



BEST TV
Must-see picks
of the week

HACKED OFF
How to reduce your
risk of cyber-attack

GRAHAME SYDNEY
Sought by art collectors, so why
don't we see more of him?



NEW ZEALAND

LISTENER

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DEPRESSION & NUTRITION

THE GOOD MOOD GUIDE

**How gut micro-organisms in food
can improve your moods**



HORN OF AFRICA
The fight against cruel
rhino killers

AGENT OF CHANGE
X-Files' Gillian Anderson: actor,
self-help guru & feminist author

13 REASONS
The deeply worrying show
that shocked Diana Wichtel



COVER IMAGE: GETTY IMAGES/LISTENER ILLUSTRATION

ROBERT HANSON

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None so blind

US presidential historian Douglas Brinkley went so far last week as to call President Donald Trump's statements over the course of a day – including one claiming he would be “honoured” to meet the North Korean dictator Kim Jong-un – among the most bizarre 24 hours in recent American presidential history. “It was all just surreal disarray and a confused mental state.”

But extraordinary as it was, that tally didn't include the almost-weekly destructive backtracks recently announced by the President on climate-change mitigation and environmental protection.

Coal-mine operators can resume dumping toxic waste in rivers; gun owners can again poison wildlife with lead ammunition; President Barack Obama's clean-fuel standards are being “reviewed” – and not upwards; and federal funding to climate and environmental research has been earmarked for cuts.

There are early signs of effective resistance: the biggest state, California, is preparing to defy the relaxed federal edicts on environmental standards. Business and diplomatic lobbies will probably persuade Trump to at least remain in the Paris Agreement on climate change. But the federal Government's will is a juggernaut that probably can't now be turned.

Trump confirmed his Administration's low regard for the environment by appointing climate change sceptic Scott Pruitt to lead the Environmental Protection Agency. The agency has had reference to “science” expunged from its documents and scientists on the public purse have been told they are not permitted to make public statements.

It's heartening that in an act of popular resistance, hundreds of thousands marched in US cities last month to deplore Trump's first 100 days of environmental management. But they are up against a president whose famously blunt maxims on modern life include that climate change is mostly a hoax and that global warming alarmism is a favourite tool of liberals for stopping the working person getting ahead. Most powerfully, his chief grievance is that fighting climate change interferes with jobs in traditional American worker strongholds such as mining and automobile manufacturing. This rationale is misleading and simplistic, since globalised markets – and not environmental laws – have increasingly made such US domestic sectors uncompetitive.

Trump's efforts to reverse pollution and safety restrictions on coal production won't restore viability to a fuel that is failing to compete with renewable energy. But his environmental bogeyman has had undeniable electoral appeal.

The marches showed that more Americans are seeing the bigger picture: unless climate change and other pressing environmental threats are addressed, millions of jobs will disappear anyway. Along with these will go many of the precious features of what Trump, wearing his sentimental man-of-the-people hat, might characterise as the American way of life.

To take just one example, the widely opposed Dakota pipeline, which has been an emblem of Trump's triumph over pesky liberals, will deprive vast habitats of water, affecting iconic American wildlife, including bears and eagles.

Ground zero in scientists' anxiety over the US's new stance is the consequence for the Arctic ice shelf, which is warming at twice the rate of the rest of the planet. Arctic ice loss is the main cause of rising sea levels, and even without a worsening of the present melt rate, major coastal cities, including Trump's beloved New York, are on course for serious land loss this century. The Arctic has lost three-quarters of its ice volume in 30 years, and scientists fear there will be no summer sea ice by 2040 – a much faster melt than initially predicted.

This means not only higher sea levels, but also the loss of the ice mass's reflective effect, which helps keep the Earth cool. This feedback loop is then predicted to trigger another – the release of vast volumes of carbon dioxide and methane from melting tundra. The melted water affects the biological balance in ecosystems much further afield.

It is surely an emergency for the US, no less than for any other nation. Yet the Trump Administration is instead making it a priority to consider reversing its moratorium on oil exploration in the region.

This is despite the fact that pro-oil bravado is unlikely to change the increasingly doubtful economics of big new fossil-fuel projects. According to some analysts, global demand for coal and oil could peak as soon as 2020.

The most dangerously surreal aspect of all of this is that Trump is even less likely to acknowledge the increasing peril to the planet posed by climate change than he is to understand the threats posed by his confused policy backtracks. ■



Pro-oil bravado is unlikely to change the increasingly doubtful economics of big new fossil-fuel projects.

Slowing our age

Writing as one who has attained her 97th year, I question this incessant pursuit of youth, which, if I remember rightly, contains invidious problems (“Elixirs of youth”, May 6).

To learn to enjoy the here and now may not be a scientific achievement, but it may be more rewarding.

PE Lamm
(St Marys Bay, Auckland)

I was delighted and surprised to read in the article about living longer that eating nuts results in significantly lower rates of death. But if this fact is promulgated, won't we soon have an overpopulated nut-eating world?

Lindsay Gunn
(Calton Hill, Dunedin)

MIGRATION MORATORIUM

Our high immigration disguises a multitude of national shortcomings (*Editorial*, May 6). It provides an artificial economic boost, mostly to the advantage of the already wealthy, but at enormous cost to our infrastructure and the poor, placing pressure on our roads, schools, hospitals and housing.

We need at least a five-year moratorium on immigration just to catch up, during which we need to decide what the optimum maximum

population should be for our small country, which has limited usable land and resources.

We need to recognise that importing immigrants to do certain jobs is only a short-term fix and we must instead train our own people. If people can't be found in this country for certain farming activities, perhaps short-stay Pacific migrants could be employed, but it might be better for the environment if some of these activities were discontinued.

Murray Eggers
(Paraparaumu)

MIND THE GAP

Companies could reduce their pay gaps by giving equal dollar-amount increases to all staff (“Awash with dosh”, April 29), including chief executives, perhaps after a percentage increase to cover inflation.

For example, a firm with 1000 employees and able to increase its payroll costs by \$1 million would give all staff an increase of \$1000.

Of course, few boards would have the moral courage to implement such a scheme, despite the mounting evidence that CEO salaries do not reflect performance. The Government could move towards the same outcome by introducing tax rebates, which in time would result in lower-paid workers having negative tax obligations. It could be an election-winner.

Brian Smith
(Wellington)

A public online register of the ratio of CEO earnings to

mean worker pay (including bonuses) for all listed companies would allow consumers to vote with their feet to support companies with lower ratios. I'd be happy to, even if it cost me to do so.

But I suspect companies with lower ratios would also be the most cost-effective, as they will not be supporting a top-heavy administration. With people power, we can wrestle back control from the Institute of Directors.

Richard McKenzie
(Alexandra)

LETTER OF THE WEEK

A BBC online article headlined “How Western civilisation could collapse” chimes with Rebecca Macfie's April 29 cover story. Among the factors listed as putting the West at risk are ecological strain and economic stratification.

The West faces two possible outcomes. In one, the working population crashes because the portion of wealth allocated to them is insufficient to sustain them – think Briscoe worker “Antoinette” in Macfie's story, whose boss earns in two weeks what she makes in a year.

In the other, the widening gap between rich and poor

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sets up the psychological and social prerequisites for mass violence; collapse is then difficult to avoid.

Going by history, the second outcome is more probable. It'll happen this century. We won't have too long to wait.

Digby Scorgie
(Kaiapo)

COUNTRY LIFE

I read the excellent profile of Henrietta, Dowager Duchess of Bedford, twice. The accompanying story, “Horses for courses”, was of particular interest as I follow both horse racing and breeding.

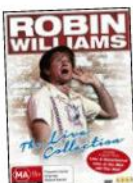
What also interested me was when Henrietta opined that she is amused that most people who live in Auckland feel superior to rural folk. Auckland, as she had earlier observed, could not survive without the rural community.

Brian Collins
(Aro Valley, Wellington)

Henrietta, Dowager Duchess of Bedford, has clearly lived, and



Letter of the week



The winner receives a DVD collection of three of Robin Williams' most famous stand-up shows from the 1970s and 80s.

Caption Competition {caption@listener.co.nz}

TO ENTER Send your captions for the photo above to caption@listener.co.nz, with “Caption Competition No 229” in the subject line. Alternatively, entries can be posted to “Caption Competition No 229”, NZ Listener, Private Bag 92512, Wellesley St, Auckland 1141, or submitted through listener.co.nz/win. **Entries must be received by noon, Tuesday, May 16.**

THE PRIZE A DVD of *Why Him?*, described by the *Guardian* as the “mortifyingly funny” meeting of potential in-laws and their prospective son-in-law, starring Bryan Cranston, James Franco and Zoey Deutch.





WINNING CAPTION

Bruce Elliot, Auckland

FINALISTS

Corbyn: "No, Jeremy Corbett's the funny one." – A Neale, Nelson

Man behind Corbyn: "Sorry, mate, this isn't the No 10 bus." – Paul Kelly, Palmerston North

Corbyn: "And the deals on the bus go round and round." – Eliza Reed, Kuaotunu

Corbyn: "Hopefully the wheels won't fall off this bus." – Bruce Jackson, Egmont Village

Corbyn: "Is this the bus the party will throw me under?" – Rex McGregor, Auckland

Corbyn: "Where are we heading?"
Man: "To oblivion." – P Lynch, Upper Hutt

GETTY IMAGES

TIME NOT ON YOUR SIDE?

Take time out to complete your non-fiction book.

Applications open for the \$25,000 CLNZ Writers' Award on 15 May 2017. CLNZ encourages non-fiction writers of any genre, including those who write for an educational audience, to apply.

Applications close 4pm, Friday 9 June 2017.

For more information, please visit:
www.copyright.co.nz/writers-awards/
Freephone: 0800 480 271



Writers Award

Quips & Quotes

"I would say it is an honour to be here, but that would be an alternative fact. It is not. Uh, no one wanted to do this. So, of course, it lands in the hands of an immigrant." – comedian and White House Correspondents Dinner host Hasan Minhaj

"We gotta address the elephant that's not in the room. The leader of our country is not here. And that's because he lives in Moscow." – Minhaj again

"Reality leaves a lot to the imagination." – John Lennon, quoted on Forbes.com

"Never check an interesting fact." – Howard Hughes

"That was outgoing Foreign Minister Murray McCully, the Dark Prince, not to be confused with the Prince of Darkness, who was Ozzy Osbourne." – Greg Boyed on Q+A

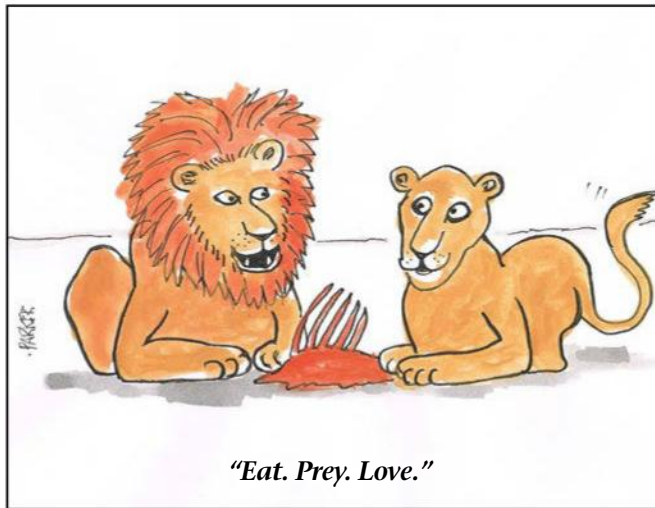
"Justin Bieber is in trouble for punching one of his followers. This really is a case of where the shit hits the fan." – quoted on 8 Out of 10 Cats

"India is a wonderful place – the only place where you could be killed by a tiger or by a salad." – British comedian Sean Locke

"You're not drunk if you can lie on the floor without holding on." – Dean Martin

"I don't like people who take drugs. Customs officers, for example." – British comedian Mick Miller

"Nobody creates a fad. It just happens. People love going along with the idea of a beautiful pig. It's like a conspiracy." – Jim Henson



"Eat. Prey. Love."

continues to live, a privileged and cloistered existence that bears no resemblance to that of 99% of the world's population (*Shelf Life*, May 6).

She says, "The peasant and the aristocrat always got on very well." This ignores the subjugation and abuse that the landed wealthy classes have inflicted on the less well off.

It reflects a total lack of understanding of the exploitation of the working classes by the wealthy and privileged and suggests that she lives in a world that

ignores the advances made against such repression over the past two centuries.

As for the middle class causing the problems, perhaps she might want to stop and look at the successes and achievements of many such people who have worked their way out of the peasantry that she so fondly embraces.

Sorry, Henrietta, this is 2017, and times have changed.

Chris Brady
(Taumarunui)

EDUCATION'S FAILINGS

Hurrah for the *Editorial*

drawing attention to the dumbing down of the country's universities ("Failing by degrees", April 15).

Waikato University recently aired a proposal to chop 17 staff in the humanities. The University of Otago proposed similar dippy measures last year.

As a holder of master's degrees in the arts, literature and legal studies from the University of Auckland, I can attest to the persistence, intellectual rigour and critical thinking needed to reach those milestones.

In comparison, the Bachelor of Business Studies I completed at Massey University could have been achieved by any half-baked idiot with a reasonable memory.

The concentration by our universities on engineering and business studies, both of which could more properly be taught at technical institutes, lessens the likelihood of students emerging from their tertiary studies with academic rigour, philosophical knowledge, literacy and the sense of history extolled in the *Editorial*.

Here in Christchurch, there are retirement villages named after such icons as Ngaio Marsh, Charles Upham and Anthony Wilding, but I am yet to find a recent university graduate who has the foggiest idea as to who these luminaries were.

Clearly I am encountering an overabundance of business studies graduates.

Hopefully some of the philistines – adherents to the Steven Joyce school of learning – who now dominate the administration of our universities will take some time to ponder the *Listener's* words: "old-school study lifts us to higher places".

Leister Monk
(Linwood, Christchurch)

Life in New Zealand

Harrison Walmsley-Bartlett, of Hastings, won the Dunedin heats of the New Zealand Chilli Eating Champs.

Otago Daily Times, 12/4/17

Ohope residents were choosing to stick out Cyclone Cook, with the local dairy ... selling plenty of last minute wine, beer, chips and other stork supplies.

stuff.co.nz, 13/4/17

The Parliamentary Select Committee set up to address illegal possession of firearms has

fired at the wrong target.

NZ Deerstalkers Association press release, scoop.co.nz, 18/4/17

Hawaiian national parks were facing similar issues in terms of endangered birds being prayed on by mammals.

Nelson Evening Mail, 26/9/16

Richie and Gemma McCaw were at a table by the window ... I only wanted a photo of the room and they were in the way ... luckily, they left before us.

