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to do list

SVEN SAYS

What's in a name?

Quite a lot it would seem. Earlier this week the *Marlborough Express* published a story about a group of business people who proposed Blenheim be changed to Marlborough City.

The story immediately sparked a huge amount of public debate, not only in the region but nationally as well.

Some have scoffed at the idea while others think it has merit.

Back home in South Africa name changing is a common thing.

Even over 30 years after the fall of apartheid the government is changing place names - with little or no public consultation.

Is changing Blenheim's name a good idea?

I can see the merit in the argument for it; Marlborough is well known brand in New Zealand and overseas.

However, is it worth it at the cost of enraging all those who are against the idea?

It will be fascinating to see where this goes.

- Sven Herselman, news director

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Finding help just a click away

ASHLEIGH MONK

Two organisations have teamed up to make the digital world a safer place for victims of domestic abuse.

Women's Refuge and The Warehouse have launched an untraceable website portal where women in abusive relationships can seek help without the risk of their abuser finding out.

Marlborough Women's Refuge manager Rachel Black says the portal, which is at the bottom of The Warehouse homepage, will be a huge help in the technological world.

"We have noticed an increase of perpetrators using smartphones, software and apps to track and stalk women," she says.

"It's really important to have the technology side covered. We've talked about having your cellphone on you and having it charged, but what we're finding is that technology has been turned and used against [victims]. Things can be traced, calls can be looked up, so this is one way of counteracting that."

The portal will have information on how to locate the nearest refuge, contact details for helplines and ways of identifying domestic violence, and the visit will not show up on the user's browser history.

"A woman can go in, find the

"Things can be traced, calls can be looked up, so this is one way of counteracting that."

Rachel Black, Marlborough Women's Refuge manager

information, if someone comes in the room and she feels unsafe she can just click out and she'll be on The Warehouse website."

Women's Refuge and The Warehouse have been working together to provide workplace education on domestic violence.

"They've been doing a lot around safety for their workers and are training around identifying and responding to domestic violence.

"We're hoping other businesses might come on board with this as well, not just the website but the training within their workplaces."

Rachel says having "all bases covered" with technology is a huge step forward.

Domestic violence is a nationwide problem, she says.

"It happens everywhere, and across all socio-economic groups. Violence doesn't discriminate."

The untraceable portal can be located at the bottom of The Warehouse site home page under "corporate".

Marlborough Women's Refuge manager Rachel Black says a new portal on The Warehouse website will not show up in your browser history. PHOTO: FAIRFAX NZ

SHARK IS BACK

The Tasman Rugby Union has finally bowed to public and player pressure and decided to reinstate a bolder redesign of its original logo following widespread criticism about its well-publicised rebranding earlier this year. In April, the Tasman union rebranded, highlighted by an overhaul of the original logo and creating a new look that featured two shark fins inside a rugby ball. The overwhelming response from the fans and several players, including the thousands that voted on Stuff.co.nz's online poll, was that they didn't like the change and that moving away from one of the boldest and most popular logos in the competition - the full body of the mako shark - was a mistake.

BYPASS

A bypass taking trucks and heavy vehicles away from Blenheim may still be on the cards. A possible diversion will be considered as part of a New Zealand Transport Agency review into State Highway 1 between Picton and Christchurch. The multi-stage investigation into the transport route kicked off at the end of last year. A Blenheim bypass has been discussed for more than a decade, with some residents concerned about congestion from heavy vehicles coming to and from Picton's ferry terminal.

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A A D

Backyard banter

A slow cooker makes winter meals easy

The last thing I feel like doing after work is cooking dinner - especially when it's chillier than a polar bear's bum and dark enough to make 3pm feel like bedtime, writes **Erin Reilly**.

Picking up takeaways often seems like the easier option.

But the novelty soon wears off and my wallet and girth generally don't really like me by the time spring rolls around.

I'm making it my mid-year resolution to do dinner better this winter. If you're like me and need a bit of guidance on the meal front, here are a handful of tips in association with Neighbourly's newest partners, FreshChoice and SuperValue, that will help you survive winter.

1. Dig out the slow cooker. The humble slow cooker is the greatest invention ever - it kept me alive when I was at university. Just pop in some meat (and/or lentils), potatoes, carrots and a casserole mix first thing in the morning, and Bob's your uncle - dinner is all ready to go as soon as you walk in the door (just boil a

few green veges to go on the side). And the best thing about the slow cooker is that there will probably be plenty left over for lunch.

2. Plan ahead. Instead of umming and ahing over what few ingredients in your fridge could magically turn into something edible, plan your meals for the week before you go to the supermarket.

3. Buy in season. The winter fruit and vegetable harvest is a great time to experiment with your cooking to reduce your grocery bill and treat your tastebuds. Think pumpkin soup, casserole, or apple and rhubarb pie. If you're unsure, ask for advice on seasonal fruit and veg at your local supermarket or keep an eye out for what's most affordable; this often indicates whatever is in season now. Choose canned or frozen over

A slow cooker can be an absolute lifesaver on a cold wintry day.

fresh if you can't do without your favourite summer fruits or veges.

4. Bulk cooking. Dedicate a weekend to cooking in bulk, then freeze it all in snap-lock bags or reusable containers. Lasagne, casserole, pasta, soup - just about any hearty winter meal will keep for a few weeks in the freezer. If

you don't have a freezer, ask your neighbours on Neighbourly if they're giving one away (or have room in theirs!).

5. Pot-luck dinners. Avoid battling the elements and save some money in the process by inviting friends over for a shared dinner. There's nothing quite like

an overflowing plate when someone else has done a lot of the hard work! Serve up some homemade mulled wine after dessert to warm the cockles of everyone's souls.

6. Treat yourself. Indulging in a hearty pudding is one of the best things about winter. Apple crumble or sticky date pudding with ice cream or custard are Kiwi favourites.

Remember though, go healthy. It's very tempting to reach for calorific comfort food when the weather is miserable outside - so make sure your fridge and pantry are fully-stocked with healthy treats.

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Landscaping

Add grace and flow with a water feature

CHRISTO SAGGERS

With winter encroaching at an alarming speed the rain is setting in to refill the aquifers to sustain us through the summer.

Let us hope there is plenty. But what about your garden's water feature?

If you do not have one now is the time to think about it.

If you do and it is a bit tired and in need of some revamping, winter is a great time to get these wet, dirty projects done so they can flow in all their glory come summer.

Designing a water feature is quite complicated, but the basic idea is that you require a reservoir from which the flowing water will be sourced.

From this reservoir your "moving water" will be pumped to an outlet higher than the reservoir and it will then flow, with the aid of gravity, along a course back to the reservoir.

It will repeat as long as the pump is running.

So what are the obvious benefits of a water feature?

Whatever the end result, you will have fun building the feature and enjoy the peace it can bring to your garden.

Well firstly they look great if well designed and maintained.

They sound great too. Even a modest gurgling will help to blend the sound pollution from the neighbourhood or those pesky planes as they drone overhead.

They can also be a great way to increase flora and fauna in your garden.

Birds will drink from the water reservoir and fish can live in the ponds too.

You can introduce exotic aquatic plants to the environment which can add some pizzazz to

A water feature can add greatly to your garden.

your garden. The design of the water feature needs to be quite specific so it suits your garden.

It needs to be in correct proportion to the rest of the garden and not too big nor too small.

Do try to keep it quite shallow from a safety perspective, but you need a large reservoir if you are going to imitate Niagara Falls. You need to calculate the volume of water that is pumped out of the reservoir and how long it is out

before it returns. This is the net loss of water when active.

But when inactive the reservoir needs to be able to hold this extra water without overflowing.

If you do not have the space for a large reservoir then you will need to increase the flow rate and reduce the volume of water so that a smaller amount leaves the reservoir and returns more quickly.

The flow rate and volume of

flow also play a large role in the sound that the running water produces, as do the surfaces over which the water flows. For example loose rocks add an echo type sound.

A waterfall edge is perhaps the most glamorous option to design into your water feature and these need to be well designed to match the capabilities of your pump.

Go for a large volume, low pressure pump if possible.

Cascading rapids are fun too,

and these are better for larger areas where a number of small falls can be incorporated along the run.

Whether you decide to build a natural looking water feature or a contemporary piece of living art you will need to plan your project well and ask advice from your suppliers for all your pump and filter requirements.

Whatever the end result, you will have fun building the feature and enjoy the peace it can bring.

PHOTO: FAIRFAX NZ

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Conversations

GET IN TOUCH ONLINE

“A service like the Nelson Marlborough Rescue Helicopter is essential for any region with challenging terrain.”

“Obviously essential services such as these should be funded through the tax system. They are not charities.”

Proud to be rescue a helicopter crewman

PAUL BRYANT

The Nelson Marlborough Rescue Helicopter service is celebrating 25 years of operations in the Nelson, Tasman and Marlborough districts this month.

Credit must surely be given to the initial concept and trustees who nurtured and developed an idea to make it become a reality.

Not only did these people have a passion to make it work for the communities, but also the many volunteers of the time (and over the years) who tirelessly gave their valuable time to crew and fundraise for this vital service.

As a helicopter crewman I am proud to be a part of this organisation.

I do not and cannot perform my role on my own.

The pilot, intensive care paramedic and I rely heavily on each other to complete a mission.

Each of us has a specific role

but we need to become one on a mission.

My particular role varies on any given mission.

I may find myself assisting the pilot during poor weather conditions or during night operations using specialised night vision equipment.

Equally, as a trained medic I may well then find myself assisting the paramedic for patient interventions. The next mission I might find myself standing on the skid using “patter” to help the pilot position for a winch and getting the medic ready to be winched into a scene.

No matter what the situation I know that as long as I do my role correctly the rest of the crew will have the confidence in me that I have in them.

In many of these missions we often find ourselves in extreme locations that may have only taken us 18 minutes or so to get

there, but is a three to four-hour drive or only accessible by boat as is often the case in the Marlborough Sounds.

Sometimes we land, sometimes we winch, but more often than not I wonder how these patients would have fared without the helicopter service that their community supports.

Obviously the helicopter has huge benefits in the speed of getting patients to the full care they require and their subsequent recovery.

As fulltime crew most of us do not view this as just a job; it is an area of work that we get enormous satisfaction from no matter what time of the day or night.

I never know how my day or at least my shifts will go. Maybe nothing will happen, maybe a car accident or medical event, maybe a night winch or maybe I won't get dinner until midnight.

Nelson Marlborough Rescue Helicopter chief crewman Paul ‘Ernie’ Bryant.

PHOTO: ALDEN WILLIAMS/FAIRFAX NZ

For me having been in the rescue helicopter industry for 20 years and nearly at mission number 3000, I still enjoy what I do and every mission has its own little story to tell.

Some touch our hearts, others

rattle our cage, but no matter which mission it is we have the satisfaction of knowing the Nelson, Marlborough and Tasman communities are supporting us and long may that relationship continue.

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Out & About

Expo to get you out and active

The Youth Week Sport and Recreation Expo was held at Marlborough Lines Stadium 2000, in Blenheim, on Wednesday. *Marlborough Express* photographer **Derek Flynn** went along to check it out.

Charlotte McLean, 11, from St Mary's School tries her hand at table tennis.

Tyrese Bristowe, 8, from Riverlands School gives target shooting a go under the watchful eye of Eddie Love, from the Blenheim Smallbore Rifle Club.

Marlborough Girls' College student Saraia Hoffman, 14, plays volleyball.

Mark James from the Wairau Rowing Club shows Riverlands School pupil Tyreese Hoffman, 13, how to use a ergo rowing machine.

The Scouts had an impressive stand at the expo.

Emma Casabianca, who is visiting from France, has a go at badminton.

Counsellor heads off on US adventure

ADELE REDMOND

Richard Wilkins is easy to talk to. It's a good thing, given his line of work.

An education partnerships coordinator at Nelson Marlborough Institute of Technology (NMIT), Wilkins re-trained as a guidance counsellor after three decades as a physical education teacher.

Now, with the backing of a government scholarship, he is hoping to further a combination of the two known as adventure therapy.

In August, Richard will travel to the US on a prestigious Fullbright-Meg Everton Professional Enhancement Award in Education with the goal of bringing his experience back to the "small but expanding" communities of adventure therapists across New Zealand.

Adventure therapy - where counselling for troubled young people is coupled with outdoor pursuits like hiking, kayaking or horseriding - is provided by youth trusts such as Adventure Development and St John of God Waipuna Trust in Southland and Canterbury, and is now a course at Ara Institute of Canterbury.

In Nelson and Marlborough, where Outward Bound has long been the leading outdoor education programme, Wilkins is spearheading the development of an adventure therapy course for teenagers in the region.

Richard Wilkins of the Nelson Marlborough Institute of Technology will be heading to US in August to learn more about adventure therapy.

PHOTO: VIRGINIA WOOLF

As his manager at NMIT Grant McNeil describes it, "instead of counselling people in a classroom, he's doing it on a mountainbike".

Wilkins currently works with students at the Whenua Iti Outdoor Education Centre but says a purpose-tailored adventure ther-

apy course will be "targeted at a slightly different audience".

The 56-year-old Englishman said it was retraining as a counsellor that "kindled" his interest in the potential benefits of adventure therapy and developing the practice further.

"You are taking young people out into the outdoors and you're using the challenging opportunities they may come across to develop their trust and self-esteem.

"Particularly some of the more troubled people, that actual out-

door experience can be a life-changing one. For some, it can be a catalyst for moving forward and developing coping skills."

The U.S leads the way in adventure therapy development and Richard says it will be a privilege to learn from the best.

Helicopter rescues rising

CARLY GOOCH

The Nelson Marlborough Rescue Helicopter has helped thousands of people over its 25 years of service, from those needing urgent medical care, to those stranded or lost and the growing number of rescues show how crucial the chopper really is.

Just 25 years ago, the Nelson Marlborough Rescue Helicopter trust chairman Robert Williams, along with other emergency services, could see the need for a

rescue helicopter in the region. With the help of the hospital, the ambulance and search and rescue, a vision came to fruition.

Williams said what was "amazing" was the increase in demand. "We've gone from probably 70 rescues a year to more like 500 rescues a year."

He attributed this to the technology that was not available when the service first began. He said mobile phones and GPS enabled much easier use of the helicopter to people in distress.

The primary role of the trust is to provide support to the operator of the rescue helicopter.

They provide essential medical and rescue equipment, owned by the trust.

The helicopter is called to a wide variety of emergencies, Williams said.

"There's obviously accidents that can be anything from forestry to farming to mountain biking, to skiing to hiking. Then there's the medical rescues from heart attacks."

The service has gone from 70 rescues a year to more like 500 a year.

PHOTO: MARTIN DE RUYTER/FAIRFAX NZ

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What's On

**Get
involved!**

SATURDAY

Youth Concert: Celebrate Youth Week. Performances by Himalaya, Atom Flight, The Gap and Cam Dawson. Food and drinks available. 7pm, World Café, Marlborough Community College, 65 Scott St.

