example – whether stepping up to support their sports teammates from the sideline during periods of injury or setting the standard through their academic results and everyday actions.

*Continued on page 4.*








**Ezra Shaw with the new Student Advocacy Award.** Photo: Frank Neill.



**Juliette Welby singing an original song during her performance at Onslow College's Pō Whakanui.** Photo: Frank Neill.

# Wellington North Rotary supports Marsden Club

A $2,000 donation from the Rotary Club of Wellington North will help the Marsden Club maintain its buildings, providing a welcome contribution to their ongoing upkeep.

The club also runs working bees, including a recent one to DIY up the Marsden Club's grounds.

The Marsden Club is grateful to the Rotary Club of Wellington North for its generosity.

The donation will support general building maintenance, and the club extends its sincere thanks for this practical help.

The Marsden Club, at 11 Newcombe Crescent, Karori, offers day programmes for people with dementia and related disorders in a safe, home-like setting.

It is operated by the Marsden Day Care Trust, which was established in 1984.

While their loved ones receive attentive care, carers have time to keep up social connections, look after their own wellbeing and attend to personal commitments.

The Marsden Club (and its sister, the Chelsea Club in Lyall Bay) welcomes people and families from across the wider Wellington region as well as local residents.

Its day programmes offer opportunities for companionship and participation, with activities including music and singing, quizzes, word games, arts and crafts, and supervised exercise to music.




**Rotary Club of Wellington North members and friends at a recent working bee, giving the Marsden Club grounds a thorough tidy-up.** Photo: Supplied.

Referrals can be made through a GP, and attendance is usually government-funded.

For more information about the Marsden Club and its day programmes, phone 04 476 6719.

## inbrief news

### Guided walk

Discover Gollan's Valley Guided Walk will be held from 9am to 1pm on Sunday 6 December. Organised by Greater Wellington Regional Council, the walk will start at the Gollan's Valley Farm Track, Pencarrow Head.

"This special opportunity will take you through a landscape of open hills, wetlands, regenerating native bush, and spectacular harbour views while you learn about the history and ecology of this unique area," Greater Wellington says.

"Greater Wellington's recently acquired this 1,366-hectare property, which links the Northern Forest and Parangarahu Lakes sections of East Harbour Regional Park and contains important natural and cultural heritage values." Registrations are extremely limited and can be made at https://allevents.in/lower-hutt/discover-gollans-valley-guided-walk/200031015586711

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# Back behind the wheel

Three weeks after handing in his keys, Terence was back behind the wheel of another Scania. His wife still won't let him forget she was right.

For 15 years, the 66-year-old had driven heavy haulage, commanding a 500hp Scania truck. It was the kind of career that became a lifestyle. But inside the cab, his body was telling him to stop.

Years ago, Terence had crashed a motorcycle high up in the Hakataramea Pass, blown off the road by high winds. He severely damaged his left knee. Even after a while, the joint never felt quite right.

Driving a truck isn't like driving a car. The clutch is heavy. The gearbox demands constant work from your left leg, up, down, up, down, shift after shift, hour after hour. For Terence, every push sent a reminder through his knee and ankle.

"I was exhausted," he admits. "Loss of mobility, loss of sleep. I just felt beaten."

One stormy night, after a team meeting, Terence had finally had enough. He climbed out of his truck, handed in his keys, and walked away from the career he loved.

"I thought, 'What do I do now?'"

At home, his wife had been reading about Koru FX, a natural cream made in Rangiora. She ordered him a bottle.

"I wasn't interested," Terence laughs. "I thought it would be like everything else I'd tried. But she insisted."

The bottle sat unopened for days. Then one morning, with nothing to lose, Terence applied it to his knee. The cream absorbed quickly with a pleasant peppermint scent, not sticky, not stinking like a rugby locker room.

"I noticed it took the edge off," he says. "But I wasn't convinced."

That afternoon, an old mate rang. Word had gotten around that Terence had hung up his keys. His friend needed someone to cover a shift and the truck had an 18-speed Road Ranger gearbox.



"For those not in trucking," Terence explains, "a Road Ranger requires heavy, constant clutch work. The same thing that did me in."

"I thought, 'Perfect,'" Terence grins. "If this cream is useless, I'll know by tonight. Then I can write to the company and tell them so."

He climbed into the cab. Pushed the clutch. The knee responded.

"I did a full day's work," he says, still amazed. "Got out at the end of the shift and could move freely. No seizing. Nothing."

Instead of a complaint, Terence sent Koru Nutrition his story.

What makes Koru FX different is its triple-action formula. The blend of 16 natural oils, including mānuka, arnica, and black pepper, work synergistically. Warming oils help the ingredients penetrate deep, while peppermint provides fast-acting support. Arnica and calendula then deliver long-lasting comfort.

The retirement he thought was forced upon him has been postponed. He's back doing what he loves, commanding the Scania on the roads he knows best. These days, Koru FX is part of his morning routine before every shift.

"My wife won't let me forget she was right," he laughs. "But I don't mind. I'm back in the truck."

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# The extraordinary achievements of students

*Continued from page 2.*

"With a deep pride in their identity, our award winner carries themselves with genuine mana and confidence across both te ao Māori and te ao Pākehā.

"Through their dedication to the reo Rangatira pathway and engagement in whaikōrero, they personify our foundational values of valuing diversity and kaitiakitanga – honouring who we are, protecting the wellbeing of our community, and showing the Teina who follow them what grounded, authentic leadership truly looks like."

Millie Armstrong was presented the Creative, Critical and Innovative Thinking Award.

"As a member of our Prem A Debate team for several years, they excel at creating and delivering an argument under pressure," their citation said.

"On the creative side, they are an excellent film-maker, writer and human rights advocate.

"They are appreciated for their thoughtful ideas and strong sense of humour that speaks to who they are as a person but also shines through in their excellent academic responses."

Leb Foden was presented the Community Contribution Award.

Leb "has been a leader in Onslow's sound and lighting team for many years," their citation said.

"They set up every school event spending hours setting up gear and packing down. Their technical knowledge is at a professional level.