Press, 1/4/17

LIFE IN NEW ZEALAND: Entries must describe New Zealand events. The first sender of those accepted will receive a \$5 Booksellers voucher. Enclose name, address and source/date; TV and radio entries must also include specific time. No correspondence will be entered into. **SEND TO:** Life in NZ, Listener, Private Bag 92512, Wellesley St, Auckland 1141. Picture files only can be emailed to: life@listener.co.nz

10 Quick Questions

by GABE ATKINSON



EXHIBITION ON SCREEN 2017

YOUR FRONT ROW SEAT TO
THE WORLD'S GREATEST ART

1. What kind of object is a salver?

- Spoon
- Tray
- Cup
- Jug

2. Which city is deep-dish-style pizza commonly associated with?

- Naples
- Milan
- New York
- Chicago

3. Which of these is NOT one of the sword types used in the modern sport of fencing?

- Glaive
- Sabre
- Foil
- Épée

4. Which of these animals is NOT a rodent?

- Pika
- Chinchilla
- Marmot
- Capybara

5. Which of these expressions means "face-to-face"?

- Vis-à-vis
- tête-à-tête

6. True or false? The expression "saved by the bell" is derived from devices to prevent people being buried alive.

- True
- False

7. The son of which former UK Prime Minister attempted to stage a coup in Equatorial Guinea?

- John Major
- Margaret Thatcher
- Gordon Brown
- Tony Blair

8. Which golf course established the 18-hole round as standard?

- St Andrews
- Augusta
- Carnoustie
- Muirfield

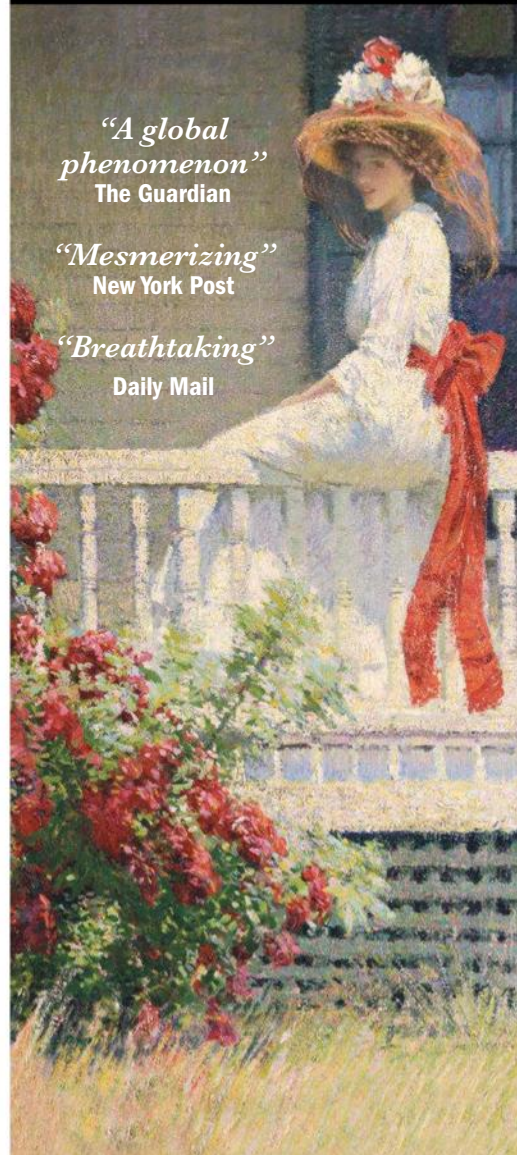
9. Which member of the Kim dynasty is known by North Koreans as "Great Leader"?

- Kim Il-sung
- Kim Jong-il
- Kim Jong-un

10. What is the plural of the word "moose"?

- Moosen
- Meese
- Mooses
- Moose

Answers on page 64.



"A global phenomenon"
The Guardian

"Mesmerizing"
New York Post

"Breathtaking"
Daily Mail

BREWING A PROFIT

To the prophets and profiteers of globalisation, such as Sir Douglas Myers (*Money*, May 6), I would ask this question: for what shall it profit an ordinary man if he shall gain cheap shoes and lose control of his country's resources?

Jim Colvine

(Mangawhai Heads)

LET'S GET PLANTING

Landcorp boss Steven Carden says he wants the state-owned farmer to lead the way as a sustainable business (*Money*, January

28). It also needs to model how New Zealand's land use will adapt to climate change.

It could lead by planting trees for many purposes. Converting, say, 10% of grassland to fodder trees would provide erosion control and shelter for stock. The business could move into orcharding by testing fruit and nut crops in different parts of the land. It could plant manuka and rewarewa for honey and trees for biofuels.

Martin Toop
(Hamilton)



CORRECTION

Above, Henrietta, then Miss Tiarks, pictured 60 years ago outside her London home on her way to Buckingham Palace for Presentation at Court, marking the beginning of the Debutante Season. Because of an error in a Getty Images-supplied caption, the *Listener* reproduced this photograph of the Dowager Duchess of Bedford with incorrect details.

Letters to the editor {letters@listener.co.nz}

The Editor, *Listener*, Private Bag 92512, Wellesley St, Auckland 1141.

- Letters under 300 words are preferred. • A writer's full residential address is required on all letters, including emails. A phone number can be helpful.
- Pen names or letters submitted elsewhere are not acceptable.
- We reserve the right to edit or decline letters without explanation, or to post them to our website.

I, CLAUDE MONET
May 18

THE CURIOUS WORLD OF
HIERONYMUS BOSCH
June 22

THE ARTIST'S GARDEN:
American Impressionism
July 20

MICHELANGELO: Love and Death
August 17

IN CINEMAS
FROM MAY 18

nz.rialtodistribution.com



**ANNA
FIFIELD**
IN SEOUL

Go ahead, book those trips to Seoul or Tokyo. It's lovely at this time of year.

War of words

Unfazed South Koreans say Kim Jong-un is merely carrying on as the North's dictators do.

I've lost count of how many times I've been asked in the past month if there's going to be a war with North Korea. Donald Trump is sending warships to the region and threatening military action, while Kim Jong-un has been firing missiles and artillery and is vowing to "ruthlessly ravage" the US. Cue hysterical headlines.

American moms are sending me messages on Twitter, asking if they should make their adult children

cancel trips to Japan. Friends in Asia planning weekend getaways to Seoul ask me if it's safe.

Not really, I say. Those South Korean taxi drivers are maniacs and you'll almost certainly eat too much. But other than that, you're fine.

Here, on North Korea's doorstep, life goes on as usual. Many South Koreans laugh when asked if they've made any preparations for sudden conflict, such as stockpiling food or water. "This is just North Korea being North Korea" is the common refrain.

South Korea has lived in a technical state of war with North Korea for more than six decades, so people here have become desensitised to the threat.

That's despite the threat being much more tangible in South Korea than it is in the US or even Japan: North Korea has a huge amount of conventional weaponry lined up on the Seoul capital region, home to about 25 million people (not to mention 28,000 American troops), and could inflict enormous damage within a few hours.

This factor has restrained successive US administrations during ups and downs with North Korea.

The same logic applies this time, too, even as Trump rattles his sabre and warns that a "major, major conflict" is possible if China doesn't act to restrain the North.

One thought, however, nags at me: this problem involves not one but two impulsive, unpredictable leaders. Look at Trump's sudden decisions to launch missiles at a Syrian air base and drop "the mother of all bombs" in Afghanistan. Not only were these unexpected, but they both seem to have achieved Trump's goals, perhaps making him think that this stuff is easy.

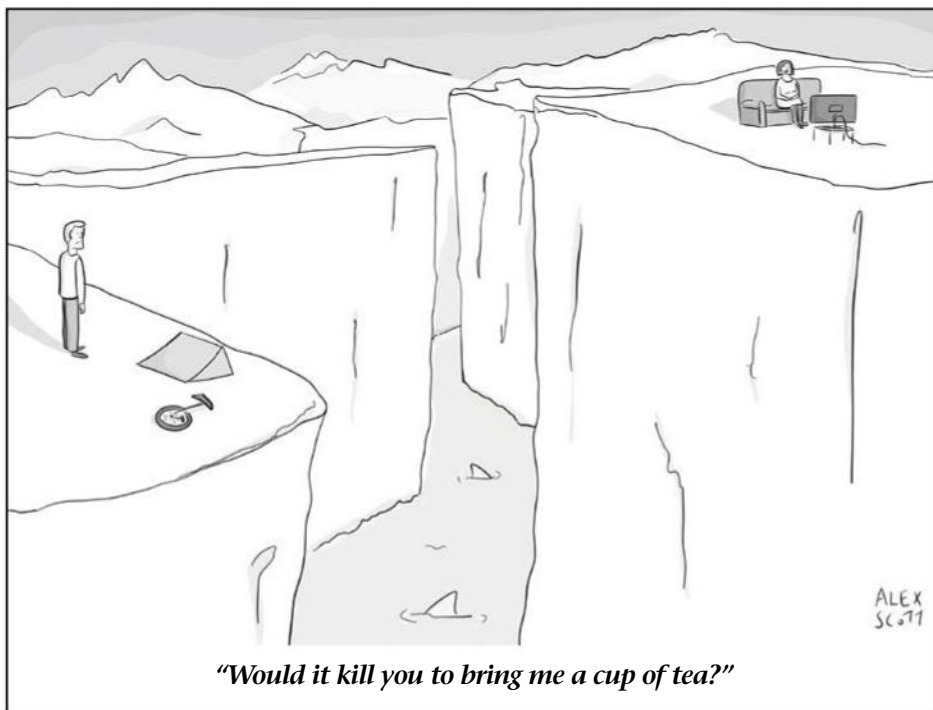
But many of the experts I talk to have faith in the people around Trump, especially his Defence Secretary, Jim Mattis, who served as a marine in Japan, and his National Security Adviser, HR McMaster, an army general with a PhD in military history. They know the risk to South Korea and would argue against any strike on the North, these experts say.

But there's one other reason to bet against conflict, and Syria and Afghanistan are the examples again.

In both those cases, the Trump administration acted swiftly and without fanfare. The North Korea situation is completely the opposite: lots of threats and warnings, and the slow return of an aircraft carrier strike group.

For these reasons, I'm betting that the grandmas of Seoul are correct: this is just North Korea being North Korea (and Trump being Trump).

So go ahead, book those trips to Seoul or Tokyo. It's lovely at this time of year. ■



ALEX SCOTT

ALEX SCOTT

New Zealander Anna Fifield is Tokyo bureau chief for the Washington Post.



JOANNE
BLACK

IN WASHINGTON DC

My work would have to be very stressful before I found relief watching a bear do anything.

Behind the bamboo curtain

Does watching the private habits of wildlife really provide relief from stress?

A friend who was visiting was keen to see the giant pandas at the National Zoo in Washington, DC. I used to be unsure what the fuss was about until I was told that giant pandas spend 10-16 hours a day foraging and eating. On learning that, I felt a sudden affinity with them and visited the zoo where, sure enough, the first one I saw was gnawing away on large sticks of bamboo, which is all that pandas eat.

It seems a monotonous diet but I suppose it takes the angst out of what to have for dinner. And bamboo offers the bonus of not running away when you want to eat it, which must be such a pain with the preferred food choices of so many other wild animals.

My friend asked if there were bears at the zoo, and when I said I didn't think so, she said it didn't matter because she was quite familiar with them

from watching them via live webcams. "You do what?" "Oh, yes," she said, "I find it very calming, especially if it's stressful at work, to take five minutes watching bears in Alaska catching salmon in a river."

Personally, being scared of bears, I would have to have some very stressful work before I found relief watching a bear do anything, but the conversation introduced me to explore.org. If you have access to the internet, you too can spend 24 hours a day watching various animals live in the wild and some in captivity.

As I type, I am flicking over to live footage from up a tree in Decorah, Iowa, where a bald eagle is sitting on a nest, which I thought looked very cosy until I realised that the grey fluffy underlay was, doh, three baby eagles. In the 90 minutes since I started watching, the mother or father eagle has not moved.

Unlike my friend, who finds this stuff soothing, I am anxious that if that damned eagle does not get off those babies soon, they will end up with indented heads. I have to take a break now because it's quite windy up there in Decorah today and

that nest is swaying so much I am beginning to feel carsick.

Never mind, I can switch to a chipmunk log in Lake Dillon, Colorado, where ... nothing is happening. I think the chipmunks have checked out. All I see are leaves. Excuse me, please, while I switch to the stall of a donkey in Ipswich, Massachusetts. I am not finding this soothing at all.

At a maritime museum on Chesapeake Bay, my friend, my husband and I got talking to the volunteer guide, a youthful 84-year-old who about 15 years ago sailed his own boat to Central America. He was a wonderful guy and had given more than 2000 hours of his time to the museum.

When he was not there, he was volunteering at the local hospital. A salt-of-the-earth citizen, but he potentially has a US\$30,000 fine hanging over him because, on his trip home from Central America, he stopped in at Cuba. That was considered an "act of war", not by the Cubans, who were happy to see him, but by the US Government.

He is banking on there being about 400 people ahead of him on the list for the same prosecution, and there is just one judge handling such cases. "I've given them the address of the cemetery," he told us. ■



KEN KRIMSTEIN/THE CARTOON BANK



JANE
CLIFTON

Announce early, announce often

The “but wait, there’s more!” approach is more “wait” than “more”.

Recycle, upcycle, repurpose, retrofit: Finance Minister Steven Joyce must be a terror at the kitchen bench and a ninja at his neighbours’ hired skips.

Certainly, when it comes to policy announcements, he never met a use-by date he couldn’t alter. Joyce’s recycling talent was honed running National’s 2015 Northland by-election campaign, where quite elderly announcements about infrastructure spending were sponged clean and reannounced as if dewy fresh.

When Joyce was Minister for Business, Innovation and Employment, his real job was Minister for Announcing the Budget Multiple Times Before Budget Day. Now he is finally in charge of the Budget, he’s like a DJ running his own high-rotate Greatest Hits Parade.

So, when he announced last week a pre-Budget teaser of \$11 billion of “new” infrastructure spending for the next four years, practically all the items were, shall we say, comfortingly familiar. The projects had been well traversed in past announcements, the newest re-reannounce being the post-quake Kaikoura highway restoration.

Some of the details differed, as happens from month to month with big-figure projections. And yes, \$11 billion did have the feel of what John Key used to call a “step change”. But, in reality, the only step change has been in accidental-on-purpose population growth. Infrastructure spending is not an act of generosity. It’s what has to happen if you run loose work- or student-visa policies for the best part of a decade and don’t adjust them when you realise net outflows are abating while inflows are setting records.

GPS maker TomTom has produced data showing that Auckland traffic

delays have doubled in the past three years, so voters could reasonably ask why the infrastructure spend has taken so long to get to this point.

Joyce did a showmanlike job of giving the old news an infomercial-esque sparkle. But wait, there’s more!

Alas, the “wait” is more than the “more”. National is belatedly going hard-out to get projects moving, but there’s little that can be done to accelerate even the most urgent.

It’s a glacially peristaltic process, rather like when an anaconda ingests a whole chicken, only on a cosmic scale. Peter Dunne was a young man with lie-flat hair when he started campaigning for a motorway through Transmission Gully and it’s still mostly rock and dirt.

More concerning is that the Government and Auckland Council are still deadlocked on how to fund yet more urgent development to support the promised but still mostly unspecified massive new-house build. Mayor Phil Goff wants new taxation powers, given lack of electoral tolerance for

rates hikes. Councils asking for taxing powers have the same curious effect on Prime Minister Bill English as they did on his predecessor, Key: instant and profound deafness. So for this most critical “step change”, the snake hasn’t even got its chops round the chicken yet.

Voters could reasonably ask why the infrastructure spend has taken so long to get to this point.

DAMNED CHEEKY

This makes National’s new banner line, “We are the Infrastructure Government!”, pretty damned cheeky. Economic Development Minister Simon Bridges will apparently bestride the country permanently clad in hi-vis and hard hat until polling day, while Joyce intones the phrase “\$11 billion infrastructure roll-out” as though new sewerage systems were just so much AstroTurf.