Variety Concert: 7.30pm, Elim Centre. Fundraiser to send a mission team to Vanuatu after devastation caused by Cyclone Pam. Tickets include supper. Tickets Salvation Army Store or at the door.

Expressive Drawing Workshop: Today and Sunday 9am to 1pm, Marlborough Art Society. Adult workshop to explore self expression, high energy, make your mark. Kylie 0210355776.

Sleeping Beauty: Sharon Rennie School of Dance, ASB Theatre Marlborough, 11am and 7pm.

Rowi Kiwi Blessing: 12.45 to 2.30pm, Waikawa Marae.

Floor Talk: Craig Bluett and Wendy Murphy, 2pm to 3pm, Millennium Public Art Gallery.

Introduction to Watercolours: REAP House, 10am to 3pm today and Sunday. Equipment supplied. \$140. 5787848.

Auditions: Oliver! the musical. Blenheim Musical Theatre, 81a Lakings Rd from 10am today and Sunday. Pick up your audition pack from Marlborough Civic Theatre office, Arthur St. Basic Mechanics: REAP House car park, 2pm to 5pm. Learn how to change a tyre and basic maintenance under the hood. Bring your own car. \$30. 5787848.

Ulysses Club: 10am, meet at The Vines Village. Prospective members welcome.

Marlborough Museum: Brayshaw Heritage Park, 10am to 4pm daily. 5781712.

Picton Museum: 10am to 4pm daily, 9 London Quay, 5738283.

Vintage Farm Machinery: 10am to 3pm, Brayshaw Vintage farm. Guided tours available, Doris 5794357.

Brooklyn Croquet Club: Golf croquet at Whitehead Park, 15 Brooklyn Dr. 1pm, Saturday, Tuesday and Thursday. Afternoon tea supplied.

Boot Sale: 8am to 2pm Blenheim Railway Station car park, Grove Rd. John 5783918.

Redwood Market: 8am to noon, Redwood Tavern car park. Plants, produce and craft.

Events

Send details for Saturday Express listings by noon on Wednesdays to megan.leov@mex.co.nz Please include the venue, address, event name, date, time and cost.

SUNDAY

Wedding Show: Marlborough Convention Centre, 10am to 3pm. \$5.

Museum Talk: Marlborough Museum, Paul Davidson AV Theatre, 2pm to 4pm. Barry Holdaway talks about the events surrounding the Ironside Mission in Port Underwood 1840-43. Gold coin.

Marlborough Farmers' Market: 9am to noon, farm fresh produce. A&P Showgrounds, Maxwell Rd.

Blenheim Western Riding Club: 10am, club grounds, Maxwell Rd behind RDA, Swan 021309155.

Ulysses: Ride to Ron's Motorcycle and sewing machine museum, Seddon. Corree at Cosy Corner Café. Meet at the Blenheim Railway Station south end. Ride departs 1pm.

Marlborough Rock and Mineral Club: Brayshaw Park. 10am to 4pm, rocks, minerals, crystals, work room and books. Free.

Modellers Society: Model boat and yacht sailing at Brayshaw Park, 1pm to 4pm.

Kapahaka, Tua Marina Hall: 12 to 3pm, all welcome.

Country music club: Fortnightly, Redwoodtown School Hall, 2pm. Ross 5783922.

Keyboard Club: 1.45pm, electronic keyboards. Adrienne 5786589.

Model Aero Club: ARA, Wairau Valley, 9am, Murray 5789199 or Tony 5779776.

Petanque: 10am, 65A Weld St, Chris 5787303. or John 5779789.

Sunday recreational ride: Departs 9am from AvantiPlus Blenheim 61 Queen. bikemarblborough.co.nz.

MONDAY

Care and Craft Centre of NZ Trust: Nativity Centre, 10am. Dawn 5775002 or Judith 5786209.

Barbershop Singing: Springcreek Hall, 7pm. Brian 5780692 or Johan 5785789.

Marlborough Quilters: 7.30pm, St Mary's Hall, 3 Stephenson St. All welcome. Debbie 5728360.

Spring Creek Playcentre: Today and Wednesday, 9.30am to noon, 46A Ferry Rd, gold coin donation.

Saturday Express has a double pass to give away to see *Now You See Me 2*, courtesy of Top Town Cinemas. The Four Horsemen resurface and are forcibly recruited by a tech genius to pull off their most impossible heist yet.

To enter the draw for tickets,

write your name, address and daytime phone number on the back of an envelope and mail to *Now You See Me 2, Saturday Express*, P O Box 242, Blenheim, by Wednesday. The winners' names will be published in the *Marlborough Express*.

Smyth 021 748 635.

Renwick Playcentre: Monday and Friday, 9.30am to noon. 0-6 years. 572 8106.

Linkwater Playcentre: 9.30am to noon. Linkwater Hall, 1353 Queen Charlotte Dr. linkwaterplaycentre@gmail.com or 0210380751.

Kinder Music Programme: Education through music for children newborn to 5. Megan 0211113303.

Scottish Country Dancing Club: 7.30pm to 9.30pm, Whitney Street School Hall. Miriam 9284479 or Heather 5782177.

Indoor Bowls: Pastimes Indoor Bowls Club, 7.30pm, Redwoodtown Community Centre, Nicola 5793009.

Community Potters' Club: Wheel throwing classes with Steve Holtrum. 7pm to 9pm, clubrooms, 2A Dillon's Point Rd. Steve 0272404593 or Sarah 0211030464.

Picton Girl Guides: 6pm to 8pm, St Josephs School. Girls aged 9 and a half to year 9. Fun and adventure. 0211700401.

Brownies and Pippins: Pippins age 5 to 6 years, Tracey 0210691707 and Brownies aged 7 to 9 years, Tracy

0210682794.

Marlborough Guild of Woodworkers: 9am to 9pm, Brayshaw Park. Philip 5705188.

Witherlea Indoor Bowling Club: Witherlea School Hall, 7pm. Joy 577 6191.

Blenheim Badminton Club: Juniors 5.30 to 7pm, Seniors 7pm to 9pm, St Mary's Hall, Cnr Hodson & Francis St. Mike 5791954 or sportsground.co.nz/blenheimbadminton.

Rummy O Club: 12.45pm, BBC Hall 65a Weld St, Doug 5779061 or Gillian 5783140.

RSA Entertainment Group: 10am, RSA lounge, Clubs of Marlborough. Russell 5778716 or Merlene 5788212.

Indoor bowls: Clubs of Marlborough, 7pm, Ken 5778190.

Barbershop Chorus: Rehearsals 7pm, Spring Creek Hall, Jim 5786927. Bridge Club: 7.15pm, Clubs of Marlborough. \$4. Alison 5776554 or 021212797.

Porcelain Artists: 10am, Brooklyn Croquet Club, June 5788891 or Marjorie 5777015.

Picton Walking Group: 9.30am, Picton RSA car park. Val 5736614.

50+ Walking Group: All walks leave

the Nativity Church car park at 10am. Phone Colin 5793101 for the destination this week.

Weavers' Group: 10.30am, Beavertown Hall, Brayshaw Park. Rose 5783065 or Judy 5742419. Bring along lunch.

Lacemakers: St Ninian's Hall, Alabama Rd, Blenheim, 10am, Rosemary 5728865.

Euchre: Clubs of Marlborough, 7pm, 5781059.

Dillon's Point Community Play Group: 9am to noon today and Wednesday, \$2 per child, \$3 family, morning tea. Wendy 5792089.

Porcelain artists: 10am, Brooklyn Croquet Club. June 5788891.

TUESDAY

World SmokeFree Day.

Girls Brigade: All ages, 5.30pm to 7pm. The Foundry, John St. Jeanette 5783806.

Fun Fitness: Redwoodtown Hall, today and Thursday 11am.

Combined Beavertown Probus Club: 10am to noon, St Mary's Parish Centre, Maxwell, Rd, Blenheim. Offering fun, friends, fellowship.

Under 5s stories and crafts: 10.30am, Picton Library.

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What's On

TUESDAY

Picton Table Tennis Club: 10am to noon. \$3 casual play, bats supplied, tea and coffee. Picton Little Theatre, Dublin St. Chris 0210488582.

Cribbage: Clubs of Marlborough, 7.25pm.

Badminton: Central Badminton Club, 7pm to 9pm, Marlborough Boys' College gym, new members welcome. Lyn 0272402814.

Housie: Picton Club and RSA. 7pm start. Big fun for small outlay. Sandy 573 6016

Renwick Plunket Playgroup: Renwick Playcentre, 26 Havelock St, 9am to 11.30am. Morning tea. Gold coin donation. 5785633.

Music 4 Minors: 9.30am to 10.15am, The Foundry, John St. Gold coin donation. All preschoolers and their caregivers are welcome, morning tea is provided. Supported by Oasis Family Church.

Women only rides: Departs 6pm from AvantiPlus Blenheim, for beginners to elite. Finish with coffee at Fairweathers.

Over 60 Pool Group: Every non-pension Tuesday, Redwood Tavern, 1.30pm. Free.

Salvation Army Toy Library: Today 10am to 11.30am, Wednesday 3.15 to 4.30pm and Friday 10am to 4.30pm.

Superans' Pool Club: Redwood Tavern and other venues. 1.30pm to 3.30pm, \$2. Nancy 5782551 or Colin 5793101.

Renwick Market: Anglican Church Hall, 10am to 1pm. Fresh veg, clothing, walnuts, jams, all variety household goods plus. Sales tables available. Donations accepted. Stalls \$5 table or commission sales, Sylvia 5729070.

Marlborough Fayre Morris

Dance Group: Spring Creek Community Hall, Ferry Rd, 7.30pm, \$2 per person, Miriam 9284479 or Phyllis 5775098.

Drawing Group: Marlborough Art Society, 1pm to 3pm, Prue 5788888.

Golf Croquet: Today, Thursday and Sunday, 1.30pm, Blenheim Croquet Club, Parker St. Christine 5727988.

Marlborough Singers: Rehearsal 7pm to 9pm, Auditorium, Wesley Centre, 3 Henry St, Mere 5728261.

Picton Squash Club: Social games, Dublin St courts, 7pm, Adam 5737009.

Sketching Club: Marlborough Art Society rooms, 204 High St, 1pm till 3pm.

A rowi kiwi blessing will be held at the Waikawa Marae on Saturday from 12.45pm to 2.30pm.

PHOTO: FAIRFAX NZ

Paper Tole: Today and Wednesday, 10am, Kathy 5779368.

Brayshaw Park Spinners: Beavertown Hall, 10am, Lynne 5702072.

Bridge Club: 7.15pm, Clubs of Marlborough, \$4 per person. Carolyn 5784856.

Picton Badminton Club: QCC gym, 7pm, \$2.50.

Tennis Club: Ladies morning, 9am, morning tea 10am. Perena 5705390. Line Dancing: Fairhall Hall, 6.30pm. Beginners \$6, \$3 under 15. Judith 5787554.

Redwoodtown Plunket Group: 21 Bythell St, 9.30am to 11.30am, gold coin donation. 5785633.

Storytime Picton: 10.30am, Picton Library.

Fibre spinning: With Marlborough Creative Fibre, 10am to 2pm, Beavertown Hall, Brayshaw Park. Free lessons. Bring your own lunch. Lynn 5202072.

WEDNESDAY

Junk Free June: nz.junkfreejune.org

The Strong Willed Child: Parenting talk with Jenny Hale, 7.30pm to 9pm, \$5, Marlborough Boys' College. Denise 0210399324.

Teddy Bears Picnic: ABC Mayfield, 11.30am to 1pm. Bring your favourite soft toy. Prizes, picnic lunch, bear hunt. All welcome.

Picton Scottish Country Dance Club: 7.30pm, Picton Little Theatre, Lynda 0212600860.

Indoor Bowls: Grovetown Indoor Bowls at 7.30pm at the Foundry Hall, John St, Blenheim. Morris 5786699.

Indoor Bowls: Renwick. Coaching available. 7.15pm, Anglican Church

hall, Glen 5792574.

Blenheim South Indoor Bowling Club: Redwoodtown Community Hall, 7.30pm. 5793346.

Floral Art Group: Senior Citizens Hall, High St, 10.15am, Cheryl 578 1425.

Blenheim Probus: The Club of choice for active retirees. Wesley Centre, 3 Henry St., Blenheim 10am to noon. Brenda 5788938 or Margaret 5791956.

Under 5s stories and crafts: 10.30am, Blenheim Library.

Games Afternoon: Meet friends and stimulate the brain. 2pm, Riversdale Community House, 131 Budge St. \$2. 5780469.

Blenheim Playcentre: Parent-led early childhood education. Monday to Friday 9.15am to 11.45am, 17 Eltham Rd.

Quiz: Picton Club and RSA. Registration 7pm. Sandy 5736016.

Social Dance Club: Nurses' Recreation Hall, Wairau Hospital, Taylor Pass Rd entrance. Ballroom, Latin, Sequence and Rock n' Roll. \$2. Colin 5793101 or Veronica 5775539.

Kindy Gym: Today 1.30pm to 2.30pm and Thursday 10.30am to 11.30am at the Blenheim Gymnastics Club in Opawa St, Blenheim. \$3. maureen.elliott@clear.net.nz.

Picton Menz Shed: 1pm to 4pm and Saturday 10am to 1pm. 8 Wairau Rd, Picton. Bill 5735507.

Quest: intermediate age youth group, 7pm to 8.30pm, Picton Baptist Church, 293 Waikawa Rd, Bronwyn 021 046 2434.

Vintage Car Club: Car museum, Brayshaw Park 1.30pm to 3.30pm today and Sunday, entry by donation.

Woodbourne Playgroup: Today and Monday, 9.30am to 11.30am, Woodbourne Community Centre, Tracey 5728999 or Michaela 5727078.

Mah-Jong: 1pm to 4pm, Marina Cove Retirement Village, Waikawa Rd, Picton. \$2. Lessons for learners. Sandra-Jane 57 6994.

Golden Oldies Rugby: Training 6.30pm, Awarua Park, Paul 0272495887 or Ray 0274452970.

Painting for Pleasure: All mediums, Marlborough Art Society, 10am, Prue 5788888.

Croquet: Blenheim Croquet Club, Parker St. 1pm, today, today Saturday and Monday. Anne 5783519.

Quizmaster Quiz: Clubs of Marlborough, 7.15pm, fun, friendly and free. Glenn 5784184.

Picton Toy Library: 3.15pm to 4pm for families to hire toys at a minimal rental. Nicola 5739005.

Picton Squash Club: Coaching for children, Dublin St courts, 4pm to 5pm. Adam 5737009 or Shirley 5737227.

Petanque: 1pm, 65A Weld St, John 5779789 or Chris 5787303.

Bridge Club: 1.10pm, Clubs of Marlborough, \$3, Ginny 5776405 or 0277560717 or Nancy 5791966.

