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## February 27, 2017

## Woman's Day this week

## On the cover

- 2 Grammys special Star gossip and glam gowns
- 12 Royal allies Meghan and Kate's secret pact The scandal that brought them closer
- 16 Bespoke babies George and Amal's made-to-order twins
- 18 Exclusive photos Rachel's hot date with hunk from Game of Thrones!
- 26 Cute new couple! Dakota and Jake's Shady romance
- 38 Kiwi rescue Heroes of the whale tragedy

## **Features**

- 22 Jealous Julia Why she wants Kate to back off
- 24 Couples update Pam's dates in exile, Tom woos Priscilla, Kanye can't remember Kim and Ed's sharing his wedding plans



- 28 Sexy comeback Kim Basinger's return to form at 63
- **30 You're kidding!** The Project's trio put their spin on daily news
- 32 Royal heartbreak The untimely demise of socialite Tara Palmer-Tomkinson
- 34 Wheelie romantic Olympian's big day
- 36 Soul-searching star How Vanessa found herself in NZ
- 40 Real-life stories Andrea's family secret, a mum's fight to get her son back, and a blogger's curvaceous crusade
- 95 A-list gossip

## Inspire

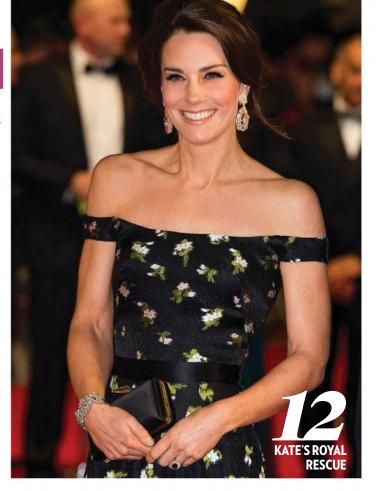
- 48 Fashion
- 52 Beauty
- **75** Travel
- **76** A date with Sarah-Kate; Kate's home truths
- 77 Ask Polly
- 78 Be Entertained!
- 92 Talk of the day
- 93 Your stars

## Food

- 62 One-bowl wonders
- 68 Mallow out
- 71 Cut out & keep

## Puzzles

86 WIN CASH! Starburst. Code cracker, Sudoku, Wordfind, Who am I?, Brainbusters, Spot the difference, Cryptic, Big crossword, Superstar crossword











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n this week's Woman's Day, we have loads of lovely star stories from overseas - why Duchess Kate has taken Meghan Markle under her wing, how the Clooneys really came to conceive a boy and a girl, Dakota Johnson's new liaison with Jake Gyllenhaal, and the gossip from the Grammys to name a few faves.

But here in the Woman's Day office, the truth is our hearts are much closer to home right now. As wildfire ignites the hillsides of Christchurch leaving scorched earth and devastation in its path, our thoughts are with the people of Canterbury – the thousands of evacuees, hundreds of firefighters, armed forces, volunteers and mates who are battling the blaze to keep our families safe.

To watch good keen Kiwi folk weep as they see their family homes burnt to the ground is heartwrenching. One bloke, Simon Grace - whose family had already endured the devastating earthquakes and now the loss of their house in the fires - summed it up when he said, "Just when you think it's all done [in Christchurch], something comes and kicks you in the guts again.'

As we went to print, the hills of Christchurch were still glowing red and there were so many unanswered questions about what we were seeing. Only time will tell the truth. But what we do know for sure is that New Zealanders are resilient - and none more so

than the people of Christchurch. We are Kiwi battlers and the unity we show at the toughest of times will get us through this.

Another story that brought tears this week was the mass whale stranding on Farewell Spit. The sight of more than 400 whales lying on the beach was unbelievably tragic. What was heartening was that almost 1000 everyday folk came together, working through the day and night to try to rescue these beautiful creatures. It was moving to see people pouring water and placing soaked towels over the whales – using instinct and kindness to soothe them as best they could. Watching strangers form a human chain to guide the whales out to sea was a sight to behold.

So often in times of crisis, we are at the mercy of Mother Nature and we can't control the tides or the way the wind blows, but we can determine our community spirit. And we Kiwis are known for refusing to give up in times of adversity. This week, our thoughts are with those whose hearts are broken right now. Kia kaha.

SIDO KITCHIN **EDITOR-IN-CHIEF, WOMAN'S DAY** 



on your iPad



wine with our driest meat."



The duchess takes Harry's lady under her wing

hen a young Kate Middleton joined the royal fold as Prince William's girlfriend all those years ago, she often found herself isolated and afraid as she navigated her unfamiliar new world. So it's no surprise that the kind-hearted royal has taken Prince Harry's girlfriend Meghan Markle under her wing, promising her brother-in-law that she will do all she can to help the Suits actress deal with the formalities, constraints and traditions of palace life.

"From the moment Kate and Meghan met, it was like they'd been friends for years," reveals a palace insider, speaking exclusively to Woman's Day. "Kate knows she's the best person to show Meghan the ropes and warn her of potential pitfalls. After all, she's been through it all herself."

Our insider says that Kate has been spending many happy hours with Los Angeles-born, Toronto-based Meghan, talking her through the etiquette required when around the royal family and sharing tips for dealing with the intense public scrutiny. Despite their different backgrounds, the two women, both 35, have formed a close bond and Meghan has told friends that she would be lost



without the duchess' support.

"Kate knows it can be tough - she and William were almost defeated by it," admits our insider. "All the protocol is bad enough, but you have to worry about the backbiting and sniping that goes on inside the palace. Not to mention the vicious comments people make about you on the internet. Kate admits she was totally unprepared to have every aspect of her life go under the microscope and she wants to make sure Meghan is armed and ready."

And there's no-one more grateful for Kate's support than 32-year-old Harry, who has admitted in the past that introducing a love interest into his unusual existence is no small undertaking. He once said, "If or when I do find a girlfriend, I will do my utmost to ensure we get to the point where we are actually comfortable with each other before the massive

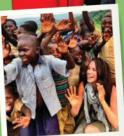




## **PEAS IN A POD**

Kate and Meghan – they're so similar! And it's not just their flawless brunette locks and slim physiques that they have in common ...

Whatever the duchess wears, it usually sells wears, it usually sells out within hours, while the actress blogs about fashion and has her own clothing line in Lanadian store Reitmans.



The royal beauty supports a range of charities focused on children, art and sports – and the Suits babe is an ambassador for World Vision Canada.



s well as watching As well as watching what they eat, both ladies love Pilates and yoga, although the US star's favourite workout is a 10km run.



Kate had a secret meeting with Brad Pitt and Angelina Jolie, while Meghan counts Serena Williams and Priyanka Chopra among her mates.



TO THEIR MUMS!
Carole Middleton
has a big influence
on her daughter's
family and Meghan
regularly attends
yoga classes
with her mother
Doria Radlan.



caught in a drug-dealing scandal, while the actress' half-brother Thomas Markle Jr was arrested on gun charges.



Kate's English ker spaniel Lupe companion, and Meghan dotes on her rescue dogs Bogart and Guy.











the biggest role of her life living happily ever after as a royal princess."

Kate has no doubt that Meghan will make the perfect wife for Harry. "Deep down, she always suspected Harry would fall in love with an American girl," says the insider. "He has always loved travelling to the States, and would come back raving about how women over there are so well put-together and beautiful - he found their accents and confidence a real turn-on."

While Kate – who is mother to Prince George, three, and Princess Charlotte, one happily admits she doesn't have a lot of spare time for extra projects, she's thrilled to help Meghan adapt to royal life, especially because of her close relationship with her brother-in-law. We're told Kate - who supported Harry through his failed relationships with Cressida Bonas and Chelsy Davy - has never seen the prince with such a spring in his step.

"Kate knows just how desperate Harry has been to find Miss Right and have a

says. "So she's determined to do all she can to give their romance every chance."

<sup>6</sup>Kate knows

As Kate well knows, nothing can ever truly prepare you for dating a prince. Life in the royal fishbowl was daunting for the duchess, who struggled with strict protocol and constant scrutiny in those early days.



Thankfully, William, 34, was very protective of his future wife as he was incredibly aware of how his late mother, Princess Diana, had struggled to cope as part of the Windsor clan. And while Kate has no doubt that besotted Harry will be just as attentive, she plans to be available 24/7 to give Meghan an extra layer of support.

Her friendship was invaluable last month, when Meghan's half-brother Thomas Markle Jr, 50, got arrested on gun charges, which set alarm bells ringing at the palace. Because of her previous failed marriage, Meghan was already out of favour with some of the Queen's most senior advisors and she feared the scandal had





ruined her chances with Harry for good. But Kate rushed to the rescue.

Our insider tells, "Meghan knows that she is from a very un-aristocratic background and she dreaded something like this happening. But when she called Kate and poured her heart out about how humiliated she felt, the duchess couldn't have been more supportive. Kate told her not to get upset and said she needed to abide by the famous royal motto of 'keep calm and carry on'."

Since then, the two brunette beauties have been constantly texting and calling each other, and later this month, Meghan and Harry will enjoy some quality family time with Kate, William and their two adorable children at their country estate Anmer Hall.

"Ever since Kate married William, she would often complain how she can't attend events with her old pals from before she was a royal," says our insider. "Well, now she thinks she has a new BFF in Meghan - and she can't wait for her to settle down with Harry in London for good." Kate begs Wills WANT A BABY!

arry and Meghan might be on cloud nine, but tension is building at Kensington Palace as Kate and William butt heads over when to starting trying for baby number three.

According to courtiers, desperate to add to their brood while her husband insists they should wait – and the disagreement has led to a series of tense discussions between the couple.

time she's 38, so she's told William that they need to get cracking after her sister Pippa's May wedding," a well-placed source reveals. But the prince argues that their royal schedules have only just been stepped up to make up for the Queen scaling down her duties, so he wants to wait at least six months while they

"Kate insists she's ready for the challenge, but William is



worried the stress of another child will be too much for them to juggle," adds our insider. "He is going to need more talking round before he gets on board."





who has been forced to delay her highly anticipated nuptials amid rows over urgent renovations needed at Kensington Palace.

The Queen's granddaughter, 26, was hoping to move into the palace's Ivy Cottage before marrying rumoured fiancé, wine merchant Jack Brooksbank, 29, but mould has been discovered in the three-bedroom home - which will cost thousands to treat and

"Eugenie's family doesn't want to pay for the repairs because they don't own the building," a royal insider says. "At the moment, it's a standoff and the whole thing is in limbo, but something will have to give soon if Eugenie and Jack are to move in quickly.

"The princess is obviously upset as she was hoping to be making wedding plans by now. She was looking forward to moving in and creating a warm and welcoming home.'

## Double happy! GEORGE & AMAL'S DESIGNER BABIES

## The clucky couple leave nothing to chance

aving both a son and a daughter is the perfect fairtyale ending for George and Amal Clooney's struggle to start a family - and it didn't happen by accident!

Sources close to the excited couple tell Woman's Day the pigeon-pair twins, who are expected to arrive in June, are the result of careful gender

selection during expensive fertility treatment.

"Unless something totally unexpected happens, this will be the first and only time Amal gets pregnant," a close friend of the high-flying lawyer tells us. "They were trying for months to conceive before they decided to have IVF.

"Because of their ages, it was very much part of the plan to have twins, and get their family

over and done with in one go - and doctors said the A-list pair could choose the sex of their babies too if they wanted. The temptation was too much to resist!"

Now George, 55, and Amal, 39, are busy preparing three nurseries for the twins - one in their \$17 million British countryside mansion, another in George's \$4 million Los Angeles property and a third in their new \$20 million palatial penthouse in New York, which is likely to be the family's main home as it's close to the United Nations Headquarters, where Amal will be spending a lot of her time.

## Super-nannies!

As Woman's Day previously revealed, the human rights lawyer wants George to be a stay-at-home dad while she resumes her career. "But they will be employing two nannies and have already started the interview process," the friend reveals.

'They are looking for highly intelligent, multilingual childcare professionals who can keep the children stimulated and also help to educate them.

"Both George and Amal are very determined that the twins will attend all the best schools and forge careers away from Hollywood. And they are keen to start them on that path from the moment they are born.

"George says he wants to be a very hands-on dad, but he's 56 in a couple of months and has a bad back, so they both know that there is only so much running around after the kids he'll be able to do."

However, the *Monuments* Men actor - whose fortune is estimated at \$350 million - will make up for that by giving his twins the best that money can buy. Already, he and Amal have picked out \$4200 prams from Silver Cross, the royal family's favourite brand; gold-panelled AFK Cherubini bassinets, valued at \$6000 each; and a Gucci changing bag that costs more than \$1700.

However, George and Amal also want to bring their children up with family traditions, with Beirut-born Amal telling friends she's excited about bathing the twins in an old ceramic bucket she got from her great-grandmother. Then there are the twins' monikers, with Nicholas and Rosemary, the names of George's father and singer aunt, already on the list and likely to at least be middle names.





The Clooney twins will want for nothing when they finally make their grand entrance







at a crowded little place called Apéro and stayed until after midnight, and then they weaved their way through a crowd of drunks outside the nightclubs to a new bar called the Love Bucket.

"They were perched on bar stools but must have been very comfortable because even after all the other customers had left and the barman locked the doors, they stayed behind."

And later, as the K Road nightlife wound down, Joe, 39, whisked the *Tour of Beauty* presenter back to Newton, near Auckland's CBD, where





he owns and operates Ludus Magnus gym.

A former professional rugby player, Joe has spent plenty of time in Rachel's adopted hometown of Los Angeles since catching the acting bug like his older brother, former Shortland Street star Rene.

Joe's big break came when he was picked to star as warlord Khal Moro in last year's sixth season of Game of Thrones, but he still bases himself in Auckland, close to his two children from his 2003 marriage to ex Claire Smith.

Mum-of-two Rachel - who's been single since 2009, when ice-hockey star Jarret Stoll broke off their engagement just before their wedding - has made no secret of the fact she is "very open to the idea of meeting someone", as she said in 2015.

But for now, her attention is firmly on her adored artist mother Janeen Phillips as she

courageously battles cancer.

Rachel and her sister Jacqui, who are both based in LA, came home for Christmas for the first time in 28 years to spend time with Janeen and stayed for most of January. Rachel posted an Instagram picture of the three of them beside a Christmas tree at Janeen's

Birkenhead home, writing, "Beautiful to be home for Christmas with our Mum. She has been courageous this year." And she added the hashtag  $\#f^{***}$  cancer.

Rachel returned to Auckland alone as Janeen faced more gruelling hospital treatment and within hours of her night out with Joe, she was back at

her mother's bedside, posting another shot of her delivering a huge bouquet, alongside the caption "With my Queen".

"It's a very serious situation but Rachel is doing all she can and Jacqui is on her way back as well," an insider tells us. "They've both spent so much of their lives away, but they're here when they're needed."





Rachel's Kiwi album is a mix of touching tributes to her sick mum Janeen (left) and carefree shots.







## Julia STA FRO

## The claws are out for his affection!

sk any one of
Brad Pitt's friends
what they think
of his relationship
with actress Kate
Hudson and they'll tell
you they couldn't be more
thrilled. After his bitter
split from Angelina Jolie last
September, the handsome
star has found happiness
and the confidence to move
on thanks to his new love.

But while most of his mates are delighted to see Brad in the arms of a woman who adores him and showers him with support, there's one person – a Hollywood heavyweight and one of the actor's oldest confidantes – who is far from impressed.

Oscar winner Julia Roberts is said to be seething that 37-year-old Kate has won Brad's heart so quickly. The *Pretty Woman* star, 49, has been close to Brad for years, but insiders say she's always hoped the pair might one day be more than friends.

It comes as Julia's own marriage to her cameraman husband Danny Moder, 48, is thought to be at breaking point, with reports suggesting Julia was consulting divorce lawyers just last month.

"Julia is furious that Kate has waltzed in and snatched Brad up," one insider reveals. "She doesn't think Kate is

# Slams Kate YAWAY MBRAD!

good enough for Brad – and there's even a part of her that wants him for herself."

Indeed, it was Julia who rushed to 53-year-old Brad's side when Angelina, 41, blindsided him with divorce and ignited a bitter custody battle for the couple's six children, Maddox, 15, Pax, 13, Zahara, 12, Shiloh, 10, and eight-year-old twins Vivienne and Knox.

"Brad poured out his heart to Julia," our source says. "He knew she'd be there for him and, as predicted, she dropped everything to be by his side."

After nearly two months in hiding following his split, Brad needed support when he stepped out for the first time in November and, once again, it was loyal and loving Julia who was there to help him through the hard times.

There were rumours the pair may have taken their friendship to the next level, but they were quickly put to bed when Brad's steamy relationship with Kate – a mum to sons Ryder, 13, and Bingham, five – was made public soon afterwards.

Much to Julia's dismay,
Brad's newfound romance
wasn't just a fling and we're
told it's now full steam ahead
for the hot couple. In January,
friends revealed Brad was
moving in to the *Barely*Famous actress' Los Angeles
home after meeting her mum
Goldie Hawn, 71.

"They both share the same low-key vibe," a mutual pal of the happy couple tells. "Brad looks better than he has done

in years and it's all thanks to Kate."