If they are not mesmerised by all that orange fluoro and dozer dust, voters might start listening to the creative new funding arrangements Labour’s suggesting – to get Auckland cracking by spreading the burden of the voracious infrastructure monster via municipal bonds.

But right on cue, Labour leader Andrew Little demonstrated his



Willie Jackson, left, and Andrew Little: a maladroitness handling of the issue.



team's readiness to govern by causing, inflaming and prolonging a truly pointless panic about the party's new list rankings. Coincidentally, this was a recycling issue, too.

To nobody's great surprise, Little's controversial "new" recruit, one-term 90s Alliance MP Willie Jackson, threw a paddy about his ranking at 21.

There are three things we should all know about party lists by now: no candidate past about No 3 ever truly believes they've been ranked highly enough; save for perhaps New Zealand First's, no party's leadership can guarantee any rankings past leader and deputy; and complaining publicly about one's rank is both futile and deeply, painfully naff. No party in our MMP history has ever changed a list ranking because someone got in a strop.

MYSTIFIED AND MIFFED

Given that most in the party are still both mystified and miffed that Little promised the engagingly gobby but ill-disciplined talkback radio host a high list slot in the first place, there was little sympathy and much irritation that Jackson balked at 21. That rank means he'll get into Parliament unless Labour polls less than about 31%. In that grim eventuality, Willie's next gig will truly be the least of the Labour movement's problems. Labour needs at least that, and probably 35-plus, to be in a position to form

a government. To be seen bickering over the margins of a fourth stint in opposition was a tragic look.

Both the list-moderating committee and the party's ruling council declined to give Jackson a top-10 slot and further declined to reconsider the matter.

The next Labour caucus won't need added Willie power to be representatively brown.

This was a double, and entirely predictable, smackdown of the leader. Had Little taken more early soundings, he'd have known better than to so ostentatiously headhunt Jackson. There were good strategic reasons to prevent him being another party's Maori-seat asset, but it doesn't automatically follow that Jackson is an asset for Labour, let alone a star.

By some measures, he's more of a liability.

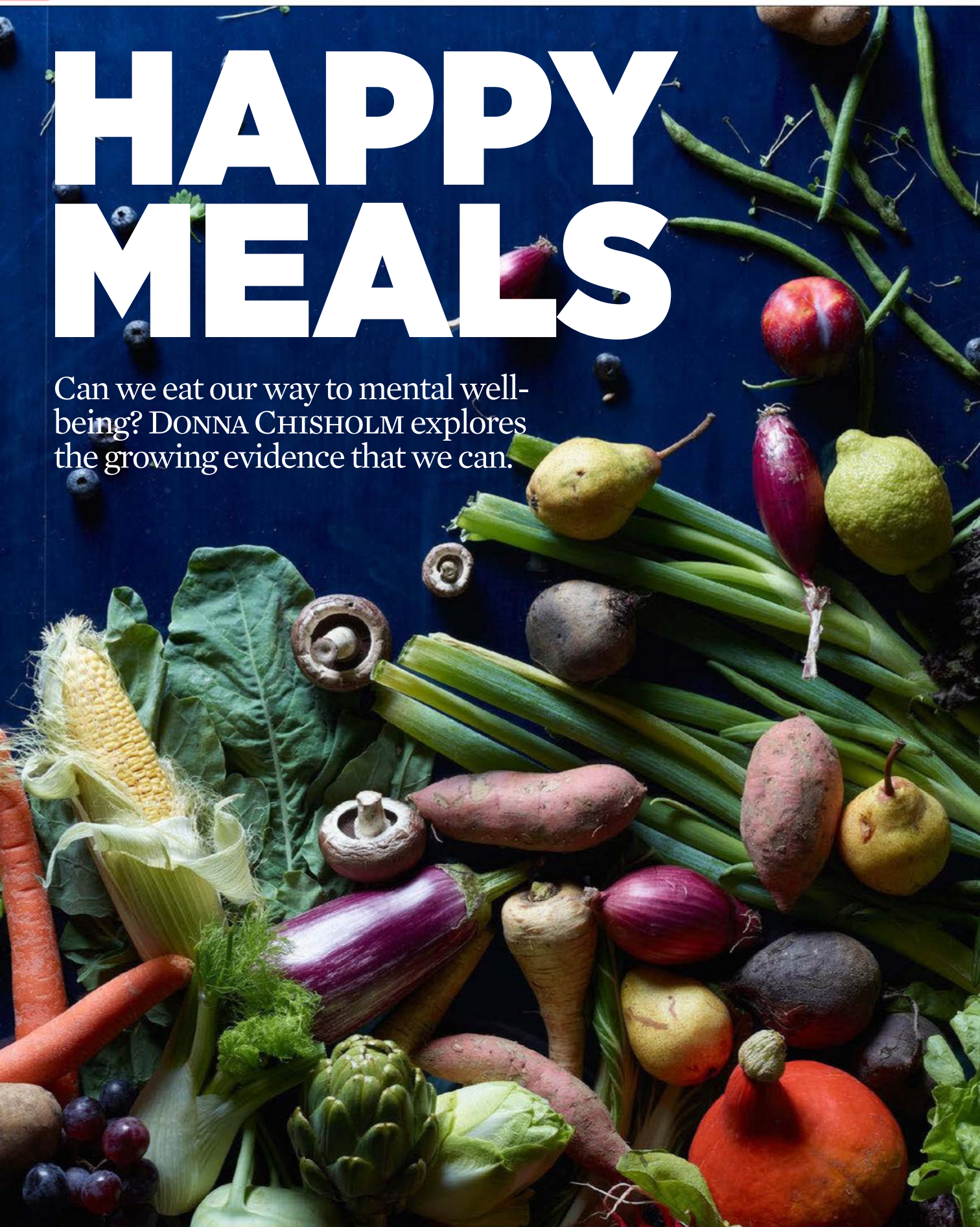
Remember, too, Labour's caucus chooses its Cabinet. To recycle an insult coined by National's Philip Burdon for the young Murray McCully, Willie wouldn't get enough votes to push the caucus tea trolley.

Jackson's complaint about there being no Maori in the top 15 is disingenuous, since Labour's most senior Maori are purposely standing in electorates only. Barring polling-day carnage, the next Labour caucus won't need added Willie Power to be representatively brown. Nor is it clear that, though a highly successful Maori businessman, Jackson will be the magical pied piper of the "missing million" and Maori urban vote that Little seems to believe. But he had better be: Willie power may just prove to be the difference between Little's sinking or swimming.

His handling of this episode has been so shockingly maladroit, the next thing up for recycling might be the Labour leadership. ■

HAPPY MEALS

Can we eat our way to mental well-being? DONNA CHISHOLM explores the growing evidence that we can.





She was hosting her annual Christmas party when the blackness descended. As the blow-up Santa waved from the balcony in Notting Hill and the cream of London society made merry around her, Rachel Kelly took off her shoes and fled. She ran to her parents' house, sat in her childhood playroom and wept.

No one missed her and the party was still in full swing when she returned so cold, wet and dishevelled that a waiter asked to see her invitation. She was bedridden for three months and unwell for the next 18. A mother of five, she didn't do the school run for two years. It was her second bout of major depression and it left her so ill, she feared she wouldn't survive.

So it's no surprise that when Kelly visits New Zealand 14 years on to promote *The Happy Kitchen*, her new book about how to use food to manage depression, she doesn't come over all happy-clappy and suggest we flush our anti-depressants down the lav. "Most studies show the nutritional effects are on mild to medium levels of anxiety and depression, and when you're having an extreme episode, when you are absolutely suicidal, you can't imagine a dietary intervention is going to be strong enough."

She notes, though, the obvious drawbacks about drugs: they don't work for everyone and are probably best used short- rather than long-term, and when they do work, they take time to kick in.

"There are limits to the medication approach, and nutrition is where the future is. Even if you go down the medical route, which is obviously what I did, the drugs are more effective with a better diet. I never tried it when I was incredibly ill, but if I had a third major depressive episode now – and I hope it doesn't happen – I would hang on tight to all these nutritional things and hope they made a difference."

A growing body of international research, including studies at King's College London, Deakin University in Victoria, Australia, and our own University of Otago, suggests diet could well have a substantial, and rapid, impact on mental health.

In January, researchers at

Deakin, headed by its Food & Mood Centre director, Professor Felice Jacka, published the results of the world's first randomised controlled trial to test whether improving the quality of the diet could treat clinical depression. After 12 weeks, a third of those in the dietary support group had significantly improved mood and symptoms, compared with 8% of those in the group receiving only social support.

A month later, a University of Otago study, led by senior psychology lecturer Tamlin Conner, reported its findings that young adults who increased their fruit and vegetable intake for just two weeks reported an average 25% increase in feelings of vitality and well-being.

"A growing body of international research suggests diet could well have a substantial, and rapid, impact on mental health."

The findings follow work by King's College professor of psychiatry Carmine Pariante, whose team published data in 2014 indicating omega-3 fish oil might help to prevent depression linked to increased inflammation.

"CONFUSING INFORMATION"

A former journalist for the *Times*, Kelly says she's taken a similarly evidence-based approach to the book. "Nutrition is a very big area with a lot of confusing information and different dietary advice. As a reporter, I like to properly research things."

The Happy Kitchen is the result of five years' collaboration with nutritional therapist Alice Mackintosh, who has worked in a Harley St clinic and has degrees in nutritional therapy and biomedical science. The chapters chart the path Mackintosh took in helping Kelly improve her mental health, from first tackling her fatigue and anaemia, before finding dietary



Rachel Kelly: "Nutrition is where the future is."

GETTY IMAGES

tools to manage low moods, anxiety, mental confusion, hormonal imbalance and sleep disruption.

The book also explains the possible mechanisms by which the diet can trigger poor mental health, including its effect on our gut microbiota, immune system, gene expression and brain function.

Kelly says her GP first mentioned “happy foods” – dark green leafy vegetables, oily fish and dark chocolate – many years ago, but until she consulted Mackintosh, facts on which to base a new dietary regime were hard to find.

“In the UK, our GPs don’t have any nutritional training ... maybe just a couple of hours. I felt quite at sea. Even though I had this seed of an idea from my doctor, I didn’t know how to go about it.

“Alice came up with the acronym CRAP – Carbonated drinks, Refined sugars, Additives and Aspartame [artificial sweetener], Processed meat and Processed foods. Within days of actually 100% trying to cut those out, my mood started to improve.”

Like many of us, Kelly would crave a sugar rush when stressed. “I’m absolutely classic in that I had a very emotional attachment to sugary food, going right back to my childhood. If I fell over, Mum would say, ‘Oh don’t worry, have a biscuit and you’ll feel better.’

“Having had a long experience of battling depression and anxiety and not being particularly conscious of the impact of food, [giving that up] was a big challenge for me.”

But when she did, she quickly discovered her mood swings were linked with sugary foods. “I’d get the dip after the sugar rush, feel anxious, then want more sugar and then get the dip again. It was feeding my own anxiety. I’d drink Diet Coke and it made me more jittery.”

COMMON SENSE

The dietary recommendations in Kelly’s book are common sense, the sort of advice that’s now well accepted as enhancing all aspects of health: eat mostly plants, up the intake of oily fish and reduce refined carbs.

“I wasn’t an unhealthy eater,” she writes. “At heart, I was a meat-and-two-veg sort of girl, not unfamiliar with more exotic ingredients like quinoa ... I wasn’t averse

Young adults who increased their fruit and vege intake for two weeks reported an average 25% increase in feelings of vitality and well-being.

to the odd avocado, spinach and almond milk smoothie, but I was an unadventurous cook.”

The description makes her life sound misleadingly mundane. Stories in UK papers about her books – the first was her 2014 depression memoir *Black Rainbow* – make much of her glamorous, seriously moneyed lifestyle and how she seemed to have it all: children, a happy marriage to former Goldman Sachs banker and Oxford old boy Sebastian Grigg (a close mate of former PM David Cameron) and a high-profile job in journalism. But Kelly seems refreshingly free of the sense of self-entitlement wealth can bring. In *Black Rainbow*, she describes a run-in with her nanny, who has little empathy for her illness, telling her employer, “I don’t believe in depression. Some people have nothing to be depressed about.”

Instead of sacking her on the spot, Kelly says she felt her heart thud and her stomach



lurch. “I found myself wondering if she was right.” Certainly her comfortable lifestyle afforded her no protection. “Choice is paralyzing for those with depression,” she writes.

“Life was good, but I was definitely an anxious and striving type,” Kelly tells the *Listener*. “I was 34 [before the first breakdown], and basically I took on too much.”

The disastrous 2003 Christmas party came just two months after she gave birth to twins and in the face of increasing bouts of anxiety. Her efforts to keep her condition secret compounded her exhaustion.

She says most people recovering from depression or battling less severe episodes

tend to have peaks and troughs. “I’ll still have periods of quite

GETTY IMAGES; DAVID TETT



Tatler’s *The Happy Kitchen* launch in London: (from left) Rachel Kelly, Julie Montagu, Viscountess Hinchinbrooke, and Alice Mackintosh; Sir Anthony Seldon (left), historian and political commentator, with banker Sebastian Grigg, husband of Rachel Kelly; and former British PM David Cameron with wife Samantha.



From left: Deakin's Food & Mood Centre director, Professor Felice Jacka; King's College professor of psychiatry Carmine Pariante; and *The Happy Kitchen's* nutritionist, Alice Mackintosh.

intense anxiety, and what I've been trying to do is learn strategies to make a third depressive episode less likely. It's like the sleeping dragon, but for now it's still asleep."

Stopping it from waking again is largely down to her diet, she says. "My energy levels definitely improved with the first interventions: establishing a routine, balancing my blood sugar, increasing my iron. Then things become a virtue circle."

She says it's important not to reduce the variety of the foods we eat, but to increase them. "Modern western man probably eats about 20 different ingredients each week; ancestral men ate 150."

But like most cause-and-effect scenarios in mental and physical health, one dietary size doesn't fit all, beyond the broad-brush recommendations already referred to: eat more vegetables, increase dietary fibre (most westerners eat about 10g a day, when we need 50g), reduce saturated fat and reduce sugar.

"It's very, very complex," Deakin's Felice Jacka told the *Listener*, pointing to a 2015 study of 800 participants, in which Israeli researchers found blood-glucose responses to the same foods were very different,

depending on the makeup of an individual's gut bacteria.

"Based on the microbiome data, they were then able to work out an ideal meal to keep their post-prandial glucose response low. So if you have information on the microbiome,

"You can improve the health of your gut and reduce the inflammatory markers in the bowel with only two weeks of a changed diet."

you can start to move towards personalised recommendations."

DIET IMPACT VARIES ENORMOUSLY

The impact of diet on mental health is likely to vary enormously between individuals, she says. "When we think about risk factors for depression, the primary one is genetic, but we know diet and other factors alter the way genes are expressed. The other risk factors are around early life trauma, life stress, a whole range of things. For one person, a

poor diet may be enough in and of itself to induce depression. For someone else, diet might modify the risk lever up and down."

However, she says, there's now plenty of evidence to show that the diet is as important to mental health as it is to physical health. "Physical and mental health should be considered two sides of the same coin."

Jacka says a top priority for improving the diet is increasing daily fibre intake. "That's the main issue, because the microbiome can't do what it's supposed to do without it."

Some research papers describe the gut-brain axis as the "missing link" in depression, with gut microorganisms capable of producing and delivering neurotransmitters such as serotonin, which has a key role in regulating mood. The state of the gut microbiota has been associated with schizophrenia, autism, anxiety and major depression.