Dance Club: Ballroom and social 7.30pm, Nurses Recreation Hall, Taylor Pass Rd, Marilyn 5795427 or Margaret 5787323.

Clay Target Club: Keith 5757065ah. Community Knitters Group: St Christopher's, cnr Cleghorn and Weld St 1.30pm, Mrs Brown 5786033. Sit and Be Fit: With Sue at Riversdale Community House, 131 Budge St. 10.30am to 11.30am today and 1pm to 2.30pm Mondays. 5780469.

THURSDAY

Movie Night: The Final Flight, the story of Marlborough's pioneering airline Safe Air. Followed by The Kaikoura UFOs told by the people who were there. Anglican Church Hall, 54 High St, Renwick. \$10 includes tea and biscuits.

Barista Course: Sooth Operator, 7pm to 9pm, two week course, \$90. Register 5787848.

Craft Group: Marlborough Women's Club, 108 High St. 10am to 4pm. Everyone welcome. This month is scrapbooking. Bev 5793990.

Felting: With Marlborough Creative Fibre Guild, 10am, bring your own lunch. Christine 578 5841.

Seniors' Club: 2pm, Senior Citizens Hall, 172 High St. John 5787767.

Picton Playcentre: 9.30am to noon. Today and Tuesday. 5735665.

M & Ms, Music and Movement: Elim Centre Hall, Burleigh Rd, 9am and 10.30am, \$2 family, 578 9053.

Depression Support Group: A support group for people who are living with or have had experience with depression. Bread of Life, Stephenson St, 1pm to 2.30pm. Speakers, outings, tips for living a happy life. Barb 5781355.

Thursday Zingers: Fun singing group, 7pm to 9pm. Text 0210464841 or 5780094.

Strand Indoor Bowls: Redwoodtown community hall, 7.30pm.

Blenheim Menz Shed: Thursday and Monday, 1pm to 4pm and Saturday 9am till noon. Gerry 5781835.

Time Out on Thursday: Mixed media painting sessions, 10am to 1.30pm. Marlborough Art Society. Jennifer 5793967.

Kick N Catch with Mums Circuit Class: Thursday, Friday and Tuesday 9.30am. Take a circuit class while the kids learn kick and catch skills.

Circuit Class \$5, child \$3 more than 1 child \$10 total. Blenheim Indoor Sports and Ten Pin Bowling. 578 4851 or info@blenheimindoorsports.co.nz

Board Games: Free. 10am to noon, Crossroads, 2 Redwood St. Robert 5785395.

Bridge Club: 7.15pm, Clubs of Marlborough, \$3, Thelma 5788422.

Redwoodtown Badminton: 9am to 11.30am. Racquets available, new members welcome. Simcox Stadium, Battys Rd, 9am. Linley 5792337.

FRIDAY

Sit and Be Fit: With Jeanette: 10.15am at Crossroads, 2 Redwood St, Blenheim. Easy exercise for all ages. Donations welcome. 5785395.

Picton Wine Club: Social evenings to experience excellent wine and food. James 5736334 (james@vinate.com) or Glenys 5738317.

Tunes for Tots: Music, a snack and play for preschoolers. 9.30am. Nativity Church Hall. \$2 per child. 5783909.

Bubbles and Bounce: Music session for preschoolers followed by morning tea and play. Gold coin donation. 10am, St Ninian's Church Hall, Riley Cres. Alyson 0272612852.

Everyone can be a filmmaker for iwi TV

SELINA POWELL

A top of the South iwi has released an online video channel.

Ngati Apa ki te Ra To cultural advisor Kiley Nepia says the launch of Apa TV is an exciting development for the iwi.

"For us it's really an example of how we're able to use new technology as a way to engage with our people and to disseminate and teach our cultural identity.

"We know that nothing will ever beat a face-to-face traditional approach, however technology has the potential to be used as a tool to complement that."

Apa TV is a starting point for the iwi to look at new platforms to engage with its members, Kiley says.

A video from a youth camp earlier in the year had already been posted on the site, and there are plans to upload videos explaining Maori creation myths and whakatauki (proverbs).

Footage of iwi kaumatua, or elders, talking about the history and culture of the iwi will also be uploaded to the channel.

Kiley says new technology is a tool for the iwi, and cultural principles will guide how it is used by Ngati Apa ki te Ra To.

The video channel is a good tool to connect with younger members of the iwi, Kiley says.

Communications manager Kirk MacGibbon says the channel

serves as an education and information resource.

"It's another platform to reach our members and help them along that journey to reconnecting with their iwi."

In the past it was costly for organisations to produce videos, Kirk says. Developments in tech-

nology mean a wide range of people will be able to contribute to Apa TV, Kirk says.

"One of the great things about it is that everyone can be a filmmaker."

The iwi aims to put new content on the site each month, Kirk says. Filming the youth camp

earlier in the year had inspired some of the young members of the iwi to explore their interest in filmmaking.

"It was great. It exposed them to that creative potential."

The technology can be used in many different ways, and Kirk says he was always coming up

with new ideas for projects.

Ngati Apa ki te Ra To was recognised for their approach to strategy and marketing at the 2016 Westpac Marlborough Chamber of Commerce Business Excellence Awards earlier in the year.

Access the channel at vimeo.com

Kiley Nepia says a new online television channel will help iwi engage with members.

PHOTO: FAIRFAX NZ

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Great service a daily ritual

As part of a series on hospitality providers in Marlborough, reporter **Oliver Lewis** sat down with Ritual Cafe front-of-house staff Jamie Hughes.

What do you like about hospitality?

It changes all the time, every customer is different and you can have a banter. Customers in Blenheim are generally super friendly and loyal as well. They've got time for you.

I've only been working here for eight months and all the customers will stop and have a yarn with you on the street, it's nice.

How would you describe the decor at Ritual?

It's kind of like organised chaos, I love it. It's warm, friendly, there's good music - especially when I choose it - and good coffee.

You guys roast your own, right?

Yeah, we roast (coffee) ourselves and it's moving down the South Island slowly too.

Ritual Cafe front-of-house staff Jamie Hughes in front of one of his favourite pieces of art. PHOTO: OLIVER LEWIS/FAIRFAX NZ

Where do you source the beans?

I'm not at liberty to say that sir, it's a trade secret. Nice try though. But the beans are free trade, I can tell you that.

How much do you drink a day, and does it help engage the customers?

If you're behind the machine, quite a few more than working anywhere else; quality control you know. I think it adds to the

energy, and if you're drinking your own coffee it's a good sell.

How would you describe the service?

If there's something you want, especially coffee-wise, we're pretty cruisy. We've got a customer that just came in today and he wanted his milk at 85 degrees, and I'm not going to say that's not normal, but it's a little too hot for my liking. But we give the customer what they want.

What food would you recommend off the menu?

I'm vegan myself, so it kind of limits me a bit but we've still got heaps of options. Greens on toast. I have that every day if I can, it's the most delicious dish I think I've ever had to be honest.

And coffee?

Long black all the way. Black coffee is my drink. But we also do almond milk, the almond and coconut is surprisingly nice.

\$100k to restore Picton graves

HEATHER SIMPSON

Restoration work has begun on graves in Picton cemetery dating back to the early European settlement of Marlborough.

The Marlborough District Council is spending \$100,000 on the restoration work, restoring crumbling headstones and headstones that had toppled over.

Picton's cemetery at Gravesend Place dates back to 1890 and includes some of the earliest European residents of

Marlborough, who landed in 1840.

Council's reserves and amenities officer Graham Smail says due to the age of the plots, some of the memorials have become unstable, requiring restoration work to ensure public safety for people visiting the cemetery.

"The idea is not to make them look like when they were first put in.

"We want to preserve them and extend their life."

Notable figures buried in the graveyard included John Godfrey

a Picton councillor who died in 1867. He obtained the separation of Nelson and Marlborough districts and James Alexander, 77, a Picton councillor in 1867, who was town secretary and secretary of the Board of Works and voted in favour of the Picton-Blenheim railway.

Priority work had been completed on 10 headstones that posed public safety concerns.

The next round of restoration would be on headstones of significant historic nature.

One of the graves at Picton's cemetery in need of restoration.

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DOC funding up for grabs

JENNIFER EDER

Community groups saving native bush, protecting endangered species or cleaning up our coastlines are being encouraged to apply for funding.

More than \$4 million is up for grabs through the Department of Conservation Community Fund for groups helping to preserve New Zealand's natural heritage.

Kaikoura MP Stuart Smith says Marlborough groups should pitch their projects to boost their abilities.

"This initiative has been great for many smaller groups throughout the country, coupling community passion with DOC expertise to promote local conservation."

The DOC Community Fund has helped several Marlborough initiatives since the fund was established in 2014.

Last year's recipients included the Link Pathway Trust, Te Korowai o te Tai o Marokura Kaikoura Coastal Marine Guardians, and the d'Urville Island Stoat Eradication Charitable Trust.

Smith urged Marlborough groups to apply.

"These groups' projects will greatly benefit our region. Conservation groups are an invaluable part of our communities," he says.

Groups need to submit an expression of interest showing how their project fits with the purpose of the fund by July 1. Successful groups will be invited to submit a full application. Go to doc.govt.nz for more information.

Technology fuels learning

ASHLEIGH MONK

Children at a Marlborough school have been given some fuel for thought.

Mayfield School was presented with four Acer Chromebook laptops on Tuesday as part of the Southfuels programme Fuel for Schools.

Principal David Nott says the school has so far received four iPad minis, eight Acer Chromebooks, 20 sets of headphones, and a 32" television with Apple TV from the scheme, which involves local businesses signing up to donate half a cent per litre of fuel they use to a

“It’s pretty powerful, teaching the children to use this technology.”

David Nott, Mayfield School principal

rewards scheme for their chosen school. “It’s made such a difference for us and helped us to put technology in front of the children,” David says.

Four or five businesses in Marlborough have signed up to the scheme to support Mayfield School, he says.

“Our senior classes have started using the Chromebooks.

The main focus is the use of the devices. They do a lot of their schoolwork like reading and writing on them, they do research on the internet, they have Google accounts set up so they can learn to use that to plan out their days.

“The junior classes use the iPads. We have apps for reading, writing, maths and things to support their learning.

“It’s pretty powerful, teaching the children to use this technology.”

Ten schools in the Marlborough region are involved in Fuel for Schools, and about \$25,000 worth of rewards have been given out in the area.

Mayfield school pupil **Jorja Jennens**, Southfuels manager **John Eales** and **Liz Connor** and **Geoff Connor** of **Waikawa Fishing Company** with one of the Acer Chromebooks given to the school.

PHOTO: SCOTT HAMMOND/FAIRFAX NZ

Old dogs, new yarns

ELENA MCPHEE

Marlborough author Peter Jerram is humbled to be counted among the literary “glitterati”, he says.

He and former veterinary partner Peter Anderson will speak at the Marlborough Book Festival in July, along with authors such as Witi Ihimaera, Kate de Goldi, Charlotte Grimshaw and Bill Manhire.

Their latest collaboration, *Old Dogs, New Tricks*, will be available in bookshops in July and follows on from *Cock and Bull Stories*, which was written five years ago and had a good reception in Marlborough.

“We had a lot more stories to tell,” Peter says.

Both books are compilations of stories about their time as vets.

“Most of them [have] a bit of a humorous twist,” Peter says.

An example is the time both of the vets were practising at Graham Vets’ Centre, now CRT Vets.

Peter leaned down to pat a corgi belonging to an elderly man, who had brought the dog in to get it vaccinated.

The corgi bit his hand “very savagely”.

“I’m sorry to say I let out a very bad word,” Peter says.

A couple of years later the same man brought a different dog into the practice he and Peter Anderson had recently set up.

The man told Peter he had brought his dog to them, because there was a vet at the Graham Vets’ Centre who swore “something terrible”.

The stories in the book are written alternately by Peter Jerram and Peter Anderson. Peter Anderson’s are more philosophical, he says.

Talking at the book festival would be an interesting experience.

“We are the sort of local hicks among the glitterati,” he says.

Peter, a Marlborough District Councillor, has already written a book on dog training, and is due to write a book about his experiences on board the Wahine.

Book festival co-organiser Sonia O’Regan describes both authors as “well-known and well-liked local guys”.

* Authors Peter Jerram and Peter Anderson will be talking in a session with interviewer Tessa Nicholson, “For Petes’ Sake”, on July 30 at The Blenheim Club. For more information visit the Marlborough Book Festival website.

“She’s never short of company.”

Jeanette and her family are so pleased Dorrie has settled into her new serviced apartment so quickly. Coming from a large family home, she’s still surrounded by many of her treasures, has her favourite flowers in her garden and help always at hand should she need it. “The staff are wonderful,” says Dorrie.

Knowing that Dorrie is in a safe community environment gives Jeanette great peace of mind.

Come and see why we love the life at Summerset

Open Weekend

4 & 5 June, 10am – 2pm
Tours at 10.30am and 1.30pm

Summerset in the Sun
16 Sargeson Street, Nelson

Contact Pam Willetts on 03 923 2102
nelson.sales@summerset.co.nz

Love the life

WORK6529

Peter Jerram, left, and Peter Anderson are releasing a second collection of short stories about their experiences as vets.

PHOTO: FAIRFAX NZ

Community cookbook

NADIA LIM IN ASSOCIATION WITH MY FOOD BAG

Rosemary and lamb meatballs

You can make this recipe ahead of time and simply reheat before you want to eat.

ROSEMARY AND GARLIC LAMB MEATBALLS WITH TOMATO VEGETABLE SAUCE AND FETTUCCINE

Rosemary and garlic lamb meatballs

600g lamb mince
 ¾ cup fine breadcrumbs
 ½ brown onion, very finely diced or grated
 1 clove garlic, minced
 1 egg
 1 tablespoon Worcestershire sauce
 ½ teaspoon salt
 1-2 tablespoons finely chopped rosemary leaves
 2 teaspoons lemon pepper seasoning (store-bought, or use zest of ½-1 lemon)

Tomato sauce

½ brown onion, thinly sliced
 1 leek, white and pale green part only, thinly sliced

1 clove garlic, minced or finely chopped
 1 courgette, grated
 1 carrot, grated 2-3 tablespoons chopped oregano (reserve a few leaves, to serve)
 1x 700ml jar tomato passata
 1 teaspoon sugar
 1 teaspoon salt
 1 teaspoon balsamic vinegar

Fettuccine

400g fettuccine pasta (or your favourite dried or fresh pasta)

To serve

½ cup grated cheese (e.g. parmesan, tasty, colby)
 Reserved oregano leaves (optional)

Preheat oven to 220 degrees Celsius. Preheat a large oven dish. Bring a large pot of salted water to the boil. Combine all rosemary and garlic lamb meatball ingredients in a bowl and season with pepper. Mix well

Using damp hands to roll meatballs makes the process much easier.

using hands. Measure out 2 tablespoons of mixture and shape in to golf-ball sized balls. Drizzle a little oil in preheated oven dish, add meatballs, turn to coat in oil and bake for about 10 minutes. Heat a

drizzle of olive oil in a large, deep, fry-pan (with a lid) on medium heat. Cook onion and leek for 3-4 minutes, until soft. Add garlic, courgette, carrot and oregano and cook a further 2 minutes. Add passata,

sugar, salt and balsamic vinegar and bring to a simmer, then simmer for 3-4 minutes until slightly thickened. Season to taste with pepper. Cook fettuccine in pot of boiling water according to packet instructions, until just tender. Drain and drizzle with a little olive oil to prevent sticking. Add meatballs to pan with sauce and use a spoon to turn to coat in sauce. Cover and simmer a further 5 minutes, until meatballs are cooked through. Finely grate cheese. To serve, divide fettuccine between bowls and top with lamb meatballs and tomato vegetable sauce. Sprinkle over cheese and garnish with oregano leaves (if desired).