But Julia – who is mum to Henry, nine, and 12-year-old twins Phinnaeus and Hazel – still holds hope that Brad might change his mind.

"Julia has always adored Brad and she sees him as someone who could take the place of Danny if they do end up splitting," another friend says, adding that the actress now believes her 14-year marriage is beyond repair. "The only thing that's been keeping her and Danny together is their kids, but even that isn't working any more.

"Julia has been trying to poison Brad's mind about Kate and has been saying how she likes to flirt with one man after the next. Even if she can't have Brad for herself, Julia would hate to see him get hurt and she fears he's making the wrong choice by moving on so quickly."



Julia was there for a gaunt-looking Brad at his first appearance since his messy split from Ange.

Julia's marriage has been on the rocks for some time.

## Reinventing ANGE

he was one of the few stars who didn't have a publicist. "I had one once, years ago – I didn't like it," Angelina Jolie said in 2014.

But it appears she's had a change of heart since opinion turned against her in her divorce and custody battle with Brad Pitt.

Angelina has rehired

spin doctor Geyer
Kosinski, who she fired
in 2013, and brought on
board Washington DC
crisis specialist Judy
Smith. She's also being
assisted by Chloe Dalton
and Lady Arminka Helic,
who were advisors to
the UK's former foreign
secretary William Hague,
although those in her
inner circle insist they're
simply helping to
promote her film First

They Killed My Father.
Meanwhile, though
Brad and Angelina can't
see eye to eye on custody,
they have agreed to
protect their brood
financially, with
multimillion-dollar
trust funds for each
of their children.

"They'll get half their fortunes when they turn 25 and the balance five years later," says an insider.









ODD HOOK-UPS ALERT!

## She's a TOM WOOS lady! PRISCILLA

inger Tom Jones has decided "It's Now or Never" when it comes to "Sex Bomb" Priscilla Presley! The Welsh crooner, 76,

very savvy. I like her. She's

website published classified

confirmed last week that he a shoulder to cry on for Tom after his wife of 59 years, Linda, died of cancer last year.

that the relationship is in the

since been enjoying spending

Linda so it holds a lot of painful WD



Rocking blue suede shoes, recently widowed Tom is taking his romance with Priscilla one step at a time.



Sheeran is ready to marry his former school friend Cherry Seaborn and the lovebirds are already planning the important details – like the menu!

The "Shape of You" singer,

25, reveals they'll hire food trucks serving pizza, chicken, and fish and chips, explaining, "You have the wedding and

a while drinking champagne. There's no food and everyone gets really, really drunk at like two o'clock ... No-one wants the fancy meal. Everyone wants dirty fries in a bag."

It's rumoured Ed will pop the question to Cherry, 24, who he's dated since 2015, before the end o the month. WD

womansday.co.nz Womans Day 25

## Romancing Jake DAKOTA'S INTENSE

## Their secret liaison gets hot and heavy

fter splitting from her long-term boyfriend Matthew Hitt last year, Dakota Johnson claims to be single and jokes that she's "taking this time to explore my bisexuality". But the truth is even more exciting.

Well-placed sources tell Woman's Day the 27-year-old actress has been secretly seeing Hollywood hunk Jake Gyllenhaal – who she enjoyed a brief fling with back in 2011 – and things between them are swiftly getting serious.

"Dakota and Jake have history, and they've been hanging out a lot over the past few weeks," reveals one insider. "A spark has been reignited. Dakota's telling pals she's smitten with him and wants to give their

romance a proper go this time."

While the brunette beauty has a hectic schedule promoting Fifty Shades Darker, the sexy sequel to Fifty Shades of Grey, she and Jake, 36, have been stealing moments together whenever they can.

The romantic *Brokeback Mountain* star – who has
previously been linked to Taylor
Swift, Reese Witherspoon and
Natalie Portman – has even
been sending gifts to her hotel
room when they're apart.

Our insider adds, "The pair know each other's friends and family, so it's made the transition back into each other's lives extremely smooth. They can't keep their hands off one another. It's still early days, but they clearly have an

electric chemistry and a strong friendship. And this time, Jake has made it clear that he's ready to commit."

Which is exactly what Dakota wants to hear, having recently confessed, "I don't do casual very well. My feelings, even the good ones, get so intense that they hurt."

## He's off limits!

In the film adaptations of the bonk-buster *Fifty Shades* books, the *How to Be Single* actress plays Ana Steele, a love interest for kinky, controlling billionaire Christian Grey, played by Jamie Dornan, 34.

Yet while Dakota is thrilled their convincing on-screen chemistry has led to rumours of a real-life romance with Jamie, she's made it clear Jake has nothing to worry about when it comes to her co-star, saying, "He's like a brother. We tease each other constantly and we're always goofing around. I trust him, I love him and I feel it's closest to a brother-sister relationship."

As the title suggests, Fifty Shades Darker takes the racy romance of the original film to the next level, with spanking, love beads, bondage, oral sex and a rather risqué elevator scene making critics blush. But Dakota insists getting intimate in front of the camera is more boring than terrifying.

"The daunting part is that it takes hours – you really have to dissect it and break it down into bits," she explains. "Then it just becomes work and you're not really thinking about what's going on. On occasions, I'd been simulating sex for seven hours straight, so I was over it. It's not comfortable – it's tedious!"

As the daughter of Working Girl actress Melanie Griffith and Miami Vice star Don Johnson, and the granddaughter of Alfred Hitchcock heroine Tippi Hedren, "it girl" Dakota credits her famous family for helping her prepare for the controversial role.

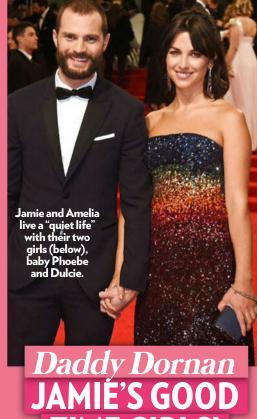
"I was brought up to respect myself, and be comfortable and confident," she says. "Both my mother and grandmother are two women who have had shocking female roles, and I find it interesting that my mother has done similar work. They support me completely." SEBASTIAN VAN DER ZWAN. PICTURES: AUSTRALSCOPE, BACKGRID, GETTY

However, Dakota adds that she has banned the superstar clan from watching the *Fifty Shades* films, explaining, "I'd be so uncomfortable the whole time!"









## TIME GIRLS!

is role in *Fifty Shades* has made him one of Hollywood's hottest leading men, but Jamie Dornan insists, "As soon as I go through the front door, I'm just Daddy."

The Northern Irish star's eldest daughter filming began on the first movie, while little Phoebe, one, was born two weeks before work started on its sequel. "It's pretty intense – one child is a pet, but two is a zoo," Jamie sighs. "It's been a big adjustment, but you have to just go with it and accept less sleep and less reading of books."

His life now revolves around the Disney every bloody line of every song," he says. And the animated flick *Trolls* is also a hit with his girls. "In the car, we just listen to Justin

Christian hasn't affected his love life with wife Amelia

performs as Slow "There's a huge market for it, but me at all. We're





# ack at 63 SHADES OF KIM!

from actor Alec Baldwin.

But Kim has battled on and has re-emerged in the racy *Fifty Shades Darker*, the sequel to *Fifty Shades of Grey*. The 63-year-old plays the former cougar lover to 34-year-old Jamie Dornan's character Christian Grey, a romantic rival for heroine Ana, played by Dakota Johnson, 27.

Age is a sensitive subject in showbiz, Kim confesses to Woman's Day. "Women have always had difficulties in Hollywood, particularly older women, but now I feel powerful in my own decision-making and my own life."

She recalls her controversial 1986 film 9½ Weeks, which originally flopped in the US, where it was considered too explicit – but the unedited version became a big hit internationally, particularly in the UK and France. "They taught me not to be ashamed of it," she says. "I wish that America had more of a European take on life."

Like many Bond girls before her, Kim posed for *Playboy* during the launch of *Never Say Never Again* in 1983, a time in which she was still trying to prove herself. "I was too highly strung," Kim tells.

"I was always thinking too much. Even when I was exercising, running on a treadmill, I was thinking, 'Gotta hurry! Gotta run faster! Gotta go somewhere!' What was I running for?

"The great thing about age is that you learn from mistakes. You calm down and enjoy it more. My pay-off for longevity is that I know how to press the right buttons."

## A dream is born

Kim has come a long way from her small US home city of Athens, Georgia, where her father Don managed a loan company and her mother Ann stayed at home. She remembers fondly, "When I was a tiny girl, I started watching old movies with my daddy. He was not a cold man but not emotional either. So when I watched his face in the reflection of the television, either howling with laughter or choking up with tears from these images on the screen, I remember thinking, 'Nobody seems to get to him like these people.' I became entranced with the whole movie thing.

"When I got the opportunity to move to New York as a model, I got lucky. I arrived at just 17 in the 1970s, at a point when the blonde, blue-eyed, healthy look was catching on,

so here was I with blonde hair down to my waist ..."

FIFTY SHADES
DARKER

Kim took acting lessons and began her Hollywood ascent. She remembers, "I did a little movie called *Hard Country* and I was so proud. About 10 people saw that film. That was the biggest early blow. There have been plenty since, but you just have to live with it."

Kim's first husband was make-up artist Ron Snyder-Britton, who she left for Batman producer Jon Peters. She met her second husband Alec when they were cast as lovers in the 1991 film The Marrying Man.

The superstars – who have a daughter, Ireland, 21 – wed in 1993, separated just days before her 47th birthday in 2000 and divorced in 2002. Alec wrote in 2008 that he'd wanted to "murder" her divorce lawyer.

But through it all, Kim has maintained her reputation as an actress who can turn in stellar performances. There is a certain irony that 31 years after the controversial 9½ Weeks, she is again courting headlines with a similar theme in Fifty Shades Darker.

"I am very proud of 9½ Weeks and I always will be," she tells us. "After my dad saw it, he wrote me a beautiful letter about how proud he was. He said he had looked at me and remembered the little girl with whom he had sat and watched TV all those years ago."





*Batman* with Michael Keaton.







## The jokes on new York TRIO'S HOT PR

## Tune in for your daily broadcast ... with a twist

o sooner has Woman's Day been introduced to the three hosts of all-new current affairs/comedy show The **Project** than funnyman Josh Thomson starts debating the real issues.

"Brisket or crumpets?" the comedian ponders aloud to his co-presenters over breakfast at an Auckland café. "Last time, I had cold fish, which was delicious but a rather bold choice so early in the morning."

Indeed, this isn't the first time Josh, Jesse Mulligan and Kanoa Lloyd have chewed the fat over a delicious meal. In the lead-up to the launch of Three's hotly anticipated offering this Monday, the trio has squished a lifetime's worth of bonding into just three short weeks.

"Our friendship has been accelerated," says Jesse, 40. "I'm sure we'd naturally all become friends anyway, but we had to become the best of friends in just 21 days!"

And as we struggle to get a word in edgeways at our interview, there's no denying they've succeeded. No joke or topic is off-limits as Kanoa, Josh and Jesse open up about their plum new gig.

"While we don't take ourselves seriously, we do take the news seriously," explains former weather presenter Kanoa, 30, who landed her first TV gig on the children's show Squirt while still at high school. "We're focused on the daily news cycle, but we have the opportunity to talk about





The dream team are shaking up the current ffairs format. "While we don't take ourselves seriously, we do take the news seriously

some of the stories that don't make the cut."

"Ground-breaking stuff like the [video] clip of the tennis ball inside a snake," cackles Josh, 35, the show's resident joker. "We want it to be the kind of conversation you have with your friends and family about the issues of the day. But it will be peppered with a lot of my material, which doesn't always fly -I find that even funnier."

The Project - which airs weeknights at 7pm - isn't the first time Josh and Jesse have collaborated on TV. The larrikins cracked jokes together on 7 Days and multi-talented Josh was in the production crew when Jesse fronted Best Bits.

"Josh is one of those annoying people who can be the host, actor, producer and director - and he can do camera and sound, as well as a bit of breakdancing," laughs Jesse, who is also a restaurant critic and radio host. "And whenever I do food reviews and my wife is not available, Josh is my go-to eater. But he reckons I only rope him in when my wife is appalled by my choice of location and won't dignify it with an appearance.

"As for Kanoa, I've been a big fan of hers from afar and now I've got to know her, she genuinely makes me laugh. There's a lot of trust in this group. If you go out on a limb, these two are going to be right there with you."

## Comic relief

It's a sentiment shared by Kanoa, who adds, "As an adult, you don't often make new friends, but I've let my guard down and hanging with these guys has been awesome. I'm not just the token female either - my opinion is valid and respected, and I love that."

But there's another reason Kanoa, who recently married her longtime partner Mikee Carpinter, is thankful for her new job. "The last couple of years, I've either worked breakfast hours, weekends or late nights, but I now have free weekends with my husband and I get mornings off to walk my dog. The only issue now is who will cook me dinner – Mikee has cricket two nights a week!"

Jesse, who has three children with his wife Victoria, says, "I spend my mornings with the kids and walk them to school because I don't see them at the other end of the day. Thank God for my wife. She's totally making this possible by putting three kids to bed. I totally couldn't do it without her."

As for Josh – who went for crumpets, a poached egg and toast, by the way - his spare time is taken up off-setting his healthy appetite at the gym. Placing a hand on his stomach, Placing a name on the prins, "The results really wp





## The troubled socialite's inner demons

arty girl Tara Palmer-Tomkinson couldn't have made a bigger splash on her 27th birthday if she'd tried. It was a chilly December night in London when she rolled up to her James Bond-themed party in a white bikini and stiletto boots, a snorkel on her head, a pistol attached to her exposed upper thigh and a gaping fur coat.

The ultimate "it girl" of her generation, she seemed to have it all - money, friends, fame, good looks and an infectious personality that made her impossible not to like. At that point, only those in her exclusive social circle knew that she also harboured an appetite for drugs that ultimately left her bereft.

When Tara, 45, was discovered lifeless in her \$7 million London penthouse on February 8, friends feared the treasured goddaughter of Prince Charles had succumbed once again to her craving for the illicit substances that had been her crutch since she lit up the UK's high-society scene as a 20-year-old.

"She desperately wanted to leave her drug issues in the past," a pal revealed in the days following Tara's death. "But she was lonely and nobody could watch her 24 hours a day."

Tara was one of three born into the unapologetically wealthy and well-connected Palmer-Tomkinson family. Her landowner father Charles is a close friend of Prince Charles and her mother Patti is a good friend of Camilla, Duchess of Cornwall.

Throughout the '90s, Tara holidayed with the royal family three times a year and skied with them in Switzerland throughout her life. She babysat Princes William and

Harry when they were young, and maintained a special bond with them into adulthood.

Tara said, "There is a complete code of trust there - a code that says, 'Zip it and treasure it." Although the odd secret occasionally slipped out. After one royal bash, she confessed, "I drank my fingerdipping bowl. I thought it was soup. Not only did I drink it, but I asked for the recipe!"

Tara was just as at home around non-royal celebrities. Throughout her hard-partying years, she enjoyed romances with Robbie Williams, Duran Duran's Nick Rhodes and Simply Red's Mick Hucknall.

Her mischievous streak made her a "must-attend" at every society affair. Generous and spontaneous, she once took off a Chanel ring and gave it to a friend who had been admiring it. She did the same with heels and handbags.

At the peak of her popularity, Tara provided gossip columns for two British newspapers. She seemed to be living the

dream, but in reality, it was more of a nightmare and the ghost writers of her columns realised that her phoned-in ramblings were the result of a drug-addled mind. She was snorting \$700 of cocaine a day and weighed around 40kg.

In 1999, a drug overdose left Tara near-paralysed on the floor of her flat for three days. Her parents paid \$65,000 for rehab in Arizona. Soon after, they forked out again when the septum of her nose collapsed due to her cocaine habit. The operation required cartilage from her head and ear to be put into her wrecked nose.

For a time after rehab, Tara appeared to be pulling her life together. She was runner-up on reality show I'm a Celebrity... Get Me Out of Here!, and in 2011, she attended Prince William and the Duchess of Cambridge's wedding. (Five years earlier, when they'd briefly split, she'd comforted Kate, telling her, "He'll be back – don't worry.")

The following year, Tara re-entered rehab and, in 2014,



## Racing hearts OLYMPIAN'S WHEEL The Kiwi cyclist's riding high with his lovely bride Racing hearts ROMANTIC D

The smitten pair

rolled up in a colourful Mini s an Olympic cycling ace, Aaron Gate has a passion for speedy two-wheelers. But as he gears up to marry his high-school sweetheart Kirstie Pooley, it's a fleet of vintage four-wheeled beauties that steal the show.

The brightly coloured '60s Mini Coopers in red, blue and yellow are the official mode of transport for the day, with the bride herself pulling up to historic St Mark's Church in Auckland in a gleaming white model. "I love the movie *The Italian Job*, which features lots of Mini Coopers," explains Aaron, who arrives in his dad's Austin 7 classic car. "It's a fun way to get about on our

wedding day. We've been driving in convoy and getting lots of waves." In front of

In front of 115 guests – including Aaron's Olympic team-mates – the couple say "I do" at the picturesque 19thcentury church, a stone's throw from where they both grew up.