At birth, babies inherit their microbiota from their mothers, but diet in the first three years of life also plays a critical role in determining the microbiome footprint in adulthood. Having that footprint doesn't mean it's impossible to alter, though.

"You can change your microbiome within 24 hours by changing your diet. And there

The good mood guide

Deakin University's Food & Mood Centre makes these recommendations for changes to the diet that can improve mental health.

- Follow "traditional" dietary patterns, such as the Mediterranean, Norwegian or Japanese diets.
- Increase consumption of fruits, vegetables, legumes (for example, chickpeas, lentils, tofu), wholegrain cereals, nuts and seeds. They should form the bulk of the diet, because they are nutrient-dense, high in fibre and low in saturated and trans-fatty acids.
- Include a high consumption of foods rich in omega-3s, such as oily fish. Higher fish consumption is associated with a reduced risk of depression.
- Limit your intake of processed foods, fast foods, commercial bakery goods and sweets.
- Replace unhealthy foods with wholesome nutritious foods. Healthy and unhealthy dietary patterns are independent predictors of lower and higher depressive symptoms, respectively.
- Zinc supplementation appears to be helpful for depression in conjunction with other treatments.
- Vinegars such as balsamic and apple cider appear to be very beneficial to the gut, as are fermented foods such as sauerkraut, kimchi, kombucha and tempeh.



GETTY IMAGES

are fantastic studies showing you can improve the health of your gut and reduce the inflammatory markers in the bowel with only two weeks of a changed diet."

Jacka acknowledges it can be difficult to tease apart cause and effect – does mental ill-health cause a poor diet rather than the other way around? She says most published studies that have investigated whether the illness comes first have ruled it out, and a Deakin paper last year showed a past experience of depression is associated with better diets over time.

Recent American studies have also found the potential protective effects of a healthy diet on depression seem particularly pronounced in people with diabetes, and that dietary counselling is as effective as psychotherapy for reducing the risk of people suffering some depressive symptoms from progressing to full-blown clinical depression.

IMPROVED WELL-BEING

At the University of Canterbury's Department of Clinical Psychology, Professor Julia Rucklidge has been researching the effects of a group of dozens of micronutrients on people with ADHD, finding that those who took them improved their well-being and ADHD symptoms more than those taking a placebo.

She's soon to seek ethical approval for a new study, using the same set of micronutrients – including vitamins A, C, D, E and all the Bs, thiamine, riboflavin, magnesium, calcium, iron, phosphorus,

"Physical and mental health should be considered two sides of the same coin."

iodine, zinc, selenium, copper, manganese, chromium, molybdenum, potassium and some amino acids – in people with low mood and depression.

The nutrients are based on a formula developed in Canada, where Rucklidge gained her PhD before coming to New Zealand in 2000.

Rucklidge hopes to launch the study through GPs' offices, recruiting 120 people, about 70-80% of whom will have major depression, and giving half of them the micronutrients and half a placebo.

She's also examining the impact of nutrients on depression in pregnancy and hopes to analyse gut bacteria in those women, although this information may not be collected in the other trial.

Taking the micronutrients involves a regime of 12 tablets a day, which might seem simpler to some than a diet and lifestyle overhaul. "That's not the message I want to be giving, though," says Rucklidge.

"What I'm trying to achieve is to put nutrients on the map. At the moment, the standard treatment for mental illness is medication and/or psychotherapy. We want people to start thinking about nutrition and how relevant it is to mental health.

"There are some people who need the nutrients we give, absolutely, but we also want to start changing society's view about it because at the moment, many people would think nutrition was irrelevant."

She worries that people reading this might be tempted to head to the supermarket and clean out the supplement shelves. Don't do it, she says.

"It's a tricky one. Most supermarket brands aren't researched for the treatment of mental illness. People latch on to the nutrients



University of Otago's Tamlin Conner (left) and University of Canterbury's Julia Rucklidge.

themselves, and although they're important, it's also the dose. Supermarket doses are nothing like those we use in research. They're based on preventing you from getting a nutritional disease like scurvy, not for brain health, to really reverse something that's pretty complex."

NATURAL RESILIENCE

Rucklidge acknowledges some people with woeful diets can, with natural resilience, have excellent mental health, while those who eat well can become ill.

"Anecdotally, we've seen people with amazing diets who come into our research and do really well on the micronutrients," she says, "which suggests some people need more nutrients than they can get out of their food."

Although Jacka and Rucklidge stress the complexity of the issue, new research by the University of Otago also illustrates the potential benefits of simple, short-term dietary changes.

Tamlin Conner's study, published in the open-access journal *PLOS One* in February, found young adults given fresh fruit and vegetables for two weeks reported better psychological well-being than those who were not. Conner says the young people (aged 18-25) had diets low in fruit and vegetables before the study.

The 171 participants were divided into

three groups: a diet-as-usual control, a group given the fruit and vegetables and a group given a voucher to buy their own fruit and vegetables. The control group and the voucher group didn't report any psychological benefits.

"We think the nutrients in the fruit and vegetables are important for healthy brain function, but I can't say what those mechanisms are."

She says she can only speculate about why the group given the vouchers didn't report any improvement.

The group given the produce (carrots,

"I wasn't an unhealthy eater. I was a meat-and-two-veg sort of girl, not unfamiliar with more exotic ingredients like quinoa."

apples or oranges, and kiwifruit) tended to eat them raw, while those who bought their own cooked them. "One possibility is that the difference might be due to lower control over the type, quality and preparation of the fruit and vegetables."

She says the 25% average improvement in the intervention group "is pretty significant

over two weeks".

Diet can have an "enormous impact" on mood and it isn't well recognised, she says.

"I'm not advocating diet as a way of treating mental illness. Diet is only one behaviour in an arsenal of things people need to do to improve well-being, but for certain populations, such as those who have really poor diets, this could have a very big impact. And there's no evidence it does any harm."

Kelly and the scientists acknowledge that many of us know what we should be doing to improve our diet, but we simply don't do it.

Kelly is now a passionate advocate, but she admits the required changes haven't been easy. "It was incredibly hard. Unbelievably hard. It's taken a very long while."

A turning point was changing her mindset about food. "There are a couple of ways of thinking about food that really help. The first is the idea that food is your friend; it's on your side.

"A lot of the thinking about food is quite negative – don't do this, don't have that. Cut this out, it's bad.

"Those are very judgmental words. Rather than demonising it, think of food as supportive, and you can take decisions six, seven or eight times a day for your health.

"It's a key psychological shift." ■

"Food can be your friend": for more from Rachel Kelly, see *iEat*, page 41.

Encouraging the ‘good stuff’ in our gut

In this extract from *The Happy Kitchen*, co-author RACHEL KELLY explains how she manages her mental health through her diet.

Nourishing a healthy gut by eating certain foods calms me down. Being overwhelmed triggered my depressive episodes, so I have been interested in the links between anxiety and our digestive systems, which is such a promising area of research.

There's some evidence from animal studies to suggest that when our guts are inflamed, it can affect our mood. Some of the small proteins that control this inflammation are known as cytokines. Though these are important molecules for many bodily processes, if too many of them escape into the rest of the

Magnesium may help to ease tension, and relieve muscular pain and headaches, which are common side effects of anxiety.

body from the gut, they may cause inflammation elsewhere. An elevated level of these cytokines has been linked with depression and is known as the “Cytokine Hypothesis”.

One way to reduce inflammation is to encourage healthy bacteria to flourish in our digestive systems. It is thought that an increase in the levels of unhelpful or “bad” bacteria that emit chemicals can compromise the lining of the intestine, leading to a fairly self-explanatory condition known as increased intestinal permeability, or ‘leaky gut’. This might allow some germs, toxins and small undigested food particles into the blood, leading to inflammation, intolerances and oxidative stress. However, this theory has not been conclusively proved and more research is necessary.

There may be a link between the bacteria in our digestive systems and



Alice Mackintosh (left) and Rachel Kelly say boost your supply of fibre-rich fruit and vegetables.

anxiety. In the future, it's possible that we will see the development of “psychobiotics”, a catchy word for specific strains of bacteria that may support mental health. Some gastroenterologists already prescribe treatments traditionally given to those with low mood, such as antidepressants and cognitive behavioural therapy, to patients with bowel disorders. It makes sense, given that our two

“brains” are talking to one another.

So what do we need to eat to support a healthy gut? My approach has been twofold. First, cut down on the “bad” stuff, and second, increase the “good” – and please forgive these unscientific colloquialisms!

Sugar, antibiotics, alcohol, certain drugs, fatty cuts of meat, gluten, burnt food and processed foods are all thought to

contribute to poor gut health. Like many alarmed by talk of gluten sensitivity, I was worried I was eating too much bread and that it might be damaging my gut and making me anxious.

Nutritional therapist Alice Mackintosh reassured me I need not give up on bread altogether. While she acknowledged the constant new research about sensitivity to gluten generally, she felt that for me, as for most people who don't suffer from the medically recognised illness coeliac disease, a moderate intake of gluten from wholegrain sources around once a day would be fine. Furthermore, if I went completely gluten-free, I might risk vitamin deficiencies, in vitamin B in particular, and not be getting enough fibre, folic acid, iron and zinc.

VARY YOUR CARBOHYDRATES

To increase the "good stuff", start with anti-inflammatory omega-3s – salmon or other oily fish.

Second, vary your supply of carbohydrates. I am now wary of pasta, crackers, bread and cereal – which had all been favourites of mine. I realised that these made up nearly two-thirds of my diet on some days. I now choose quinoa, brown rice, beans, pulses, oats and starches from sweet potatoes or ordinary potatoes with their skins on for their fibre and nutrients.

Cooking food like wholemeal pasta, rice and potatoes and then allowing them to cool before reheating them changes the structure of the carbohydrate, leading to an increase in "resistant starch", a form of fibre that provides a source of fuel for your good bacteria. Because this resistant starch travels through the digestive system nearly intact, it can also support regular bowel movements. These days I reheat leftovers of pasta, quinoa or beans as much as possible.

Third, boost your supply of fruit and vegetables that contain fibre.

A final point to note on what we need to eat for a healthy gut: we should ensure we eat enough prebiotic and probiotic foods, which help maintain the right balance of bacteria. Prebiotics are non-digestible foods that feed the growth of bacteria in the colon, found particularly in fermented vegetables and Jerusalem artichokes.

Probiotics are live bacteria and yeasts in yoghurt, dairy products and other foods,

such as miso and kombucha, a type of fermented tea. They may also be taken in pills. Yoghurt, ideally so thick it stands up in the bowl, is my own favourite probiotic.

When we are anxious, blood is pumped away from our gut, which has a negative effect on peristalsis (wave-like muscle contractions that move food along our digestive tracts). The muscles in our gut wall are sensitive, which is perhaps why a phrase such as "gut reaction" carries so much weight.

Exercise not only reduces our stress generally, but may also help our guts. Though doctors warn we must be careful of extrapolating animal studies to humans, some animal studies suggest that exercise may have a beneficial effect on gut immune function and microbiome characteristics.

As well as trying to nourish a healthy gut, I turn to particular minerals to help my anxiety levels, chief among them magnesium. Magnesium is involved

Cocoa products, including dark chocolate, may have some health benefit!

in a variety of processes in our bodies, including normal muscle function and maintaining our bones. It can contribute to the normal functioning of our nervous system and might help memory and cognition.

One 2006 study has suggested that a magnesium deficiency may contribute to irritability, nervousness and depression. Magnesium may help to ease tension, and relieve muscular pain and headaches, which are common side effects of anxiety.

Leafy vegetables, sunflower seeds, wholegrain oats, quinoa and brown rice all contain the super-helpful magnesium. Magnesium can be found in raw cacao powder and to a lesser extent in a piece of dark chocolate.

Of all the discoveries I have made about nutrition in the last few years, this one has made me especially happy.

Cocoa products, including dark chocolate, may have some health benefit! Only the very good stuff, mind ... In most chocolate, the potential benefit of some of these compounds is most likely outweighed by the sugar and fat content. Still,

I have found it a relief to know I can enjoy a square of dark chocolate containing 70 per cent cocoa solids on occasion.

Almonds are another source of magnesium, so choose dark chocolate with almonds if you can.

Magnesium can be absorbed through the skin and Epsom salts are rich in it. Taking an Epsom salts bath is a nourishing tonic and a soothing way to wind down at the end of the day.

VITAMIN B6 WHEN ANXIOUS

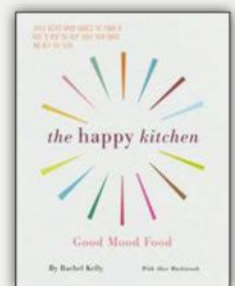
Vitamin B6 is another stalwart that helps me when I am anxious. This may be because it plays a role in the synthesis of serotonin from tryptophan, though as we have seen, the evidence around the exact role of tryptophan is uncertain. Chickpeas, spinach, mushrooms, salmon and sunflower seeds are all rich in vitamin B6.

My food diary showed that my moments of panic frequently coincided with moments of hunger. This is a bit unusual. Many people I have spoken to say that normally they don't feel hungry when they are anxious. Evolution would suggest that we would empty our stomachs in readiness to flee from a lion and eating would be the last thing on our minds.

But for me, the opposite happens. It is an important point. We are all unique when it comes to our response to food. So I have got into the habit of preparing calming snacks ahead. I usually feel nervier in the mornings, so I use my evenings to make snacks if I think the next day is going to be difficult. Preparing ahead calms me. Then I make sure I eat a snack every three hours or so. My panic dissipates when I do so in a most satisfactory way.

Inevitably, our busiest times are our most anxious times. I am thinking of Christmas, which leaves me frazzled. Yet the busier we are, the harder it is to manage our diet. This is rather ironic, since it's when we're busy that our bodies need healthy nutrients the most.

*Edited extract
from THE HAPPY
KITCHEN, by
Rachel Kelly with
Alice Mackintosh
(Simon Schuster,
\$39.99)*



NO EASY WAY OUT

Norwegian-born Swedish writer Steve Sem-Sandberg makes no apology for confronting readers with the gruesome reality of the Łódź Ghetto and the Nazi “ethanasia” of almost 800 children. **by DIANA WICHEL**

Midnight in Vienna: that’s Steve Sem-Sandberg’s idea of a time for a chat. “I’m a night owl,” he emails. Still, I can’t bring myself to call him at the witching hour when there are grim matters to discuss. We settle on 10pm, and even after our hour and a half of steady talking, he sounds like he could carry on till dawn, murmuring into the darkness.

Sem-Sandberg, a Swedish journalist and writer, born in Norway and living in Austria, speaks softly, in excellent English.

He makes you lean in and pay attention. His books, too, require commitment. As Sebastian Barry noted in the *Guardian*, “You don’t so much read Sem-Sandberg as stand in the fiery wind of his prose.”

His 2009 novel, *The Emperor of Lies*, is a flaying account of the Łódź Ghetto, the second largest, after Warsaw, in

German-occupied Europe. The book circles around the monstrous, absurd, deeply problematic figure of the head of the ghetto’s Jewish Council, Mordechai Chaim Rumkowski, who turned the quarter into his personal kingdom, with a currency that bore his image. Seizing on the Nazis’ vile “Arbeit macht frei”

“If you’re in the business of trying to put light touches on everything, you shouldn’t be in the business at all.”

slogan, Rumkowski believed working the starving population of the ghetto near to death offered salvation. With an eye on posterity, he had the life there recorded in a remarkable set of documents collectively known as *The Chronicle of the Łódź Ghetto*. The chronicle survived. Rumkowski and most of the prisoners didn’t.