"This student has been responsible for training the student tech team, designing lighting and sound plans and has set up all school events, from school productions, drama productions, Matariki concerts, every senior music assessment evening, and pink shirt day.

"They've also worked in sound and lighting tech for local KAT Theatre productions."

Ezra Shaw was presented the new Student Advocacy Award.

Ezra "stands out as a highly effective Student Board Representative," their citation says.

"Driven by an authentic focus on fairness, equity, and social justice in governance, he is exceptionally well-respected by his peers and fellow board members and is deeply committed to creating meaningful, positive change.

"Their leadership and community involvement are extraordinary.

"Serving two years on our School Board, he chaired the Policy Committee as well as contributing to Finance and Property committees.

"His commitment to civic engagement extends to co-running a school campaign to register voters for the general election, and in 2025 competing in the Strengthening Democracy Project.

"They have also been a member of Kākā Tangi Haeata for two years working with this student leadership group to run school wide events including the Talent Show, Pō Whakanui and Clubs Expo."

The following awards were also presented at the Pō Whakanui:

Academic group of the year: scholarship tutors Luke Chang and Max Bisley.

Cultural Individual of the Year and Te Amokura Award for cultural excellence: Tuia Reedy.

Cultural Group of the Year: Ngā Manu Tiorori (Onslow College Choir) and ShowQuest.

Te Aupikitanga o te Reo Māori: George Fullelove.

Year 9 Values Awards: Manaakitanga Award – Ethan Carlaw; Kaitiakitanga Award – Rose Kelly; Pursuing Growth Award – Raphlyn Diwa; Valuing Diversity Award – Ollie Madle; Whanaungatanga Award – Alfie Thomson.

Year 10 Values Awards: Manaakitanga Award – Lyndey Jiang; Kaitiakitanga Award – Obi Haworth; Valuing Diversity Award – Maia Smith; Pursuing Growth Award – James Curran; Whanaungatanga Award – Charlotte Hope.

Top Academic Awards: Year 9 – Caleb McKenzie, Veedi Pandey, Raphlyn Diwa, Emily Pashkevich and Vee Soares; Year 10 – Eva Clear, Thomas Dowman, Harry Quinnell-King, James Curran, Hayden Greenbrook and Lyndey Jiang; Year 11 – Macy Stevens, Elena Hogg, Bella Malone, Zoey Israel, Micah Johnson and Summer Hoffman ; Year 12 – Matthew Power, Max Biddington, Anthony Liyanage, Olivia Poole and Daisy Svehla; Year 13 – Hazel Herbert, Neiva Elliot, Bee Tran, Iris Polaschek and Sarah Lee.



**Saydie McDermott playing the piano at Onslow College's Pō Whakanui.** Photo: Frank Neill.



**Onslow College's Tumuaki Jono Wyeth presenting his speech at the Pō Whakanui.** Photo: Frank Neill.

# Johnsonville man arrested for drugs, cash, gold, cars and guns

A Johnsonville man is one of two men Police arrested following a huge haul of guns, drugs, cash, gold and cars.

Following a two-day search of two properties, a huge haul was discovered, Police said in a media release on 14 November.

The haul included GHL (gamma-hydroxybutyrate), cannabis, a kilo of methamphetamine in distinctive wrapping worth approximately $105,000, and space vape liquid and packaging.

Cases of cash estimated to be carrying more than $100,000, gold bars and $50,000 of gold coins, a large recycling bin full of copper, a rifle, a 3D printed firearm and 9 classic cars including a limousine, a Chevrolet Bel Air and a Plymouth Savoy were also recovered by Police.

The seizures follow nearly a year's worth of investigating. Detective Senior Seargeant Lee Underhill says the seizure represents a big blow to the Wellington drug trade.



**One of the nine classic cars being recovered by Police.** Photo: NZ Police.

"One of the men has been supplying a wide range of illicit drugs from his property for many years, benefitting off the addiction of others," she says.

"It may have been a long time coming, but we are pleased to have taken these drugs and firearms out of the community, as well as seizing millions of dollars' worth of assets that I believe are the profits from his illegal enterprise.

"Police are seeing an increase in the possession of 3D printed firearms which present a danger in our communities as well as to those who use them.

"This is just one indicator of the danger that these criminals pose and we will continue to focus our efforts on cracking down on their trade.

"The view from the top of the hill might have been worth a million dollars, but the cost of alleged criminal activity could prove considerably higher."

Detective Sergeant Sam Buckley of the Police Central Asset Recovery Unit says Police have noticed an increase in criminals attempting to hide proceeds of their offending in a wider variety of forms, including through the purchase of virtual assets, shares and precious metals.

"This is in addition to the more common methods of investing, through the purchase of vehicles and property.

"Asset Recovery Units will continue to cast their net wide, with a view to locating and seizing all types of criminal proceeds, no matter what form they take."

A 32-year-old Johnsonville man has been remanded on bail and will reappear in the Wellington District Court on 3 December facing charges of unlawful possession of a restricted weapon, and possession of methamphetamine.

Further charges are likely, the Police say.

A 53-year-old Wellington man has been remanded in custody and will reappear in the Wellington District Court on 3 December facing 18 drug related charges including possession for supply of fantasy, methamphetamine and cannabis, cultivating cannabis and money laundering.









**A scene from last year's Christmas Live!** Photo: Ngaio Union Church.



**Mary, Joseph and baby Jesus as they appeared in last year's Christmas Live!** Photo: Ngaio Union Church.

# Christmas Live comes to Ngaio

'Christmas Live!' takes to the streets of Ngaio again on Sunday 13 December.

"It's the Christmas story, but not like you heard it growing up," says one of the cast of Ngaio Union Church's annual nativity walk, 'Christmas Live!'.

"It's a fun and playful retelling of the Christmas story, but also a very real expression of God's love for the world," is how Ngaio Union's minister, Brett Reid, describes it.

"We'll journey back in time to first-century Palestine with Mary, Joseph, and the baby Jesus, along with a host of animals, shepherds, wise ones and angels, in this modern retelling of the well-known story," Brett says.