It's been a hectic few years for the pair, both 26, who met on a double date when shy teen Aaron was just starting out as a promising professional cyclist. Since then, Kirstie, an insurance underwriter, has become her partner's biggest cheerleader.

Dividing their time between Europe and their home in Cambridge, they've crammed as much as they can into their time back in Aotearoa, including hiking the 19km Tongariro Crossing. On the eve of their big day, Aaron even won the Tour de Ranges in Auckland.

But today, standing unusually still at the altar with his four groomsmen, his heart is pounding. As church bells herald the bride's arrival, Aaron faces away from the aisle, adding to the suspense.

Then following her four bridesmaids to the strains of Coldplay's "A Sky Full of Stars" comes Kirstie, radiant in a Cristiano Lucci dress, on the arm of her proud dad Danny. Aaron tells us, "I knew she was going to look stunning, but when I finally turned around to see her, I was blown away."

## Crisis averted!

For Kirstie, the moment was both emotional and a huge relief. Only a few weeks ago, she'd tried on her gown, bought several months earlier on a trip to Australia, and to her horror, the frock was a little too snug. "I was mortified!" she laughs. "My nana had to cut around the intricate lace with tiny scissors to add more room. Luckily, when I tried it on again, it fitted like a glove."

After a traditional church service, the newlyweds kiss twice before Aaron, finally recovered from a recent shoulder surgery, scoops up his bride and carries her back down the aisle. "I took my life into my hands," he later grins. "Kirstie was more than





a bit nervous I would drop her!" For the reception, the trendy

Kingsland bar Citizen Park is transformed into a foliage-filled oasis. With the couple seated at a raised banquet table, they join family and friends for a feast that includes platters of antipasti, lamb kofta, beef quesadilla, spiced chicken and crumbed hapuka.

The newlyweds then address each other with Kirstie telling Aaron, "You stole my heart at 16 when you were wearing big skater shoes and had so much gel in your hair ... but you didn't say boo to me. I had to make the first move and get your number. Thank goodness I did because my life has completely changed for the better. You are an amazing man, humble and a seriously talented athlete, and I'm stoked to be your wife."

A beaming Aaron then tells his new wife, "I can say with certainty that the 20-cent text





Aaron carries Kirstie down the aisle (above left). "My heart was racing and I only just managed to hold back the tears," he tells.

message I sent to ask you out on a date nine years, nine months and 20 days ago would have to be the best investment in the world!"

After their fun-filled evening, the newlyweds board a plane to Bali for six beautiful days of relaxation. Then it's on to Barcelona, where Aaron will pursue his cycling dreams for the next two years - with his bride by his side and occasional visits back to NZ. With his heart on the 2020 Olympics in Tokyo, the athlete grins, "I'm so lucky to have Kirstie to support me. It's a really nice feeling to be able to call her my wife."

Smiling, his bride adds, "I'll be spending most of my time learning Spanish and cheering Aaron on. Kids are still a way off, so for now, it's just the two of us on this crazy adventure." WD





## She's finding her power thanks to little old NZ

anessa Hudgens described her last trip to New Zealand as a "beautiful adventure" and now she's back in the country with her boyfriend, actor Austin Butler, as he films the fantasy series The Shannara Chronicles on our shores.

But the former High School Musical star, 28, isn't talking to Woman's Day to rave about her romantic trip to Waiheke Island with the 25-year-old hunk who supported her when her father died last year - or their shopping excursion on Auckland's Ponsonby Road.

The former teen star would rather chat about her first major grown-up role in the superhero TV series *Powerless*. But there is a local connection there too. Vanessa says she never would

have got the gig if it wasn't for Kiwi director Scott Walker, 45, who gave the actress her first adult part as a woman who escapes a serial killer in his 2013 thriller The Frozen Ground, which also starred Nicolas Cage.

"I love Scott so much," she says. "He is so enthusiastic and approachable, and he knows what he wants. He encourages you to try new and different things, and just gives you the place to play."

## All grown up!

Thanks to Scott, Vanessa's days on High School Musical - when she made headlines for dating her co-star Zac Efron - are a distant memory. "I'm such an adult these days!" laughs the California native, who is besties with LA-based Kiwi actress Kimberley Crossman.

"I'm so used to seeing myself as the school student, troubled teen or drug addict. It's nice to play an adult who has her stuff together. Simple little things like walking down a hallway carrying a mug-I was very excited about that!"

Feeling Coachella vibes with our Kimberley (above) and picture-perfect with hunky Austin (right).

In the TVNZ OnDemand action-comedy Powerless, Vanessa plays insurance claims adjuster Emily Locke, who helps clean up the messes superheroes make when they're fighting evil.

"I've learned how hard

comedy is!" she says of the role. but another thing when there's

The superhero realm is a new experience too, she muses. "Although I did go through a phase where I dressed up as Catwoman every day when I was six years old. The Michelle Pfeiffer version, of course. It was a year of my life!"

"It's one thing when you're being funny with your friends, a massive crew waiting for it to all go down."

# JED'S COFFEE CO JUST GREAT COFFEE

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whales, including many babies, were fighting for survival.

"It was gobsmacking," the 31-year-old biodiversity ranger tells *Woman's Day*. "I'd never seen so many whales in one place and I've been doing this for 11 years."

It was the first of several strandings to play out over the next few days, during which time hundreds of volunteers would join employees of DoC and the whale-rescue charity Project Jonah NZ in an exhausting and emotional battle to save the animals.

The first stranding, late on February 9, involved a pod of whales that Amanda had spotted milling about just off the coast of Puponga, at the very north of the South Island, earlier that night. An initial report put the number at 50, but Amanda counted closer to 200.

Yet as the next day dawned and the sighting turned into a rescue attempt, it was clear both figures were way off the mark. "I started walking along the beach counting," recalls Amanda, who lives in Pakawau, just south of Farewell Spit. "But then I realised to get a proper count, I would have to GPS them. We counted 416 on the

sand that morning. I was just blown away."

A call-out to volunteers saw "anyone and everyone" pitch in to try to keep the whales cool and wet – and alive – until the tide turned. Amanda says, "It's really distressing. I know the suffering and the stress the whales will be going through.

"I just felt so sorry for them being in that situation because it's so unnatural for them. And usually they're really talkative, with their clicking and chatting, but when they're on the sand and the tide is receding, you just hear this gasp of breath every few minutes."

Rescuers managed to refloat just over 300 of the whales that first day – another 110 didn't make it. But the next day, the surviving whales – along with another 50 from a separate pod – headed back to shore.

Once more, there were desperate attempts to deal with the new beaching, with volunteers wading into waist-deep water to form a human chain to guide what was left of the group back out to sea. Again, there were more deaths – this time, a group of 25 were euthanised to prevent the larger pod rejoining them.

Over the next three days, as

locals, volunteers and even tourists set up camp to be close to the whales, several smaller pods stranded at various points along the coastline near Puponga and at Taupata Point.

Up to 1000 rescuers took turns pouring water and draping wet sheets and towels over the distressed animals to try to keep them cool. Some sang to soothe them, others wept quietly.

#### Coming together

"A lot of people put in huge hours," says Amanda. "They were up at dawn, ready with sheets to keep the whales cool, then out in the water with them for four or five hours, then back to sheet others in the evening, before grabbing a few hours' sleep in their tents and back to it the next day.

"Collingwood School sent out a bunch of senior kids in wetsuits to help and there were some Chinese tourists in a campervan who came over to ask if they could help. They used bowls they had in the van to pour water on them. There was even a 90-year-old man watching it all unfold – he was totally amazed at being so close to these whales that he had never seen before."

All up, around 250 whales died, their decomposing, stinking carcasses carted up into the dunes away from the public. It was the largest stranding on record in Golden Bay and the third largest in the country, says Amanda, who has attended 10 strandings in her time at DoC.

"It's heartbreaking. I know that for every stranding, there's likely to be casualties. I've only ever had one where all the whales were saved – it was only a small pod of 20. When you get the larger ones, there's going to be losses. It's really tough watching them on the beach, just trying to survive in an environment they are not used to and not designed for."

While Golden Bay's shallow waters make it difficult for whales to return to deeper water, the reasons for the strandings are still unclear.

Amanda says, "There are a lot of theories kicking around. We think we've worked out a pattern, then the next stranding happens and blows it out of the water. But we do know it's been happening for a long time – the number of whale bones found on Farewell Spit suggest they have been happening for hundreds of years."



or the past 17 years,
fashion designer
Andrea Moore hasn't
stopped working. She
might be one of New
Zealand's top designers,
but behind the label is just
another Auckland mother
juggling a busy lifestyle.

"I was working the day I gave birth to both kids, then I was back at work two weeks after the births with a baby under the table," she recalls.

As the Dunedin-born designer puts it, she doesn't just have two children, but nine. "Each store is like a baby," she explains as she counts up the seven shops she's opened across the country.

It all started in 1999 with her first boutique in Wellington. Every year, there have been ups and downs in the business, and she's managed it all while being a mother to Archie, 12, and Annie, seven.

So what's her secret to keeping it all under control? "The key to being a successful businesswoman is having a partner who's involved in the household," tells Andrea.

Her man Brian is not just her life partner but also her business partner and has had a hand in the company since they moved to Auckland six years ago. They've got their daily routine down to a tee, with Brian on breakfast duty and Andrea in charge of dinner.

"We've got a system that works really well in maintaining a healthy, happy household," she smiles. "We've had nannies and au pairs, but now Brian has the kids after school. He takes them to the gym and afterschool activities while I walk home and make dinner for when they get back."

Visiting Andrea and Brian's Herne Bay home, the *Woman's Day* team is greeted by an immaculate, freshly mown lawn. While their villa is pristine on the outside, behind the front door lies a trail of toys, soccer balls and sports gear.

In the kitchen, we have to

step over a rogue herd of My Little Ponies and a shoal of mermaids. Pointing at the carefully arranged circle of toys, Brian explains, "The mermaids are new, so they're being interviewed by the ponies."

There's hardly a quiet moment in Andrea's life, but her busy schedule is what allows her to connect with the women buying her clothes.

"I'm an extension of my customer," she explains.
"We see them as everyday superheroes. They're juggling, and busy doing their best to keep family life and work life well balanced."

## Survival guide

Together, Brian and Andrea have kept their business alive through the global financial crisis and the Christchurch earthquakes. But the pair confess the biggest challenge has been trying to conquer our country's small fashion market. "In a large market, like you get overseas, you can open a store

just selling scarves," says Brian, "but in New Zealand, you wouldn't survive five minutes."

Yet while other Kiwi clothing brands have fallen, Andrea Moore continues to grow. Last year, the pair celebrated their more affordable spin-off brand I Am launching into Farmers stores across the country.

"It's really exciting!" Andrea tells. "I Am has been incubating for about two years. Finding a big partner like Farmers has been really exciting for us as a business. It's also very satisfying personally to be able to reach a broader market in such an iconic store."

Brian adds, "That's a dream run there for a business."

When asked about her career highlight, Andrea laughs, "It's kind of blurred, really. There's been quite a few!" But seeing her clothes stocked at a nationwide department store is definitely high on the list.

Her next project involves something with a little more sparkle. Debuting at NZ Fashion





# A mum's fight to get her son back

ingle mum Alana **Henderson loves** her three sons equally, but there will always be a special place in her heart for her youngest, Ricco.

The wee brown-eyed boy stays close to his mother's side when Woman's Day visits, flashing a shy smile and reaching up for a cuddle. But for every sweet gesture, three-year-old Ricco is just as likely to lash out, hitting Alana inexplicably and walking off.

"That's just Ricco," explains Alana, 32, who has two older sons, Tyrone, 14, and Dominic, 10. "It's what he's like now."

A year ago, little Ricco was the sort of child every parent wanted, tells Alana - happy, adventurous and bright.

By 18 months, he was speaking in full sentences. At two, he knew his colours and had an extensive vocabulary. "Physically and intellectually, he was well ahead of his peers - he was just a cool kid," smiles Alana, who lives in Paraparaumu.

But a freak accident last summer at preschool changed Ricco forever.

Now, Ricco tires easily and naps during the day like a newborn. He has had to relearn colours and struggles to count to 20. He suffers severe headaches and is quick to anger. He has balance issues and can easily fall off a chair when he's sitting still.



He's also back in nappies.

For Alana, it's been a year of mourning the boy he used to be. "I just want my old Ricco back," she confesses.

A qualified early-childhood teacher, Alana works at Ricco's preschool in Waikanae and was metres away when he had his accident last February. She had her back turned at the time, but she will never forget hearing the "thwack".

"It was the sound of my son's head hitting a wooden pole," she says quietly.

"I was watching him leading up to the accident. He was doing what all kids do and what we all did when we were young."

It was just after morning tea and Ricco and another child were playing on the swings. He decided to lie on his tummy, wind the swing up and then let it go.

"I watched him do it, then

I walked past. I had my back turned when I heard the thwack. The rest was a blur."

Alana ran across the playground and pulled Ricco off the swing. He was inconsolable and screamed for more than 10 minutes.

"Ricco is not that kid – he falls down and gets up. For him to cry like that, there was something seriously wrong."

#### After shock

Alana's GP told her Ricco had mild concussion, but no scans were ordered. That afternoon, he slept for hours.

Later that day, Alana had to take her sons to the mall to run an errand, but instead of racing ahead like he usually did, Ricco just lay on the floor, saying, 'Can't walk.'"

By the time she got him home, Ricco's temperature was nearly 40°C and he was crawling like a baby. Alana

took him straight to hospital.

A CT scan on his brain showed nothing unusual, but that's not uncommon right after a traumatic brain injury. A subsequent MRI can detect injuries not visible in a CT - but Ricco was not given a follow-up scan.

"I was told it must be mild concussion so all I could do was take him home and wait for it to come right," she tells.

Now, nearly a year on, Alana is sick of waiting. "I'm Ricco's number-one supporter - I have to go into battle for him," she insists.

Alana spent most of 2016 struggling to get doctors to take Ricco's brain injury seriously - and trying without success to get a follow-up scan. Although he's improved slightly, Ricco still struggles to get through the day. He was due to start kindergarten in the middle of last year, but he

only manages a couple of hours a day and needs a caregiver at home.

Determined to forge the best path for Ricco, Alana has carried out her own research and discovered hyperbaric oxygen treatment, which uses high-pressure oxygen to speed up recovery from injuries and improve the body's ability to heal.

Because a series of treatments costs \$1600, Alana used fundraising platform Givealittle to help make it happen. Since starting the therapy in January, Ricco has had 17 treatments. While he is making good progress, he will need at least 40.

Alana says she will do whatever it takes to see her boy pain-free and happy.

"I just want to see the old Ricco again," she concludes, "the one who can run and jump and play."





but it reached about 50,000 people in the first week."

A size 16, Monique exudes confidence during our chat – and it's not just her bright pink hair that lights up the room, but her smile too. Despite her bubbly exterior, she hasn't always been so confident. Monique has battled body issues ever since she was a teen and her insecurities only got worse after she had a baby.

"Becoming a mother really knocked my self-esteem as far as what my body was doing," tells Monique, who is mum to daughters Willow, three, and Florence, 20 months, and also runs an online clothing store.

"You have this time when you feel really out of sync and out of control with your body because it's changing so much and it's changing so fast. It's not step by step – it's like, 'Whoa, big pregnant belly!' then, 'Whoa, baby's out!' and

then, 'Whoa, this is what your body looks like now."

After giving birth to her second child, Monique still didn't feel confident with her body. But her passion for fashion inspired her to start sharing style advice for curvy women on Facebook. Then with the help of her tech-savvy husband James, she took the plunge and set up her own blog in 2015.

"When you're bigger than a size 14, you want fashion, but fashion doesn't want you," explains Monique. "That's how it feels. So that's why I started my blog because I felt that there had to be other women out there like me and I wanted to connect with them."

Slowly, after a few months of blogging, her confidence began to grow and when the sunny season rolled around, she wanted to take things a step further.

"Going into summer, the number-one thing everyone is looking for is a new swimsuit," says Monique. "But so many women aren't confident about their bodies and don't want to go swimsuit shopping. So I thought, 'How can I make this as easy as possible?'"

#### 'Await the hate'

In an effort to show how plussized girls can still rock a pair of togs, Monique gathered up her girlfriends Rachel Cox and Chloe Ronaldson for the fun photo shoot and told them to prepare for nasty comments from internet trolls.

But the criticism never came. Monique smiles, "I expected some people to say, 'If you're not a size six, then you shouldn't be wearing a bikini,' but I never got anything like that."

Instead, she was flooded with emails of thanks from

women who told her they had been inspired by her blog post and had gone out to buy swimwear – some of them for the first time in years.

"I was a little bit nervous that it wouldn't be enough to break down the barriers for the women that were seeing it," confesses Monique. "But then I started getting messages saying how much it meant to them to see swimsuits on bodies they recognise."

Now Monique herself has been inspired – she's branching out from being a blogger to becoming an author. Her e-book on fashion and self-confidence, *Dressing Up: A Style Workbook*, came out last week.

Its main message is one she hopes to pass on to her precious daughters: "There is actually no wrong way to be a body. Every size is fantastic just the way it is."