Sem-Sandberg’s new novel, *The Chosen Ones*, translated from the Swedish by Anna Paterson, drags readers into the particular circle of hell that was the real-life Am Spiegelgrund clinic in Vienna in the early 1940s. Ostensibly a reform school and medical clinic, Spiegelgrund was, in fact, a Nazi “ethanasia” centre where children who were disabled or considered misfits or insufficiently Aryan-looking

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Steve Sem-Sandberg in Paris last November, after winning the Prix Médicis for *The Chosen One*. Left, Jews wearing Star of David badges in the Łódź Ghetto.

GETTY IMAGES

were tortured, experimented upon and murdered by doctors and nurses in the name of science.

No wonder Sem-Sandberg is a night owl. He must be haunted by his own subject matter. "I don't have any problems sleeping, actually," he says. "I had nightmares during the day." He's referring to endless hours spent in archives in Vienna, where plenty of material, including photographs, survives about the 789 children who died in Spiegelgrund.

"What you see is close to 800 children smiling at you," says Sem-Sandberg. "They are children, right? And the doctor with his white coat has this curious object, this camera. They wanted to reach out and touch the camera, to see what he is looking into. You can see that the children have the trust that a child has towards an adult.

"It's horrifying to see these children who are written about as silly, as retarded,

people who feel most ashamed here in Austria for what happened at the Spiegelgrund clinic are not the perpetrators but the victims."

In 2007 and 2008, Sem-Sandberg was in Vienna on a writing grant, working on *The Emperor of Lies*. "Suddenly, this fact that Vienna had been the capital city of the child-'ethanasia' campaign became a topic again." He knew immediately that this was a story he wanted to tell. "It struck me that I have to stay on here somehow. It's eight years now."

Moving countries: that's quite a commitment. "To be in Stockholm and write about Vienna, that's impossible. For me it was a necessity to be here and to not only feel the atmosphere but actually try to understand the mentality, at least to some degree, that made it possible for these things to transpire here."

It was a very different research process. "With the *Emperor of Lies* there was

Jewish children in the Łódź Ghetto in 1940. Right, Mordechai Chaim Rumkowski reports to SS leader Heinrich Himmler, in the car, Łódź, 1942.



“Everybody is looking for the simplistic way out of the difficult moral dilemmas that we are faced with in everyday life.”

as mentally disturbed, smiling towards the camera. That brought me close to tears when I saw it the first time."

It took until 2002 for the remains of several hundred children – "Some of the victims that were found stowed away in a cellar inside the hospital area," says Sem-Sandberg – to be buried in a private ceremony. Around then, victims began to publish memoirs. "It takes a while for the victims to be able to speak out about these things. The hideous thing is that the

difficulty in getting information on the victims. With the children, it was quite easy because all the medical journals were kept. It's much more difficult to get hold of the perpetrators' stories." Many escaped punishment. One Spiegelgrund doctor fictionalised in the novel, Heinrich Gross, built a stellar career in Austria as a neurologist after the war, boasting of his collection of preserved brains of children. Never convicted, Gross died in 2005, having escaped a third trial on

the grounds that he was suffering from dementia.

Sem-Sandberg's account is devastating. There's the child who sings to bring his mother to rescue him; the torment of mothers trying to get children back; the fury at the clinic when a child in despair steals scissors and kills himself before the doctors can. The story also reveals that, as with anti-Semitism, a culture of cruelty existed before the arrival of the Nazis.

The Chosen Ones presents events through the eyes of young Adrian Ziegler, based on real-life Spiegelgrund survivor Friedrich Zawrel. Adrian, deemed to have "gypsy" features, finds himself among the so-called chosen ones, "life unworthy of life".

We also inhabit the consciousness of Anna Katschenka, a nurse whose change from dutifully saving lives to dutifully ending them is disturbingly plausible. "She got to be more and more important the more I wrote myself into the book, because without understanding the perpetrator, the people who actually did this thing, I don't think you understand at all."

It's a harsh, reflective light Sem-Sandberg shines on Austria's dark past and on human nature. Of Adrian's arrival at the clinic, he writes: "They walk along a corridor

GETTY IMAGES; ALAMY; PARLAMENTSDIREKTION/BILDAGENTUR ZOLLES KG/MIKE RANZ



Far left, Spiegelgrund survivor Friedrich Zawrel was the basis for Sem-Sandberg's character Adrian Ziegler. Left, Heinrich Gross, pictured in 1979, was given to boasting of his collection of preserved brains of children.



where the white winter daylight bounces off the monotonous pattern of rhomboid floor tiles and it will often come back to him afterwards how the floors and walls in corridors and dormitories glowed with an unearthly luminosity as if alive in their own right, independent of the children who stayed there and somehow more substantial than they were.”

The book is an assault on other senses, too: the stench of death and chemicals. The more the Nazis tried to clean up in the name of racial purity, the bigger mess they made. “Exactly,” says Sem-Sandberg. They feared a contagion that could run in their own veins.

“It’s so much more difficult to fight something that even the Nazis had within themselves, so to speak. How do you define normality then and how do you define your enemy?”

The children and their illnesses are seen unsparingly, grotesquely magnified through a child’s eyes or dehumanised through the cold gaze of doctors. Adrian is dragged naked into a doctor’s lecture on his “gypsy” attributes. “He no longer knows where to look and so simply stops seeing,” writes Sem-Sandberg.

The effect can be uncomfortably dispassionate. That’s not the same as being cold-hearted, says Sem-Sandberg. “If you try to manipulate the reader, you will put yourself in-between the reader and this material and that would be morally

unacceptable to do. To sentimentalise would be almost a crime in itself, I think.”

Some critics have questioned whether the agony of his descriptions of violence against children is worth it. “Yeah, is the pain worth the gain?” he sighs, quoting from a *New York Times* review. “I was really very put off by that. If you don’t want to have any pain, you can do something else. You can be blind to history. Fine. But if you want to go into it, you cannot do it half-way. If you’re in the business of trying to put light touches on everything, you shouldn’t be in the business at all.”

In other words, readers are on their own. This is what gives Sem-Sandberg’s novels their powerful intimacy. *The Emperor of Lies* and *The Chosen Ones* will have you questioning at precisely what point a person would say “No”. The question seems more urgent in the current political climate of rising nationalism and populism. Has he noticed a change?

“I’m not really into commenting on political events, but actually there was a change.” He’s referring to Austria’s 2016 presidential election, a close race between anti-immigration candidate Norbert Hofer and former Greens leader Alexander Van der Bellen. “The populist candidate lost by something like 30,000 votes, which is nothing. I cannot figure that half of this country actually was against me being here as a foreigner, or any foreigner. I’ve always looked at Austria as being a very

open society that has left the past well behind. But sometimes the past comes back and haunts you in different ways than you imagined. In the end,” he says, with a wintry laugh, “the good guy won so I can stay on for a bit longer.”

Not everyone agrees that Sem-Sandberg’s sort of subjects are fit for fiction. “I suppose it’s too much to ask for a moratorium on the publication of Holocaust novels,” begins Simon Schama in an excoriating review of *The Emperor of Lies*. “Is there not enough cruelty, desperation and terror in the truth to forbear from the luxury of fiction?”

People talk about “Holocaust porn”. “I think there is a good reason for being fed up,” says Sem-Sandberg, “but what I react to is the sentimentalising and the trivialising of the Holocaust, making it the basic Hollywood staple for *The Pianist* or somebody who brushes the dust off from his coat-tails and walks out of the ruins of the Warsaw Ghetto.

“Do you need another one of those? No, you don’t. What you do need is understanding. If you can understand what motivates people to do things, I think every step in that direction is a good one.”

Some have questioned – “a partly relevant accusation” – why a non-Jewish Swedish writer born in 1958 would write such stories. “The whole point of writing *The Emperor of Lies* was that this unique material of the chronicle made it possible

Jews were crammed into the overcrowded ghettos before being sent to death camps.



for somebody outside to try to imagine how it would have been to be inside.”

His portrait of Rumkowski – a sexual predator of young children, a man corrupted by power – has been polarising. Primo Levi has written about Rumkowski, placing him in Levi’s “grey zone” of moral ambiguity. How do you judge a man forced into a world where all human rights have already been lost? “I don’t think you should judge, actually. I think those people who have a problem with my book are those people who want to make a judgment.”

He has confronted anger on book tours. “I remember in Munich, I talked about Rumkowski in that way I talk with you now and there would be always a man sitting in the last row and he would stand up and say, ‘Oh, you’re lying about Rumkowski. He was a good man. Look at me – I’m the perfect proof of that. I’m living and he saved my life.’”

He talked to a few survivors. Life and art occasionally collided. “One of them said, ‘I’m in your book. I’m this guy,’ which was really terrific. But all of them have this feeling about Rumkowski. From Primo Levi on, he was turned into the bad guy, when he was actually just doing the basic work of trying to secure as many people’s survival as possible.”

He understands that perspective. “They were the ones who survived. Then again, you didn’t have one of those close to 200,000 people who died. They were not in the audience.”

Yet it’s almost impossible not to judge. The novel makes devastating use of historical documents, dropping them

in alongside the fiction. *The Emperor of Lies* quotes from one of the most terrible speeches in the history of human communication, Rumkowski’s “Give me your children” speech in September 1942. Ordered to organise the handover of the old and the children for deportation, he said: “Brothers and sisters, give them to me. Give me your children ... Children above 10 are saved. Let that at least be some consolation in your great pain.”

How do you judge a man forced into a world where all human rights have already been lost? “I don’t think you should judge, actually.”

The leader of the Warsaw Ghetto, Adam Czerniaków, faced with a similar order, killed himself. “Yeah, I think Rumkowski’s whole character, his self-loathing, all sides, is in that speech. He was chairman of the Jewish Council [in the ghetto] and he took this as his own personal responsibility, but he also saw the opportunity of getting through this more lightly for his family and close friends. Power corrupts. It corrupts everybody. Why wouldn’t it corrupt him?”

In an age with little taste for complexity, Sem-Sandberg’s novels offer no easy option. “Everybody is looking for the simplistic way out of the difficult moral dilemmas that we are faced with in everyday life. If you talk about immigration

waves in Europe, if you are going to make a choice for the populist candidate here in Austria or wherever, you’re always faced with a hard choice, right? And there is no easy way out. So writing literature that chooses not the easy way out is also maybe the right thing to do.”

In *The Chosen Ones*, Adrian, like the real-life survivor he’s based on, refuses as an adult to attend the ceremony to bury the remains of the Spiegelgrund children. “He feels that at some point he has to break free from everything that has moulded and disfigured him.” For some things there’s no closure. “Exactly.”

Sem-Sandberg remains unapologetic for what he puts the reader through. “This was the reality. It was messy. It was gruesome. It didn’t have any – very few – happy endings. This is the way it looks. This is the way it was.”

But there’s ample gain to be had for a reader who chooses to “stand in the fiery wind” of Sem-Sandberg’s prose. Fiction can go where history, tethered to facts, can’t. In real life and on the page, with Sem-Sandberg, there’s a simmering, implacable anger. “Of course there’s anger. There’s anger from page one and it starts

with the Adrian character arriving at the Spiegelgrund clinic. When you see that his entire childhood is stolen from him.”

There’s gain for the writer, too, who, more than 70 years after the events described in *The Chosen Ones*, was driven close to tears by those 800 trusting little faces. “What you have as a writer’s tool is empathy. It’s the only tool.” It can have you circling monsters. It can also put you on the side of the angels.

“As a writer, you can try to see it from the point of view of the child,” he says. “As a writer, you can get very close to the child who is smiling.” ■

Steve Sem-Sandberg will be appearing at the Auckland Writers Festival, May 16-21, writersfestival.co.nz.

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DE LORE

'I haven't been included in shows of contemporary NZ painters for years'

His paintings are highly sought after by collectors at home and abroad, but has Grahame Sydney fallen out of favour with New Zealand's art establishment? **photographs by ROBERT HANSON**

His style is unmistakable: stark landscapes beneath big blue skies, almost always featuring the rugged sensuality of Central Otago's mountains, hills and valleys. Grahame Sydney, one of New Zealand's most successful contemporary painters, has made the region his own and has been in the fortunate and unusual position of being able to make a living as an artist virtually all his working life.

Born in Dunedin, Sydney lives and works in the remote Cambrian Valley. He's not quite a man alone. In an essay he

wrote in 2013, introducing a retrospective book of his work, he describes Fiona, now his wife, as his "dream partner". Their dog, Milo, recently went blind. The Sydneys dote on the milky-eyed Milo – large, stiff feathers protrude at a horizontal angle from low-lying hazards, such as table legs, so Milo can safely navigate his way around their book- and art-filled house.

Now 69, Sydney has travelled the globe but loves "living in the middle of nowhere pretending the rest of the world doesn't exist".

Is it Central Otago or nowhere, as far as you're concerned?

I couldn't possibly live elsewhere. Today is grey – a dull day – but normally it is beautiful. We live with the Hawkduns on one horizon – that's the signature range for me – and I built here so I could see them every day. Mt St Bathans is to the north, with its head in the clouds at the moment. It is like living in a theatre.

You've painted full-time ever since what you call a "lucky break" – what happened?

Within a fortnight of my returning to New Zealand from England in 1974, Peter Webb turned up at my door in Dunedin and offered to buy everything I finished without any conditions. He was true to his word and bought everything and promoted them to sell them. That first

exhibition, in Auckland in March 1975, was a sellout: it got front-page coverage. It is the sort of lucky break you can't buy.

There have been several books about your work. What role have they played in your success?

Books are fabulously influential. They are the best thing that can happen to you, really. I was approached by Longacre Press to do *Timeless Land*, which came out in 1995. I never ever imagined that would

"We live with the Hawkduns on one horizon. It is like living in a theatre."

happen. *Timeless Land* gave a lot of impetus to New Zealand art publishing, because it was very successful. Until then, a lot of publishers had stayed well clear of art. There had been big books like Gil Docking's *Two Hundred Years of New Zealand Painting* and Hamish Keith and Gordon Brown did the anthologies (including *New Zealand Painting: An Introduction*), but in the 80s and 90s there had been very few books about the contemporary New Zealand art world. When I grew up it was Peter McIntyre, Doug Badcock and Colin

Grahame Sydney at work. Left, with the much-loved Milo, now blind.







Wheeler – populist middle-class books about them were on every coffee table. But once scenery painters like them fell out of the limelight, publishers didn't do anything until Longacre did *Timeless Land* for us – me, Owen Marshall, and Brian Turner. The reason for its success was more about people's affection for Central Otago than us. The book was a hymn of praise to Central and conceived as such.

Were you surprised at its success?

I remember talking to the publisher and saying imagine how wonderful it would be if it had to be reprinted; it went into four reprints. The next book, *The Art of Grahame Sydney*, won three Montana Awards in 2000 and also went to four reprints – unimaginable. When you're a regionalist, south-of-the-Waitaki/Central Otago man like me, the books mean your audience isn't just confined to those boundaries. The books tell the origins of the work, where we come from and what shapes us. That is what I have explored all my life and wondered about.

What's the market like for your work?

Once you are a recognisable name, things get a little easier in terms of finding an audience for your work. It has to be done judiciously – it is still, for most people, an unnecessary luxury and you have got to work hard to find the people who are passionate about art.