"It's a great opportunity to enjoy some time with family, friends and neighbours before getting back to holiday preparations.

"Everyone's welcome. This is something for all ages.

"The kids love interacting with the animals, and who doesn't love singing carols?" Brett says.

People can join the adventure at 2pm outside the Villa Café, on Ottawa Road, Ngaio.

The story continues past the eels and through to the playground at Cummings Park, before finishing at Ngaio Union Church for Christmas treats.

And it goes ahead whatever the weather, with the action moving inside Ngaio Union Church if it rains.

A koha would be appreciated.

# Closures of State Highway at J'ville

Drivers heading into Johnsonville from State Highway 1 will need to plan for an overnight closure of the northbound offramp this Sunday night 22 November.

Crews will clear the kerb and channel along the offramp, with the ramp closed from 9pm on Sunday night until 4am Monday morning.

This maintenance keeps footpaths accessible and roadside drains clear so water can flow away from the road. This helps protect the road from water damage and potholes.

Northbound drivers wanting to access Johnsonville will need to continue to the Churton Park/Glenside offramp.

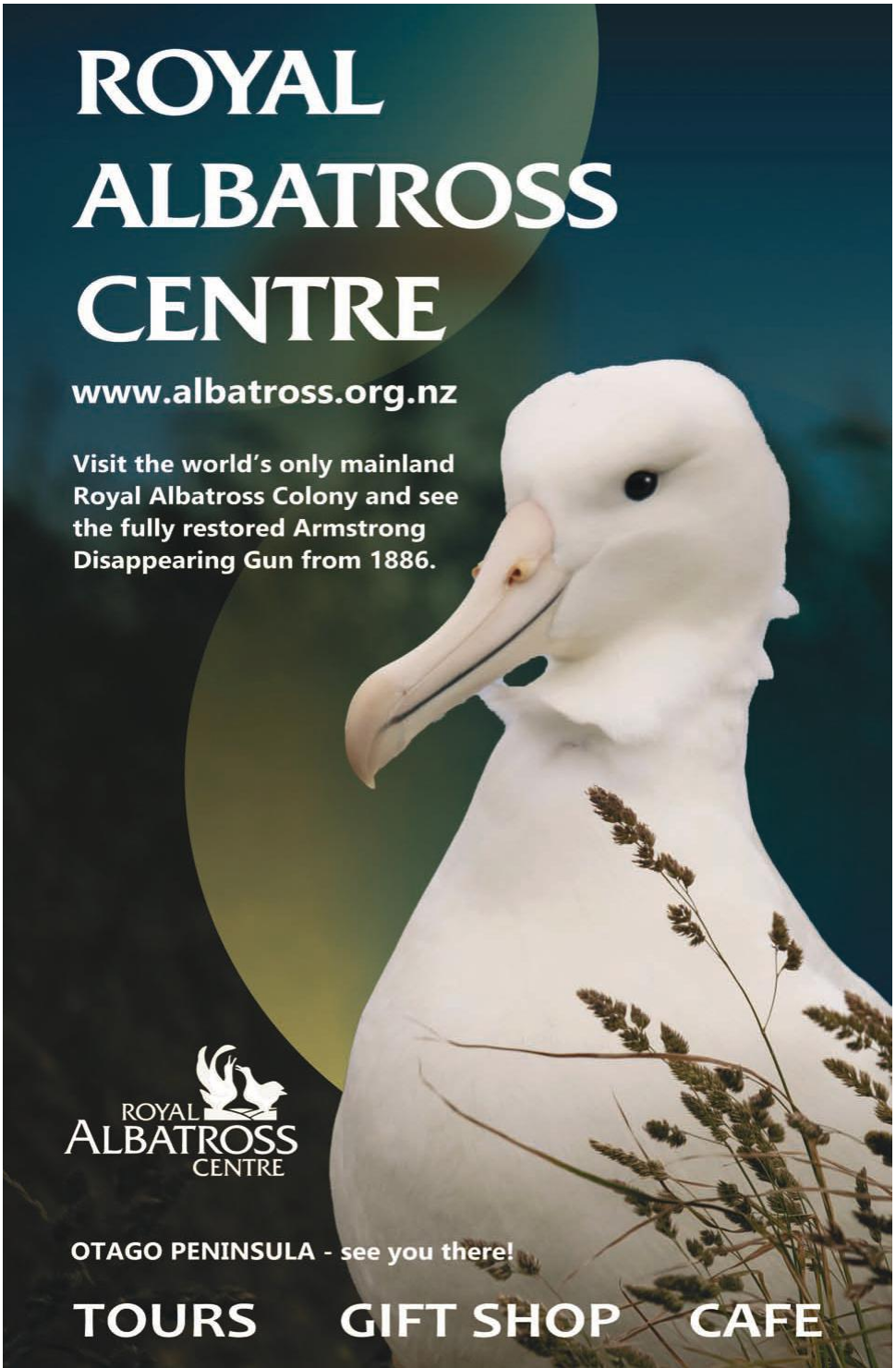
From there, drivers can either rejoin State Highway 1 southbound and take the Johnsonville offramp or use local roads to head south towards Johnsonville.

Overnight resurfacing works planned for State Highway 1 Johnsonville have been rescheduled due to bad weather and will now take place on Monday 23 November between 9pm and 4.30pm.

They had previously been planned for the night of 12 November.

The northbound lane will be closed through the work area. Northbound traffic will have to detour through Johnsonville and rejoin SH1 at the northbound onramp.





# Onslow Garden Club transported to NY

The Onslow Garden Club was transported from wild and windy Wellington to New York for a two-and-a-half-kilometre stroll along the city's High Line last Monday.

Guiding them on the way was the High Line's Senior Director of Horticulture, Richard Haydn.

The entranced audience watched the High Line develop from a disused and abandoned railway line high above New York's streets, to a beautiful nature walk enjoyed by thousands every day.

Members marvelled as the gardens changed through the seasons, at the sculptures incorporated into the gardens and celebrated the recent completion of the High Line's final section.