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# Fashion files

# Timeless TAN







# INVISIBLE DRY

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Fun in the sun can leave skin and hair feeling fried and frazzled. Here's how to bring them back to life

# STRESSED-OUT SKIN

Swimming in saltwater or chlorine, sitting in recycled plane air, and the combination of sweat and sunscreen can all affect your skin and clog pores. If you're experiencing sensitivity, dehydration or breakouts, it's time to lift your skincare game. External factors can also strip your dermis and break down the collagen underneath, which can make wrinkles more visible.

*Your beauty* 

THE CURE: Clinique Line Smoothing Concealer, \$29.95, is packed with vitamins A, C and E to boost your skin and reduce fine lines, wrinkles and puffiness. To purify pores, look for detoxing and cleansing ingredients such as clay and charcoal. Bioré Charcoal Pore Minimiser, \$12.95, exfoliates skin and minimises the appearance of pores.



## SIZZLED STRANDS

The sun's heat can sap hair of moisture, causing split ends and frizz. The lighter your locks, the more vulnerable they are. Add swimming and over-styling to the mix, and you've got yourself a very unhappy mane.

THE CURE: A nourishing treatment, such as De Lorenzo Protein Complex, \$36, is full of antioxidants and protein-rich ingredients. Spritz onto locks in between shampooing and conditioning with a hydrating, damage-repairing duo, such as Pantene Pro-V Daily Moisture Renewal Shampoo and Conditioner, \$8.58 each.

#### **SORE FEET**

A summer spent wearing sandals, walking barefoot on hot surfaces or soaking your soles in chlorinated water can leave your feet looking and feeling worse for wear.

THE CURE: A DIY exfoliation should do the trick when it comes to banishing calluses or rough, patchy skin. Bathe your feet in baking soda and water or apple cider vinegar for 15 minutes before using a pumice stone or file, such as the Manicare Ceramic Stone Foot File, \$12,49. to remove the dead, softened skin. Then maintain that

newfound softness

with Manuka Doctor

Cream, \$19.75.

ApiNourish Foot & Heel



## REDNESS & ROSACEA

**PANTENE** 

When it comes to redness, we're not talking about a bit of sunburn, but rather broken blood vessels or rosacea. UV rays cause them to rise to the surface of your skin and sometimes burst, which can cause unwanted discolouration.

**THE CURE.** Go with a target-specific moisturiser such as **Ultraceuticals Ultra Red-Action Moisturiser**, 589. Prevent further damage with a high dose of SPF every day. If you're using a chemical sunscreen (which is carbonbased), make sure to apply onto clean skin. If you use a physical one (made with zinc oxide or titanium dioxide), such as **Invisible Zinc Facial Moisturiser SPF**30, \$37.99, apply after skincare but before make-up.









Australis **Bright Eyes** Illuminating Under Eye Concealer in Musk, \$14.99

Australis Bright Eyes Illuminating Under Eye Concealer in Banana, \$14.99

Designer | Brands Take Cover Mineral Concealer, \$10.99

# Cover GIRLS

Find the ideal concealer for you

rom subtle, sheer coverage to heavyduty camouflage, concealer will even out your complexion, minimising imperfections for a flawless finish.

Colour theory

Choose a shade that is slightly lighter than, but close to, your skin tone. You may need to buy two shades - one for summer when you're using fake tan and one for winter when your skin is lighter. Blend the two in between times. Most women require a yellowbased concealer, but there are other shades to address specific issues: Pink-based beige counteracts dark areas on fair skin. Peachy tones brighten medium to dark skin tones. Green neutralises redness so is great for rosacea, birthmarks, angry pimples and around nostrils. Violet equalises yellowish dark

Choose your formula

Liquid is easily buildable and offers medium coverage. The skin under the eye is delicate and dry - and one of the first areas to become crêpey and creased with age - so look for a hydrating formula.

Cream with a pigment-rich formula is ideal for hiding pimples, scars, pigmentation and redness. Apply sparingly with a concealer brush. Sticks are great on the go and for larger areas. Swipe down your nose, across the forehead, cheeks and chin, then blend with your fingers. Pens generally offer sheer coverage, with brightening formulas for boosting radiance in dull areas ideal when you're low on sleep. Palettes are great for customising a shade if you can't find a perfect match. Use a soft concealer brush and mix shades together on the back of your hand before applying.

Apply it like a pro

- Using your ring finger, gently press and roll (don't rub!) to blend colour into skin.
- ◆ Use a medium, synthetic-bristle concealer brush (natural bristles soak up too much colour) to apply an upside-down triangle under eyes, gently blending outward.
- Use a lightweight translucent powder to set concealer on oily skin types or in hot weather.

When concealing a pimple, go easy on the pplication and choose a edicated, tinted product. This one from Clinique treats flare-ups while also camouflaging them.



Crème, \$29.95

clearing Clinique

CLINIQUE

Anti-blemish Clearing Concealer, Thin Lizzy \$41 Concealer

> Elizabeth Arden Flawless Finish | Maximum Coverage

Concealer, \$53

Perfector, \$53



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Offer available from 15th February to 5th March 2017, while stocks last. 1 gift per customer. Offer available in store only, not available online. Gift contains a selection of travel-sized products. Choice of Ibuki, White Lucent or Benefiance available while stocks last. Qualifying purchase to be made in a single transaction and excludes tools, empty cases, promotional packs, Concentrate Range and Moisture Mist. Not available in conjunction with any other offer. †Gift valued by Shiseido based on RRP of full sized products.





# L I N E W Y O R K

maybelline.co.nz



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Ballet This elegant updo is ideal for evening

**JENNIFER** 

LOPEZ

evening

hen the hot weather means you can't bear to blow-dry, take inspiration from ballerinas and put your hair up in a bun. The classic dancing style usually sits in the middle of the back of the head and is not visible from the front, but a high knot or bun also makes a chic statement.

#### How to:

- 1. For thick hair, use a heatprotecting spray, then smooth strands with a straightener.
- 2. Comb hair straight back smoothly into a ponytail and secure tightly with an elastic.
- 3. Twist the length, then coil around the elastic, placing 3-4 bobby pins at the base of the bun to hold it.
- 4. If your hair is fine, try using a bun donut to add fullness and shape. Pull your ponytail through the donut hole and slide it down the base of the pony. Splay hair over the donut, then wrap and tuck loose ends using bobby pins.
- 5. Rub a small amount of shine serum between your palms and smooth over hair to take care of any lingering flyaways or lightly mist with hairspray.



- Donuts, \$9.99 each.
- 2. VIA Brunette Bobby Pins, \$7.99 for 80.
- 3. TRESemmé Salon Finish Extra Hold Hairspray, \$9.37.
- 4. Schwarzkopf Styliste Ultime Satin Frizz Control, \$10.



# **CLARINS**



Choose your Hydrating or Invigorating gift, when you purchase two or more Clarins products, one being skincare, exclusive to Farmers Club members.\*

\*Offer available Monday 20<sup>th</sup> February - Sunday 5<sup>th</sup> March 2017. Limit one gift per customer, while stocks last. Choice of skincare subject to availability. Excludes Gift Sets, Value Packs & Clearance Items. Qualifying purchase must be made in a single transaction. Gift contains deluxe travel sizes. Offer available instore only, not available online. Not available in conjunction with any other offer.



#### MIND OVER MONEY

# Find your happy place

he old statement of money doesn't buy happiness" is accurate, but the reality is that money gives you options. When we surveyed over 700 Kiwis about their attitudes to money, two words came up over and over again in our results: freedom and comfort.

These Kiwis weren't after flashy boats or beach houses - they weren't looking to live like a Kardashian or give Jeremy Clarkson a run for his money in the car collection business. Nope, for them the definition of money happiness was being able to live a comfortable lifestyle and be free from worrying about how they were going to cover costs.

#### Feel-good money

So how do we start feeling as good about what we're saving as we do about what we're spending? The new TVNZ 1 series Mind over Money with Nigel Latta is aiming to demystify our feelings around money. The team at Woman's Day is out to find some answers as they put new money challenges to the test over the next five weeks.



As the Chief Economist for Kiwibank, Zoe Wallis knows her money.

**ZOE SAYS:** Online shopping can make it easy to lose track of spending. Try not having your details saved so it isn't quite world, try taking out cash and use your spending.

## THIS WEEK'S CHALLENGE:

Keep a diary over the course of a week and track your emotions when spending



THE CHALLENGER: Jenna, 29 **OCCUPATION: Senior Designer** at Woman's Day

My partner Darryn and I are on a tight budget as we are wanting to sell our house and buy something bigger. So no more online shopping for me!



**MONDAY:** \$75 online shopping - new dress for my sister.

**TUESDAY:** \$15 online shopping - hair clips for my daughter.

**WEDNESDAY: \$12 EFTPOS** - sushi for lunch.

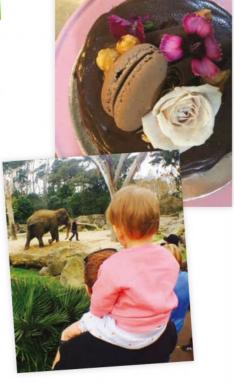
THURSDAY: No money spent.

FRIDAY: \$65 EFTPOS - Mexican for dinner with my partner.

SATURDAY: \$30 EFTPOS - cake for a friend's birthday brunch. \$56 EFTPOS - zoo tickets for my partner, daughter and I.

SUNDAY: \$80 cash withdrawal went to local Coatesville markets. Purchased a baby outfit for a friend, handmade soaps and lunch.

**TOTAL:** \$333



#### What purchases made you happy?

The Coatesville market - it was nice to support local businesses and a trip to the zoo was an awesome day out with my daughter.

#### What purchase didn't make you happy?

My sushi lunch for \$12 was the purchase I felt most guilty about. I felt I could have saved here by bringing my lunch from home instead of being lazy.

#### What surprised you?

How much I spend on other people maybe I need to set a better budget for this to help track my spending.

#### What the challenge taught Tenna:

I get such a thrill out of online shopping - it's so fast and convenient, but it makes spending my money far too easy! Also, getting money out before going to the markets was an eye-opener – I found it far harder to part with the cash than I would using my EFTPOS card. I think this will be my new weekend spending strategy to help me hit my saving goals.





#### THE BIG PICTURE

t's way too Pollyanna to assume that all of our expenses should make us happy – no-one ever danced a jig while paying their electricity bill – but it's a good idea to have the bigger picture in the back of your mind when managing your finances. For those we surveyed, money happiness = freedom and comfort. But that's not all our readers wanted to share:



39% of women strongly agreed that money can enable happiness but can't buy it, versus 42% of men.

## WHEN WE SAY HAPPINESS, YOU SAY:

"Financial literacy; not having to worry about the small stuff."

- Ian, Auckland

"Knowing I can put food on the table. I have been very poor in my life and have gotten out of debt the hard way. Not having to worry about my financial future."

- Carole, Waikato

"It's not just travel and luxuries, but choices that are not open when cash is short. Money happiness is the realisation there is financial security and the future is not a frightening picture."

- Sally, Blenheim

"Freedom to make spontaneous choices."

- Ruby, Auckland

"Enough to keep my motorcycles in good order, enough to keep my wife happy."

– Martin, Banks Peninsula



#### **TOP HAPPINESS FACTOR:**

**29**% 🖧

Being able to live comfortably in retirement.

20% 💸



17%



Knowing my family is provided for.

8%



Never worrying about paying the bills.

6%



Owning my house outright.

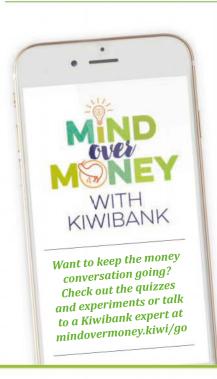
7%



Other: travel, owning a house, bucket list.

#### C'MON, GET HAPPY

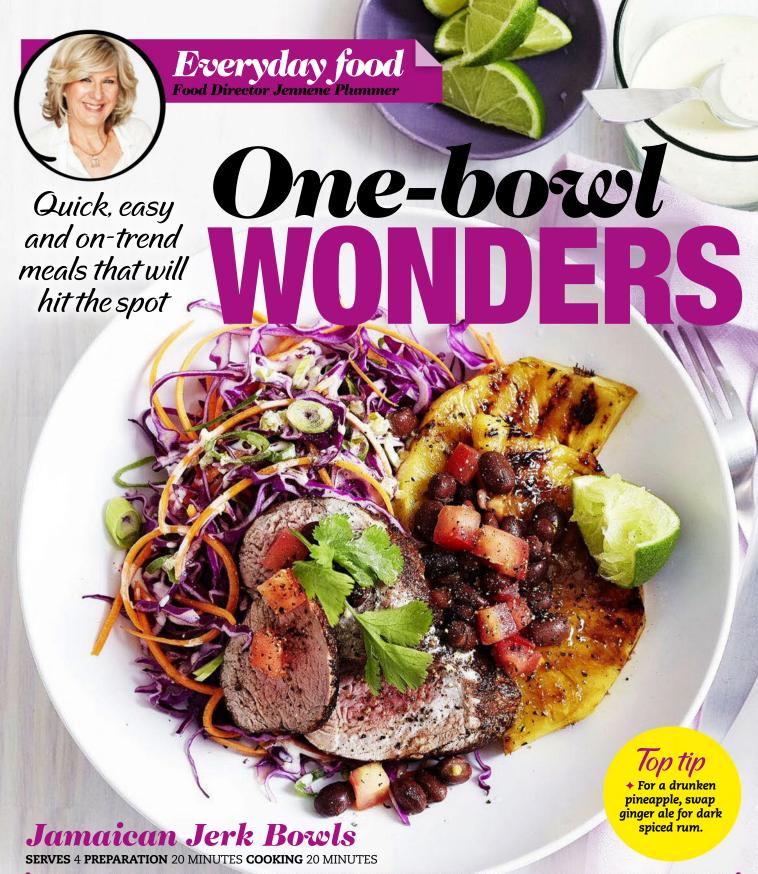
- Look at your bank statement and see where your nonessential spending is going. If something is a habit rather than a joy, it's costing you money you don't need to spend.
- If online shopping is your downfall, go into your browser and remove the "cookies" from your settings. These are the ads that track your spending habits and display items you want when you go to websites/Facebook.











1 tablespoon olive oil 3 teaspoons mixed spice 400g pork fillet

½ pineapple, peeled, cored, cut into 1cm slices

1/4 cup dry ginger ale (see tip) 2 tablespoons brown sugar 400g can black beans, rinsed,

drained 1 large tomato, diced

1 tablespoon lime juice, plus lime wedges, coriander leaves to serve

1 tablespoon mayonnaise

1 tablespoon lime juice

1 tablespoon finely chopped pickled jalapeño, plus 2 teaspoons pickling liquid

2 teaspoons Dijon mustard

4 cups red cabbage, finely shredded

2 spring onions, finely sliced 1 carrot, thinly sliced

1. In a shallow dish, combine oil and mixed spice. Add

pork fillet, turning to coat. 2. Heat a frying pan on medium. Cook pork for 10-12 minutes, turning, for medium or until cooked to taste. Rest. covered with foil, for 5 minutes. 3. Preheat a char-grill pan on high. Place pineapple slices in a shallow dish, pour over ginger ale and sprinkle with sugar. Grill for 1-2 minutes each side until caramelised. 4. In a bowl, combine black beans, tomato and lime juice.

Season and set aside. 5. SLAW. In a bowl, whisk mayonnaise, juice, jalapeños and mustard together. Season. Add cabbage and onion, mixing to coat. Toss carrot in reserved liquid and scatter over slaw.

6. Divide slaw and bean mix among bowls. Top with thickly sliced pork, pineapple and coriander, and accompany with lime wedges.

# Chicken Teriyaki Noodle Bowls

keep warm.

pan, tossing well. Cover to

**SERVES 4 PREPARATION 15 MINUTES COOKING 25 MINUTES** 





## **♥Nourish Bowls**

#### **SERVES 4 PREPARATION 20 MINUTES COOKING 20 MINUTES**

- 1 tablespoon coconut oil 2 cups (250g) butternut pumpkin, grated
- 1 onion, chopped
- 2 teaspoons fresh ginger, grated
- 3 teaspoons garam masala
- 1 teaspoon ground turmeric 400g can diced tomatoes
- 400g can chickpeas, rinsed, drained
- ½ cup water
- 125g haloumi, sliced
- 250g packet microwave brown and wild rice, cooked

- 1 tablespoon extra virgin olive oil
- 2 teaspoons apple cider vinegar
- toasted sunflower seeds, lemon wedges to serve SALAD
- 100g packet baby spinach
- 1 avocado, seeded, quartered 1 mango, peeled, thinly sliced
- 1 red capsicum, seeded, thinly sliced
- 1 cup alfalfa sprouts
- 1. In a saucepan, heat half the
- oil on high. Sauté pumpkin, onion and ginger for 4-5 minutes until softened. Stir in spices and cook for 1 minute.

  2. Add tomato, chickpeas and water, then bring to a simmer. Reduce heat to low and cook for 8-10 minutes until thickened. Season to taste.

  3. In a medium frying pan, heat remaining oil on high. Cook haloumi slices for 1 minute each side until golden brown. Divide between four serving bowls with rice.
- **4.** SALAD. Arrange all salad ingredients among bowls with dhal and rice, separating into sections.
- 5. Top each bowl with haloumi. Drizzle with oil and vinegar, then sprinkle with sunflower seeds. Accompany with lemon wedges.