I produce five or six paintings a year. I have always been slow, but the fact that I

“[My buyers] are often people who are doing well and longing for home in some corner of their emotional heart.”

am ponderously slow, and getting worse, isn't detrimental. I don't have a shedful waiting to be sold. In a small market, it is quite valuable to be hard to get. No one wants you if you are easy to get. Rule for life: “mustn't ever be easy to get”. But you don't abuse that.

Who's buying?

Most of the big canvases go overseas, to expatriates. I think it is to do with their nostalgia for New Zealand. They are often people who are well established, doing well and longing for home in some corner of their emotional heart. The paintings I do seem to strike those chords for them.

The public art galleries in the four main centres all own works by you – Te Papa has *Rozzie at Pisa* – but none has any of those works on public display or plans to exhibit them. Curatorial coincidence or are you out of favour or fashion?

Dunedin recently included my *Hinterland III* in a big show of its “beloved” works. Many public galleries have paintings and drawings, but perhaps of most significance, none of them has bought anything for their collections since about 1992. That's 25 years. And I've noticed I'm not invited to things. Apart from Dunedin, I haven't been included in shows of contemporary New Zealand painters for years. One or two books

SYDNEY FAMILY COLLECTION; REG GRAHAM; ROBERT HANSON



1. A sailor at Karitane Beach, 1955. 2. In his brief career as a teacher at Cromwell District High School, 1971. 3. Flanked by siblings, 1954. 4. Left, at Christchurch Teachers College, 1970. 5. Ready for a Central winter. 6. Sydney's Rozzie at Pisa, 1978.



MUSEUM OF NEW ZEALAND TE PAPA TONGAREWA

have come out in recent years about New Zealand painting and I am not even in the index. It is as if I don't exist.

What's the issue, in your view?

I have a suspicion it is combination of being a realist, a regionalist and not needing a dealer. The art world is a relatively closed operation, where they look after each other within the trade, and the fact that I operate outside that boundary is not advantageous to me in that respect. You would be a fool to think everyone loves what you do, but I feel disappointed that even someone who dislikes what I have done, and continue to do, can't be sufficiently objective to see it has a place in New Zealand art.

What about exhibiting your paintings locally?

There has been an extraordinary influx of wealthy, interesting and sophisticated people into the Lakes District. They fly into Queenstown, go to the lakes and some of them to Central Otago on the eastern side; it is now a place of

international choice and preference, but there is a glaringly conspicuous omission among its attractions: there is no art gallery at all. It's disappointing, because in other parts of the world, I have seen many examples of relatively small-scale, sometimes private but usually regional public galleries. They have some interesting, attractive contemporary architecture fitting into their regional settings. I think

"My generation was shaped by adoration of John in the Fred Dagg days because his humour was our humour."

that concept would work wonderfully in the landscape between Arrowtown and Queenstown.

What's the next step if you want to get that off the ground?

I have discussed it with a couple of people

who are in a position to start such a thing, not necessarily building it, but perhaps getting the ball rolling. Everyone I mention it to says, "Yes, you're right: there isn't anything and there should be." It is just an idea that is swirling round, but I ought to try and kick it along a bit. It would be a lovely partnership between the Queenstown Lakes District Council and a number of generous and able private donors.

Whose work do you collect or admire?

I haven't had the funds usually to buy the art I would love to own. Jeffrey Harris in Dunedin is someone we love a lot. He is a dear mate, and I think he is one of New Zealand's greats. And if I could ever have one, I would like a painting by Michael Smither. He has been hugely influential in the course of my life and he is still doing admirable work. I have never aspired to own something from the international school. I am an "art of our country" person and Michael has always been one of the greatest exponents of that. Robin



Above, *Waipiata Angel*, 2013; right top, *Nevis Prayer*, 2012; bottom, *Harrier Hawks at Kane's Pond*, 2017; below, *McKnight Road*, 2000.

White is an old friend from the 70s, and I have a handful of her original prints and a pencil study. I admire Simon Richardson and have several works by him.

What do you read?

Mainly biographies, and I also read a great deal about other painters. But right now I am reading about the Profumo affair. The book is called *An English Affair: Sex, Class and Power in the Age of Profumo* [by Richard Davenport-Hines]. The other one I am currently reading is Tim Winton's *The Boy Behind the Curtain*. Anything by him is magnificent.

Your friend John Clarke died recently.

What was he like?

A very special man and there will be legions of people who claim him as a friend. He was a hero to me for 20 years before I met him. Then I could hardly believe I was beside him, as a friend.

He made you want to be better at what you did, because he was so good at what he did. It wasn't deliberate, but when you came away from being with John, you felt



like you should do better, try harder to be what you are or hope to be.

There have been two people in my life whose deaths have shocked me because I never thought they would leave. Reg Graham was my English teacher at school

– a glamorous single man who arrived at school in a Citroën, he was handsome and arty and did the drama and school productions. He took a serious interest in me, and see that watercolour over there? He commissioned it from me for three guineas when I was at school. His widow, Judith (author of *Breaking the Habit*, an autobiographical memoir of a nun who left the convent), gave it to me after Reg died. And now John – he was the same age as me. How much more genius was there? How much more was there to be enjoyed?

I came out of the generation that was largely shaped by adoration of John in the Fred Dagg days because that sense of humour was our sense of humour and literally everything he did was wonderful. You could list the things he did that were brilliant. The rest of us might hope for a list with one or two things but John's is so long. ■



HORNS, GUNS AND MONEY

Without dramatic action, the rhinoceros in the wild will be extinct within 10 years. The campaign against the bloody, lucrative trade in rhino horn has to combat powerful economic incentives for poachers. **by PAMELA WADE**

Sarah Jones is no baby. She's the zookeeper who, in 2015, was given an award for bravery by police after coolly distracting a Sumatran tiger with its favourite toy, drawing it away from her fatally mauled colleague at Hamilton Zoo. But when talking about the recent attack on a rhino orphanage in South Africa, she's in tears. "This is a tragedy," she says, her voice breaking.

Early on the morning of February 20, five armed men broke into the grounds of the Fundimvelo Thula Thula Rhino Orphanage, deep in KwaZulu-Natal province. They overpowered the armed guard, holding him hostage for two hours as they waited for the volunteers caring for the baby rhinos to arrive at the orphanage. Having destroyed the CCTV cameras, the intruders beat and tied up the staff, before sexually assaulting one of them. They then shot the orphanage's two bigger rhinos, Gugu and Impi, both 18 months old, killing one and fatally wounding the other, before hacking off their small horns and fleeing.

Subsequent security assessments concluded that Thula Thula could not guarantee the safety of its orphans or staff, and on May 2 the decision was made to permanently close the orphanage. Poachers now view orphanages as soft targets after defence was



It's a literally life-and-death scenario for both sides, but the poachers, driven by grinding poverty, are desperate.

at last ramped up in the poachers' traditional hunting grounds, Kruger National Park, further north on the border with Mozambique.

This immense game reserve of nearly two million hectares has borne the brunt of a worldwide poaching epidemic targeting many species, from elephants to pangolins. In 2005, just 10 rhinoceroses were killed in Kruger: in 2015, 826. This escalation is mirrored throughout South Africa's reserves, as well as among the other species of rhino endemic in Java, Sumatra and India, which are regularly

preyed upon by poachers.

South Africa is home to 80% of the world's white rhino and 50% of the black, but they are being killed at the rate of three a day: one every eight hours. Of the 65,000 black rhino in the wild in Africa in 1970, only about 5000 remain; white rhino number fewer than 20,000. Although the annual deaths by poaching have declined slightly since the 2014 record of 1215 (the 2016 total was recently announced as 1054), rhinos in the wild are still on track for extinction within 10 years. The western black rhino subspecies is already extinct; the northern white and the Javan rhinos are teetering on the brink.

No rhino is safe, anywhere. In early March, in the first attack of its kind in Europe, poachers broke into Thoiry Zoo, near Paris, shooting the resident rhino, Vince, and cutting off his horns. The Thoiry killing caused concern as far away as in Auckland Zoo, where security procedures are always under review.

Last month, a rare one-horned rhino was shot in a national park in Nepal and its horn taken, despite anti-poaching measures. Even dead rhinos are targets: in 2013, the horns were stolen from four stuffed rhino heads at the National Museum of Ireland in Dublin, even though they had been removed from public display after similar incidents elsewhere.

At the end of the sales chain, rhino horn is worth about US\$65,000/kg – more than gold or cocaine. The main customers are in China, where the horn – made of keratin, like hair and fingernails, and of unproven and unlikely medical benefit – is an ingredient of traditional medicine for ailments such as fever, rheumatism and gout. In Vietnam, it

Poachers break into Paris zoo, shoot rhino dead and steal its horn

Four-year-old rhinoceros named Vince found with three bullets to head at Thoiry Zoo



A black rhino charges at Phinda Private Game Reserve in KwaZulu-Natal. Far left, even rhinos in zoos are in danger from poachers – this one was killed and butchered for its horns.

is believed to cure anything from hangovers to cancer. In neither country, incidentally, is horn considered an aphrodisiac.

INSATIABLE DEMAND

Growing affluence in both countries has brought about an insatiable demand, despite horn becoming scarcer and consequently more expensive after strenuous efforts to protect the rhino. This has increased both its

value and desirability as a status symbol. In Ho Chi Minh City, nothing is more impressive than being able to supply your guests with an anti-hangover shot of ground rhino horn dissolved in water before a night on the town. An inch of horn is considered a generous wedding gift.

The Convention on International Trade in Endangered Species (Cites) has banned international trade in rhino horn since 1977,

so the main beneficiaries of the black market are terrorist groups including Al Qaeda, Al Shabaab, Boko Haram and the Lord's Resistance Army. Poaching is the world's most lucrative crime after drug, arms and human trafficking, and the horns, as well as ivory and other animal body parts, are smuggled using the same networks. The profits are used for weapons, equipment, training, travel, bribes and all the other expenses of terrorism.

THE ENDANGERED RHINO

The poachers get a more modest return for the risks they take. They enter the parks by night, often by the light of the full moon, usually carrying hunting rifles but sometimes AK-47s and night-vision goggles. However, they know that equally well-armed rangers, with dogs and helicopters, are watching for them. It's a life-and-death scenario for both sides, but the poachers, driven by poverty, are desperate.

Around the borders of Kruger National Park alone, two million people live at subsistence level in shelters with no electricity, running water or government help. The estimated unemployment rate is 75%. This situation is common throughout South

In Vietnam, an anti-hangover shot of ground rhino horn dissolved in water is a status symbol.

Africa, and the temptations posed by rhinos, peacefully grazing on the other side of a fence in public and private game reserves, are obvious.

A further threat for Kruger is its porous border with Mozambique, a nation even more poverty-stricken, where the rhino has already been poached to extinction.

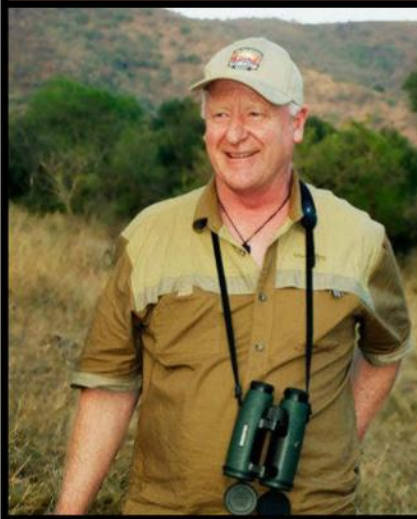
NO SIMPLE ANSWER

There is no simple answer to the problem. The idea of a legalised trade, using harvested horn from farmed rhinos, has its supporters at high levels. Despite vigorous protest, last month the South African Constitutional Court dismissed the moratorium on the domestic trade of rhino horn, a move that will inevitably increase international supply.

Even some rhino-protection agencies see legal trade as a valuable source of funds, but the counterargument runs that acquiescing to demand will simply increase it, as well as sustaining the black market. "When the buying stops, the killing can too" is their catchcry.

That's the belief of Auckland businessman Peter Eastwood, a staunch protector of the rhino. He has founded a New Zealand-registered charity, called *imakeadifference*, which comes at the crisis from two angles: prevention and reaction.

Most African wildlife is now within fenced reserves, so more tourists than local children have actually seen a rhino. To



From top, Gugu and Impi were 18 months old when they were killed; Sarah Jones with a baby rhino; staunch rhino protector Peter Eastwood.

"This is an attack on the world's treasures, not just South Africa's," Eastwood told a group of young wildlife ambassadors on one of his regular visits. "It's really important that everyone in the world takes responsibility for the wildlife. We want to make sure that the rhino is there for the next generation."

PAYING INFORMERS

Funds from Eastwood's charity support, among other projects, regular aerial and tracker dog patrols in Zululand. Some of the money is spent on informers who can alert rangers to poachers in their area; it's dirty work, but poaching is a dirty business.

Imakeadifference is one of the benefactors of Thula Thula where, later on the day of the February 20 attack, the traumatised staff were back on duty, keeping to the normal routines in the hope of minimising the shock and distress for the remaining animals. All their baby rhinos had already seen violence when their mothers were shot or tranquillised and left for dead, their horns hacked off by axe or machete.

"Impi was two months old when he was rescued from beside his mother's six-day-old carcass," says Jones. "He had survived by eating mud from the water hole next to her body. He arrived, having witnessed her death, splattered with her blood and extremely traumatised."

Jones got to know this rhino – and Gugu – well during three weeks she spent at the orphanage as part of a fact-finding tour of South Africa's rhino conservation projects, before returning to her role as primary keeper of Hamilton Zoo's six rhinos.

"I would sit back and watch from a distance as they grazed, wallowed and slept in the hot African breeze under the shade of a tree. I had tears in my eyes of sadness, but also utmost happiness that they were survivors and one day they would be wild again."

Impi and Gugu were due to have been released – together – into a private reserve the week after they were killed. They did not get their happy ending. But with education, regulation and financial support, it is still possible that the rhino, as a species, will not follow them into the void. ■

imakeadifference.co.nz
thulathula.com/conservation-fund

Fragments in time

DAVID HILL reflects on the nine family members who helped shape and support him through his rural 1950s childhood.

May, 1930", it says on the back. It's the

only photo of my mother's family together, lined up in front of someone's box Brownie camera.

My father's family didn't matter when I was growing up. I won't go into that. But all my mum's siblings, except one, lived within a nine-mile radius of Napier, so they filled my childhood.

The exception was Aunt Nettie, eldest of the eight kids. She stayed in Scotland when the family emigrated in the 1920s. (Family lore says my grandfather had been a gillie on a Scottish estate, and after World War I, he swore he'd never call anyone "sir" again.) In the photo, he still looks displaced. God knows why he's holding a fishing rod; the nearby Tutaekuri River held only eels and whitebait.

Newly married Nettie never saw or spoke to her family again. We're not just talking pre-Skype days, remember; we're talking pre-international phone calls, almost pre-airmail.

Howard and Lance were born here, in rural Puketapu. Howard was just 12 years older than I was, glowing with health and New Zealand ultraviolet. He liked to set me up in conversation; puncture my pompous teenage pronouncements. He didn't mean to hurt; it was just that shoulder-punching Kiwi male dialogue that sometimes edges into intimidation.

I look at the photo now, and the figures are like tesserae in a historical mosaic. Their stories hold a fragment of the 20th century.

Let's take them left to right, front row first.



My mother's family in May 1930: Grandfather (right) and Grannie Marshall (seated left), from Scotland, with seven of their eight children.