Recipe courtesy of My Food Bag.

Each week Nadia gives you another easy recipe for your family and you'll find all the ingredients in My Food Bag. myfoodbag.co.nz

Nail Enamel

Buy one
 get one
FREE
 for May only

JUNE

Marlborough Arts Diary

Proudly Sponsored By:

ASB Theatre

Thursday 2 June

Michael Jackson History Show – @ 8:00 pm
A musical tribute and live concert experience that journeys through Michael Jackson's vast and incredible catalogue of work. A show not to be missed! Venue: ASB Theatre, Hutcheson Street, Blenheim
For tickets Phone: 03 520 8558
Email: book@mctt.co.nz Website: www.mctt.co.nz

The Diversion Gallery

Open 12 – 5pm Wed – Sat, other days by apt, 10 London Quay, Picton, 573 7376 or 027 440 8121. www.thediversion.co.nz
Through to 4 May - Pacific Dialogues Prints, paintings & sculpture Millennium Public Art Gallery

Open 10.30am – 4.30pm Mon – Fri & 1 – 4pm weekends, Seymour Sq, 579 2001 www.marboroughart.org.nz
On until 19 June - Stanley Palmer Shall Be My Brother - In 2014, Palmer was one of a group of esteemed New Zealand and Australian artists, filmmakers and historians who travelled to the Gallipoli Peninsula. Shall Be My Brother: Gallipoli Remembered is an exhibition of paintings and monoprints created by Stanley from sketches and paintings completed during this trip to Gallipoli.

Craig Bluett and Wendy Murphy: When the Lighthouse Fails - Prints and drawings by Craig Bluett & Wendy Murphy. Their joint exhibition was inspired by a moving & poignant account, The High Way by Picton writer Margaret Bremner, about the experiences of men from remote parts of the Marlborough Sounds enlisting to serve in World War One. **25 June—31 July 2016**

Sheyne Tuffery—Paper Architecture:

An exhibition by highly acclaimed Kiwi/ Pasifika artist, Sheyne Tuffery featuring wall sculpture/ works on paper / mixed media on board and a stereoscopic motion graphic.

Painted Stories: Twenty books by twenty of New Zealand's best known picture book artists. Lots of events and programmes for young people are being planned

Yealands Estate Marlborough Gallery

Open 10.30am – 4.30pm daily, 204 High St, 577 6784 www.marboroughartsociety.com
The Yealands Estate Marlborough Gallery is an attractive modern gallery in Blenheim. Regular exhibitions featuring local and national artists. Two galleries - The Clearwater Gallery and the Clearskies Gallery.

Brian Badcock Gallery

BRIAN BADCOCK GALLERY 22 Leitrim Street [off Maxwell Road] Blenheim. Ph (03) 5783938
Open 9-5 all week. Closed Sunday except by appointment. Come and view an exhibition of recent works that are guaranteed to inspire. www.brianbadcock.com

The Gallery

Exhibition and sales of local art in a professional gallery environment – open 10-4pm seven days. With friendly assistance, view sculpture, ceramics, oil, acrylic and watercolour paintings, woodwork defying description, interesting objects, world-class pounamu and bone carving. Come and see us – 60 Main Road Havelock Ph. 574 2118

Lochmara Lodge

Lochmara Bay, includes an outdoor sculpture trail, exhibition spaces, an annual artist retreat, artists in residence studio, regular music and live art events, and much more. Queen Charlotte Sound, Marlborough, New Zealand Phone: +64 3 573 4554 Email: enquiries@lochmaralodge.co.nz

Framers on Queens

Open Mon-Fri 9.00am - 5pm. Sat 9.00am -12.30pm, 71 Queen Street, Blenheim Ph 03 578 7403
Email leitchstudio@hotmail.com. Every month we have a different local artist on one of our walls in our shop, assortment of work from Paintings, Photography's, mixed media.

This is the Final publication of the Marlborough 4 Fun Event Guide

List your Event Online @ www.marborough4fun.co.nz

Saturday 4 June

Sunvalley Roadsters Hot Rod Club @ 10:00 am - 1:00 pm
40th Anniversary Rod Run PUBLIC DISPLAY – SHOW AND SHINE
Gold Coin Donation Contact Lisa Washer Phone: 027 421 9213
Email: sunvalleyroadsters@gmail.com Venue: Blenheim School, 42 Alfred Street Blenheim

Saturday 4 – Sunday 5 June

NMWCBBB-MCTT With up to 7 bands from the Top of the South and West Coast along with special guest bands from Canterbury. Events will include solos, small groups and full band contests as well as a street march. For full programme and venue's visit www.mctt.co.nz Phone: 03 520 8558 Email: book@mctt.co.nz
Venue: ASB Theatre Marlborough, Hutcheson Street, Blenheim

Sunday 5 June

Cycling – Recreational ride @ 9:00 am - 12:00 pm
recreational ride – all year round 'it's all about the coffee' – departs from AvantiPlus Blenheim 61 Queen St Everyone welcome register your interest www.bikemarborough.co.nz Phone: 0272395313
Email: lynnehaines10@gmail.com

Marlborough Farmers Market June 5 @ 9:00 am - 12:00 pm
Enjoy the taste of the freshest seasonal fruit, vegetables and produce that Marlborough has to offer. Relax and have fun, enjoy locally roasted coffee and brunch while being entertained by our talented buskers. 027 3090268
Email: admin@marlboroughfarmersmarket.co.nz
Venue A&P Showground's Cnr Maxwell & Alabama Roads Blenheim

Wednesday 8 June

Blenheim Residents & Ratepayers Association @ 7:00 pm - 9:00 pm
At Dodsons Restaurant - 2nd Wednesday of every month. All residents from Blenheim are welcome to attend. Come have a say about the community you live in. Email:blenheimrra@gmail.com or Ph: 577 5088
Venue: The Original Real Ale House of Marlborough 1, Dodson Street, Blenheim

Thursday 9 June

MR & MRS ALEXANDER @ 7.30pm
Magic, mind manipulation and misdirection - Do Mr and Mrs Alexander have strange abilities or are they con artists? That's the question audiences are left with at the end of this clever show. Visit www.mctt.co.nz
Phone: 03 520 8558 Email: book@mctt.co.nz
Venue: ASB Theatre, Hutcheson St, Blenheim

Sunday 12 June

Mt Vernon Grand Traverse @ 9:00 am - 2:00 pm
A Choice of three events organised by The Marlborough Harrier Club – Grand Traverse 10:00am start (\$20.00); Fun Run/Walk 10:15am start (\$15.00); Kids Challenge 10:30am start (\$5.00). Spot prizes and BBQ. Everyone is welcome to participate. Registration from 9:00am on the day. Contact Tracey 027 615 2958
Email: tracey.sims@xtra.co.nz Website: www.harriers.net.nz
Venue: Farm Carpark – Top End of Redwood Street, Blenheim

Rarangi Beach Clean Up June 12 @ 10:00 am - 1:00 pm
It's World Oceans Day on June 8th so Picton's Conservation Kids New Zealand are holding a beach clean up from Monkey Bay to The Diversion at Rarangi on SUNDAY 12TH JUNE from 10am. Meet at Rarangi Community Hall first. Free sausage sizzle afterwards and spot prizes! Come and enjoy a few hours by the sea and help make a difference to our environment! Supported by DOC, Plastic Bag Free Picton, Venue: Rarangi Community Hall Rarangi Beach Rd New Zealand Phone: 570 5534 or 0211759669
Email: zoeluffman@xtra.co.nz

Mt Vernon Grand Traverse June 12 @ 10:00 am - 2:00 pm.
A Choice of three events organised by The Marlborough Harrier Club – Grand Traverse 10:00am start (\$20.00); Fun Run/Walk 10:15am start (\$15.00); Kids Challenge 10:30am start (\$5.00). All runs start at Wither Hills Farm Car park at the top end of Redwood Street. Spot prizes and BBQ. Everyone is welcome to participate. Registration from 9:00am on the day. For further information contact Tracey 027 615 2958
Email: tracey.sims@xtra.co.nz Website: www.harriers.net.nz

Monday 13 June

Blenheim Badminton Club – Senior Club Nights @ 7:00 pm - 9:00 pm
on Mondays (except public holidays) from 7-9pm at St Mary's Hall, Corner Hodson and Francis Streets. Ph. Mike or Anna on 579 1954 See you there! Email: blenheimshuttlers@gmail.com
Venue: St Mary's Hall Corner Hodson & Francis Streets

Thursday 16 June

Cancer Society Book Fair @ 10:00 am - 4:00 pm
All proceeds from the sales will go to support the work of the Cancer Society Marlborough to reduce the impact and incidence of Cancer throughout our community. Donations of pre-loved books are very welcomed. Please drop off either in the collection bins at local supermarkets or at the Old CRT Building between 10am-2pm from 30th May onwards. Venue Old CRT Building Corner Redwood & Kinross Street Blenheim Phone: 03 579 4379
Email: zoeg@cancersoc.org.nz

Our migratory birds' longest journey ever June 16 @ 7:30 pm
David Melville will talk on what we know about the huge annual migration made by bar-tailed godwit and red knot; from NZ to their breeding areas in the Arctic Circle and back again for our summer season Phone: 573 5509
Venue: Blenheim School Hall, Corner Seymour Street and John Street Blenheim, Phone: 573 5509

Friday 17 June

Blenheim Dancing Society's 38th Annual Festival
June 17 from 5pm through to late Sunday 19th of June. Dance genres include ballet, jazz, contemporary, lyrical, tap and hip hop. Admission fees: Adults – \$4 Child \$1 and senior citizen \$3
Blenheim Dancing Society Phone: 0273921190
Email: gemstar_001@hotmail.co.nz
Venue: ASB Theatre Marlborough Hutcheson Street Blenheim Phone: 03 520 8562
Website: http://mctt.co.nz/

Wednesday 22 June

THE BIG SING The Big Sing (TBS) the New Zealand choral Federation's festival for secondary school choirs, has been held annually for more than 25 years. With some 9,000 singers from around 150 schools and 250 choirs entering the 11 regional festivals each year, it is New Zealand's largest choral event. ASB Theatre, Hutcheson St, Blenheim

Friday 24 – Sunday 26 June

BLENHAIM LIBRARY MONTHLY BOOK SALE June 24 @ 9:30 am - 6:00 pm
Saturday 10.00am – 1.00pm Sunday 1.30pm – 4.30pm
For book lovers and bargain hunters – take advantage. Good Quality used books for sale – from \$0.50 to \$4
Run by the Friends of Marlborough District Libraries. Venue: Blenheim District Library, 33 Arthur Street, Blenheim Phone: 520 7491 Email: library@marlborough.govt.nz

Smoke Free Rock Quest

– Friday 24 June @ 7.00pm
Venue, Marlborough Convention Centre, Alfred Street, Blenheim.

Saturday 25 June

Mid Winter Charity Ball - Formal Dress – MBC Jazz Band then Disco '70's to Now - Cash Bar of Wine, Beer & Soft Drinks. Tickets \$99PP includes bubbles on arrival and finger food. Complimentary Bus back into town 11.30pm and 12.15am. Tickets available form Marlborough Boys College office, SBS Bank or Email marlboroughcharityball@gmail.com to order your tickets

Wed 10th - Sat 13th August

Saturday 13th August

MARLBOROUGH 2016

For info on the FREE public performances & more visit
www.marlborough4fun.co.nz/events

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www.ticketdirect.co.nz
PH: 520 8560

m4funvents.co.nz

facebook.com/marlborough4fun

twitter.com/Marlborough4Fun

linkedin.com/company/marlborough-4-fun

IMPORTANT NOTICE

We wish to notify all our readers and groups promoting their events and arts related activities that due to a contract change with Marlborough District Council we will no longer be producing the Events Guide, School Holiday Programme or Regular Activities Guide. These will be continuing but under the new Follow-ME format, visit www.follow-me.co.nz. All further enquiries or to list your event, should be directed to Susie Witehira events@marlborough.govt.nz

We will continue to offer the online Events Calendar – visit www.marlborough4fun.co.nz to list your event.

From 1 July Council are funding Marlborough 4 Fun to provide support, advice and practical assistance to not for profit groups running an event.

For further information or to see if your organisation is eligible for this support please contact us at admin@marlborough4fun.co.nz

Your health

Is B12 deficiency a big problem?

I was interested in reading about B12 deficiency as my partner is deficient in B12 and I am concerned about the long-term affects of having low B12. Thanks, Trish

Hi Trish. Vitamin B12 deficiency can cause a range of symptoms such as tiredness, weakness, constipation, loss of appetite, weight loss and megaloblastic anaemia. Nerve problems, such as numbness and tingling in the hands and feet, can also occur.

Other symptoms of vitamin B12 deficiency can include problems with balance, depression, confusion, dementia, memory and soreness of the mouth or tongue. Vitamin B12 deficiency can damage the nervous system even in people who don't have anaemia, so it is important to treat a deficiency as soon as possible.

From a biochemical

perspective, vitamin B12 plays a critical role in keeping the body's nerve and blood cells healthy and helps make DNA, the genetic material in all cells. It is absorbed in a completely different way from most nutrients, in what is essentially a two-step process.

Firstly, hydrochloric acid in the stomach separates vitamin B12 from the protein to which vitamin B12 is attached in food. After this, vitamin B12 combines with a protein made by the stomach called intrinsic factor and is absorbed by the body. Pernicious anaemia is a condition where the body cannot make intrinsic factor, subsequently these people have trouble absorbing vitamin B12 from all foods and even dietary supplements.

You can also see how making good levels of stomach acid is essential to vitamin B12 status, and this is becoming a problem for more and more people.

Some of the symptoms of vitamin B12 deficiency include tiredness and depression.