Top tip

◆ If cooking rice from scratch, you'll need 1 cup brown rice when cooked.





1½ cups sushi rice
1 cup coconut milk
1 cup water
2 tablespoons soy sauce
2 teaspoons sesame oil
2 garlic cloves, crushed
400g fillet steaks
100g shiitake mushrooms
2 tablespoons vegetable oil
1 bunch baby bok choy, halved
150g snow peas, trimmed
1 zucchini, shredded
4 eggs
red pepper sauce (see tip)

1. Rinse rice through a fine sieve until water runs clear. Place in a saucepan with coconut milk and water. Bring to a simmer on medium. Cover. Cook on low for 12 minutes until tunnels appear in rice. Set aside for 10 minutes, covered.

In a small bowl, combine soy, oil and garlic. Set aside.
 Heat a frying pan on high. Cook steak for 3 minutes on one side. Add mushrooms to pan, turn steak over and cook

for 1 minute. Pour in half the soy mixture and simmer for 1 minute, turning steak to coat. Remove from pan. Rest steak for 5 minutes. Thinly slice.

4. In same pan, heat half the vegetable oil on high. Stir-fry bok choy, snow peas and zucchini for 1-2 minutes until just tender. Add remaining soy mixture and simmer for 15 seconds. Transfer to a bowl and keep warm.

**5.** In same pan, heat remaining oil on high. Crack eggs into

pan and fry for 1-2 minutes until whites are set. 6. Divide rice among four bowls. Top with veges, beef and egg. Drizzle with sauce.

# Top tip

◆ For red pepper sauce, mix 1 tablespoon each gochujang (Korean paste), red wine vinegar and water, 2 teaspoons each caster sugar and sesame seeds, and 1 teaspoon sesame oil.

# 4 Dill & Salmon Kedgeree Bowls

**SERVES 4 PREPARATION 5 MINUTES COOKING 10 MINUTES** 

2 tablespoons olive oil

1 bunch broccolini, halved

2 spring onions, plus extra to serve

2 teaspoons curry powder ½ cup chicken stock

450g packet white microwave rice

400g can lentils, rinsed, drained

250g punnet cherry tomatoes, quartered

1 tablespoon chopped fresh

dill, plus extra sprigs to serve

4 eggs

150g hot-smoked salmon, skin removed, flaked (see tip)

1 fennel bulb, shaved 1 long red chilli, thinly sliced Greek yoghurt to serve

**1.** In a large frying pan, heat oil on high. Sauté broccolini, onion and curry powder for

1-2 minutes until broccolini is just tender. Add stock and bring to a simmer.

2. Add rice and lentils. Simmer for 3-4 minutes, stirring, to heat through. Toss tomatoes and dill through. Season.

3. Bring a medium saucepan of salted water to a gentle boil with a splash of vinegar. Crack eggs, one at a time, into gently boiling water. Reduce heat to low and cook for 2-3 minutes, splashing with water. Remove

with a slotted spoon.

**4.** Spoon rice between four serving bowls. Top with salmon, fennel and a poached egg. Sprinkle with chilli, extra spring onion and dill. Accompany with yoghurt.

## Top tip

◆ Use smoked salmon slices if preferred.





# #TRBNDING DIYMARSHMALLOW

The easy-to-make, fluffy sweet treats are having a moment

# Choc Marshmallow Tart Pink Swirl

**SERVES** 8 **PREPARATION** 50 MINUTES

In a food processor, pulse 250g chocolate biscuits until fine crumbs. Add 100g melted butter, then pulse until combined. Press into the base and sides of a 20cm loosebased fluted tart pan. Chill for 30 minutes. Spread 1/4 cup raspberry jam over base of tart. In a small jug, combine 1/3 cup cold water and 1 tablespoon cocoa, stirring until combined. In the bowl of an electric mixer, combine 1 cup caster sugar, cocoa mixture and 1 teaspoon vanilla extract.

Beat for 30 seconds until combined. In a small jug, dissolve 11/2 tablespoons gelatine in 1/3 cup boiling water. Gradually beat hot gelatine mixture into sugar mixture. Beat for 5 minutes until fluffy. Stir through 100g finely chopped dark chocolate. Working quickly, spread marshmallow mixture into pan. Set aside at room temperature for 3 hours until firm. Serve tart topped with fresh raspberries and drizzled with melted dark chocolate.

Pink Swirl Marshmallow Pops

**MAKES 8 PREPARATION 15 MINUTES** 

Line a 10 x 20cm loaf pan with baking paper. Using an electric mixer, beat 1 cup caster sugar, 1/3 cup cold water and 1 teaspoon vanilla for 30 seconds. In a jug, dissolve 1½ tablespoons gelatine in 1/3 cup boiling water. Beat into sugar mixture for 5 minutes until fluffy. Dot a little

pink food colouring over marshmallow and swirl. Pour into pan. Evenly insert 8 ice-block sticks. Set at room temperature. Using a hot, sharp knife, cut marshmallow into ice blocks. Drizzle with melted milk chocolate.





# Coconut, Lime & Mint Marshmallow Slice

**SERVES** 12 **PREPARATION** 20 MINUTES **COOKING** 20 MINUTES

Line a 20 x 30cm slice pan. Beat 125g butter and ¼ cup caster sugar together. Stir in 1 cup plain flour and ¼ cup self-raising flour. Press into pan. Bake at 180°C for 20 minutes. Cool. Spread ¼ cup lemon curd over. In a jug, steep 1 peppermint tea

bag in 1/3 cup boiling water for 2 minutes. Remove. Cool for 5 minutes. In a large bowl, beat 1 cup caster sugar and tea mixture for 30 seconds. In a jug, whisk 1 tablespoon gelatine into 1/3 cup boiling water to dissolve. Beat into sugar mixture for 5 minutes until fluffy. Add ¼ cup toasted shredded coconut and 2 teaspoons grated lime zest. Dollop over curd. Sprinkle ½ cup toasted shredded coconut and extra lime zest over. Set at room temperature.





**Tasty Tomato Pesto Tart**Serves 5 for \$15



**Easy Spinach and Feta Bake** Serves 5 for \$12



Friday Night Pizza Frittata Serves 5 for \$14

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# Cut out and keep! Sicilian Seafood Stew

# Capsicum CAPERS





#### Sicilian Seafood Stew

SERVES 4 PREPARATION 15 MINUTES **COOKING** 30 MINUTES

- 1 tablespoon olive oil 1 red capsicum, seeded, thinly sliced
- 1 yellow capsicum, seeded, thinly sliced
- 1 red onion, thinly sliced
- 2 celery stalks, finely chopped ½ cup chopped, pitted olives
- 4 garlic cloves, crushed
- 2 anchovy fillets, finely chopped
- 1 tablespoon dried oregano 400g can diced tomatoes
- 1 cup fish stock 400g firm white fish fillets, cut into chunks
- cooked white rice, crusty baguette to serve
- **1.** In a large saucepan, heat oil on medium. Sauté capsicums, onion, celery, olives, garlic and anchovies for 6-8 minutes until tender. Add oregano and cook for a further 2 minutes. Stir in diced tomatoes

and stock, then bring to the

boil. Reduce heat to low.

- Simmer, covered, for 10-15 minutes until slightly reduced.
- 3. Mix in fish. Cook, stirring gently, for 4-5 minutes until fish is cooked through.
- 4. Serve stew on a bed of freshly cooked white rice. Accompany with crusty baguette.

You can use marinara mix or other seafood of choice.

#### Flamenco Eggs

**SERVES 4 PREPARATION 15 MINUTES COOKING 25 MINUTES** 

- 2 tablespoons olive oil
- 1 each red, yellow, green capsicum, seeded, diced
- 1 chorizo sausage, finely diced (see tip)
- 1 red onion, finely diced
- 2 teaspoons smoked paprika
- 2 x 400g cans diced tomatoes
- 4 slices sourdough bread finely chopped parsley, lemon wedges (optional) to serve
- 1. Preheat oven to hot, 200°C.
- 2. In a heavy-based oven-proof frying pan, heat half the oil on medium. Sauté capsicums for 4-5 minutes until tender. Transfer to a plate.
- 3. In same pan, cook chorizo and onion for 3-4 minutes, stirring, until golden. Mix in paprika and cook for 1 minute. Add tomatoes, then bring to a simmer. Cook, stirring, for 4-5 minutes until thickened. Season to taste. Return capsicum to mixture.
- 4. Create four indents in

tomato mixture. Carefully crack an egg into each. Bake for 12-15 minutes until whites are set and yolk is still runny. 5. Preheat a char-grill pan on high. Brush bread slices with remaining olive oil. Grill for 1 minute each side until well toasted.

6. Serve dish sprinkled with chopped parsley. Accompany with char-grilled bread and lemon wedges.

## lop tip

Replace chorizo with spicy salami if preferred.

## Capsicum & Corn Fritters

**SERVÉS 4 PREPARATION 15 MINUTES COOKING** 15 MINUTES

- 1 cup self-raising flour 410g can creamed corn ¾ cup milk
- 1 egg, whisked
- 2 red capsicums, seeded, thinly sliced
- 2 spring onions, sliced
- 2 teaspoons curry powder 1 tablespoon olive oil
- cos lettuce leaves to serve SALSA
- 2 tomatoes, diced 1 avocado, seeded, sliced juice of 1 lemon
- 1. In a large bowl, combine flour and creamed corn. Whisk in combined milk and egg. Season. Stir in capsicums, onion and curry powder. Set aside. 2. In a large nonstick frying pan, heat oil on medium. In three batches, fry ¼-cup quantities of mixture for 2-3 minutes each side until golden and cooked through. 3. SALSA. In a medium bowl, combine tomato, avocado and lemon juice.

Season to taste.

4. Serve fritters topped with salsa. Accompany with lettuce leaves.



# Spaghetti with Capsicum Pesto

SERVES 4 PREPARATION 15 MINUTES (PLUS COOLING) **COOKING** 15 MINUTES

2 red capsicums

2 rashers rindless bacon

2 cups baby rocket

1/2 cup flaked almonds

½ cup finely grated parmesan 1/3 cup olive oil 1 garlic clove, chopped 2 teaspoons red wine vinegar 500g spaghetti 100g feta, crumbled 1. Place a wire rack over the

flame on a gas cooktop. Place capsicums on rack and cook over flame for 10 minutes, turning on all sides, until blackened. Transfer to a large bowl. Cover with cling film. Set aside for 10 minutes. 2. Preheat an oven grill on high. Cook bacon for 4-5 minutes each side until very crispy. Drain on a paper towel. When cool, break into pieces. 3. Gently rub the skin off capsicums, then discard stems and seeds. Place flesh in a food processor or blender with half the rocket, almonds, parmesan, oil, garlic and vinegar. Pulse

until smooth. Season.

- 4. In a large saucepan of boiling salted water, cook pasta following packet instructions. Drain, then return to pan.
- 5. Toss pesto with hot pasta. Top with remaining rocket, bacon and feta.







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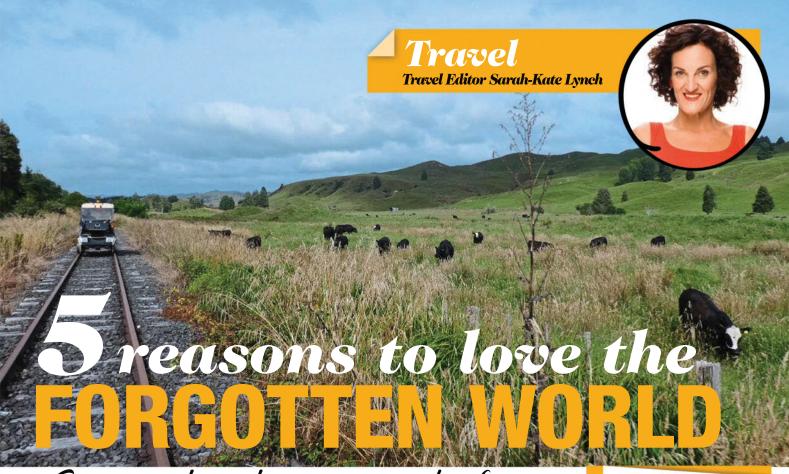




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# A journey through time to remember forever

here's nothing a travel editor likes more than discovering a new piece of her own backyard.

Where is it? I thought I'd covered every inch of New Zealand, but when I looked on the map to see where we were headed on our Forgotten World Adventure, I realised I'd never even noticed State Highway 43, let alone travelled it. This 148km, mostly tar-sealed stretch of road – running from Taumarunui in the King Country to Stratford in Taranaki – winds through this once-thriving but now largely abandoned area known as the Forgotten World Highway. Pristine countryside, mountain saddles, a historic one-lane tunnel, a wriggly river gorge and your choice of bridges? Now that's a highway.

**2** How do you see it? You can cherry pick exactly how you see this gorgeous slice of our beautiful country at forgottenworldadventures.co.nz but you must include travelling the Forgotten World Railway. Not in a train, I might add - they haven't run on these tracks for years - but someone very clever had the idea of converting golf carts to fit the rails, so now you can trundle slowly and quietly

through this isolated landscape. If the weather's pants, you pull down the plastic sidings and grab a blanket. There are plenty of tea breaks - and lunch - with not much tricky walking, so it's perfect for kids or grandparents.

What do you see? We jumped in our rail cart at Okahukura, just out of Taumarunui, and set off on our 20-tunnel trip (the most popular) heading west. There were about 10 carts in all, with Rob, the guide, in the front one – but you don't travel that close to each other, so it feels like you're in a glorious King Country dream on your own. It's the history that makes this trip something truly special - the once flourishing farming settlements of Matiere and Ohura are a stark reminder of how tough our pioneers were, and how the world has changed since they mined, cleared land, dug tunnels, and built the bridges and empty tracks on which we now travel as tourists.

### Where do you 4 end up?

Whangamomona, a one-horse town in the middle of the Forgotten World Highway, declared itself a republic when county lines changed in the late 1980s and locals weren't having a bar of it. The Republic has a

two-storey pub on its only corner and, um, that's it, really, but you can get your passport stamped at the bar, the jukebox is free and the locals are very friendly. Or you might like to take a dune buggy to the Bridge to Somewhere, about 20km east, and a muddy ride if the splatter on the people we saw returning were anything to go by. You can overnight at the pub and get the rail carts back to Taumarunui the next day or keep heading west. Either way, don't miss this particular bend in the road.

What next?

Weather permitting, another option on your adventure is to fly by helicopter into the Bridge to Nowhere - the famous concrete structure spanning the Mangapurua Stream with no roads on either side. It says everything about this neck of the woods, really. The bridge was built to provide access to new farmers returning from World War I, but the area proved too remote and the land too darn hard, so it reverted to native bush. My Forgotten World Adventure to this scenic and historic tourist heaven was an early highlight of 2017 for me. Next time, I'll take the chopper, go to the bridge and jet boat back up the Whanganui River - but I haven't had enough of those rail carts either.



Fore - golf carts crossing! Take in the sights via this quirky mode of transport.



Land of bridges and honey! The local produce is quite the buzz of the Forgotten World.



So this is where the original Goodbye Pork Pie mini ended up!

# Sol

# **ROCK OF AGES**

Sarah-Kate waxes lyrical on seeing legends play live

fter the untimely demise last year of two of my favourite people – Prince and George Michael, not to mention David Bowie and Glenn Frey from the Eagles – I've decided 2017 is going to be the year of live music. Me going to it, that is. And taking the Ginger with me.

But that's harder than it sounds. Prince and Bowie we both like, but otherwise our tastes are poles apart. He would rather have shot his ears off than gone to George with me.

And as for the Eagles, if I even start humming the first few bars of "Lyin' Eyes", he gets out the chainsaw, then starts digging a hole in the backyard – and it ain't for him.

Still, I was totally prepared to go to see the Eagles on my own when they came here in 2015, but wouldn't you know it, they played on the Ginger's birthday – a significant one. Awkward!

I did float the idea that I just set his party up, then nip out for a few hours, but this was met with a less than enthusiastic response.

However, there will be no such disappointments this year.

Already I've been to see Nick Cave and the Bad Seeds, which was sensational. I've loved him ever since I heard "Red Right Hand", even more so now I've seen him. And even more than that now I know he is knocking 60 – as in, "Hello, September!"

And you know what that means? It means when it

says the concert starts at 8pm, the concert starts at 8pm. Old rockers long rehabilitated from the wild ways of their wicked youths have no interest in staying up till the wee small hours. They want to get home to a nice, hot cuppa and their fluffy slippers – and so do I.

Nick Cave, however, was a child compared to the next box I ticked on this year's musical medley – James Taylor.

I've been a fan since he got me through my first real heartbreak when I was 19, but I'd never seen him live. And although a small amount of Ginger-dragging was required, even my ho-hum beloved had to agree it was a brilliant night.

Also, we had the added

bonus of feeling quite young and spritely among James' other fans. I'm talking walking sticks. Quite a few of them. Not surprising considering James himself is 68, but what an inspiration he and all those like him are.

If you love what you do
– whether it's performing
at concerts or rocking
out at them – why not keep
doing it till you're fighting
off other mobility-scooter
riders to get in the door?

Next up, old faves Simple Minds and the B-52's – with a combined age of more than 500 (I kid you not).