As gardeners the naturalistic plantings along the High Line were of particular interest and there were lots of exclamations of delight as image after image revealed their abundance and diversity.

The gardens were designed by Piet Oudolf, the most famous landscape designer today and reflect his aim that the High Line should 'remind you of nature and your youth'.

After Richard had answered questions, the group shared an end of year supper which included a fruit cake decorated with a representation of the High Line.

No doubt many members will be planning a visit to New York over the next few months to see the real thing.



**Right: Richard Haydn with Onslow Garden Club co-convenors Sue Skene and Clare Gleeson.** Photo: Supplied.




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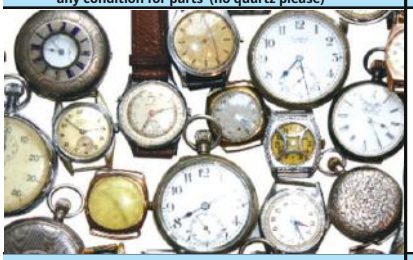
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| **CARTERTON**<br>12:00 NOON to 1:00 pm<br>Carterton Courthouse Hub<br>Holloway Street | **PORIRUA**<br>12:00 pm to 1:00 pm<br>Pataka + Art Mueseum<br>17 Parumoana Street | **KHANDALLAH**<br>11:30 am to 12:30 pm<br>Khandallah Presbyterian Church<br>33 Ganges Road | **JOHNSONVILLE**<br>11:30 pm to 1:00 pm<br>Johnsonville Uniting Church<br>18 Doctor Taylor Terrace | **PETONE**<br>11:30 pm to 1:00 pm<br>Petone Community House<br>6 Britannia Street |
| **GREYTOWN**<br>1:30 pm to 2:30 pm<br>St Andrew's Church<br>63 Main Street | **LOWER HUTT**<br>1:30 pm to 2:30 pm<br>Knox Presbyterian Church<br>574 High Street | **WAIKANAE**<br>1:30 pm to 2:30 pm<br>Waikanae Community Centre<br>28 Utauta Street | **UPPER HUTT**<br>1:30 pm to 2:30 pm<br>Upper Hutt Cosmopolitan Club<br>11 Logan Street | |

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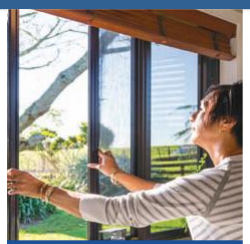
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# Summer Dining Directory

*Dine in these great local restaurants this summer!*

## Celebrating the diversity of Wellington's culinary tastes!

Wellington is more than New Zealand's vibrant capital; it is a melting pot of flavours, cultures and culinary experiences. From sizzling street food to elegant fine dining, the city offers a delicious journey around the world, all within a few city blocks.

Take a stroll through its lively streets and discover the rich aromas of Indian curries, the delicate flavours of Japanese sushi, the warmth of Italian pasta and the bold spices of Middle Eastern cuisine. Every restaurant, café and food stall has a story to tell, reflecting the traditions and heritage of the people behind the food.

The city's multicultural food scene is not just about satisfying appetites. It is about bringing people together, celebrating differences and creating connections through shared experiences. Local chefs and passionate food entrepreneurs continue to blend traditional recipes with modern creativity, giving Wellington its own unique culinary identity.

Whether enjoying a pre-concert meal with friends, discovering a new favourite café or sampling flavours from a distant corner of the world, there is always something exciting to add to a Wellington experience.

The city's restaurants range from cosy neighbourhood gems to sophisticated dining destinations, each offering distinctive menus, welcoming atmospheres and memorable culinary experiences.



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# Garden Trail set for mid February

For 31 years, the Waikanae Lions Garden Trail has brought together garden lovers, nature enthusiasts and the wider community for a weekend of inspiration, discovery and generosity. And February 2027 promises to be just as special.

Featuring 13 outstanding gardens and inspirational outdoor spaces across Waikanae, Paraparaumu and Ōtaki, this much-loved annual event offers visitors the chance to explore beautiful landscapes, gather fresh ideas and enjoy the creativity and passion of local gardeners.



There is plenty more to enjoy along the way, with a Welcome Pack filled with goodies and special offers from local businesses, refreshments available throughout the region and the opportunity to win fantastic prizes generously donated by sponsors.

But beyond the beauty of the gardens, the 2027 Trail has an especially meaningful purpose. This time, all proceeds will be shared equally between four mental health and wellbeing initiatives: Kāpiti Youth Support, Loss & Grief Kāpiti, Dementia New Zealand and a new Mental Health Centre at Hutt Valley Hospital, serving the wider Wellington region.

The Waikanae Lions are enormously grateful to the sponsors, businesses, garden owners and volunteers whose support makes this event possible.

So gather your friends, take a leisurely weekend journey and discover some of the region's most beautiful outdoor spaces. Every ticket purchased helps nurture not only gardens, but stronger, healthier communities.




## Give It a Go at the 2027 Kāpiti Women's Triathlon!

Women of all ages, abilities and fitness levels are being encouraged to step outside their comfort zones and take on a new challenge at this year's Kāpiti Women's Triathlon (KWT) in Raumati.

Designed to be inclusive, supportive and fun, the event offers women the opportunity to experience the excitement of a triathlon, regardless of their sporting background or level of fitness.

Whether they are seasoned athletes or complete beginners, participants are encouraged to focus on having a go, building confidence and celebrating what they can achieve, rather than competing for the fastest time.



Organisers are also encouraging women to take advantage of upcoming Saturday training sessions, beginning on January 9. The sessions will provide an opportunity to develop skills, improve fitness and gain confidence ahead of the event.

They will also give participants the chance to meet other women preparing for the challenge, share experiences and enjoy the journey together in a friendly and encouraging environment.

Women are encouraged to grab a friend, give something new a try and make the most of the opportunity to be part of a positive community event.

For more information or to enter the Kāpiti Women's Triathlon, visit www.kwt.org.nz.







## Dinner and music at Finn's Paekakariki!

Every month Finn's have their monthly live music gig so it's a great chance to have a good time.