Grannie Marshall sits goitrous and permed. She moved between her kitchen, its wood stove fed with macrocarpa, and a sitting room where bookshelves held titles along the lines of *Smith Saves the Side*, *Play Up*, *School!* and other public-school yarns so remote from 1950s Hawke's Bay that I read them over and over. Her lavatory was a long drop; she handmilked the house cow till her last year. She was floury, chunky, bigoted.

Ena fell pregnant to a Catholic boy; "had to get married". (Anyone remember that phrase?) I gather Papism rather than pregnancy was the unforgiveable aspect, and I'm not sure that Ena and Jack were ever fully forgiven. The fact that their marriage was gloriously successful only aggravated things.

Next, Howard, all fair hair and mischief. Then the back row.

Pretty Effie, my mother's confidante and rival, became a farmer's wife. It's how she wished to be known. In every big earlyish-20th-century family, one daughter had to look after the widowed parent, and Mum and Effie jostled for that role.

Adam was the eldest son, already a man

in the photo. He fought in World War II, came home with shrapnel in his back and ghosts in his mind, wouldn't talk about either; was shy with me because I was clever at school.

John served in the same war. Look at him here; he's a kid. Afterwards, he made a confident living as a labourer – wharf, farm, harbour board. Could anyone do that now? He killed anything furred or feathered, left carcasses on our back doorstep for dinner.

Then Lance, bat under arm. The family felt sorry for him. He married elegant, intelligent Shirley, soared high in his job, had a flash house. But he lived in the city, and my mother made it clear that could only be pitted.

There's a half-hidden face behind Lance. It's my mother, Molly. She was 19. The year before, she'd had all her terrible teeth taken out, and she hated being photographed after that. She was already a smoker, like the rest of the family: 15 or 20 a day when I was a kid. Emphysema killed her when she was 52. Most of the others died in their sixties; it's still a jolt to realise that.

Grouped together like that, they make me think of Philip Larkin's *MCMXIV*: "Never such innocence,/Before or since."

They weren't innocent, of course. They were complex, conniving. They often didn't know what to make of me, just as I didn't know how to relate to them. They were always on my side, though it took me decades to understand.

I've never been much interested in genealogy. It reminds me of crosswords – that triumph at filling in gaps. But these nine shaped and supported me. A Happy May to them all – just 87 years late. ■

SHIFTING SANDS

A second application for what would be the first seabed-mining permit in New Zealand is meeting heavyweight opposition from iwi, environmentalists and oil and gas interests. **by REBECCA HOWARD**



Sunken treasure: the South Taranaki Bight at Kaupokonui.

The battle lines are again being drawn in the black ironsand of the South Taranaki Bight as Trans-Tasman Resources (TTR) makes a second bid for permission to mine a remote piece of seabed off the west coast of the North Island.

TTR, which describes the ironsand deposit as “world-class, with enormous, and currently untapped, economic benefit for New Zealand”, gained early government agency backing when it first began talking up the project in the late 2000s. Those opposed argue that the venture will do irreparable damage to the local environment and any benefits do not outweigh that cost.

In 2007, the company began investigating the deposits, most of which lie more than 20km west of Patea, within the 200km Exclusive Economic Zone (EEZ). Its aim is to excavate 50 million tonnes of seabed material a year and process it for export into up to five million tonnes of iron ore annually for 35 years. It is a seabed-mining version of the Taharoa ironsands export business, which has operated since the 1970s and was

sold to Maori interests last month.

The material is mined using a slow-moving crawler, which creeps along the seafloor “vacuuming” up sand and seawater and pumping it to a vessel. The iron ore is magnetically separated and the residue sand, about 90% of the total, is immediately redeposited.

“It’s not sucked up, held on a ship for

“We cannot estimate the numbers of marine species that might be affected by noise, physical injury or behavioural disturbance.”

days and then put back. This is a continuous dredging operation where it’s coming in the front and going out the back while we’re mining,” TTR chairman Alan Eggers told the committee hearing TTR’s second application for a seabed-mining consent.

No chemicals are added and the iron ore

never comes ashore; it is pumped straight to purpose-built vessels. TTR says this method of extracting ore is much cheaper than land-based mining. That insulates the venture from fluctuations in global ore prices, which tanked two years ago but have recovered somewhat lately.

The project, which the company estimates could make about \$400 million in annual iron-ore sales, will cost US\$550-600 million (\$790-860 million) to develop.

The company says the vast majority of the redeposited sand will settle back on the seabed, filling areas already dredged. However, the process will form a “plume” in the water column, which will drift depending on tides, ocean currents and general weather conditions in an often turbulent part of the Tasman Sea.

The potential environmental impact of this plume was the reason TTR failed at its first attempt to be granted what would have been the first seabed-mining permit in New Zealand. In 2014, a committee appointed by the Environmental Protection Authority ruled that the effects of the proposal were too difficult to gauge on the evidence

available. Under the terms of new and previously untested law governing the EEZ, that was grounds for rejection.

TTR, which has so far invested more than \$70 million, decided not to appeal the original decision but rather submit a new application, which required a new committee. That second hearing has been under way since mid-February.

Opponents, including environmentalists, local iwi, Maori organisations, parts of the fishing industry and the Australian owner of the Kupe oil and gas field, Origin Energy, say TTR has failed to provide enough new evidence in the latest bid and there are still too many unknowns.

"TTR's most recent application is simply the same old car with a new lick of paint," said Robert Makgill, a lawyer for the fisheries submitters.

In a joint submission, Greenpeace and Kiwis Against Seabed Mining (Kasm) said the application "in no way overcomes the reasons the first application was denied".

According to TTR, however, it has undertaken "significant new work to substantially improve knowledge of both the existing environment and the extent of the potential effects arising from the sand-dredging operations". This evidence demonstrates that the effects of the proposal on both the marine environment and existing interests are "generally very small to negligible", the company said.

However, expert witnesses for the project's opponents take issue with the way the results of TTR's modelling were interpreted, and the new committee asked TTR to provide more worst-case scenarios.

DANGER TO MARINE LIFE

Ironsands support little marine life, but a plethora of opposition experts say the area covered by the application is home to creatures ranging from tiny organisms living in the bottom sediments to blue whales and the critically endangered Maui's dolphin.

Experts for TTR claim there is a low likelihood of marine mammals being present in the proposed mining area. There was "nothing to suggest that the mining area is of any significance to any marine mammal

species", said scientist Simon Childerhouse of Blue Planet Marine New Zealand.

His view was disputed by zoology professor Liz Slooten, who blasted TTR for "poor information", including an incomplete species list and a lack of data about the effect of noise. "There is no way that we can estimate the number of individuals of each species that might be affected by noise, through physical injury or behavioural disturbance, or that might be impacted by other effects from the mining operation," she said. Debbie Ngarewa-Packer of Te Runanga o Ngati Ruanui Trust told the committee that "there is too much uncertainty".

Origin, concerned with the potential impact on its own offshore operation, hasn't seen "sufficient difference" in TTR's new evidence to justify a different result for this application and worries particularly about the potential for a collision at sea. Origin and TTR have agreed conditions if consent is granted, but "we would prefer not to have TTR operating in our area", said Origin's Martin

Aylward.

The committee, headed by former Wellington deputy mayor Alick Shaw, has extended its deadline from the original April 13 to May 31, citing "a number of evidential matters still to be addressed". Even that decision was fraught with controversy: submitters argued that the company had failed to dispel any of the uncertainties and should not be given more time to do so.

Greenpeace and Kasm argued the committee should have "returned the application as incomplete" and said it is crucial that the next closing submissions be final. Fisheries and iwi submitters say they will not bear the additional cost and effort "to address information gaps in TTR's application during this hearing".

Greenpeace and Kasm may apply for a judicial review of the TTR bid, arguing the process is flawed.

The critical question for TTR may be whether scientific uncertainty can ever be sufficiently dispelled for a new activity in a little-understood ocean environment. If the answer is no, it won't be dredging any time soon. ■



TTR chairman Alan Eggers and zoology professor Liz Slooten.

READER PROMOTION

WIN A DOUBLE PASS TO



Directed by Roger Donaldson (*The World's Fastest Indian*) this is the definitive tale of New Zealander Bruce McLaren, who created a motor-racing empire from his shed. The inspirational documentary account of one man's pioneering spirit, unswerving tenacity and endless passion, *McLaren* is the untold story of a humble New Zealander who became a superstar in the jet-set world of 1960s Formula One motor racing. In following a singular dream, McLaren gained the loyalty, determination and love of family, friends and colleagues to create a dynasty that lives on to this day. Revealing the challenges and adversities faced along the way, *McLaren* is the story of one man's unflinching commitment to his vision that will inspire any New Zealander with a dream or passion.

The Listener is giving away double passes to exclusive reader screenings in Auckland, Hamilton, Wellington and Christchurch on Wednesday, May 24, 2017.

MCLAREN OPENS IN NZ CINEMAS ON JUNE 1, 2017

Rating: G

TO ENTER Go to noted.co.nz/win, email giveaways@listener.co.nz, or send your name and address to McLaren, NZ Listener, Private Bag 92512, Auckland 1141. Entries close at 11pm on Friday, May 19, 2017.

For terms and conditions, visit noted.co.nz/about/competitions

NEW ZEALAND LISTENER

ThisLife



HEALTH
by Ruth Nichol

The facts about wax

Earwax does an important job inside our ears – mess with it at your peril.

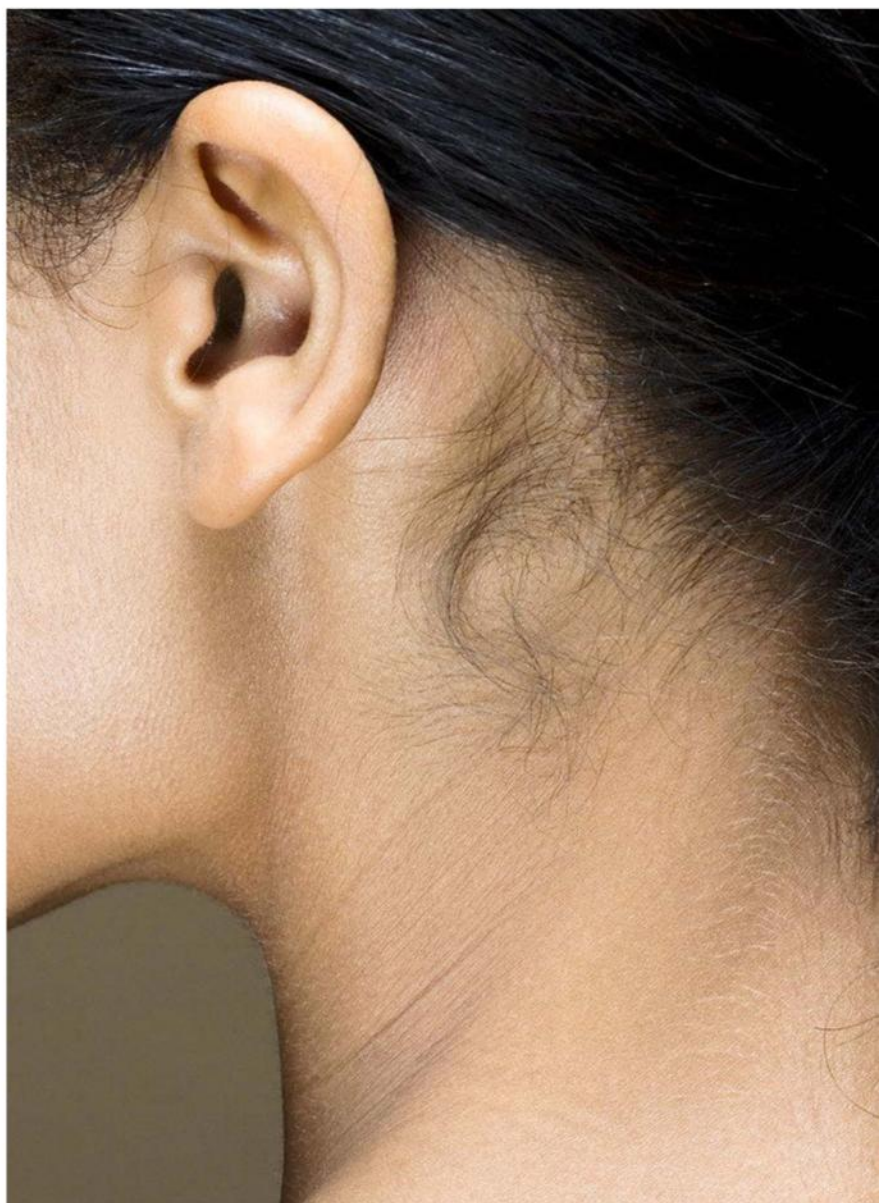
Like most ear specialists, Auckland audiologist Alice Smith is astonished by what people stick into their ears in an attempt to clear wax out of them.

“Oh my gosh – people use knitting needles, safety pins, pencils, arts-and-crafts tools. It’s amazing what people think they can put in their ears.”

And although cotton buds may look as if they’re perfectly designed for cleaning inside your ears, they’re not. As Smith says, whether you use a cotton bud, a knitting needle or some other thin, pointy object, you risk damaging your ear canal. During her training, she encountered a case in which a woman who had been using a pencil to clean her ear answered the phone with the pencil still in there and accidentally pushed it into her eardrum.

More to the point, sticking something into your ear will do exactly the opposite of what you’re hoping. “People think they’re getting wax out, but they’re actually pushing it back in again.” In fact, for most people, ears are self-cleaning.

Earwax, or cerumen, may seem slightly unpleasant, but it serves an important purpose: “It protects the eardrum by making sure no foreign bodies get into the ear. It



also helps stop the ear from drying out, and it has some antifungal and antibiotic properties as well.”

Earwax forms close to the eardrum and starts working its way out as we chew, move our jaws and grow new skin inside our ear canals. It’s a short journey – about 2.5cm – but it’s a slow one; earwax moves through the ear canal at about the same

rate as our fingernails grow.

Usually the migration process occurs with no problems. But some people produce more earwax than normal, which can cause it to build up and start to get impacted.

Others have problems with their self-cleaning mechanism. This is more common in older people, who have softer cartilage and whose bodies often produce less moisture. “Older people also tend to have more hair in their ears, which can make it



Alice Smith: “It’s amazing what people think they can put in their ears.”

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Fast food gets a bad rap, but it's undeserved when nature is the source

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Two variations of nourishing chicken soup to keep colds and flus at bay

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may also cause what Smith describes as a “gloopy” sound in the ear as the wax moves around. “If the wax is quite soft, the sound quality can be a bit like being under water.”

If you're bothered by earwax, the best thing to do is to let nature take its course and wait for the wax to make its way out by itself – possibly with a little help from an over-the-counter wax-softening product or by using a few drops of olive oil for several days.

If this doesn't work, make an appointment with an ear nurse, who will use a special machine to gently suck excess wax out of your ears.

As the American Academy of Otolaryngology notes, you should avoid putting anything smaller than your elbow into your ear.

“You don't need a doctor's referral to see an ear nurse, and there are plenty of them around New Zealand,” says Smith, who works at the University of Auckland's ear clinic.

“An ear nurse can also tell whether your wax is healthy, or if it has increased because something is not quite right in your ear.”

Whatever you do, don't try to clean your ears yourself. As the American Academy of Otolaryngology noted in its updated guidelines on ear health earlier this year, you should avoid putting anything smaller than your elbow into your ear. That includes so-called ear candles, which allegedly create a vacuum to suck out earwax.

“Ear candles are potentially dangerous and they're not going to do anything, either,” says Smith.