And if I put my hip out there, the good news is that with the right amount of Panadol and hydrotherapy, I should be right as rain by the time The Boss arrives.



# Kate's home truths

# TOOTH & LIES

Getting Kate's girl to the dentist takes some needling

y girl has had her first filling. The traumatic experience was months in the making. A routine school dental check revealed a small cavity in one of her back adult teeth needed "just a little filling".

The dental nurse delivered this news sounding very chipper, clearly accustomed to the reaction she gets from kids when she announces this kind of horror.

Marley promptly burst into tears. I feel terrible I have passed on my needle phobia. (Also my fear of spiders and my inability to eat tomatoes.)

I kept trying to tell her she was braver than me, she'd be fine, it was no big deal and it wouldn't hurt. But kids can sniff a lie at 100 paces.
"It *will* hurt," she blubbered,
"and I *won't* be fine."

There was some respite, though – they couldn't book her in until after the holidays. That was both good and bad. Good because she could wait. Bad because she had longer to fret about it.

Right up until the day, she was begging me to cancel it.

"I can't, babe," I kept saying, wishing I could.

Filling day coincided with my husband's birthday. He pulled her to one side and told her the best present he could have was for her to be brave. She nodded somewhat unconvincingly that she'd try. Her friend Chloe, a fellow dentist-phobic, kindly offered to come along for support.

Marley was delighted, but

I was slightly nervous I'd have two hysterical young girls to calm down instead of just one. As it turned out, Chloe sat in the corner, eyes covered, for most of it while uttering reassuring words.

After the numbing cream, I saw the dental nurse quietly pick up what appeared to be the world's longest needle. Like a ninja with eyes in the back of her head, Marley sprung up and grabbed the nurse's hand, batting it away and sobbing, "I know what you're doing! It's the needle, isn't it? You're trying to put a needle in! Nooooooo."

Chloe's eyes started filling up too. I had to do everything in my power not to burst into tears alongside them.

The dental nurse tried what must have been her

entire arsenal of reassuring tricks, but Marley was buying none of them.

Finally, the nurse got fed up. "Look," she said matter of factly, "if you keep batting my hand away and won't let me near your mouth, you will just have to come back another time. The numbing cream is about to wear off – trust me, that's worse."

Marley cautiously opened her mouth and let the dental nurse put the needle and drill to work. She held my hand, squeezing it so tight, I almost couldn't feel my fingers. Finally, it was over.

My daughter sat up and apologised to the dental nurse for her hysteria.

"No problem," she said.
"I've actually had worse."
I find that hard to believe.

# ASK POLL



Get your advice from Polly Gillespie, the fast-talking breakfast co-host of The Hits

# Pollyism of the week

hen my ex-husband's grandfather got really old and moved in with Grant's mum and dad, I recall Averil would always make sure Koro had a honey sandwich and a cold drink by his bed at night. If he woke up, he liked something sweet to nibble on.

At the time, I was amused. I didn't get it. Averil told me it had something to do with his blood sugar dipping. I still found it cute and amusing.

I now understand and I'm nowhere near 90!

Over the last year or two, I've developed a habit of waking and munching on a wee square of chocolate. I know it's no good for my teeth, but for some reason it sends me back to sleep.

Now, like anything I do, I tend to ramp it up a bit after a while. Lately, I've been taking a bar of chocolate to bed, breaking it up into mini squares, then putting the wee morsels on my side table so I can grab one if I wake in the night and want a bit of chocolatey goodness.

The problem is, when I'm really, really tired or I've been up late working on some book, I grab for the chocolate, go to put it in my gob, then somehow - and this part I can't explain – I fall asleep before it reaches my mouth. This means the chocolate ends up either melted in my hand, occasionally in my hair or, as was the case recently, in our bed, under Tim.

When Tim woke up at 6.30am to go to work, the first thing he said was, "What the hell is stuck to my back?"

Oh, no. A giant slab of chocolate had melted all over him.

Now might be a good time to tell you that Tim has a pretty hairless back. This will make the story slightly less gross as we go on.

I had managed to grab about eight bits of caramel chocolate, then Tim must have rolled onto them mid-sleep. His back was covered in melted, warm, caramel goodness.

Now, my boy is not a kinky food guy. For him, food belongs in the kitchen or lounge - not in bed. If I crumb the bed (I'm like Ernie from Sesame Street), he gets a wee bit annoyed. How on earth would he react when I told him his entire back and bed was covered in sticky, sweet goo?

"Um, I think you rolled onto my chocolate in the night, baby!" I said.

There was silence, then, "Why did you have a whole bar of chocolate in bed?"

"'Cos I like chocolate?" I replied.

"OK," he said in a very low and rather annoyed tone. "Would you please remove the chocolate now?"

"Um, sure," I said. "Would you like me to lick it off?"

Before he had a chance to stop me, I was madly licking at his back. I had imagined the chocolate would be soft and melty, but somehow it had hardened and my licking was futile.

"Polly, please stop now and grab a baby wipe or 10."

I crawled out of the bed, retrieved the wipes and started slowly removing the golden goodness



I had completely wasted.

After I'd de-candied him, he turned to me and said, "Polly, eating chocolate in the night has to stop. Sometimes you go to work with Milky Bar melted on your ear and I don't see it till you get home. Stop. Stop now.

When he'd showered and gone to work, I quickly removed all the bedding and washed it. I washed it twice for good measure. I feel guilty. It reminds me of when I used to sneakily drink and hide the bottles in gumboots.

I'm a true chocoholic. I'm a problem choc-scoffer. Can I stop? Do I want to? Should I buy plastic sheets?

Tonight I will go to bed chocolate-free and if I wake up, I'll think sweet thoughts and count Easter eggs.

Poor Tim. I tried to turn him into a choc-top!

My stepson is getting married and even though I'm his father's wife, I haven't been asked to take part in any of the official proceedings. I sort of understand it, but it still feels very hurtful. He blames his dad for the break-up of his parents' marriage, but I think this is a good opportunity to move on, accept me and my role in his life. Do I bring it up or suck it up?

Next Step, via email

You suck it up and suck it up hard. This is not your wedding. Be cool. Offer to help if they need anything, and be lovely, gracious and classy. Most of all, remember that this is not about you!



# Woman's Day **BE ENTERTAINED!**

WRITER ELLEN MACKENZIE

MUM'

COOL THINGS TO WATCH, READ, HEAR AND DOWNLOAD THIS WEEK!



# Nicole Kidman and Reese Witherspoon reveal the truth behind their mysterious new series

hey're regulars on the big screen, but now Hollywood heavyweights Reese Witherspoon and Nicole Kidman have joined forces to create a hot new TV series.

The Academy Awardwinning actresses are both executive producers and stars of the miniseries Big Little Lies. And as if it couldn't get any better, the cast also includes Laura Dern, Shailene Woodley and Zoë Kravitz.

Nicole tells, "I want to be contributing and working with people I like and love, and this is the perfect combination!"

The series is based on Liane Moriarty's novel of the same name, and follows a group of California mums in a multi-layered tale of friendship and secrets.

Reese, who is currently in New Zealand filming a new Disney movie, reflects, "It explores so many aspects that are relatable to the lives of women. It wasn't about them being good or bad they showed every spectrum and colour of women's lives."

These aren't your traditional cookie-baking housewives - they've got some serious sass and know how to fight dirty.

Having a female-driven show was an important selling point for the Legally Blonde star, 40.

"For 25 years, I have been the only woman on set," she tells. "They call it Smurfette syndrome, where she's got 100 Smurfs around but she's the only girl. Honestly, it's so refreshing to spend time with women."

Nicole, 49, agrees, "It's rare to find roles for five women in one piece that we'd all jump at the chance to play.

It's clear this black comedy not only has serious star power, but girl power too!



# Instagram

Take a peek at the sweet and surprising behind-the-scenes moments the stars shared this week.





Ex Shortland Street star @kjapa shares a snap taken by Cole Sprouse on the set of Riverdale.



@sallyemartin with her Shorty co-stars, aka "three of the sweetest boys I know".



Now tatt's how you sign off! Pretty Little Liars cast member @lucyhale marks their final ep.



# Woman's Day E ENTERTAINED!

COOL THINGS TO WATCH, READ, HEAR AND DOWNLOAD THIS WEEK!



**LA LA LAND** 

STARS: Emma Stone and Ryan Gosling WHERE TO WATCH: In cinemas now. WHO WILL LIKE IT:

You don't have to love musicals to be a fan of this flick, but it certainly helps!

WHAT IT'S ABOUT:

This beautiful tale of romance will make you want to dance! Aspiring actress Mia and struggling musician Seb bond over the difficulties of breaking into the entertainment industry and before long realise they are falling in love.

### **WHAT THE STAR SAYS:**

Ryan tells us, "My only previous experience with dance was '90s hip-hop, so that's very different from traditional tap. We had very patient tutors."

SKY MOVIES PREMIERE. 2.30PM

The lowdown on all the flicks nominated for the top gong at this year's Oscars



Ryan and Emma are both up for Oscars too.



STARS: Nicole Kidman, Dev Patel and David Wenham WHERE TO WATCH: In cinemas now. WHO WILL LIKE IT: Anyone who enjoys a movie that makes

them cry.
WHAT IT'S
ABOUT: Based on the true story of Saroo Brierley, a voung boy who lost his family on a

train

in India.



Years later, after he is adopted by an Australian couple, he uses Google Earth to try to track them down. **WHAT THE STAR SAYS:** Nicole, who plays

Saroo's adopted mother, tells, "I feel that for my own children who are adopted, it's not about anything else other than, 'I wanted you ... and whatever your journey is, I'm here to love and support you."



Those who love a true story with heart.

with astronaut John Glenn's Earth orbit in 1961, it finds three unexpected solutions:

Katherine Johnson, Dorothy Vaughan and Mary Jackson, three black female mathematicians

"We know they were fighting for their first-class citizenship," tells Octavia. "We know they didn't have the right to vote. But in spite of all that, they did the impossible."



# WINNERS OF



FEBRUARY

# **CASABLANCA**

Always a classic, this 1942 black-and-white flick is a romantic love story set in Morocco.



### SLUMDOG MILLIONAIRE

With a total of eight gold statues to its name, we fell in love with this tale of an 18-year-old orphan from the slums of India.



### SCHINDLER'S LIST

This historical drama is based on the life of Oskar Schindler, who saved over a thousand Polish-Jewish refugees in the Holocaust.



some of the movies I made in the '70s and '80s – it has that sort of authenticity," tells Jeff.



Thinkers who want to be moved

A coming-of-age story shot on a micro struggling to live with his mum who has

a crack addiction.

"This was a role I did in three days and a role I didn't want to take on – and now I have a nomination for it!" says Naomie.

Fans of gritty dramas with bite.

WHAT IT'S ABOU Based on August Wilson's Pulitzer Prize-winning play, this film tells the

story of Troy and Rose Maxson, a couple struggling to raise a family in the racially intolerant 1950s US.

"It's special, but having been in many of [August's] plays, it's always special," explains Viola.



**HACKSAW RIDGE** 

Those who love history and heroics.

The true story of Desmond Doss,

a US soldier who refused to carry

a gun. During the bloodiest battle

of World War II, he saved 75 men.

WHAT THE STAR SAYS:

Of director Mel Gibson,

Andrew says he is "either

crying behind the monitor

or chewing on the leg of the chair. It's wonderful

because you know whether it's going well or not.

STARS: Andrew Garfield and Sam Worthington

WHERE TO WATCH IT: In cinemas now and out on

DVD on March 1.

WHO WILL LIKE IT:

WHAT IT'S ABOUT

### THE LORD OF THE RINGS: THE RETURN OF THE KING

The first – and only – fantasy film to take home the big picture prize. Plus, it won every award it was nominated for.



### **SPOTLIGHT**

A true story of how a Boston newspaper uncovered a child molestation cover-up in the local Catholic Archdiocese.



**STARS: Amy Adams** and Jeremy Renner
WHERE TO WATCH IT: Out on DVD on February 22. WHO WILL LIKE IT:

Fans of other-worldly adventures. /HAT IT'S ABOUT

When aliens touch down on Earth, it puts mankind on the verge of a very dangerous war. Amy plays an elite linguist, who is recruited to



decipher the aliens' language.

"She felt like every woman I know who's struggling with hard things, working through personal issues, while also heading out into the world and handling life and work," tells Amy.

is forced to return to his hometown and become the reluctant guardian of his funny and loveable nephew.

Michelle, who plays Lee's ex-wife Randi, says, "They have a combative, sexy, sexual, alive, messy connection that feels incredibly real."

COOL THINGS TO WATCH, READ, HEAR AND DOWNLOAD THIS WEEK!

# **BEST ON THE**



**ONE OF US**, SUNDAY, 8.30PM, TVNZ 1

The nail-biting drama wraps up this week, but will we ever learn the truth? Claire does her best to hide the bloody knife found in Rob's room, while Rob denies all knowledge of the weapon. But there was someone else in that room with him. Could Anna really have done this?



# HOW TO FIND LOVE ONLINE

TUESDAY, 9.30PM, TVNZ 1

The dating game has changed and romance blossoms differently than when our parents or grandparents got together. In fact, one in five committed couples met on the web and 91 million of us around the world log on to internet dating sites. So how do you find love online? Dr Xand van Tulleken and Dr Hannah Fry reveal the scientific secrets to internetdating success.



THURSDAY. 7.30PM, THREE

Thursday is the new Friday, at least according to Jono and Ben! The hilarious Kiwi duo is back with a whole new serving of entertainment. "Our motto is the weekend starts early, so we're moving our TV show to Thursdays," say the lads. The pair will be joined by comedian Guy Williams as well as Laura Daniel to keep the boys in line. It might be a new year, but don't worry – this season will see the return of fan-favourite segments such as Kids Review, Charity Cases, **Guy Investigates and** Joke Frenzy.



# 4 SHORTLAND STREET

WEEKNIGHTS, 7PM, TVNZ 2

There's a new girl on the Shorty block! This week, fresh-faced Eve Reston, played by Jess Holly Bates, arrives in Ferndale to ruffle some feathers.

# BOMONDAY FEBRUARY 20 - SUNDAY FEBRUARY 26





# **CRASHING** WEDNESDAY, 9PM, SOHO

This new comedy finds laughter in life's unexpected upheavals. Written by and starring real-life stand-up Pete Holmes, the semi-autobiographical series follows the comedian as he discovers his wife has been unfaithful, leading him to re-evaluate the future. Pete attempts to find solace at a New York comedy club, where he befriends cynical stand-up legend Artie Lange.



IFE IN PIECES MONDAY, 8.45PM, TVNZ 2

More awkward and hilarious encounters are in store for this dysfunctional clan! The US sitcom won hearts when it first aired in New Zealand earlier this year and this week's episode is set to be another great one. When Matt and Colleen catch her ex Chad trying to kidnap her beloved puppy Princess, Chad uses the opportunity to pitch them his new business venture.





Seasons one to four on NETFLIX Rating:

If you're a *Game of Thrones* fan looking for a new addiction, catch up with this action-packed drama set at the dawn of the Viking era.



### STAN LEE'S LUCKY MAN Seasons one & two on LIGHTBOX

James Nesbitt is back with new episodes about the brilliant but flawed cop with the power to change luck. What good fortune!



# THE INTERN

**Available on NEON** Rating: 🖈

At 70, widower Ben Whittaker seizes the opportunity to become a senior intern at an online fashion site. This is one charming movie that deserves repeat viewing.



### WITCHED AT BIRTH

Wednesday on TVNZ ON DEMAND

It hasn't aired since 2015, but finally the award-winning drama series is back! Catch up with Bay Kennish and Daphne Vasquez, who were swapped as infants.

# Woman's Day BE ENTERTAINED!

COOL THINGS TO WATCH, READ, HEAR AND DOWNLOAD THIS WEEK!

# PURE HEROINE

# KICK-ASS CHICKS



played by -milia Clárke) This blonde beauty goes from timid young girl to feisty warrior queen in

Neon's *Game of Thrones*.



J. CREGG 'Allison Janney' If all press secretaries were as sharp as this woman, the world would be a better place. We adore C.J. in Lightbox's *The* West Wing.



ABBY SCIUTO (Pauley Perrette) Donning gothic clothes and with a collection of tattoos, she's not your average TV leading lady. Lab tech Abby is the unsung hero of Three's crime drama *NCIS*.



CHARLIE'S **ANGELS** (Jaclyn Smith, Kate Jackson and Farrah Fawcett)

These super-sultry female private eyes were the original kick-butt heroines! Each episode, they went undercover in pursuit of first-class baddies.



MELISSA BENOIST Kara Danvers) Leading the pack of modern-day female heroes is Duke's Supergirl. She is one powerful, smart lass who's saving the world.



## The feminist action woman makes a scene

utrageous Fortune actress Sophie Henderson is talking all things feminism. The 30-year-old, who has a baby daughter with actor hubby Curtis Vowell, is this month performing in the feminist production Revolt. She Said. Revolt Again.

### What is feminism to you?

Feminism simply means that I want equality for all genders. If you do too, then yay, you're a feminist! It also means Kate Sheppard and Malala, and supporting other women and still loving men, and Gloria Steinem, equal pay and the Spice Girls, and fighting to be heard in meetings and Beyoncé, and calling other people's sexism out.