Finn's is a popular hub at Paekakariki and only a few minutes' walk from the railway station and right on State Highway 59 which means it is very easy for visitors to get to by train from Wellington, or by car, making it the ideal getaway destination for that weekend away from the pressures of city life and work. It is a boutique hotel of superior studio units with spa baths, king-size beds, microwave, tea and coffee-making facilities so why not book a room for Labour Weekend or the holidays?

Don't forget to check out the nearby Paekakariki Station Museum!




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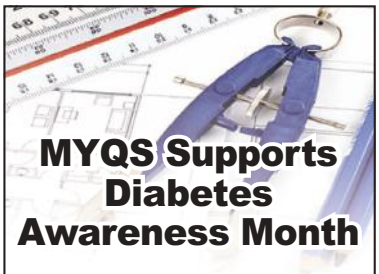


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# Supporting New Zealanders this diabetes action month

November – Diabetes Action Month in New Zealand 2026

November is Diabetes Action Month in New Zealand, an important nationwide campaign organised by Diabetes New Zealand to raise awareness of diabetes and support the thousands of people living with the condition.

This year's theme is "End Diabetes Stigma", highlighting the judgement, blame and misunderstanding that people with diabetes can experience. More than 365,000 New Zealanders are living with diabetes, and research suggests that four out of five have experienced some form of stigma or discrimination.

Diabetes is not simply caused by eating too much sugar or having an unhealthy lifestyle. There are different types of diabetes, including Type 1 and Type 2, and anyone can be affected. People living with diabetes deserve understanding, respect and support rather than criticism.

The campaign encourages New Zealanders to learn more about the condition, recognise the importance of early diagnosis and support those affected.

It also promotes healthy activity through the One Million Minutes of Movement challenge, encouraging people to walk, cycle, garden or take part in other physical activities.

The message this November is simple: diabetes should never be a reason for shame or embarrassment. By improving awareness, understanding and support, we can make a real difference to the lives of thousands of New Zealanders.

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Indigestion and heartburn are common problems that most people experience at some stage, especially after eating too much, drinking alcohol, or rushing meals. While these symptoms are usually temporary, for some people they can occur regularly and cause significant discomfort. The good news is that advice and effective treatments are available from your Self Care pharmacist.

Indigestion, also known as dyspepsia, can cause pain or discomfort in the upper abdomen, between the ribs and belly button. Many people also experience bloating, excessive gas, nausea, or a feeling of fullness after eating. One of the most common symptoms associated with indigestion is heartburn, which causes a burning sensation that rises from the stomach towards the throat. This occurs when stomach acid flows back, or refluxes, into the oesophagus, irritating its lining.

Several factors can trigger indigestion and heartburn. Common food culprits include cabbage, onions, cucumber, curries, and chocolate. Drinks such as alcohol, fizzy beverages, strong coffee, and tea may also contribute. Eating too quickly, consuming large or fatty meals, particularly late at night, can increase symptoms. Other contributing factors include stress, anxiety, smoking, being overweight, pregnancy, and activities that involve bending or stooping. Some medicines, including aspirin and anti-inflammatory drugs used for pain and arthritis, may also trigger symptoms.

Identifying and avoiding personal triggers can often reduce symptoms. If medication appears to be causing problems, speak with your pharmacist or doctor. Taking medicines with food, drinking a full glass of water, and remaining upright after taking medication may help.

Lifestyle changes are often highly effective. Self Care pharmacists recommend stopping smoking, limiting rich, spicy and fatty foods, eating smaller meals, maintaining regular physical activity, achieving a healthy weight, managing stress, and ensuring adequate sleep.

When symptoms persist, pharmacies offer a range of treatments. Antacids provide quick relief by neutralising excess stomach acid, while alginate products form a protective barrier that helps prevent reflux. For frequent symptoms, medicines that reduce acid production may be recommended and can sometimes be supplied by a pharmacist without a prescription for short-term use.



RELIEVING INDIGESTION & HEARTBURN

If symptoms continue despite lifestyle changes and treatment, or if another underlying cause is suspected, your Self Care pharmacist may recommend further assessment by your doctor. Ask your pharmacy for a copy of the Indigestion & Heartburn fact card for more information.

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# Local history – Christchurch Art

By Felicity Wong

There are several wonderful exhibitions at the Christchurch Art Gallery currently well worth a visit if you're visiting family or otherwise travelling south.

The most wonderful is called "Bird Land: Te Kahui Manu" which has hundreds of bird paintings and drawings spanning 150 years of New Zealand art from 19th Century hand coloured lithographs to contemporary works with lots in between, including by great artists such as Don Binny and Ray Ching whose works often included birds.

The collection has exquisite works by Lily Daff, an early New Zealand artist, from the Alexander Turnbull Library.

The gallery also has its own spectacular collection of art with some old familiar friends such as the massive Van Der Velden painting "The Dutch Funeral" (1875) in a huge snowy landscape; Grace Joel's "A Rose 'midst Poppies" (1895); and Evelyn Page's gorgeous painting of three women bathing (Summer Morn 1928).

The exhibition is called "Timeless Treasures from the Historical Collection" and is displayed to great effect in the beautiful building which opened in 2003 and then repaired after the Christchurch earthquakes of 2010-2011.

Another of its exhibitions is "Archive Lounge Inside the Group", with memorable 1950s and 60s paintings by Rita Angus and her contemporaries.

Yet another exhibition features works by gothic contemporary artist Jason Greig in "Blood is Thicker", an exhibition originally put together by the Wellington City Gallery and seen at Lower Hutt's excellent Dowse Art Museum.

Contemporary artist Ateta Wilkinson has an ongoing presentation "Te Mauri o te Puma."

The most historical collection is the display of the early documents, photographs and land deeds under which Ngāi Tahu's land, of most of the South Island, became "Crown Land".

The display presents "Ka Whakatauraki – the Promises" made and injustices of their history.

The careful neat handwriting on the land deeds record hundreds of lines of names which have no Māori signature or mark against them.