PHOTO: 123RF

Vitamin B12 is found naturally in all animal foods and is added to some vegetable-based processed foods. Plant foods do not contain vitamin B12 unless they are

fortified. If you believe you're vitamin B12 deficient seek the advice of your GP, as often a regular B12 injection is required. You can also help to stimulate

Ask Dr Libby

Email your questions for Dr Libby to ask.drllibby@fairfaxmedia.co.nz. Please note, only a selection of questions can be answered.

stomach acid production with apple cider vinegar before eating to see if this assists vitamin B12 levels.

I travel a lot for work, which means I spend a lot of time in hotels. What are your top tips for staying healthy while travelling? Thank you, Elaine.

Thanks Elaine. Here are three great tips:

1. Order additional greens on the side of your meal, it's a great way to boost your vegetable consumption.

2. Order a freshly pressed juice (preferably cold-pressed) daily in order to get a dose of vitamin C, especially after you've been on a plane.

3. Don't be afraid to ask if they can make modifications to the menu – if there isn't anything that takes your fancy typically you can create something yourself, you can't go past eggs, avocado and greens at any time of the day, for a nutrient-dense meal.

CRYPTIC

121

ACROSS

- 1. Might cite fortune as being forged (11)
- 9. Classical works may be applied to soap (5)
- 10. Mention bop as coming from a well-fed condition (10)
- 11. Two under a Roman standard (5)
- 12. Gets to parts of the river between bends (7)
- 14. Such a runner might smuggle the odd drink (3)
- 15. A deer's footprints will fit into a small space (4)
- 16. He sells derv no other way (6)
- 17. The piece of news that greeted one on return (4)
- 21. Deserve the milk to curdle (4)
- 22. Hollows out the stories others haven't yet got (6)
- 23. Uncover the sound a Kodiak makes (4)
- 26. Make application of possible use (3)
- 27. Tidies tan seen as being different (7)
- 29. Small portable organ for playing Elgar Variations (5)
- 30. Assumes English ways, since I slag it off (10)
- 31. It may get hooked into the cards that are left (5)
- 32. Earth will expand the movement of the sea (11)

DOWN

- 2. Open pen finishes off growing in Africa (5)
- 3. Jag, part of which is palatable (9)
- 4. Turn or sleep without first love if rest is required (6)

- 5. Time to shift gear and go to live abroad (8)
- 6. Symbol to carry onto the motorway (5)
- 7. Striped cotton from tiger-country (6)
- 8. Bracket he put between mother and sister (11)
- 12. Reflect it is right always to chide one (11)
- 13. Old gossip who didn't start the pleasure trip (4)
- 18. Including kinetics and statics for garage hands (9)
- 19. Chord separately played in opera and gig perhaps (8)
- 20. A digest of laws in cipher (4)
- 24. Feast one on large variety of additive numbers (6)
- 25. It's not a native North American takeaway (6)
- 26. Informal language with which to scold one (5)
- 28. It is as nosy-sounding and as small as every other one (5)

ANSWERS ARE INCLUDED ON THIS PAGE

QUICK

ACROSS

- 6. Annual (6)
- 7. Boredom (6)
- 10. Beat by ballot (7)
- 11. Perfect (5)
- 12. Level (4)
- 13. Mix of rain and snow (5)
- 16. Animal (5)
- 17. Den (4)
- 20. Motionless (5)
- 21. Slanted writing (7)
- 22. Without haste (6)
- 23. Idolise (6)

DOWN

- 1. Fireworks (12)
- 2. Shindigs (7)
- 3. Pour in (5)
- 4. Unit of sound intensity (7)
- 5. Dwells (5)
- 8. Underfed (12)
- 9. Seeing things as they are (9)
- 14. Fecund (7)
- 15. Seafarer (7)
- 18. Evil spirit (5)
- 19. Burdened (5)

1	2	3	4	5
6			7	8
		9		
10			11	
12		13		
				15
		14		
	16			17
	18		19	
20			21	
22			23	

QUICK
ACROSS: 6. Yearly 7. Tedium 10. Outvote 11. Ideal 12. Even 13. Sheet 16. Beast 17. Lair 20. Inert 21. Italics 22. Slowly 23. Reverse. **DOWN:** 1. Pyrotechnics 2. Parties 3. Flood 4. Decibel 5. Bides 8. Malnourished 9. Realistic 14. Fertile 15. Mariner 18. Demon 19. Laden.
CRYPTIC
ACROSS: 1. Counterfeit 9. Opera 10. Embonpoint 11. Eagle 12. Reaches 14. Rum 15. Slot 16. Vendor 17. Item 21. Earn 22. Scoops 23. Bare 26. Sue 27. Neatens 29. Regal 30. Anglicises 31. Talon 32. Groundswell. **DOWN:** 2. Opepe 3. Toothsome 4. Repose 5. Emigrate 6. Totem 7. Bengal 8. Parenthesis 12. Reverberate 13. Aunt 18. Mechanics 19. Arpeggio 20. Code 24. Regale 25. Indian 26. Slang 28. Nasal.

Netball

SATURDAY EXPRESS CLASSIFIEDS

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FUNERAL DIRECTORS

IN MEMORIAM

NEAL, Ted:

The love in our family is strong and deep, leaving memories of Ted to treasure and keep. Ted has not travelled far, just to hunting heaven, and left the gate ajar. Love always — Raeleen

MEMORIAL SERVICES

NOTICE

A memorial service for the late **Marion Mitchell** will be held on Wednesday, June 1, 2016 at 1.00pm. The service will be held at St Andrews Church, Henry St. All friends of Marion are welcome, afternoon tea provided by the Marlborough Women's Club will follow in the Church Hall.

WEDDING ANNIVERSARIES

CHURCH NOTICES

ERROL and KAYE HADFIELD (nee Nielsen)

Married May 28, 1966 at St Ninian's Church Puriri Street, Riccarton.

What a joy when two people can share a journey. Each burden is lighter, the path is brighter, when you walk the road with the person you love and trust more than anyone else. Today your friends and family celebrate with you the special love you so clearly share.

Happy Anniversary!

Love Chris, Nigel, Linda, Geoff and all the family

MISSED DELIVERIES

Phone 520 8900 and hold for an operator before 5pm, Monday to Friday.

OASIS FAMILY CHURCH

Sunday, 10am: Coffee 10.15am: Service
The Foundry, John Street

For further information please contact Ross Banbury on 578 0407 or email office@oasisfamilychurch.org.nz

ELIM CHURCH

SUNDAY SERVICE, 26 Burleigh Road,
9.30am: morning service with children's programme
6pm service Now Gen

Youth & Young Adults Service
Pastor Tom Hatch and Alfred Millar
All welcome, Phone/fax 578 9053

C3 BLENHEIM/PICTON

C3 BLENHEIM SUNDAY SERVICE 10am

@ Stadium 2000, Kinross St

WAITOHI CHRISTIAN CENTRE - PICTON

(Te Huihuinga Karaiti O Waitohi)

SUNDAY SERVICE 6pm

@ Holy Trinity Church, Nelson Square, Picton
Pastors Lester & Judith Terrill • Ph - 0212578428

Website - www.c3blenheim.co.nz

Facebook - www.facebook.com/C3Blenheim

Harlequins Fairweathers player Susie Grigg, left, and Brooke Horton of Pelorus fight for space in the goal circle.

Harlequins Fairweathers took on Pelorus at Marlborough Lines Stadium 2000 on Tuesday evening, with the Quins taking the win 50-44. *Marlborough Express* photographer **Derek Flynn** was there.

Pelorus player Danielle Moffat tries to block Miranda Binsted-Pickering's shot.

Harlequins Fairweathers wing attack Annaliese Raemaki tries to get the ball past the defences of Pelorus opponent Vicki Vaka.

Ani Weitab looks to pass the ball to a Quins teammate.

FIREWOOD

DRY firewood: pine, wattle, bluegum. Heagneys. Ph 5784664.

DRY Macrocarpa 3.6m³. Delivery Saturday. Phone 027 930 5447.

EXTREMELY dry poplar, \$150m³; pine \$180m³; wattle, \$240m³. Delivered. Ph 027 326 7416.

GUM: \$230/3m³. Pine \$170/3m³. Free delivery Blen or Picton. Phone 5705208

POPEY'S Firewood. Dry pine available. Phone 5779238.

CARS FOR SALE

MITSUBISHI van 1992, 283,000 kms, reliable, \$2,000. Ph 5787284.

MOTORCYCLES

YAMAHA FJR 1300, 2001, new rego and WOF, 75,000 kms. \$5,000. Phone (021) 1183167.

TRADES AND SERVICES

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No GST
Labour only
Free quote
Phone Gavin
021 0865 6568

WANTED shed/garage space to rent to fit a 7 metre trailer, in exchange for free lawnmowing services. Rarangi, Spring Creek or Tua Marina areas preferred. Phone Dave 022 504 4220.

LIVESTOCK

JERSEY heifer, 6 months, \$400 +GST. Ph 5757535.

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Your ad with a word(s) that best describe what you are selling.
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Always include!
- AVOID**
Abbreviations. Make your ad easy to understand.
- PHONE NUMBER**
Make sure to let readers know the time(s) you can be reached

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classifieds@mex.co.nz

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CH-6839787AD

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CH-725429AA

Council has a vacancy in its Gardening team for a gardener.

For further information regarding this role go to the Careers page on the Marlborough District Council website www.marlborough.govt.nz.

Do you have an affinity with horticulture, like working outside and enjoy a true team environment

Applications for this unique opportunity close at 5.00 pm on 9 June 2016.

Applications should be made online via our website, www.marlborough.govt.nz/Your-Council/Careers/Current-Vacancies, where you will find full information on the vacancy and how to apply.

For further information you are welcome to contact annie.percy@marlborough.govt.nz.

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CH-725550AA

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CH-7267193AA

Grower Manager

Would you like the opportunity to be the best you can be, really make a difference and have a great time doing it? At Lion, our success comes from Trusted People and Trusted Brands. We are one of Australasia's leading food and beverage companies, with great brands and significant presence across numerous categories and channels.

Wither Hills are looking for an experienced Grower Manager to manage and strengthen grower relationships and to ensure long term fruit supply is met.

This role reports to the Viticulturist/ Viticulture Operations Manager and is responsible for;

- Managing fruit supply
- Managing relationships with growers to ensure continual supply
- Grape Supply Agreements
- Visiting growers vineyards and providing support to growers where required
- Working with winemaking team to make key decisions on growers fruit
- Supporting and providing best practise viticultural advice to the viticulture team
- Making safety and engagement priorities in the team
- Continually drive improvement in the business

To be successful in this role, you will have the following;

- Tertiary qualification in Viticulture, Agriculture or Horticulture
- Sound technical viticulture experience
- Experience managing vineyards and leading teams
- Experience working with grape growers preferred

Our culture of personal achievement and wellbeing provides the opportunity for real career and personal growth. If you meet these skills and qualifications we look forward to receiving your application.

Please apply online at **www.lioncareers.com by 3 June 2016.**

Alternatively, Please pass on your CV to: **211 New Renwick Road RD2 Blenheim Applications close 3 June 2016.**

PUBLIC NOTICES

GLIDER flight vouchers now available at the I-site, Blenheim, Picton and Omaka Aero Club. \$120.

NAU MAI HAERE MAI MANGAMAUNU WHANUI INC - AGM - + Election for Officers.

Saturday 11th June 10.30am Mangamaunu Marae.

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Text name and contact number to 021 775 694.

PUBLIC NOTICES

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ENTERTAINMENT

ALICE THROUGH THE LOOKING GLASS 2D (PG) 2hrs 2min
Daily 10am, 6.15pm
FAMILY ADVENTURE ALICE THROUGH THE LOOKING GLASS 3D (PG) 2hrs 2min Sat/Sun 1pm; Mon/Tue/Wed 3.35pm
X-MEN:APOCALYPSE 2D (M) 2hrs 33min Daily 10am, 6pm - SCIFI/FANTASY
X-MEN:APOCALYPSE 3D (M) 2hrs 33min Daily 12.55pm, 8.25pm
SHERPA (M) 1hr 46min
Daily 2.30pm
DOCUMENTARY CAPTAIN AMERICA: CIVIL WAR (M) 2hrs 37min
Sat/Sun 3.15pm, 8.30pm; Mon/Tue/Wed 10am, 3.15pm, 8.30pm
MARVEL ACTION HUNT FOR THE WILDER-PEOPLE (PG) 1hr 51min
Sat/Sun 10am, 12.50pm, 6.15pm; Mon 10am, 1pm, 8.25pm; Tue/Wed 10am, 1pm, 6.15pm
KIWI CLASSIC ZOOTOPIA (PG) 1hr 58min
Sat 12.45pm Sun 10am
FAMILY THE NICE GUYS (R16) 2hrs 6min Sat/Sun 3.30pm, 6pm, 8.50pm; Mon/Tue/Wed 1pm, 6pm, 8.50pm
ACTION COMEDY SHAKESPEARE LIVE FLORENCE FOSTER JENKINS (PG) 2 hrs
Daily 10.05am, 6.25pm
DRAMA/COMEDY ANGRY BIRDS 2D (G)
Sat 10am, 3.05pm; Sun/Mon 3.45pm; Tue/Wed 3.55pm
FAMILY BAD NEIGHBOURS 2 (R16)
1hr 42min Sat/Sun/Wed; Mon 1.10pm; Tue 1.10pm, 8.45pm; 8.45pm
ADULT COMEDY EDDIE THE EAGLE (PG)
1hr 56 mins Daily 12.20pm
DRAMA JUNGLE BOOK (PG)
1 hr 56 mins
Daily 3.45pm
FAMILY EYE IN THE SKY (M)
1 hr 52 mins: Daily 4.25pm, 8.35pm - **THRILLER**

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PUBLIC NOTICES

PELORUS PROMOTIONS MARLBOROUGH INC

The Annual General Meeting of Pelorus Promotions Marlborough Inc. will be held on Monday June 13, 2016, at the Havelock Bowling Club, commencing at 1.30pm.
Agenda:

- Adoption of Chairperson's Annual Report.
- Adoption of financial accounts and Treasurer's Report.
- Election of Committee Representatives & Reviewer.
- Any other Business

All members and any intending members are invited to attend.

R. Jacobson
Secretary

ESNZ Marlborough Show Jumping AGM

Tuesday, May 31, 2016 at the Woodbourne Tavern at 7.30pm

All welcome.

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Or your Funeral Director can answer any questions you may have on The Marlborough Express death notices online service.

www.mex.co.nz/deathnotices

Stay in touch

with the latest news and everyone's views.
Have your say too, join us on Facebook

Burleigh Memorial Olive Grove

Harvest

The Marlborough RSA (MRSA) will be carrying out the annual olive harvest at the **Burleigh Memorial Olive Grove** (opposite Carters at the Burleigh Bridge on New Renwick Road) over Queens Birthday weekend **Friday 3 June to Sunday 5th** inclusive and we are now calling for volunteers to register their interest with Reception at the Clubs of Marlborough 5781059 or 5785230 or email mrsa@clubsofmarlborough.co.nz Alternatively, you can just turn up.