Why is it important to mums?

The only way there can be equality at work is if there is equality at home. I feel very lucky that my husband is being a stay-at-home dad right now so that I can rehearse and perform in this play. But shouldn't that be normal? I would love for mums and dads to be given longer paid parental leave,

and for there to be more value in raising children.

I'm trying to make sure I never use gendered language, especially now that I have a daughter. I caught myself giving all her toys boys' names and calling them "him", so I've renamed them all to be "her". That's this week's feminist action.

### Have you seen sexism in your work as an actress?

So many female characters I've played are serving some guy's arc rather just being a whole person with her own story. I remember at drama school, dreading being paired up with another woman in my class because it was too hard to find great dialogue scenes between two women. At the time, I didn't think about how sad that was. but it's heartbreaking.

Most of the projects I've acted in do not pass the Bechdel test [which asks whether a work of fiction includes two females talking to each other about something other than a male]. Revolt. She Said. Revolt Again is the first cast I've been in where there are more women than men. And it's fantastic!

# HERE IN THE WORLD



### WAITAKERES

"The waterfall at Waitakere is like something out of a Disney movie," says Benson, 19. "Although, unlike Disney cartoon characters, we can feel the glacial chill of that icy water when we all dive in. Hypothermia aside, I'd do it again!"





# On location with two shooting stars

enson Jack Anthony and Cian Elyse White, stars of the Kiwi-Aussie hit show 800 Words, take Woman's Day on a tour of their favourite filming spots around Auckland.



with the cast and crew is the perfect end to a big day on set. 'Catching the sunset over the black sand is second only to the countless stars you can see from the top at night. One of my all-time fave places, even if the experience is occasionally ended by a mad dash to the bottom as a result of that unpredictable NZ rainfall!'

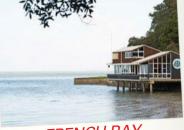


# WARKWORTH

"This is a charming wee village with the cutest boutique hotel, tells Cian. "Our whole cast enjoyed barbecues and swims there.

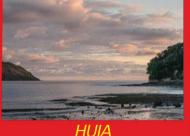


'What a serene dream to shoot here! Especially at our secret waterfall location off the back of a farm. Stunning scenery, stunning location," says 28-year-old Cian.



## FRENCH BAY

Sunrise here is just about the only thing that will get Benson out of bed before 6am. "Couple that with a cup of tea and I'm a happy man!"



"It's a hidden paradise and I absolutely loved filming at the reserve there," reveals Cian. "The fireworks from season two were definitely a favourite night shoot!

"A lot of people who are on our show do it anonymously," says Ellen. "The show is these extraordinary people around the world who are willing to be brave, courageous and vulnerable to be a part of this.

> With such sensitive material, it can take months to prep an episode, says Ian. "In some countries, it's just very courageous to share your story. Often you risk your life to share your story. There is a lot at stake.





**HEARTFELT JOURNEY** What Gaycation means to its hosts

oin *Juno* actress Ellen Page and filmmaker lan Daniel as they set off to explore LGBTQ cultures around the world. From Japan and Brazil, to Jamaica and the US the two meet some fascinating people during their travels and confront global homophobia.

"I think on some level Ellen and I make it with the LGBTQ community and queer community around the world in mind," tells Ian. "We're hoping that they find inspiration and solidarity, and we just want that for everybody, so they could be allies of the movement.'

Ellen cites Anthony Bourdain's No Reservations as a favourite travel show. "I always learn so much and I wanted to see one from a gay perspective that explored LGBTO communities around the world."

# Woman's Day

Relax with our fantastic collection of fun puzzles and you could win cash!

# Spot the difference HEIDI & SPENCER PRATT

Can you find the sixth difference between these two pictures of reality stars Spencer and Heidi at the Celebrity Big Brother house in England? Write your answer on the entry form on page 90. February 6 solution: Extra cord on Ashley's top. Winner: S. Mclean, Wellington.





Answers 1. Spencer's name tag turns white 2. Design added to Heidi's top 3. Eye on Spencer's jacket turns white 4. Letters added to Spencer's jacket sleeve 5. Heidi's hair changes colour 6. ???

# Who am I?

I was born in Kansas in the US in 1958, one of four children. My introduction to acting came in high-school productions and I went on to university to study theatre. In my early 20s, I started my stage career with a theatre group in San Francisco, where I met my first husband, a choreographer. For the next 10 years, I travelled across the States, working in regional theatre, and I didn't appear in a movie until I was almost 30 a small part in the 1988 Dan Aykroyd comedy The Great Outdoors. I then landed the role that earned me an Oscar nomination, alongside Anjelica Huston in The Grifters. I was offered other films, including Postcards from the Edge and Bugsy, alongside Warren Beatty. By the end of filming, Warren and I were an item, and within months, we'd become parents and married. Since then, I've become one of the most respected actresses in Hollywood, balancing motherhood and four children, with continuing theatre work and a string of movies - including American Beauty, Being Julia and The Kids are All Right, which together earned me three more Oscar nominations. Currently winning praise for my role in 20th Century Women, who am I?

- 1. Arguing
- 9. Possibly
- 15. Hothouse flowers
- 16. Send via internet
- 17. Italian country house
- 19. Adjust
- 21. Public square
- 22. Avoid answering (question)
- **23.** Weepy
- 24. '70s dance scene
- 25. Ignore alarm clock (3,2)
- **27.** ... and evens
- 29. Flagpole
- 31. Man-made fibre
- 33. Kiosk
- 35. Jibes
- 38. Wooden box
- **40.** Farm reservoirs
- 42. Declare
- **43.** Ire
- 44. Avenue
- 46. The U of ICU 48. Privileged few
- 49. Moreover
- 50. SW Pacific nation
- 51. Paints roughly
- 53. Cheeky
- 55. Sterilise (female animal)
- **56.** Enforce solitude on
- **58.** Coagulate
- 61. Enthusiast
- **63.** Adios!
- 65. Clambering up
- 69. Out of tune (3,3)
- 71. Nunnery boss
- **72.** Protest sign
- **74.** Curve
- 75. Foremost
- 76. Of numbers
- 77. Merrier
- 78. Chilled drink (4,3)
- 79. Colour
- 80. Endorsing
- 81. In one piece
- 84. Soak
- 87. Seen
- **91.** Fool
- 93. Long time
- 94. Climbing-plant support
- 97. Decorative door-tapper
- 100. Brainwave
- 101. Stupefied

- 103. Sloping sharply
- **105.** Egg on 106. Shipshape
- **107.** Indian
- instrument 108. Midday
- 109. Soft French cheese
- **110.** Worth
- 111. Honourable
- 113. Field entrance
- 115. Prick (boil)
- 117. Bargains
- **120.** Submit (application)
- 122. Platters
- 124. The festive
- season **127.** Gala
- 129. Improvise (2-3)
- 131. Native American dwelling
- 133. Comprehensive
- 134. Oak kernel
- 136. Bird of prey
- 137. Cow mammary gland
- 138. Major blood vessel
- 139. A male duck
- 140. Locomotives
- **141.** Forts
- 142. Thumbing backpackers

- 1. Suppressed (riot)
- 2. Astonish
- 3. Give way
- 4. Volcanic flow
- 5. Lazed
- 6. Capricorn
- symbols Fuel energy
- rating
- 8. Disagree
- 9. Sacred song 10. Warty
- creatures
- 11. Squirrel food
- 12. Bring from overseas
- 13. Oozing fluid
- 14. Hankered
- 18. Stone gods
- 20. Erect (tent)
- 26. Distributing
- 28. Sketches
- 30. Accumulate
- 32. Pressurised can
- 34. Waterless
- 35. Small military vehicles
- 36. Fit for consumption
- 37. Perspire

### Christine Lovatt's

# Big crossword

**123.** Fury

- 39. Wartime partner
- 41. Cowboy's friend
- 45. Encore!
- **47.** Lofty
- 49. Performs role
- 52. Rub to a shine
- **54.** Monkey relatives
- 56. Octopus liquid
- 57. Subside
- 58. Heading on photo
- 59. Closest

- 60. Stretchy
- 62. Influences
- 64. Squealing
- **66.** So-so 67. First
- 68. Car sheds
- **70.** Boat
- 71. Was painful
- 73. Genetic blueprint for life (1,1,1)
- 75. Career athlete
- 82. Title

- 83. Invite
- 85. Wheat tip
- **86.** Dollar division
- 88. Instruction
- 89. Absurdly
- 90. Annoyed exclamation
- 92. Canada's Nova ...
- 94. Youth
- 95. Loafed
- 96. Silver bar
- 98. Snooped

- 99. Merits
- 101. Night's end
- 102. River-mouth
  - land
- 103. Cavalry weapon
- 104. Garden pool
- **109.** Nags
- 110. Irritated
- 112. Opt
- 114. Insignias
- 116. Rearward
- 118. Materialise
- 130. Rental contract **132.** Nudge
- 135. Sworn promise

119. Becomes aware

121. Famed pacifist,

Mahatma ...

125. War hero's gong

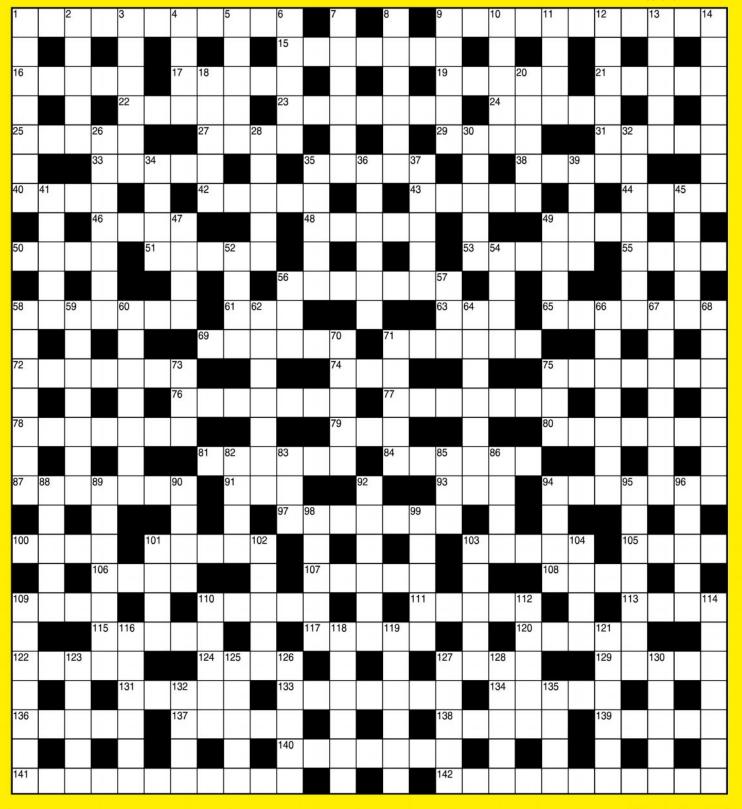
126. Open wounds

128. Fortune-telling

127. Sudden light

pack

SOLUTION NEXT WEEK



# Brainbusters



- Will Smith and Keira Knightley are two of the all-star cast of which new movie, also starring Kate Winslet, Edward Norton and Helen Mirren?
- Blackstrap is a form of which food?
- Jane Wyman was the first wife of which US actor and politician?
- What protein can be found in skin, hair and nails?
- Oberon, Titania and Puck are fairies in which Shakespeare play?
- What is the capital of Argentina?
- What is the name of the famous "friendly" cartoon ghost?



- "Maria", "Tonight" and "America" are songs from which musical?
- What do you do with an ocarina?
- What are you if you're described as a "jack tar"?

(basic wind instrument) 10. Sailor Aires 7. Casper 8. West Side Story 9. Play it 5. A Midsummer Night's Dream 6. Buenos 2. Molasses 3. Ronald Reagan 4. Keratin Miswers 1. Collateral Beauty

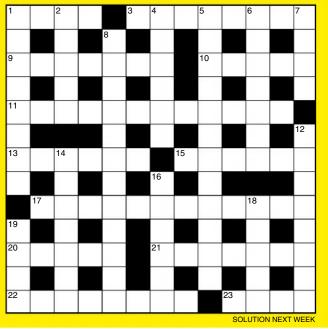
### Cryptic crossword Christine Lovatt's

### **ACROSS**

- 1. Implement for keen beginner (4)
- 3. Undue praise given for changing flat tyre (8)
- 9. Bad has rhythm that's unconventional (7)
- 10. Dominant male trapped in final phase (5)
- 11. Influence from cohorts to look over urgent demands (4,8)
- 13. Fool in front of church is a jerk (6)
- 15. A skier involved in mix-up with German emperor (6)
- 17. Heads off Gunga Din? Line on steamship for lack of grace (12)
- 20. Is not hostile about tourist accommodation
- 21. Criticise the right cat (7)
- 22. People in the know who are agoraphobic? (8)
- 23. Deliver for nothing (4)

- 1. Sidewalk arrangement of Top Hat (8)
- 2. Search through drawers for weapon (5)
- 4. Froth from one who turns wood? (6)

- 5. Productions of The Interpreter? (12)
- 6. Sends goods abroad from former harbours (7)
- Some may earn four quarters (4)
- 8. Wearing glasses, pageant can be seen in bed (12)
- **12.** Keep the jam (8)
- 14. Design it especially to hold lights (7)
- **16.** Nick, about turn! He's a crack shot! (6)
- 18. Anaesthetic from over there (5)
- 19. Bangkok native using Perth Airport (4)



# Wordfind

FELICITY JONES, 21 letters (3,6,2,10). Find all of the listed words to do with the British actress in the grid. Words may read backwards or forwards, vertically, horizontally or diagonally. Some letters are used more than once. CIRCLE LETTERS ONLY, DO NOT CIRCLE WORDS. The unused letters, reading left to right and top to bottom, will spell out the name of another of her movies. Write your answer on the entry form on page 90. February 6 solution: The Marriage of Figaro. Winner: B. King, Canterbury.

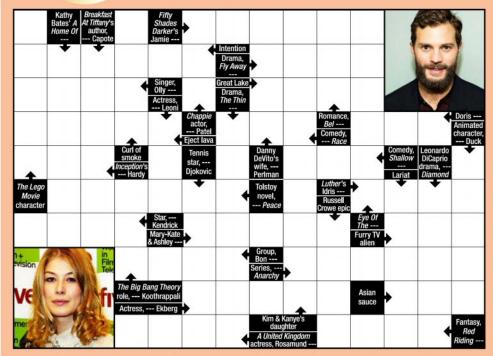


A Monster Calls Albatross Anne Frank Breathe In Chalet Girl Chéri Doctor Who Eddie Redmayne Felicity Girls Hawking Jones Jyn Erso Like Crazy Nicholas Hoult Northanger Abbey Oxford Page Eight Rogue One Star Wars The Tempest The Worst Witch Tom Hanks True Story



# Christine Lovate's Starburst

Work out the names of the stars pictured, then write your answer on the entry form on page 90. The winner is the first correct entry. February 6 winner: D. Barclay, Auckland.



# Christine Lovatt's Code cracker

Each number in the grid represents a letter of the alphabet. Work out which number stands for each letter, write them in the grid and cross it off the list – we've given you three to start you off. Fill in the letters in the box beneath to spell out the mystery word.



	1	d		2	9	19	19		10 K	17	1	K	9	1	11
r	3	19	8	11	ď	9	O'	12	Q	8	ď	9		11	16
	1	d	12	13	1	4	0	13	d	14	9	4	11	1	<sup>20</sup> G
	2	1	4	d	9	0	10 <b>K</b>	11	<sup>20</sup> G	d	21	0		8	11
)	d	d	11	1	2	Q	9	19	19	d	13	11	1	0	0
	11	6	16	12	0	18	13	4	9	15		11	13	9	15
	2	Q	Q	12	18	1	13	0	12	18	8	2	Q	Q	18
1	2	18	5	11	Q	4	11	12	4	<sup>7</sup> Y	Q	9	15	18	6
)	Q	Q	8	12	11		2	18	11	Q	3	11	11	Q	Q
)	1	9	19	Q	<sup>20</sup> G	Q	12	9	6	Q	9		6	1	14
-	17	Q	<sup>20</sup> G	1	<sup>20</sup> G	12		19	Q	14	2	1	4	Q	1
) /	18	10 <b>K</b>	1	<sup>7</sup> Y	0	11	0	12	0	1		15	2	9	14
V	7 Y		2	11	13	1	<sup>7</sup> Ү		9	2	1	4	11		<sup>7</sup> Ү
7	Q	Q		Q	5	9	18	19	11	4	Q	Q	Q	Q	Q

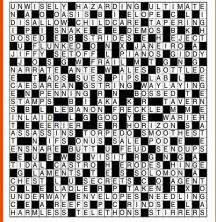
SOLUTION NEXT WEEK

# Sudoku

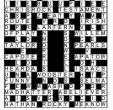
Fill in the blank squares with the numbers 1 to 9 so that each row, each column and each smaller 3 x 3 block contains all the numbers from 1 to 9.

						1		7	
4	3	2					9		
5				2	8			6	
3		5			4		7		]
		7	8		6	4			
	9		1			6		2	
6			7	3				4	1
	4					2	6	3	
1		3							









LAST WEEK'S WHO AM I?