Looking back from 1880, Paurini Hirawea told Smith-Nairn and the Middle (South) Island Native Land Purchase Commission of Inquiry: "I did not know when I wrote my name that it was a deed ... we did not consider it was a proper sale of our land, because it was more in consequence of threats that soldiers would be brought and the money taken to Murihiku."

Between 1844 and 1864 most of their lands were alienated for "mere crumbs from the white man's table".

Ngi Tahu understood that in addition to those meagre offerings, significant reserves would be set aside for growing kai and schools and hospitals would be built.

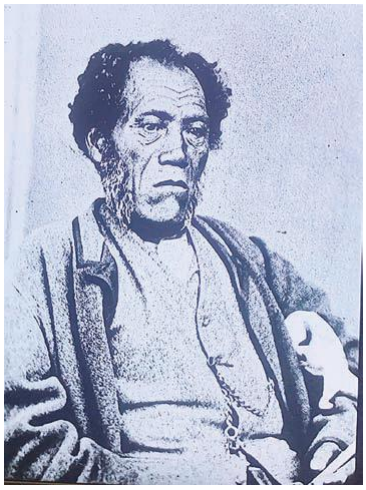
Only tiny reserves were actually provided and by the 1850s the influx of settlers outnumbered the Ngai Tahu people.

In 1857 Matiaha Tiramōrehu wrote to Queen Victoria saying "this was the command thy love laid upon these Governors ... that the law be made one, that the commandments be made one, that the nation be made one, that the white skin be made just equal with the dark skin, and to lay down the love of thy graciousness to the Māori that they dwell happily ... and remember the power of thy name."

In 1859 James Mackay wrote to the chief land purchase commissioner saying: "the reserves laid off in the Kaikoura district, consist of 4,800 acres ... this quantity of land may appear large, but it ... is of the most useless and worthless description... in fact it is questionable from the nature of the reserves whether they will be found more than barely sufficient for the wants of the Native population."



Christchurch artist Grace Joel's painting 'A Rose 'midst Poppies (1895).



Matiaha Tiramōrehu, who wrote the first formal statement of Ngāi Tahu grievances against the Crown in 1849.
Photo: W A Taylor Collection, Canterbury Museum.

In 1879 Hōri Kerei Taiaroa stated to Smith-Nairn's Middle (South) Island Native Land Purchase Commission of Inquiry: "[all] these mahinga kai are lost to the Māoris.

"The places where they used to get eels are dried up excepting Lake Ellesmere; that is the only one.

"All the birds have been exterminated by the Europeans.

"When the Māoris go upon the sheep runs they are driven off.

"These are reservations that are actually referred to in the deed.

"They are not outside promises; they have not been fulfilled ...

"I say the deed is bad.

"These promises have fallen to the ground; therefore the deed falls."

And so on through the years, documenting the timeline of Ngāi Tahu having raised their objections from the start through to their successful Treaty Settlement in 1997.

It was eight years after the first settlement was signed – Waitomo Caves in 1989. A visit to the Christchurch Art Gallery is knowledge rich and a feast for the eyes and spirit.

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## WHAT'S ON...

### Don't Chuck It. Fix It.

Ngaio Repair Cafe is free, open Saturday 21 November, 10am-1pm, Ngaio Union Church, corner Crofton Road and Kenya Street.

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# Paparangi School Fun Day a huge success

Paparangi School's Family Fun Day on Saturday 14 November was a resounding success, bringing the community together and raising more than $12,000 for student resources.

Families, staff, volunteers and local supporters turned out in force, and the warm, community-focused atmosphere made the day a highlight of the school year.

The funds raised will go directly towards better resources for Paparangi students, including new sports equipment, re-painted court markings and science kits for the classroom.

"It was absolutely wonderful to see so many families out enjoying time together," Paparangi Home and School committee chair Annah Duncan says.

"The atmosphere was so positive, and that's what made the day special.

"The money raised is fantastic and will make a huge difference for the school, but what I'll remember most is the sense of community."

The Paparangi Home and School committee extends its heartfelt thanks to everyone who made the day possible: the volunteers who gave their time, the families who came along, and every person who supported the event.



**The scene at Paparangi School's Family Fun Day.** Photo: Supplied.

The result is a reflection of how much this community cares about its tamariki, the school says.

Special thanks go to the event's main sponsor, Just Property Management, whose generous backing helped make the day possible.

The committee also gratefully acknowledges Affinity Medical Imaging and Rainey Collins for their support of the event.

# This week at the libraries

Reading of The Black Woman of Gippsland play will take place at Te Matapihi ki te Ao Nui Central Library from 2pm to 3.30pm on Saturday 21 November.

Written by Andrea James and based on real events set in her grandmothers country, The Black Woman of Gippsland is a poetic, emotionally rich and clever embracing of First Nations stories that have long been silenced.

The Black Woman of Gippsland was awarded Nick Enright Prize for Playwriting at the 2026 NSW Literary Awards.

Judges praised it as an outstanding and extraordinary work that deftly reveals how colonial myths shape the way histories are recorded and believed .

This event is part of the Breaking Ground: International Indigenous Writing Festival, produced by Te Whanganui-a-Tara based creative company, Tawata Productions, and made possible by our partners Wellington City Council, Creative New Zealand, Hannah Playhouse, Toi Aro and Te Haukāinga.

The annual book sale will be held at Te Matapihi ki te Ao Nui Central Library from Thursday 19 to Sunday 22 November.

"Our popular annual book sale is back at Te Matapihi ki te Ao Nui Central Library, packed with great reads at great prices," Wellington City Libraries says.

"From bestselling novels and fascinating non-fiction to fantastic books for kids, you'll find plenty to explore.



**Andrea James, writer of The Black Woman of Gippsland.** Photo: Jacinta Keefe.

"With books starting from just 50 cents and sale tables refreshed regularly, every visit brings new discoveries.

"Grab your bags and get ready to stock up! Eftpos payments only, remember to bring or buy bags."

The book sale will be open on Thursday and Friday from 9am to 6pm and Saturday and Sunday from 9.30am to 4.45pm.