This year's crop is another "par excellence" and will eventually be bottled and sold to not only to provide funds for the MRSA Welfare Trust Fund but also to ensure sponsorship of names for the Memorial Wall.

Morning and afternoon teas are provided with each day starting at 9:00 AM for volunteers and our first day of harvest is **Friday 3 June**.

J. L. Forrest
President

**MRSA
People Helping People**

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Saturday, May 28, 2016

TV ONE

6am Te Karere ☉
6:30 Country Calendar ☉
 In the heart of dairy country, a Waikato farmer is bucking the trend by raising sheep and beef cattle, and is also keen to leave greener pastures for his young family's future. *TV*
7am Rural Delivery *TV*
7:30 Infomercials
9am Tagata Pasifika
9:30 The Game Chef *TV*
10am Come Dine With Me PGR *TV*
Noon Saturday Kitchen
1pm Instant Gardener *TV*
2pm Kiwi Living ☉ *TV*
3pm Border Security ☉ *TV*
3:30 Piha Rescue PGR *TV*
4pm Highway Cops PGR *TV*
4:30 Taste Of A Traveller *TV*
5pm River Monsters With Jeremy Wade *TV*
6pm One News *TV*
7pm Country Calendar *TV*
7:30 Britain's Got Talent
 The nationwide talent show reaches the penultimate round of auditions. *TV*
8pm LIVE Lotto
 The Lotto draw.
8:05 Britain's Got Talent
 Continued. *TV*
8:45 Coronation Street
 Tyrone is taken to hospital; Kylie's fears get the better of her; Tony worries about Jason. *TV*
9:45 Land Of The Midnight Sun
 Alexander Armstrong begins the second leg of his odyssey in Iceland before travelling to Greenland and, along the way, he snorkels over an underwater crevasse. *TV*
10:45 The Astronaut Wives Club *TV*
11:40 MOVIE In Darkness AO 2011
 War Drama. Robert Wieckiewicz, Benno Fürmann, Agnieszka Grochowska.
SUNDAY
2:20 Emmerdale PGR ☉ *TV*
4:20 Infomercials **5:30** The Key Of David

SKY SPORT 1

7am The Crowd Goes Wild
7:30 Rugby – Super Rugby (HLS)
 Waratahs v Chiefs.
 From Allianz Stadium, Sydney.
8am Rugby – Super Rugby (RPL)
 Hurricanes v Highlanders.
10am Rugby – Super Rugby (RPL)
 Waratahs v Chiefs.
 From Allianz Stadium, Sydney.
Noon Sky Sport News NZ
12:30 Rugby – Super Rugby (RPL)
 Kings v Jaguares.
 From Nelson Mandela Bay Stadium, Port Elizabeth.
2:30 Sky Sport News NZ
3pm Rugby – Super Rugby (HLS)
 Hurricanes v Highlanders.
3:30 Rugby – Super Rugby (HLS)
 Waratahs v Chiefs.
 From Allianz Stadium, Sydney.
4pm World Rugby
4:30 Grassroots Rugby
5:30 Cycling – Giro D'Italia (HLS)
 Stage 19.
 From Pinerolo to Risoul.
6pm Rugby – Super Rugby (HLS)
 Hurricanes v Highlanders.
6:30 Rugby – Super Rugby (HLS)
 Waratahs v Chiefs.
 From Allianz Stadium, Sydney.
7pm LIVE Rugby – Super Rugby
 Blues v Crusaders.
 From Eden Park, Auckland.
9:40 LIVE Rugby – Super Rugby
 Brumbies v Sunwolves.
 From GIO Stadium, Canberra.
11:55 Fox Sports News
SUNDAY
12:25 Rugby – Super Rugby (HLS)
 Blues v Crusaders.
 From Eden Park, Auckland.
12:55 LIVE Rugby – Super
 Rugby Stormers v Cheetahs.
 From DHL Newlands, Cape Town. **3:05** LIVE Rugby – Super
 Rugby Bulls v Lions. **5:10** Rugby
 – Super Rugby (HLS) Blues v
 Crusaders. **5:40** World Rugby

TV TWO

6am Wiki The Kiwi ☉ *TV*
6:05 Little Monster ☉ *TV*
6:10 Kune's Kitchen *TV*
6:30 Angry Birds Stella
 When Poppy's gong is destroyed in the attack on the Big Tree, she can no longer play in the band. *TV*
6:40 Miles From Tomorrowland ☉ *TV*
7am The Amazing World Of Gumball ☉ *TV*
7:25 Randy Cunningham – 9th Grade Ninja ☉
 When Randy and Howard's video game contest gets out of hand, the Ninja must save the town from a giant robot. *TV*
7:50 Pokemon XY ☉ *TV*
8:15 Hulk And The Agents Of Smash *TV*
8:40 The Barefoot Bandits *TV*
9:10 Clarence *TV*
9:35 Mighty Med
10am Fresh
10:30 Family Matters
11am The Voice *TV*
Noon The Fosters PGR
1pm Wipeout *TV*
2pm FINAL The Flash *TV*
3pm Melissa And Joey *TV*
3:30 The Neighbours *TV*
4pm Home Free *TV*
5pm America's Funniest Home Videos ☉ *TV*
6pm Betty White's Off Their Rockers *TV*
6:30 The Middle *TV*
7pm MOVIE Ella Enchanted PGR 2004 Family Comedy.
 Anne Hathaway, Hugh Dancy, Cary Elwes, Joanna Lumley. *TV*
8:50 MOVIE The Tourist AO 2010 Drama. An American tourist visiting Italy is seduced by a woman, and becomes ensnared in an international plot involving the Russian Mafia. Johnny Depp, Angelina Jolie. *TV*
10:45 MOVIE The Cable Guy PGR 1996 Comedy.
 Jim Carrey, Matthew Broderick, Leslie Mann. *TV*
SUNDAY
12:30 My Kitchen Rules *TV*
4:45 The Fresh Prince Of Bel Air ☉ *TV* **5:05** Fresh ☉
5:30 It Is Written ☉

SKY SPORT 2

6am Rugby League – NRL (HLS)
 Broncos v Tigers.
 From Suncorp Stadium.
6:30 LIVE Rugby League – Super League Warrington Wolves v Leeds Rhinos.
 From Halliwell Jones Stadium, Warrington.
9:30 Friday Night With Matty Johns
10:30 Rugby League – NRL (HLS)
 Broncos v Tigers.
 From Suncorp Stadium.
11am Rugby League – Super League (HLS) Castleford Tigers v Wigan Warriors.
11:30 Tennis – French Open (HLS)
 Day Six.
12:30 Cycling – Giro D'Italia (RPL)
 Stage 19 – Last Two Hours.
 From Pinerolo to Risoul.
2:30 Golf – European Tour (HLS)
 BMW International Open – Round Two.
3pm Golf Central
3:30 Road To UEFA Euro
4pm Rugby League – Super League (HLS) Warrington Wolves v Leeds Rhinos.
4:30 Rugby League – NRL (HLS)
 Broncos v Tigers.
 From Suncorp Stadium, Brisbane.
5pm LIVE Rugby League – Holden Cup Dragons v Cowboys.
7pm LIVE Rugby League – NSW Cup Illawarra v Wyong.
9pm LIVE Rugby League – NRL
 Dragons v Cowboys.
 From WIN Stadium, Wollongong.
SUNDAY
Midnight LIVE Golf – European
 Tour BMW PGA Championship – Round Three. **4:30** Rugby
 League – NRL (HLS) Broncos v
 Tigers. **5am** Rugby League –
 Super League (HLS) Warrington
 Wolves v Leeds Rhinos.
5:30 Rugby League – NRL (RPL)
 Dragons v Cowboys.

TV THREE

6am Charles Stanley
6:30 Outdoors With Geoff ☉
7am Gone Fishin' ☉
7:30 Infomercials
9:30 The Nation
10:30 Baggage PGR ☉
11am Survivor – Blood v Water ☉
 The two tribes merge, and the winner on Redemption Island returns to the game; to win individual immunity, the castaways play a memory game. *TV*
Noon The Real Housewives Of New Jersey PGR ☉
 The wives get set to ring in the new year by trying fresh approaches to life.
1pm Caught On Camera PGR ☉
 Nick discovers that the Met helicopter, India 99, has cameras so powerful that crimes can be spotted from over 300 metres up. *TV*
2pm Gordon Ramsay's Winter Comfort Food ☉
 Gordon has handpicked seasonal favourites and, with clear, concise menus, presents his guide to winter family food. *TV*
3pm Rachael Ray
4pm Shark Tank ☉ *TV*
5pm Gone Fishin' *TV*
5:30 The Goldbergs ☉ *TV*
6pm NewsHub Live At 6pm
7pm MOVIE The Spiderwick Chronicles PGR ☉ 2008 Drama. A family finds strange things happening when they move into the secluded old house owned by their great, great uncle Arthur Spiderwick. Freddie Highmore, Mary-Louise Parker, Nick Nolte. *TV*
8:45 MOVIE The Sum Of All Fears AO ☉ 2002 Action Thriller. A CIA analyst must thwart the plans of a terrorist faction that threatens a catastrophic conflict between the United States and Russia's newly elected president. Morgan Freeman, Ben Affleck. *TV*
11:10 Blue Bloods AO *TV*
SUNDAY
12:05 Botched Up Bodies AO ☉
1am Infomercials **5am** Hillsong
5:30 Charles Stanley

MOVIES PREMIERE

6:10 Close Up – Denzel Washington PG
 A look at the work of multiple Academy-Award winner Denzel Washington, who won acting awards for his roles in Glory and Training Day.
6:40 The Hunger Games – Mockingjay: Part 1 MV 2014
 Adventure. Katniss is now the symbol of a revolution. Jennifer Lawrence, Josh Hutcherson.
8:40 Taken 3 MVL 2014 Action.
 Liam Neeson, Maggie Grace.
10:30 Close Up – Denzel Washington PG
11am Unfinished Business 16LSC 2015 Comedy. Vince Vaughn, Dave Franco.
12:35 Dark Places 16VLSC 2015 Thriller. Charlize Theron, Nicholas Hoult.
2:35 Project Almanac MLS 2015
 Sci-fi. Jonny Weston, Sofia Black-D'Elia.
4:20 The Walk PGL 2015
 Drama. Joseph Gordon-Levitt, Ben Kingsley.
6:25 Trainwreck 16LSC 2015 Comedy.
 Amy Schumer, Bill Hader.
8:30 Kingsman – The Secret Service 16VL 2014 Action. A troubled street kid is recruited into a secret British spy organisation, where he must prove his mettle to save the world. Colin Firth, Taron Edgerton.
10:40 Focus MVLS 2015 Crime.
 Will Smith, Margot Robbie.
SUNDAY
12:25 The Mule 16VLC 2014 Comedy.
 Hugo Weaving, Angus Sampson.
2:05 Project Almanac MLS 2015
 Sci-fi. Jonny Weston, Sofia Black-D'Elia. **3:50** Trainwreck 16LSC 2015
 Comedy. Amy Schumer, Bill Hader.
5:55 Close Up – Will Smith PG

FOUR

6am Sesame Street ☉
6:55 Emma! ☉ A show featuring yellow Wiggle, Emma.
7am Sticky TV
8:20 Oh No! It's An Alien Invasion ☉ The adventures of a team of children as they fight against aliens who have abducted the world's adults.
8:45 Beyblade – Shogun Steel ☉ A new generation of bladers fights evil.
9:10 Power Rangers – Megaforce ☉
9:35 Infomercials
2pm Sesame Street ☉
2:55 Pingu ☉
3pm Barney And Friends ☉
3:30 Infomercials
4:30 Pukana **5pm** Drake And Josh ☉
 Josh does not know what to think when Mindy declares her love for him.
5:30 Mr Young ☉
6pm Victorious ☉
6:30 Life's Funniest Moments ☉
7pm Million Dollar Listing PGR
 David makes a promise to a client, potentially endangering a listing.
8pm The Biggest Loser ☉
 The contestants take part in a charity challenge to load boxes of food into trucks to help tornado victims in Moore, Oklahoma.
9pm The Biggest Loser ☉
 One contestant is sent home, along with a trainer, and that player's weigh-in is the only one that counts for the week.
9:55 Would I Lie To You? AO ☉ *TV*
10:25 Funny Roots PGR ☉
 Ben Hurley sets off to find his funny roots in his ancestral homeland of Northern Ireland, and learns how his stand-up comedy style may have been shaped by the Irish Troubles. *TV*
10:50 Baggage AO ☉
11:15 Infomercials
5am Infomercials

The Spiderwick Chronicles
 7pm on TV3

MOVIES GREATS

7:10 Alien v Predator MV
 2004 Horror. Lance Henriksen, Sanaa Lathan. **8:50** Legion 16VL 2010 Action. Paul Bettany, Lucas Black. **10:30** South Park – Bigger, Longer And Uncut 16L 1999 Comedy.
11:50 Honey MLSC 2003 Drama. Jessica Alba, Lil' Romeo, Mekhi Phifer.
1:25 Run, Fat Boy, Run ML 2007
 Comedy. Simon Pegg, Hank Azaria, Thandie Newton. **3:05** King Arthur MV 2004 Adventure. Clive Owen, Ioan Gruffudd.
5:10 The Lord Of The Rings – The Return Of The King MV 2003
 Fantasy. Elijah Wood, Ian McKellen, Viggo Mortensen, Liv Tyler.
8:30 Talladega Nights – The Ballad Of Ricky Bobby MSL 2006
 Comedy. A top Nascar driver's lifestyle hits an unexpected speed bump when he is beaten by a flamboyant French F1 driver. Will Ferrell, John C Reilly, Sacha Baron Cohen.
10:20 Hannibal Rising 18V 2007
 Horror. Gaspard Ulliel, Li Gong, Rhys Ifans.
SUNDAY **12:20** Jarhead 16VLS
 2005 Drama. Jake Gyllenhaal, Jamie Foxx, Peter Sarsgaard.
2:20 Honey MLSC 2003 Drama.
 Jessica Alba, Lil' Romeo, Mekhi Phifer. **3:55** Run, Fat Boy, Run ML 2007 Comedy. Simon Pegg, Hank Azaria, Thandie Newton.
5:35 The Lord Of The Rings – The Return Of The King MV 2003
 Fantasy. Elijah Wood, Ian McKellen, Viggo Mortensen, Liv Tyler.