NICHOLAS HOULT

LAST WEEK'S FEBRUARY 6 SUDOKU

**STARBURST** 





LAST WEEK'S CODE CRACKER A=13, B=5, C=8, D=19, E=9, G=17, H=16, I=10, K=20, L=6, N=7, O=12, P=2, R=14, S=21, T=4, U=3, V=1, W=11, X=15, Y=18 SOLUTION: GETAWAY

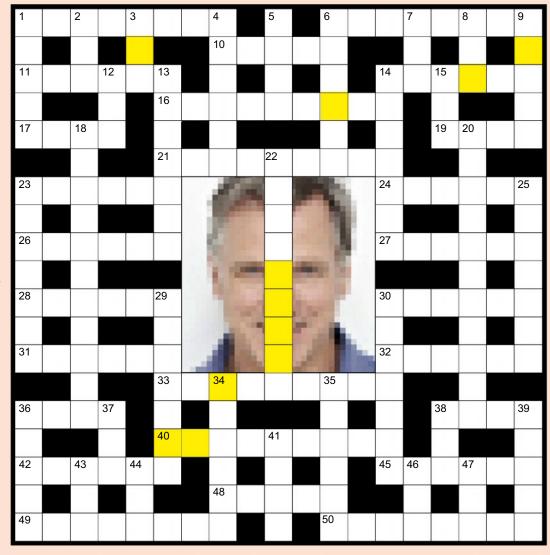


# Christine Lovatt's Superstar crossword

### **ACROSS**

- **1.** Eddie Vedder's grunge group (5,3)
- **6.** Robert Downey Jr and Val Kilmer film noir comedy, Kiss Kiss ... (4,4)
- **10.** Actress and singer who voices Elsa in *Frozen*, ... Menzel (5)
- **11.** Fantasy sequel, *The Hobbit:* The Battle of the Five ... (6)
- **14.** Snatch and Get Shorty actor, Dennis ... (6)
- **16.** Comedy starring Tim Robbins and Jennifer Jason Leigh, *The* ... *Proxy* (9)
- **17.** *Midnight in Paris* and *Zoolander* actor, ... Wilson (4)
- Kiwi stuntwoman/actress who starred in *Death Proof*, Zoë ... (4)
- 21. AC/DC hit, "Dirty ... Dirt Cheap" (5,4)
- **23.** Joni Mitchell album, *Turbulent* ... (6)
- **24.** Crystal Gayle hit, "... Make My Brown Eyes Blue" (3'1,2)
- **26.** Actress who plays Rory in *Gilmore Girls*, ... Bledel (6)
- **27.** Michael Jackson track, "Man in the ..." (6)
- **28.** Elton John hit, "... That's Why They Call it the Blues" (1,5)
- **30.** Casablanca star, Humphrey ... (6)
- **31.** Christian Bale World War II drama, ... of the Sun (6)
- **32.** *12 Years a Slave* actress, Lupita ... (5'1)
- **33.** Drama starring William Hurt and Marlee Matlin, *Children of a* ... (6,3)
- **36.** *Match Point* actor, Jonathan ... Meyers (4)
- **38.** Famous Muppet, Kermit the ... (4)
- **40.** The Spencer Davis Group hit, "Keep ..." (2,7)
- **42.** Schindler's List actor, Liam ... (6)
- **45.** 24 and Happy Endings actress, ... Cuthbert (6)
- **48.** War thriller starring Helen Mirren, *Eye ... Sky* (2,3)
- **49.** Animated film voiced by Kenneth Branagh and Kevin Kline, *The Road to* ... (2,6)

The shaded letters spell the name of our pictured star. Write your answer on the entry form below. The first correct entry wins \$100. February 6 winner: P. Cooney, Timaru.



 Paul Newman and Robert Redford film, Butch Cassidy and the ... Kid (8)

### DOWN

- 1. Jane Campion film, The ... (5)
- 2. Frank Sinatra drama, *The Man* with the Golden ... (3)
- **3.** *Elementary* actor, Jonny ... Miller (3)
- 4. Sitcom, Malcolm in the ... (6)
- **5.** Modern King of Waltz, André ... (4)

- 6. Film series, ... the Future (4,2)
- 7. My Big Fat Greek Wedding actress, ... Carides (3)
- 8. Elvis hit, "A Fool Such ..." (2,1)
- **9.** Classic British comedy, *Monty Python and the Holy* ... (5)
- 12. X-Men actor, ... McKellen (3)
- **13.** Kiwi vampire mockumentary, What We Do in the ... (7)
- **14.** Biopic starring Idris Elba, Mandela: Long Walk to ... (7)
- **15.** Matchbox Twenty frontman, ... Thomas (3)

- 18. Beverly Hills Cop star (5,6)
- **20.** Comic, *Cedric the* ... (11)
- **22.** Reese Witherspoon romantic comedy, ... *Alabama* (5,4)
- 23. John Lennon's classic hit (7)
- **25.** Vin Diesel's *Fast & Furious* character, Dominic ... (7)
- 29. The Alan Price Set hit, "I Put a ... You" (5,2)
- **30.** Bette Davis and Leslie Howard drama, *Of Human* ... (7)
- **34.** Spaghetti western director, ... Leone (6)
- **35.** Andrew Lincoln's character in *The Walking Dead*, Rick ... (6)
- **36.** Bridget Jones's Baby actress, ... Zellweger (5)
- 37. ABBA hit (1,1,1)
- **38.** Crime agency featured in TV's *Criminal Minds* (1,1,1)
- **39.** That '70s Show star, Topher ... (5)
- 41. Steve Martin comedy, Mixed ... (4)
- **43.** Jake Gyllenhaal crime thriller, ... of Watch (3)
- **44.** Kathy Bates and Edward Furlong drama, *A Home of ... Own* (3)
- 46. Rock band, ... Zeppelin (3)
- 47. Pet Shop Boys song, "It's a ..." (3)

# Entry form Write the answers to the puzzles in the spaces provided

You can enter one puzzle or try them all – it's up to you! Send your entry form, with your name and address on the back of an envelope, to: *Woman's Day/* Puzzles No. 9, Response Bag 500261, Victoria Street West, Auckland 1142. Entries must be received by March 3.

WORD FIND

SPOT THE DIFFERENCE

STAR BURST

SUPERSTAR CROSSWORD

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# Get interactive

Has a story got you all worked up? Give us your opinion on our pages

Have your S

# Your letters

# Winter

I empathise with columnist Sarah-Kate Lynch, who is experiencing a "summer of discontent" (WD, February 20). My own "life raft of youth" has not only deflated, but has long since hit the inorganic rubbish bin (figuratively speaking). And the lack of summer this year does certainly seem to bring to mind that - having used up my three score years and 10 (70 years) each sunny sky is a time to be treasured. There haven't been many of these this season, but perhaps we can hope for an Indian summer of glorious and golden autumn weather. However, may I comfort you, Sarah-Kate, with my observation that as you get on in years, none of this really matters! The fact is, the longer you live, the faster time goes so it will soon be winter. Then spring. Then summer will roll in again!

Diane, Auckland

# Hair all about it!

I have just read the lovely Kate Hawkesby's column about her sons being forced to cut their hair for their first day at high school (WD, February 20). I just can't believe that we still have such draconian rules in New Zealand! Why can't a boy have his hair long if it is kept in a clean and tidy manner? It really is quite a sexist issue - especially since we are living in 2017, not 1950!

C. Barnett, Taranaki

# Take it to the Max

How lovely to read your exclusive article "Max Key: Finally free to be me!" (WD, February 20). I now know more about this handsome young lad, who wants to be known for his music and talent, not because he is the former prime minister's son. I can understand Max's woes about being judged and criticised at all times. He's just an everyday teen

in many ways and just wants to do things normally, without all of the public scrutiny.

Ester, Christchurch



\$50

Funny bunny!

Little Maisie, six, is very hoppy with her new rabbit Millie. Hannah, Wellington

Follow @womansdaynz on Instagram for candid celebrity snaps and funny staff shots!



Shady superstars @mindykaling and @reesewitherspoon soak up the Kiwi scenery.



It's catch-up time for @matootles and Assistant Ed @ashleighmcenaney.

# No, thanks!

I was very disappointed to see six pages devoted to a spoilt little rich kid. While Max Key insists that he's "not self-obsessed or vain", every photograph has him poncing and preening for the camera. I really love Woman's Day, but please can we have something a little bit more worthy of the magazine?

♦ Judy, Kaitaia

# Blue steel

I nearly didn't buy this week's Woman's Day when I saw Max Key was on the cover. Not because there is anything wrong with him, but he is of no real interest to me. However, the photo of him and his bandana made me giggle so much that I bought it anyway. Very Zoolander, guys!

C. Stewart, Oamaru

# Tell the Day&win!

PUBLISHED LETTER WRITERS WIN A COPY OF THIS BOOK In J.S. Monroe's Find Me (HarperCollins, rrp \$34.99) Rosa walked to the end of the pier in the dead of night and jumped into the swirling water. A brilliant young student who had just lost her dad, her death was tragic and not wholly unexpected. But is that Win! what really happened? Her boyfriend Jar sees her everywhere. He can't let J. S. MONROE go and is obsessed to

prove she's

still alive. And then

an email .

he gets

# Day details

To send a letter to the editor or if you have a story, contact us:





Woman's Day, Private Bag 92512, Wellesley Street, Auckland



wdaynz@bauermedia. co.nz



facebook.com/ womansdaynz



@womansdaynz



(09) 308 2718



Ever wanted to alter the past? We all live with regrets, but this week's stars may bring a second chance. At the very least, it's time to state your case and put things right. As Mercury shifts into Pisces, your confidence will receive a power-packed boost just don't get too carried away on the spending front!

# Your STA

Your heavenly destiny for the week February 20–26

## Aries

MAR 21 - APR 20



Opinions are flying, but flare-ups this week may prompt a very important

reappraisal. Over-expanding might be your greatest danger, so think carefully before you overcommit. If you feel stressed, organise a bushwalk or revisit a good book. Answers will bubble to the surface as you relax.

### Taurus

APR 21 - MAY 21



Creating some harmony may become a priority this week, but with Mars firing up everyone's

feelings, your efforts might miss the mark. Redirect your energy into an office clear-out or home overhaul instead, then prepare for progress next week. Look out for an inspirational new friend or lover who's about to liven things up.

# Gemini

MAY 22 - JUN 21



Simplicity is key this week. so resist the urge to complicate things. Look

at streamlining your life and toss out anything dragging you down - and yes, that includes people. Improving your health or diet could become a priority after next Monday's eclipse, so start formulating an action plan.

JUN 22 – JUL 23



Life may feel like a juggle, but know you are entering a wonderfully productive period. If it's

scoring goals at work or going back to school, your efforts will reap rewards. Even better, that enthusiasm might spill over into your love life. If you've fallen into a rut lately, new routines should feel like a breath of fresh air.

# Leo

JUL 24 – AUG 23



Are you ready to reinvent vourself? As next week's eclipse draws closer, many Leos will feel

a yearning to improve their appearance, while others may feel an urge to overhaul their health or finances - some could even tackle all three! Don't feel guilty about spending time on yourself. After all, your happiness reflects on to others.

AUG 24 - SEP 23



Remember no-one is perfect. If finances are stressful, try not to overreact.

Neptune will cloud the truth, so seeing the whole picture is virtually impossible this week. Instead, reach out to someone who needs some TLC – as Venus opens those lines of communication, get your partner talking.

# Libra

SEP 24 - OCT 23



You can be a pillar of strength, Libra, but who is supporting you? If feelings of stress or

resentment have grown lately, it's time to talk. With routines in a state of flux, changes should be easy to introduce – think healthier meals and walks on your lunch hour. After next Monday's eclipse, it's all systems go.

# Scorpio

OCT 24 - NOV 22



As the focus shifts on to your fun-andgames sector, life should begin to feel more upbeat.

Adding to the buzz, Venus could throw up a new love interest, while couples might rediscover romance at a concert or special event. If your home needs a lift, keep your eyes peeled for some stylish lamps or artwork.

# Sagittarius

NOV 23 – DEC 22



It's all about balancing work with play, so if you've fallen into a rut, line up a few

meetings at work or unleash your creativity at home. With style-loving Venus spurring you on, you'll be full of great ideas. Someone refreshingly different is about to waltz onto the scene and the connection might be instant.

# Capricorn

DEC 23 - JAN 20



Are you ready to step outside your comfort zone? It's time to start planning your next adventure.

If finances are feeling tight or you're saving for a holiday, garage sales should prove both fun and profitable throughout autumn. As a bonus, your social circle will grow. Singles, if you're looking for love, get out there and mingle!

# Aquarius

JAN 21 – FEB 19



If you find you've been spending up large lately. rein it in or next week's eclipse could

bring a huge wake-up call. Reassess your budget if need be, then leap into a more active, outdoorsy lifestyle. A close relationship might also require an overhaul, but don't worry – by mid-March, things should feel in sync.



Check out what's new, noteworthy and nice to have!

### **GET PRINT HAPPY**

No running out of ink at critical moments with Epson cartridgefree EcoTank printer L385. EcoTank uses a refillable ink tank that comes with up to two years of ink. When it runs low, just top it up with high-volume replacement ink from only RRP \$19.99 a bottle.



### **GO FOR GOLD - AND** STAY SAFE IN THE SUN!

Olympic gold medal winners Hamish Bond and Eric Murray have teamed up with Invisible Zinc to promote safety in the sun. "We choose Invisible Zinc because it lasts,

it won't sweat into your eyes and it doesn't have any harsh chemicals," tell the rowing champs. Available at all good pharmacies. RRP \$19.99. Visit invisiblezinc.kiwi.



### SALAD DAYS

ETA has your summer covered with six delicious new salad ideas, including competition winner Diane's summer-kissed kedgeree salad. A stunning combination of risoni pasta, sugar snap peas, smoked salmon and ETA Lite & Free Chilli & Lime Dressing. For full recipes and easy step-by-step videos, go to etasalads.co.nz.

The delightful Wither Hills Wairau Valley Pinot Noir Rosé

is in its third vintage. You'll love this refreshing rosé with perfumed aromas of wild strawberries and raspberries. The palate is elegant with a delightful creamy texture and superb length. It's the perfect wine for long sunny afternoons with friends.



Enjoy a kiss of summer colour all year round with Natio Mineral Pressed Powder Bronzer Sunswept, Enriched with plant extracts, mineral pigments and vitamins, apply to the face, décolletage, arms or legs for a soft hint of shimmer and a lasting bronzed, healthy glow. Available at selected Farmers and pharmacies. RRP \$24.50.





### SPICE UP SUMMER!

Want something spicy and smoky? The Mexican flavours of smoked jalapeño peppers, charred capsicum, Spanish paprika and tomato will have your tongue tingling to the salsa beat. ABE'S Bagel Crisps with Culley's Chipotle hot sauce is available in all leading supermarkets, RRP \$3.49.



### **GORGEOUS LEGS**

Columbine, New Zealand's premier hosiery brand, is proud to release for winter 2017 a fun, new and exciting range of fashion tights, locally made in Gisborne. The range of colours and patterns are available from Farmers and other leading clothing retailers. Visit columbine.co.nz.

### THEY'VE GOT YOUR NUMBER

Jed's has the coffee for you. Simply choose the number that suits your taste, from a sweet and smooth #2, up to an intense, rich, extra strong #5. Whether it's beans, plunger, capsules or BeanBags, Jed's

has you covered for your daily brew. Available at your local supermarket. Visit jedscoffee.co.nz.







There is nothing quite like the Grammys, when a who's who of the music world descends on Los Angeles. And while Beyoncé and Adele stole the show on the big night, our

own mono-monikered star Lorde also took a turn in the spotlight.

Sticking out her tongue on the red carpet, the "Royals" chart-topper rocked a minimalist '90s look, with a Vince T-shirt under her spaghetti-strap Alex Perry gown. The Kiwi songbird was at music mogul Clive Davis'



More than three years after the release of her smash-hit album Pure Heroine, it's thought Lorde, 20, is just days away from releasing her sophomore record, with official listening parties being held for VIPs in the music industry. One insider has described her new tunes as "very pop, very dance and very uniquely Lorde". The singer is also gearing up for two big performances this year - at Coachella in April and the Governor's Ball in June.



BOWDEN A-LIST INSIDER



# Emily Blunt The Devil Wears Prada,

but this British babe is rocking Alexander McQueen!

# Nicole Kidman

This Armani Privé frock and Harry Winston jewels are a roaring success, but her mane's a bit wild!

# Michelle Williams

It looks like the Manchester by the Sea actress has hit a fashion rough spot in head-to-toe Louis Vuitton.

Daisy Ridley
The force is with the Star
Wars leading lady, who
looks out of this world in a Roland Mouret design.

Lovable *La La Land* starlet Emma is causing a song and dance in her Chanel dress and trouser combo.

Working this saloon-style Osman ballgown, the *Westworld* vixen looks quite the madam!

Draped to perfection in Atelier Versace, the Spanish stunner is golden girl perfection.

# Sophie Turner Too Stark! The Game of

Thrones bombshell has missed the mark in a leggy Louis Vuitton number.











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