Youth Night takes place at Te Māhanga Karori Library from 4.30pm to 6.30pm on Saturday 21 November.

"These after-hours events are for teens who are into books, crafts, board games, and generally just hanging out.

"Youth nights are totally free but you do need to be 14 plus in order to come, so please be prepared to show your student ID.

"Once you're in, our spaces are yours."

Read to Kurī will be held at Waitohi Johnsonville Library from 3.30pm to 4.30pm on Monday 23 November.

"Sit and read your favourite book, or one you've found at the library , to a friendly dog from Canine Friends Pet Therapy.

"Read to Kurī aims to help children improve their literacy, self-confidence, and self-esteem in a relaxed, non-judgemental environment.

"This programme is perfect for tamariki aged 5 plus who would like to practice their reading skills while making a new canine friend at the library.

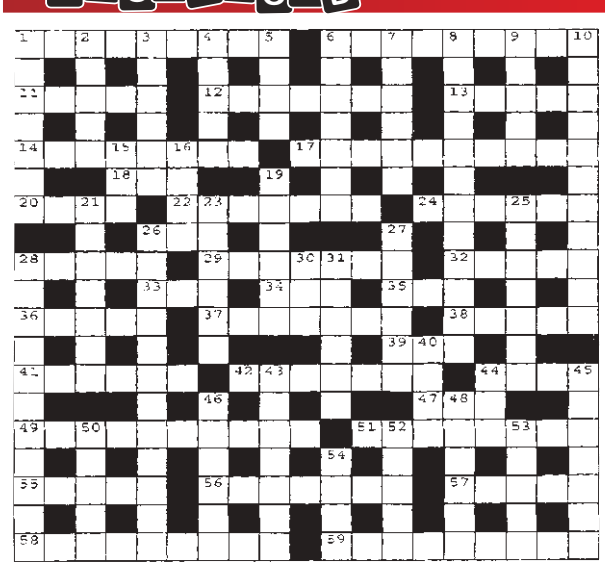
"To book your free 15-minute session, please call the library on 04 477 6151, or email johnsonville.library@wcc.govt.nz with your preferred date and time.

"After you have booked, library staff will be in contact to let you know what time to arrive for your session."

All events are free.

Nau mai rā tātou katoa. Everyone is welcome.

## CROSSWORD Puzzle



**ACROSS**

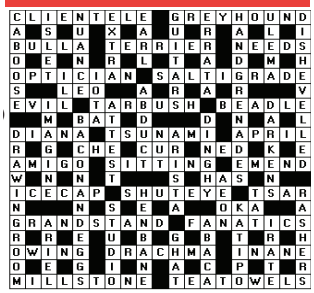
1. Freebooter (9)
6. Covered horse-drawn carraige (9)
11. Armed forces chaplin (5)
12. Clear (7)
13. Sour (5)
14. Annoy (8)
17. Lover of fine arts (10)
18. Short sleep (3)
20. Ardour (4)
22. Buds (7)
24. Rare (6)
26. Charge (3)
28. Turkish warrior (5)
29. Faint (4,3)
32. Allow entry (3,2)
33. Extrasensory perception(intls) (3)
34. Tune (3)
35. Moslem commander (3)
36. Probation (5)
37. Published issue (7)
38. Works hard (5)
39. Female hare (3)
41. First estate (6)
42. Unaccompanied musician (7)
44. Palm-leaf mat (4)
47. Anger (3)
49. Magnetic (10)
51. Forebear (8)
55. Restores to health (5)
56. Blasphemous (7)
57. Italian city (5)
58. Comforts (9)
59. Hold spellbound (9)

**DOWN**

1. Christen (7)
2. Evergreen tree (5)
3. Sacred scriptures of Zoroastrianism (6)
4. Turn outwards (5)
5. Scold (4)
6. Pharmacist (7)
7. Nonconformist chapel (6)
8. Poorly spoken (12)
9. Stay in bed late (3,2)
10. Ping-pong (5,6)
15. Hotel (3)
16. Church recess (4)
19. Art of growing dwarf trees (6)
21. Greed (7)
23. Capsicum (6)
25. Greek wine (7)
26. Binoculars (5,7)
27. Offers oneself as candidate (6)
28. Uninvited guest (4-7)
30. Pose for portrait (3)
31. Prayer (6)
40. Of the ear (4)
43. Patent (7)
44. Sycophant, ... man (3)
45. Flight charge (3,4)
46. Dazed state (6)
48. W.Indian music (6)
50. Jewelled coronet (5)
52. Requires (5)
53. Maori funeral (5)
54. Serene (4)

### Solution

Last Week: 12 November 2026



# Onslow crushes Eastern Suburbs

By Frank Neill

Onslow's Premier Cricketers crushed Eastern Suburbs in their Wellington Premier 1 match on 14 November.

Batting first on Kilbirnie Park, Onslow scored 289 for the loss of five wickets.

They then bowled out Eastern Suburbs for just 122 runs, well under half their score.

Two Onslow batsmen scored half centuries, with Devan Vishvaka going on to make 70 and Charlie Jackson scoring 64.

Logan Malthus was approaching the half century mark when the innings ended.

He scored 43 not out in rapid fashion, facing just 26 deliveries.

Lex Cattermole also batted well, scoring 38.

Two Onslow bowlers snared three wickets each – Micah Conroy three for 17 and Ryan Tsourgas three for 26.

Matthew Scoble, Beck Cattermole, George Holmes and the team's captain Elliot Seddon took one wicket each.

Onslow's next match is against Karori at Nairnville Park on 21 November, starting at 10.30am.

Karori will go into next Saturday's match following a loss to Victoria University on 14 November.

Batting first on Kelburn Park, Karori was bowled out for 164.

Victoria University overtook that with 165 for the loss of six wickets.

Max Parun was easily the best of the Karori batsmen, passing the half centry mark and going on to score 67 runs.

Dimithri Gallage was the next best with 19 runs and Shivang Choudhary scored 18.

Ghofran Shasawar took three wickets for Karori, with Patrick White, Kevin Weerasundara and Puvin Anthony taking one wicket each.