PRIME

6am Home Shopping
11:30 NRL Fulltime The latest round of the NRL Premiership.
Noon The Crowd Goes Wild ☉
 An irreverent daily sports and entertainment show.
2:30 Netball – ANZ Championship Trans-Tasman netball competition.
3:30 Penguin Post Office ☉
 After being buried under snow for the winter, the Port Lockroy Antarctic Post Office reopens; 4000 native Gentoo penguins get reacquainted to their old habitat.
4:30 Fishing And Adventure
 At Mt Maunganui, the boys catch large sharks off the beach before going marlin fishing.
5pm Addicted To Fishing
 Nicky masters the art of freshwater fly fishing.
5:30 Prime News News, sport and weather, with updates through the night.
6pm FINAL Tigers About The House ☉ Giles, Kerri, and Kynan continue their adventures in Sumatra, and farewell their furry feline friends.
7pm Storage Wars
 The buyers visit Orange, and Barry Weiss takes a butler; Jarrod and Brandi find a vintage lamp; Darrel spends the most money he has spent yet on a unit.
7:30 Weekend Murders – Midsomer Murders PGR
 When a killer starts punishing modern-day sinners with ancient torture methods, Barnaby must find him before he once again takes matters into his own hands. *TV*
9:30 Rugby – Super Rugby
 Blues v Crusaders.
11:30 60 Minutes PGR ☉ Current affairs from New Zealand and around the world.
12:30 Home Shopping

Weekend Murders – Midsomer Murders, 7:30pm on Prime

DISCOVERY

6am Auction Kings PG
 Triumph Chopper and Ruby Necklace. **6:30** Mythbusters PG
 Mission Impossible Mask.
7:30 Mythbusters PG
 Running on Water. **8:30** Tribe Alive! PG
 Faith and Ritual. **9:25** Confessions Of The Boston Strangler M
11:15 Treehouse Masters PG
 Bionic Treehouse. **12:10** Bering Sea Gold PG
 Girl Drama. **1:05** Naked And Afraid XL M 40
 Days Sacrifice. **2pm** Through The Wormhole With Morgan Freeman PG
 Is There Life After Death? **2:55** Close Encounters PG
 Saved by Aliens. **3:25** Close Encounters PG
 Highway to Hell. **3:50** Moonshiners M
 Whiskey Burn. **4:45** Alaskan Bush People M
5:40 You Have Been Warned PG
 Killer Builds. **6:35** Bering Sea Gold PG
 Girl Drama. **7:30** Treehouse Masters PG
 The Coolest Treehouse Ever Built. **8:30** Alaska – The Last Frontier M
 New Beginnings. **9:30** Moonshiners M
 Whiskey Burn. **10:30** Auction Hunters
11pm Man Made Marvels PG
 Giant Buddha. **SUNDAY**
Midnight Confessions Of The Boston Strangler M **1:50** River Monsters PG **2:45** Auction Hunters **3:15** Yukon Men M **4:10** River Monsters PG **5:05** Mythbusters PG

MAORI TV

6:30 Pukoro
7am SpongeBob Tarau Porowha
7:30 Tribe
 Music videos with clips from Aotearoa and around the world.
8am Matika ☉
 Manawa/Heart.
8:30 Te Kaea ☉
9am Playlist
9:30 Kai Time On The Road ☉
10am Cam's Kai ☉
10:30 Paki Vault
11am Kawe Korero – Reporters
1:30 The Big Hit
2pm Te Po Mekemeke ☉
2:30 Friday Night Lights PGR
3:30 Te Po Mekemeke ☉
4pm Whawhai
5pm Moko Aotearoa ☉
5:30 Te Kaea
6pm Waka Huija ☉
6:30 MOVIE Astro Boy PGR
 2009 Family Animated. Voices of Freddie Highmore, Nicolas Cage.
8:15 Iti Pounamu PGR
 Ross and Beth.
 Award-winning short film by Hamish Bennett, the story of a farming couple, a sudden upheaval, and an unlikely saviour.
8:30 MOVIE Tomboy AO 2011
 Drama. When a French family with two daughters moves to a new neighbourhood, one of the daughters is mistaken for a boy by the local children, and passes herself off as one. Zoe Heran, Malonn Levana, Sophie Cattani.
10pm Te Kaea ☉
10:30 Whare Taonga
11pm Closedown

RADIO NZ NATIONAL

6:08 Storytime
 Hour of the River, by Joy Cowley; The Man Who Sold the Wind, by David Somerset; Blue Ribbon, by Heather Marshall; Doors, by Joy Cowley; Cross Country, by Pauline Cartwright; Toria and the Sun Girl, by David Somerset.
7:10 Country Life
 Memorable scenes, people, and places in rural New Zealand.
8:10 Saturday Morning With Kim Hill.
12:11 This Way Up With Simon Morton.
2:05 Music 101 With Emma Smith.
5:11 Focus On Politics
5:30 Tagata O Te Moana
6:06 Great Encounters
7:06 Saturday Night With Phil O'Brien.
SUNDAY
12:05 Music After Midnight
12:30 Nga Taonga Korero **1:05** Our Changing World **2:05** Heart And Soul **2:35** Hymns On Sunday **3:05** Grievous Bodily **3:30** Te Waonui A Te Manu **4:30** Science In Action **5:10** Mihipeka – The Early Years **5:45** NZ Society

UKTV

7:30 Would I Lie To You? PG
 Huw Edwards, Sarah Millican, Bradley Walsh, and Josie Lawrence join the regulars.
8am QI M
8:30 QI M
9am QI M
9:30 QI M
10am The Bill M
2:10 Casualty PG
3:05 Prime Suspect 16
4:55 Death In Paradise M
5:55 Lewis M
7:35 Dickensian M
 Recently bereaved Amelia and Arthur Havisham meet for the reading of their father's will.
8:30 Midsomer Murders M
 Barnaby accompanies Joyce on a spa weekend to Swavely Manor where, as he attempts to de-stress, a woman is found dead in the flotation chamber.
10:15 New Tricks M
11:15 8 Out Of 10 Cats M
11:40 The Graham Norton Show M
SUNDAY
12:30 Friday Night Dinner M **12:55** Death In Paradise M **1:55** Friday Night Dinner M **2:20** New Tricks M **3:15** Dickensian M **4:05** Prime Suspect 16

Sunday, May 29, 2016

TV ONE

6am Rural Delivery *☺*
6:25 The Fishing Show – Classic Episodes *☺*
7am Sunday *☺*
7:35 Tagata Pasifika
8am Praise Be
8:30 Attitude *☺*
9am Q+A *☺*
10am Waka Huia
10:30 Marae PGR **☒**
11am Neighbourhood *☺*
11:30 Fair Go *☺*
11:55 **FINAL** Frozen Planet *☺* *☺*
12:55 SPCA Rescue *☺* *☺*
1:25 Coasters *☺* *☺*
1:55 George Clarke's Amazing Spaces *☺*
2:55 **FINAL** Slow Train Through Africa With Griff Rhys Jones *☺*
3:55 Biggest And Baddest *☺*
4:55 All Creatures Great And Stuffed *☺*
6pm One News *☺*
7pm Sunday *☺*
7:45 Mastermind PGR
 Four more contenders take their place in the Mastermind chair. *☺*
8:30 Blindspot AO
 When a shooting occurs on a college campus, the team halts an investigation to look for the shooter. *☺*
9:30 The Family AO
 Claire deals with the emotional ramifications of Willa's scheming; Nina is determined to find out where Adam disappears to every night. *☺*
10:25 The Missing AO *☺* *☺*
11:40 Q+A *☺* *☺*
MONDAY
12:50 Attitude *☺* *☺*
1:20 Emmerdale PGR *☺* *☺*
☺ **3:20** Infomercials
6am Breakfast
9am The Ellen DeGeneres Show *☺*
10am The Chase *☺*
11am Who's Doing The Dishes?
Noon One News *☺*
12:30 Emmerdale AO *☺*
1pm Come Date With Me
 Australia PGR
2pm Hello Campers
3pm Tipping Point
3:55 Te Karere **☒**

SKY SPORT 1

6am Rugby – Super Rugby (RPL)
 Brumbies v Sunwolves.
 From GIO Stadium, Canberra.
8am Rugby – Super Rugby (RPL)
 Blues v Crusaders.
 From Eden Park, Auckland.
10am **LIVE** All Blacks Announcement
11am Rugby – Super Rugby (HLS)
 Blues v Crusaders.
11:30 Rugby – Super Rugby (HLS)
 Dragons v Cowboys.
Noon Rugby – Super Rugby (RPL)
 Bulls v Lions.
 From Loftus Versfeld, Portoria.
2pm Rugby – First XV (RPL) St Andrews College v Marlborough Boys College.
3:30 Motorsport – GP2 Series (RPL) Race One.
 From Monte Carlo, Monaco.
4:30 Motorsport – GP2 Series (RPL) Race Two.
 From Monte Carlo, Monaco.
5:30 Rugby – Super Rugby (HLS)
 Blues v Crusaders.
6pm **LIVE** Rugby – Super Rugby Rebels v Force.
8:10 Rugby League – Super League (HLS) Catalans Dragons v Hull KR.
 From Stade Gilbert Brutus.
8:40 Rugby League – NRL (RPL)
 Dragons v Cowboys.
 From WIN Stadium.
9:10 **LIVE** Motorcycling – Superbikes World Championships Acerbis UK Round. Coverage of race two from Donington Park, Worthington.
MONDAY
3am **LIVE** Motorsport – IndyCar Series Indianapolis 500.
7:30 Cricket – IPL (RPL) Final.
11:30 Squash – PSA (RPL) Dubai World Series Finals.
2pm Rugby – World Women's Sevens Series (RPL)

TV TWO

6am Sooty *☺* *☺*
6:20 Little Monster *☺* *☺*
6:25 Art Attack *☺* *☺*
6:50 Henry Hugglemonster *☺* *☺*
7:10 The Tom And Jerry Show *☺*
☺ **7:35** Get Ace *☺* *☺* **8am** What Now **10am** Jessie *☺*
10:25 The Voice *☺*
Noon Shortland Street Omnibus PGR *☺* *☺*
2:30 The Family Tools PGR
3:05 Trophy Wife PGR *☺*
3:35 Home And Away Omnibus *☺*
6pm Betty White's Off Their Rockers *☺*
6:30 The Middle *☺*
7pm My Kitchen Rules PGR *☺*
8:15 The Simpsons PGR
 Lisa sets out to launch the career of a homeless folk singer; Homer must rescue the cat, which is trapped in the walls of the house. *☺*
8:45 **MOVIE** Need For Speed AO 2014 Action. In a final attempt to save his struggling garage, a blue-collar mechanic partners with a former Nascar driver, a choice he lives to regret. Aaron Paul, Dominic Cooper. *☺*
11:10 **MOVIE** Deliver Us From Evil AO 2014 Horror. Eric Bana, Edgar Ramirez.
MONDAY
1:30 **FINAL** Arrow *☺* **2:15** NY ER AO *☺* **2:40** Infomercials
3:15 Jeremy Kyle PGR *☺* **4:10** It Is Written *☺* **4:40** Switched At Birth PGR *☺* *☺* **5:30** Infomercials
6am Creflo Dollar **6:30** Little Monster *☺* *☺* **6:35** Jake And The Neverland Pirates *☺* *☺* **6:55** The Jungle Bunch – To The Rescue! *☺* *☺* **7:20** Phineas And Ferb *☺* *☺* **7:50** Looped *☺* **8:15** Henry Hugglemonster *☺* *☺* **8:40** Sofia The First *☺* *☺* **9am** Infomercials
10:30 Neighbours *☺*
11am Home And Away *☺* *☺*
11:30 Shortland Street PGR *☺* *☺*
Noon Hot In Cleveland PGR *☺* *☺*
12:30 Jeremy Kyle
1:30 Judge Rinder PGR
2:30 The Ellen DeGeneres Show *☺*
3:30 Leon *☺*
3:35 Miraculous – Tales Of Ladybug And Cat Noir *☺*

SKY SPORT 2

7:30 Cricket – IPL (HLS) Qualifier Two. **8am** **LIVE** Athletics – IAAF Diamond League Eugene.
10am Cricket – International (HLS) England v Sri Lanka – Second Test, Day Two.
10:30 Golf – PGA European Tour (HLS) BMW International Open – Round Three. **11am** Sky Sport News NZ **11:30** Tennis – French Open (HLS) Day Seven. **12:30** Sky Sports UK News **1pm** Sky Sport News NZ **1:30** Sunday Footy Show **3:30** Golf World **4pm** Golf – PGA European Tour (HLS) BMW International Open – Round Three. **4:30** Rugby League – Super League (HLS) Catalans Dragons v Hull Kr.
5pm Rugby League – NRL (RPL) Raiders v Bulldogs. **8pm** The After Match **8:30** Rugby Nation
9:30 Rugby – Super Rugby (HLS) Blues v Crusaders. **10pm** Netball – ANZ Championship (RPL) Steel v Mystics. **11:30** Rugby – Super Rugby (RPL) Rebels v Force.
MONDAY
1:30 Fox Sports News
2:15 **LIVE** Cricket – IPL Final.
6:30 Rugby League – NRL (HLS) Raiders v Bulldogs. **7am** The After Match **7:30** Netball – ANZ Championship (HLS) Steel v Mystics. **8am** **LIVE** BMX – UCI World Championships
10:30 Golf – PGA European Tour BMW International Open – Round Four. **11am** Tennis – French Open Day Eight. **Noon** Fox Sports News **12:30** Sky Sports UK News **1pm** Cycling – Giro D'Italia Stage 21. **1:30** Golf – PGA European Tour BMW International Open – Round Four. **2pm** Golf Central **3pm** Football League Championship (RPL) Final – Hull City v Sheffield Wednesday.

TV THREE

6am Life TV
6:30 Brian Houston
7am Charles Stanley
8am Universal Church Of The Kingdom Of God
8:30 Turning Point
9am R&R
 Robert Rakete presents discussions focusing on lifestyle matters and popular culture.
9:30 The Hui *☺*
10am The Nation *☺*
11:05 Big Angry Fish *☺*
 It is Nathan's day to be in charge of the fishing, so Milan must follow orders.
11:55 Entertainment Tonight Weekend
1pm Motorsport – Monster Jam
2pm Motorsport – Car Culture
2:30 Motorsport – D1NZ Round Five – Part Two.
3pm Motorsport – MotoGP Round Six.
4pm Motorsport – World Rally Championship Round Five.
5pm Ice Road Truckers PGR *☺* *☺*
6pm NewsHub Live At 6pm
7pm **NEW** The Block New Zealand – Girls v Boys PGR
 Four teams arrive in Meadowbank where, preparing themselves for an elimination challenge, they soon discover they are getting straight into action. *☺*
8:30 **MOVIE** Noah AO 2014 Action Adventure. A man is chosen by his world's creator to undertake a momentous mission before an apocalyptic flood cleanses the world. Russell Crowe, Jennifer Connelly, Anthony Hopkins, Emma Watson. *☺*
11:05 Westside AO *☺* *☺*
MONDAY
12:05 Infomercials **5:30** Brian Houston @ Hillsong TV *☺*
6am Paul Henry
9am The Café
10am Infomercials
11:25 Family Feud *☺* *☺*
Noon NewsHub Midday
12:30 Dr Phil AO
1:30 **MOVIE** Missing At 17 PGR 2013 Drama. Ayla Kell, Tricia O'Kelley, Ben Gavin.
3:25 Rachael Ray

MOVIES PREMIERE

6:25 The Walk PGL 2015 Drama. Joseph Gordon-Levitt, Ben Kingsley.
8:25 Focus MVLS 2015 Crime. Will Smith, Margot Robbie.
10:10 Close Up – Will Smith PG
10:40 Kingsman – The Secret Service 16VL 2014 Action. Colin Firth, Taron Edgerton.
12:45 Trainwreck 16LSC 2015 Comedy. Amy Schumer, Bill Hader.
2:50 Serena MVS 2014 Drama. Jennifer Lawrence, Bradley Cooper.
4:40 The Captive 16VLC 2014 Thriller. Ryan Reynolds, Mireille Enos.
6:30 Self/Less MVL 2015 Sci-fi. Ryan Reynolds, Ben Kingsley.
8:30 Fantastic Four MV 2015 Action. Following an expedition to another dimension, four outsiders are given super powers they must learn to harness. Kate Mara, Michael B. Jordan.
10:15 Amy MLC 2015 Documentary. Amy Winehouse, Mark Ronson.
MONDAY
12:20 Glass Chin 16VLS 2014 Thriller. Corey Stoll, Billy Crudup.
1:45 Adventures Of A Pizza Guy 16VLS 2014 Comedy. Roddy Piper.
3:10 Self/Less MVL 2015 Sci-fi. Ryan Reynolds, Ben Kingsley.
5:05 Amy MLC 2015 Documentary. Amy Winehouse, Mark Ronson.
7:10 Fantastic Four MV 2015 Action. Kate Mara, Michael B. Jordan.
8:50 The Captive 16VLC 2014 Thriller. Ryan Reynolds, Mireille Enos.
10:40 Adventures Of A Pizza Guy 16VLS 2014 Comedy. Roddy Piper.
12:05 Self/Less MVL 2015 Sci-fi. Ryan Reynolds, Ben Kingsley.
2pm Fantastic Four MV 2015 Action. Kate Mara, Michael B. Jordan.
3:40 Glass Chin 16VLS 2014 Thriller. Corey Stoll, Billy Crudup.

FOUR

6am Sesame Street *☺*
6:55 Emma! *☺*
7am Strawberry Shortcake *☺*
7:20 Wonder Pets *☺*
7:45 Ready, Steady, Wiggles *☺*
7:55 Bob The Builder *☺*
8:05 Fireman Sam *☺* *☺* **8:15** The Winx Club *☺* **8:40** Julius Jr *☺* **9:05** Thomas And Friends
9:15 Ben And Holly's Little Kingdom *☺* **9:25** Sticky TV Omnibus **Noon** Infomercials
2pm Sesame Street *☺*
2:55 Pingu *☺*
3pm Barney And Friends *☺*
3:30 Infomercials
4:30 Pukana **☒**
5pm Teenage Mutant Ninja Turtles *☺*
6pm Victorious *☺*
6:30 **MOVIE** Free Willy 2 – The Adventure Home PGR *☺* 1995 Family. Jason James Richter, Francis Capra Elvis, Mary Kate Schellhardt. *☺*
8:30 **MOVIE** Bring It On Again AO *☺* 2004 Comedy. New students leave their college team to form their own squad of misfits and outcasts. Anne Judson-Yager, Bree Turner, Faune Chambers.
10:30 Entertainment Tonight Weekend
11:25 Infomercials
MONDAY
5am Infomercials **6am** Sesame Street *☺* **6:55** Emma! *☺*
7am Sticky TV *☺* **7:30** Max Steel *☺* **7:50** Power Rangers – Super Megaforce *☺* **8:15** Chuggington *☺* **8:25** Hi-5 House *☺*
8:50 Emma! *☺* **8:55** Peppa Pig *☺* **9am** Fireman Sam *☺* *☺* **9:10** Thomas And Friends *☺* **9:20** Bob The Builder *☺*
9:30 Barney And Friends *☺*
9:55 Ready, Steady, Wiggles *☺*
10:05 Infomercials
2pm Sesame Street *☺*
2:55 Pingu *☺*
3pm Sticky TV

Need For Speed
 8:45pm on TV2

MOVIES GREATS

8:50 Talladega Nights – The Ballad Of Ricky Bobby MLS 2006 Comedy. Will Ferrell, John C Reilly, Sacha Baron Cohen.
10:35 Honey MLC 2003 Drama. Jessica Alba, Lil' Romeo, Mekhi Phifer. **12:10** Die Hard MVL 1988 Action. Bruce Willis, Alan Rickman, Bonnie Bedelia.
2:20 Die Hard 2 MVL 1990 Action. Bruce Willis, Dennis Franz, Bonnie Bedelia. **4:20** Die Hard – With A Vengeance MVL 1995 Action. Bruce Willis, Jeremy Irons.
6:25 Julie And Julia PGL 2009 Comedy. Meryl Streep, Amy Adams.
8:30 King Kong MV 2005 Adventure. Naomi Watts, Jack Black, Adrian Brodie.
11:35 Fracture MVLS 2007 Crime. Anthony Hopkins, Ryan Gosling, Cliff Curtis. **MONDAY**
1:25 The Sweetest Thing 16LS 2002 Romantic Comedy. Cameron Diaz, Christina Applegate, Selma Blair. **2:50** Die Hard MVL 1988 Action. Bruce Willis, Alan Rickman, Bonnie Bedelia.
5am Die Hard 2 MVL 1990 Action. Bruce Willis, Dennis Franz, Bonnie Bedelia. **7am** King Kong MV 2005 Adventure. Naomi Watts, Jack Black, Adrian Brodie.
10:05 Fracture MVLS 2007 Crime. Anthony Hopkins, Ryan Gosling, Cliff Curtis. **11:55** The Sweetest Thing 16LS 2002 Romantic Comedy. Cameron Diaz, Christina Applegate, Selma Blair.
1:20 Shattered Glass ML 2003 Drama. **2:55** The Young Victoria PGV 2009 Drama.

PRIME

6am Religious Programming
10:30 Sport Box
 The best of the past week's sports from New Zealand and around the world.
Noon Mythbusters PGR *☺*
 The team investigates household disasters.
1pm Pickpocket, And Proud PGR *☺*
 Rob Nightingale has been a pickpocket for five years, and is proud of it, pursuing the easiest targets to snatch wallets, bags, phones, and anything he can get his hands on.
2pm Shearing Gang PGR *☺*
 Pete has sent in a gang of gun shearers for the first of many jobs for the Italian high-fashion market, but when a back injury flares, one shearer is left facing his worst nightmare.
2:30 Grassroots Rugby
3:30 Bondi Rescue PGR *☺*
4pm Animal Airport *☺*
4:30 Rugby Nation
5:30 Prime News
6pm Life Force
7pm Top Gear PGR
7pm Storage Wars PGR
9:35 Elementary PGR
 Holmes and Watson investigate when it seems a murdered woman's wealth is to be left to her dog; Watson runs into Captain Gregson and his secret girlfriend.
10:35 Ross Kemp – Extreme Worlds AO *☺*
11:35 Top Gear USA AO *☺*
MONDAY
12:30 Home Shopping *☺*
8:30 Hot Bench *☺*
9am The Crowd Goes Wild *☺*
9:30 Home Shopping
Noon The Doctors PGR
12:55 Death In Paradise PGR *☺*
2pm The Tonight Show Starring Jimmy Fallon PGR *☺*
3pm The Crowd Goes Wild *☺*
3:30 Shearing Gang PGR *☺*

The Block New Zealand – Girls v Boys, 7pm on TV3

DISCOVERY

6am Auction Kings PG Love Meter; Knights Templar Sword.
6:30 Mythbusters PG Blow Your Own Sail. **7:30** Mythbusters PG
8:30 Bering Sea Gold PG
9:25 Treehouse Masters PG
10:20 Alaska – The Last Frontier M **11:15** You Have Been Warned PG **12:10** Mythbusters PG
1:05 The Dark Side Of The Ocean M **2pm** Alaskan Bush People M **6:35** Alaska – The Last Frontier M **7:30** The Cave PG **8:30** Uncovering Aliens PG **9:30** Through The Wormhole With Morgan Freeman PG
10:30 Tribe Alive! PG
11:30 Mythbusters PG
MONDAY
12:30 You Have Been Warned PG
1:25 River Monsters PG
2:20 Auction Hunters PG
2:45 Auction Kings PG **3:15** River Monsters PG **4:10** Yukon Men M **5:05** Mythbusters PG
6am Auction Kings PG
6:30 Deadliest Catch PG
7:30 Deadliest Catch PG
8:30 Tribe Alive! PG
9:25 Through The Wormhole With Morgan Freeman PG
10:20 Uncovering Aliens PG
11:15 True Crime With Aphrodite Jones M **12:10** Fatal Encounters M **1:05** Web Of Lies M **2pm** How It's Made PG **2:25** How It's Made PG **2:55** How Do They Do It? PG **3:20** Auction Hunters PG
3:50 Deadliest Catch PG

MAORI TV

10am Sidewalk Karaoke PGR *☺*
10:30 Media Taka *☺*
11am Native Affairs *☺*
11:30 Te Araroa Tales From The Trails *☺*
12:30 Play PGR
1:30 Waka Ama Sprint Nationals *☺*
2:30 Poutukohu – Nga Kura Tuarua *☺*
3:30 Rugby – French Top 14
5:30 Te Kaea **☒**
6pm **NEW** Huia Rau Documentary series providing a fresh look at the Maori language.
7pm The Laughing Samoans
7:30 Rugby League – NRL (HLS) St George Illawarra Dragons v North Queensland Cowboys.
8:30 **MOVIE** All About My Mother AO 2000 Comedy Drama. A mother who has recently lost her son in a car accident sets out to find the boy's father and tell him about the son he never knew. Cecilia Roth, Penélope Cruz.
10:25 Te Kaea *☺* **☒**
10:55 Korua *☺*
11:25 Closedown
MONDAY
6:30 Pukoro **☒**
7:30 Kia Mau!
8am Miharo **☒** **8:30** Te Kaea *☺* **☒** **9am** Kawe Korero – Reporters
9:30 Kai Time On The Road *☺*
10am Korero Mai *☺* **☒**
11am Toku Reo *☺* **☒**
Noon Korero Mai *☺* **☒**
1pm Toku Reo *☺* **☒**
2pm Ako *☺* **☒**
3pm Tagata Pasifika
3:30 Rugby League – NRL St George Illawarra Dragons v North Queensland Cowboys.

RADIO NZ NATIONAL

6:08 Storytime **7:10** Sunday Morning **7:43** The Week In Parliament **8:10** Insight
9:06 Mediawatch **12:11** Spectrum – Kiviharvest **12:37** Standing Room Only **3:04** Drama At Three Nights at the Majestic Cabaret.
4:06 The Sunday Feature Gene Genie – Genetics and Disease.
5pm The World At Five
5:11 Heart And Soul **5:40** Te Waonui A Te Manu Korihi **6:06** Te Ahi Kaa **6:40** Voices **7:05** The Ted Radio Hour **8:06** Sunday Night With Grant Walker.
10:12 Mediawatch
10:45 The Week In Parliament
11:04 The Retro Cocktail Hour
MONDAY
12:05 Music After Midnight
12:30 At The Movies **1:05** Te Ahi Kaa **2:30** New Zealand Music Feature **3:05** Grievous Bodily **3:30** Science **5:10** To The Max **6am** Morning Report **9:06** Nine To Noon With Kathryn Ryan.
10:45 The Reading – Fitz: The Colonial Adventures Of James Edward Fitzgerald By Jenifer Roberts. **Noon** Midday Report
1:06 Jesse Mulligan

UKTV

6am Midsomer Murders M **7:45** EastEnders PG
9:45 Heartbeat M **10:35** Peaky Blinders **11:35** The Graham Norton Show M **12:30** Inspector Morse M **2:30** Midsomer Murders M **4:10** New Tricks M
5:10 Heartbeat M
6:05 Father Brown M
7pm Keeping Up Appearances PG
7:30 Casualty PG
8:30 Prime Suspect 16
10:30 Death In Paradise M
11:25 The Graham Norton Show M
MONDAY **12:20** Friday Night Dinner M **12:45** Heartbeat M
1:35 Casualty PG **2:25** Would I Lie To You? PG **2:55** Doc Martin M **3:45** Prime Suspect 16 **5:30** Midsomer Murders M **7:10** Would I Lie To You? PG **7:40** 'Allo 'Allo! PG
8:05 Absolutely Fabulous M
8:35 The Bill M **9:25** Midsomer Murders M **11am** 'Allo 'Allo! PG
11:25 Absolutely Fabulous M **11:55** Critical 16 **12:45** The Bill M **1:35** New Tricks M
2:30 Midsomer Murders M

Sport

Strait crossing for education charity

SVEN HERSELMAN

One is an experienced adventure racer while the other is a total novice, but together they hope to conquer Cook Strait in kayaks.

The two Marlborough men, Zane Charman and Grant Boyd, are planning on crossing the precarious stretch of water to raise money for the Graeme Dingle Foundation.

They are aiming to tackle the crossing during favourable weather in September, but there is a lot of training to be done first. They had their first go on the water together on Wednesday.

"This morning I learned how to get into a kayak, so I am quite happy with that as a starting point," Zane says.

The irony is it was Zane's idea after Graeme Dingle Foundation regional manager Kelvin Watt

asked for a fundraiser idea.

"I said maybe we should do something on a mountainbike but that seemed a bit lame," Zane says.

"The next day at coffee I was mouthing off about doing a Cook Strait crossing and Grant was like 'yep, we are doing that'."

The foundation offers a range of youth-focused programmes around the country, with the Marlborough branch delivering the Kiwi Can programme to 700 pupils in six schools from Kaikoura to the Marlborough Sounds.

"It's a great programme to support," Grant says. For him the crossing will be another addition to his list of achievements, which include multiple Coast to Coast races.

The pair will also have the help of top Marlborough adventure

racer Dan Moore, who was part of the winning GODZone team this year.

"Dan has done the crossing before and he came on board to offer his experience to help the guys with their training and preparation," Kelvin says.

Anakiwa company Sea Kayak Adventures have also pledged their support with the use of a double kayak for the crossing as well as two single kayaks for Zane and Grant to use for training.

The team will start the crossing near Cape Terawhiti, south of Wellington. "The main part of the crossing is the strait so we will see how we feel after that before we decide if we will paddle the rest of the way to Picton," Grant says.

They hope to raise \$20,000 through corporate sponsorship and individual sponsorship through Givealittle.co.nz

Marlborough men Grant Boyd, left, and Zane Charman will kayak across Cook Strait to raise money for charity.

PHOTO: SVEN HERSELMAN/FAIRFAX NZ

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