Johnsonville dominated the Wellington Collegians Cricket Express in their Premier 2 division match on 14 November.

Batting first on Anderson Park, Johnsonville scored 298 before the team was bowled out.

They then took all 10 Collegians wickets for just 157 runs, to take out the victory by 141 runs.

Two Johnsonville players scored centuries.

Shubhm Thapar hit a rapid 102 from just 70 balls before he was run out.

Jaiveer Tomar scored exactly 100 from the 97 deliveries he faced.

Connor Lusty was in fine form with the ball, taking four wickets for 30 runs, while Ashan Wanasinghe took three wickets for 30 runs and Damian Aitken took two wickets for 27 runs.

Johnsonville's next match is against Naenae Old Boys on the Ewen Chatfield Oval at Naenae Park on 21 November, starting at 10.30am.

The Johnsonville women did not fare as well the next day, 15 November.

Batting first on Trentham Memorial Park, Upper Hutt United scored 108 for the loss of five wickets in their Women's Premier 2 match.

Upper Hutt then restricted Johnsonville to 96 for the loss of seven wickets in their 20 overs.

Johnsonville's next match is against City Suburbs at Alex Moore Park on 22 November, starting at 11am.




**Jaiveer Tomar (left) and Shubhm Thapar, who both scored centuries for Johnsonville on 14 November.** Photo: Johnsonville Cricket Club.

# Average weekend for Footballers

By Hamish Wareham

Round Eight of both the men's and women's National League championship saw a less than stellar round of results for sides from the Capital region.

Firstly Waterside Karori, hosted reigning champions Auckland United at Martin Luckie Park where three goals in quarter of an hour had the points wrapped up for the northerners before adding one more in the 77th minute to fly home with a 4-0 win.

After a slip up at home a fortnight ago, Wellington United needed to defeat West Coast Rangers at Fred Taylor Park to still have a shot of making the women's final with one round remaining.

After falling a goal down in the 18th minute, women's Central League player of the year Hannah Pilley equalized six minutes later sending the game into halftime locked at 1-1.

A fifth goal of the campaign from Emily Lyons in the 86th minute unfortunately resigned United to a 2-1 defeat, leaving them no chance to make the final after Eastern thumped Canterbury 8-0 at home the same day.

Karori end their season away at Madills Farm taking on Eastern Suburbs, United finish at home hosting the Phoenix Reserves.

In the men's competition, if the table wasn't enough of a log jam after round seven then it even is more so now with three full rounds remaining before the final.

The young Phoenix Reserves bolstered by half a dozen first teamers were mere seconds away from beating Auckland City at Fraser Park.

After a first half wonder goal from Luke Mitchell, a 96th minute penalty from Michal Doudera rescued a point for the Cityzens in the 1-1 draw.

That result left a chance for Wellington Olympic to jump into second as they travelled south to face Cashmere Technical who have just dropped three games all year.

Olympic dominated large parts of the first half and had a penalty right on halftime saved by Tech goalkeeper Peter Bierema.

Tech then flipped the script and scored three unanswered second half goals with a double to Finn Caughey kept Cashmere top with a 3-0 win.

Miramar Rangers, back under the stewardship of Kale Herbert, traveled north to Auckland and joined a group of four teams on thirteen points after goals from Andy Bevin, Martin Bueno and Sam Gates saw them defeat Auckland United 3-1.

Both Miramar and Olympic are at home this weekend, Miramar face Cashmere Tech at David Farrington Park at 2 pm whilst Olympic kick off at Wakefield Park at 4 pm against Birkenhead United with all four teams doing battle sitting between first and fifth on the table all on 13 points excluding Cashmere who are top with 16.

# Free Christmas parking being unwrapped

Wellington City Councillors are unwrapping a proposal for free weekend carparking in Council-owned parking buildings to put some extra cheer into Christmas for central city businesses.

A Notice of Motion has been presented to make parking free on weekends from 5 December to 10 January at Barnett Street, Clyde Quay, Frank Kitts, Clifton Terrace and Tory Street car parks, while existing time restrictions and enforcement would remain in place. Clifton Terrace is subject to NZTA approval.

Takapū/Northern Ward Councillor Andrea Compton lodged the Notice of Motion.

Wellington's independent retailers should be at the top of everyone's Christmas list, Cr Compton says.

"If you're hunting for something special this Christmas, Wellington City is where you'll find the best Santa's workshops.

"Our city is packed with the best Christmas fare, from independent shops selling unique, artisanal and locally made presents to the high-end international brands all within walking distance.

"Whether you're looking for something for your nearest and dearest, hunting for a stocking filler, or trying to find a gift for the person who has everything, check your Christmas list twice and spend time with Wellington businesses.

"Wellington's central city offers something different. We'd love people from across the region to make a day of it and discover the shopping gems right in the heart of the Wellington region," Cr Compton says.

Wellington Chamber of Commerce chief executive Hayley Horan says the move to bring in free weekend parking for the festive season will be a welcome boost for local business.

"Our central city businesses have weathered a challenging year, so while there's no magic sleigh to turn things around overnight, this is a sensible and practical move by Council to encourage people into town, support our retailers and hospitality businesses, and boost the Christmas spirit in our Wellington wonderland."

Mayor Andrew Little says 'tis the season for Council to share the festive cheer and make this holiday season brighter for Wellington businesses and their staff.

"This Christmas we want to give our central city retailers a bit of extra support and help put some more jingle in the tills. We think 'yule' love this move for free weekend parking in the run-up to Christmas.

"We want the central city bustling this Christmas, and free weekend parking gives people one more reason to come in, shop local and stuff the stockings with everything Wellington has to offer."

Under the proposal, free weekend parking would apply at the Council-owned or operated parking buildings listed in the Notice of Motion, but existing time restrictions and enforcement would remain to help maintain turnover and availability.

The Notice of Motion asks Chief Executive Matt Prosser to progress the necessary arrangements, including consultation with NZTA, before final approval is sought from the Council. A clear majority of councillors have signed the Notice of Motion.

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