Some people worry that wearing earplugs may cause problems, but Smith says that is only likely if they already produce a lot of wax. “In that case, the earplugs can stop the wax from pushing out. But if you wear earplugs because you work in a loud environment, it's more important to protect your hearing than stop wax from building up.” ■

harder for the wax to get out.”

Occasionally, people have problems with excess earwax when they first get hearing aids. “They may produce more earwax in the first weeks or months after getting hearing aids, because their body thinks they're something it has to get rid of.”

Impacted earwax can cause a range of symptoms, including a sensation of fullness in the ears, itchiness, pain, tinnitus and hearing loss. It

HEALTH BRIEFS

RATS TO A SUGARY DIET

American researchers have found more evidence that not all kilojoules are created equal. In a recent rat study, they observed that rodents on a high-sugar, low-fat diet gained more weight than those on a balanced diet with a similar number of kilojoules. The researchers, at the University of Georgia, found the rats that ate a lot of sugar needed less than half the number of kilojoules to generate the same amount of body fat.

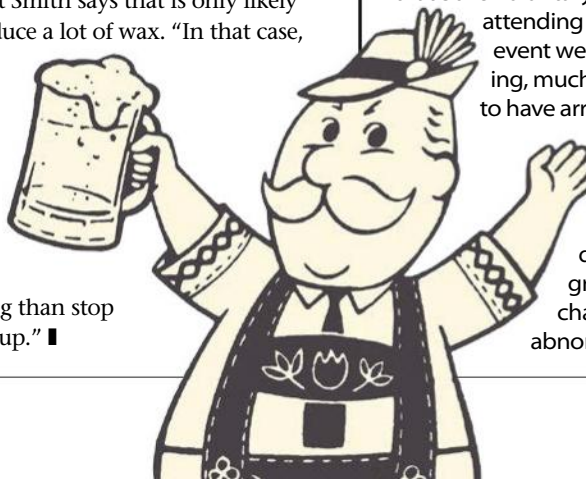
MRIs GAUGE BRAIN AGE

A British study suggests it may eventually be possible to use MRI scans to predict someone's “brain age” – and whether they are at increased risk of poor health and even dying at a younger age. Researchers used neuro-imaging to determine the brain age of a group of 73-year-olds and found that those whose brains measured older than their chronological age tended to have weaker grips, poorer lung function, slower walking speed and more cognitive difficulties.

BEER CAN UPSET HEART

Too much Oktoberfest beer can do more than cause a hangover. It can also make you prone to cardiac arrhythmia. A study in *European Heart Journal* found that 3028 voluntary participants

attending Munich's 2015 event were, while drinking, much more likely to have arrhythmia than the general population. The more they had drunk, the greater their chance of abnormal rhythms.





NUTRITION
by Jennifer Bowden

Dining in at McNature's

When time is tight yet you still want to eat right, stage a raid on nature's larder.

Fast food gets a bad rap, but there is nothing inherently wrong with delivering a meal quickly. Busy people often lack time and energy for cooking. Fortunately, nature can provide quick solutions; apples, for instance, are the original fast food.

Apples are additive- and preservative-free, need no packaging and are entirely compostable: that's a pretty good résumé for a fast food that takes little preparation. They are a rich source of vitamins C and E and contain minerals such as potassium and magnesium and a helpful dose of fibre. This may help explain why apple consumption has been linked to a reduced risk of cardiovascular disease, certain cancers and diabetes.

The potential effect of apples on gut bacteria is also getting scientists' attention. The fruit's fibre is thought to have a prebiotic effect, feeding beneficial bacteria, which leads to positive health effects. The process is the focus of research.

They are the ultimate fast food. Pluck one from a tree, give it a quick wash and eat it. There are numerous other ways to enjoy them: grated onto toasted or bircher muesli or on oats left overnight to soak; sliced and added to a green salad or cheese platter; or stewed and topped with a nut and oat-based crumble.

Nuts are another of nature's fast foods, containing lots of nutrients for their weight. Eating a handful (about 30g) each day can significantly improve diet quality and health. Nuts are a rich source of healthy mono- and polyunsaturated



fatty acids, protein, dietary fibre, essential micronutrients such as folate, calcium, magnesium, copper and potassium, and a range of phytochemicals, including carotenoids and phenols.

Clinical trials have found adding nuts to the diet for three to 12 weeks significantly improves blood cholesterol levels. Frequent nut-eaters may be staving off cardiovascular disease, coronary heart disease, heart attacks and sudden death. And although the humble peanut – actually a legume – has often been excluded from the healthy-nut category, research increasingly

suggests that does it a disservice.

Tree nuts such as almonds, brazil nuts, cashews, hazelnuts, pecans, pine nuts, pistachios, macadamias and walnuts provide the best bang for your buck. Chestnuts and coconuts, however, don't make the cut; their nutrient profile differs significantly from those of other tree nuts.

Brazil nuts should be a high priority. Researchers at the University of Otago found that eating two of the nuts a day improved selenium levels. In a country whose soils – and crops – are low in selenium, that is good news. The 2008-09 Adult

GETTY IMAGES





Rachel Kelly

The author, wife, mother and mental health campaigner is a busy woman. But she makes good food and health high priorities, “Food can be your friend and a key part of your tool-kit to stay calm and well. It’s not just fuel, but can be truly medicinal,” says Kelly, who has battled depression and anxiety.

The book you co-wrote with Alice Mackintosh, *The Happy Kitchen: Good Mood Food*, has recipes and meal plans and offers support. Can you explain its “feeling fragile” recipes? When I feel wobbly, or just tired from work, cooking something complicated is beyond me. So each chapter has one of these recipes, which are usually a case of assembling some ingredients from the cupboard rather than proper cooking.

How would you describe your diet? It’s mainly healthy and balanced – I eat a varied diet and seek out new ingredients. I don’t always manage the balance, but tomorrow is another day. Whatever stumbling blocks I encounter may prove to be stepping stones.

What did you have for breakfast today? Poached eggs, avocado, spinach leaves, rye toast, kombucha and a cappuccino.

What did you have for lunch? Snapper in vegetable broth with potatoes, tomato salad and dark-chocolate brazil brownies. I’m touring, so eating in restaurants and hotels mainly, but I stayed the weekend with a friend and we made the brownies.

What’s your favourite evening meal? Our omega-3 kedgeree. It makes a great supper and you can have leftovers for breakfast. It makes family cooking easy.

What do you snack on? A variety of fruit, nuts and kefir, which I love. I also like nut butters with oat-cakes or I whip up a green smoothie.

What happens when you dine at other people’s houses? They tease me for having become such a foodie when I used to serve only fish pie. They also wonder if I’m really the chef behind some of my new dishes and say it’s my daughters who’ve cooked them.

What nutrition advice have you found most helpful or annoying? Helpful: you can make eight or more food decisions a day; if one is of the less-healthy sort, you can make up for it with your next decision. Annoying: clean eating.

I don’t like the term, as it implies some eating is dirty.

THE HAPPY KITCHEN: GOOD MOOD FOOD, (Simon & Schuster, \$39.99)

Apples are the ultimate fast food. Pluck one from a tree, give it a quick wash and eat it.

Nutrition Survey found that nearly a third of New Zealand men and more than half of women had inadequate selenium intake.

Do yourself a favour with a daily snack of a handful of nuts (including two brazil nuts), or try a fruit salad topped with yoghurt and chopped nuts. Grate brazil nuts onto breakfast cereal if your teeth aren’t up to the task, or eat nut butter – without added sugar or salt – on toast, in sandwiches or spread on slices of apple. So long as you don’t overdo it, nuts will not cause you to put on weight.

The key to maximising the benefit

from nature’s fast foods is to use them to replace the refined-carbohydrate-filled snacks that are typical in a Western-style diet. For example, fruit and nuts are a healthy substitute for biscuits and crackers. What’s more, they’re quick and easy. ■

Email your nutrition questions to nutrition@listener.co.nz





TECHNOLOGY

by Peter Griffin

How to not get hacked

There are things you can do to reduce your risk.



The United States is hacked by everybody," Donald Trump declared in January at one of the first press conferences of his presidency. "That includes Russia and China and everybody – everybody. Okay?"

Okay, Donald. Given the growing frequency of high-profile, major data breaches, you could be forgiven for thinking that we are all being hacked. Sony, Yahoo!, Ashley Madison, LinkedIn, Dropbox – the leaks of supposedly secure data keep coming: hundreds of millions of usernames, passwords and credit card numbers have already been scooped up by cybercriminals.

Much of the time, nothing bad seems to happen to us; we change our passwords and carry on firing things into the cloud. It isn't until cybercrime hits close to home that we begin to think about our online security.

In the past couple of weeks, two friends have had their webmail accounts hacked. In one case, the

Ryan Ko says we need to invest more in cybersecurity innovation.



hack nearly derailed a company's annual meeting, and in the other, many important files, including the draft of a novel, disappeared into the ether.

Had they used stronger passwords and two-factor authentication, which offers an extra shield against hackers trying to access your online accounts, they'd have saved themselves a lot of grief.

Elsewhere ransomware, phishing, identity theft and denial-of-service

attacks are growing in sophistication. Governments are becoming increasingly worried that the economy and our critical infrastructure are vulnerable to major disruption by cybercriminals.

Our Government's response has been to develop a national

cybersecurity strategy and to launch Cert – the Computer Emergency Response Team – which has been allocated \$22.2 million over the next four years.

Cert will serve as the place where online scams and hacking attacks can be reported. It has a website and an 0800 number. But it's not an IT helpdesk that you can call when your computer freezes and a scary screen pops up demanding you pay a large amount of money to have it unlocked.

That was the hypothetical ransomware attack I gave the Cert team when I called 0800 CERT NZ (0800 2378 69). I asked if the team could help me remove a bug from my

A "remote kill switch" lets you delete your documents and photos before they are dumped on the web.

computer and I was put on hold for a couple of minutes while the Cert staffer conferred with her colleagues before directing me to an online form, which asked me a lot of questions about the issue. But within a day, Aaron from the Cert team was in touch offering to run some tools over any files I could get off my computer to see if he could decrypt them.

Cert's role is to get a good handle on the types of scams and attacks we are facing online so it can help businesses, ISPs and government agencies respond more rapidly and keep their systems as secure as possible, keeping us safer in the process.

Cybersecurity experts say it is a step in the right direction given that surveys show seven out of 10 New Zealanders have experienced a cybersecurity issue and the average financial loss for small and medium businesses that had been the subject of a cyberattack is \$19,000.

"In the longer term, we need to invest more in cybersecurity innovation, which will enable people to help themselves when they are faced with a cyber threat," says Ryan Ko, head of

Staying cybersafe

- Enable two-factor authentication for webmail, cloud services and online banking.
- Use complex passwords, and don't use the same password to access multiple online services. Use a password vault to manage your log-ins.
- Don't open attachments from people you don't know, and be wary of emails asking you to click a link to update your username and password.
- Use some kind of online security and antivirus software even if it's a free package – and keep it up to date.
- High-capacity hard drives are cheap – duplicate important files stored in the cloud and use encryption to make it secure.

the Cyber Security Lab at the University of Waikato.

Ko's lab supplies Cert with feeds of data detailing the latest security exploits and is also working on Stratus, a six-year, \$12 million project to develop tools that he says will help computer users regain control of their data.

He describes a "remote kill switch" that searches the internet for your files and allows you to delete them, tackling the nightmare scenario of having your photos or documents dumped on the web.

The Waikato team are hoping their security tools can become a standard in the IT world. More such innovations will be required to combat cyberattacks, which, as the US found with the hacking of the Democratic National Committee's computer servers during the race for the White House, are undermining democracy itself.

The mobile phone and Internet of Things devices increasingly in our homes give hackers and scammers new lines of attack, says Ko.

But it is so-called warmware that remains most vulnerable: human beings and their ability to be duped into doing things that undermine their own security. ■



PSYCHOLOGY

by Marc Wilson

Speaking volumes

The words you choose give away more than you realise.

A long time ago, I read that political ideologies – such as social democrat, fascist and conservative – don't represent points of a continuum from left to right or liberal to conservative, but might be better described in two dimensions: the importance assigned to the principles of freedom on the one hand and equality on the other. Communists should like equality much more than freedom, and free-market conservatives the reverse.

I tested this in the New Zealand context

by photocopying all the speeches in what is called the Address in Reply debate that started the 1995 parliamentary term. I scanned them into my clunky Windows 95 PC, converted them to text and searched for the words "equality" and "freedom" and their synonyms. Sure enough, National Party politicians paid more tribute to "freedom", and Labour MPs showed a preference for "equality".

This sort of thing is handy, because if I were to approach our politicians and ask them to tell me what they *really* think, most of them would tell me (a) to go away, if they didn't just ignore me, or (b) whatever they think presents them in the most positive light.

You can do much more with politicians' (or anyone's) utterances than

just add up how many times they say a particular word, but it will take you a while. So thanks to Professor Jamie Pennebaker of the University of Texas at Austin for giving us Linguistic Inquiry and Word Count, or LIWC – pronounced "luke" – for short.

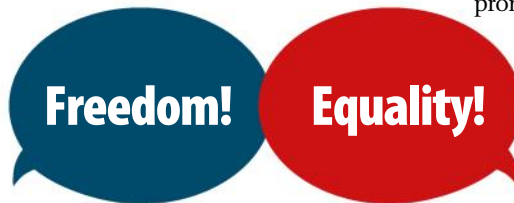
Pennebaker developed the computer program to gain insight into the psychology of someone by analysing what they say or write. He's not the first person to do this: computerised text analysis goes back to the early 1960s at least, but LIWC does rather more than those early attempts. It was originally designed to automate the process of counting emotion-related words as part of a research project to look at how one's writing about negative life events might predict one's subsequent health outcomes. Early retrospective investigations showed, for example, that the language used in bodies of poetry reliably differentiated suicidal poets from their more light-hearted peers – for example, through the frequency of different types of pronouns, consistent with hypotheses derived from at least one theory of suicide.

At the recent Innovations in Health Psychology conference, held in Wanaka, Pennebaker spoke about the use of LIWC to analyse Donald Trump's first State of the Union speech. You will be entirely unsurprised to hear that Trump's language scores him highly on the dimension of confidence (or "clout"), which is reflected in plural pronouns ("we" rather than "I") and frequent use of negations ("no" or "not", among others). It would surprise few to hear that he displayed less evidence of analytical thinking; his ways of structuring ideas were simple and intuitive.

The surprise is that although some commentators would like to believe that Trump is particularly puffed-up and simplistic, his address style is following a trend that's been developing since Franklin D Roosevelt was in the White House. Pennebaker has done the numbers on every State of the Union since then and concluded that US presidents have become steadily less analytic and more confident in their language.

The same holds true for British prime ministers, so the Brits shouldn't feel too self-righteous. In short, American and British leaders are adopting increasingly uncomplicated visions of their world and taking stances on the issues of this simplified globe.

Nobody has ever done this analysis in New Zealand, however, and until someone does, we won't know whether we can tell ourselves that we have bucked this particular trend. ■





FOOD
by Lauraine Jacobs

Soup for the soul

Two variations of nourishing broth are just the ticket as the cold and flu season looms.



Flu busters:
chicken, vegetable
and noodle soup

There's something amazingly comforting about chicken soup. It has long been regarded as a soothing remedy for the infirm or anyone who has a cold or feels a little flu-like. Easy to digest and bursting with gentle flavours, a well-made chicken broth provides nourishment and reassurance with every spoonful.

The basis for a good, flavoursome chicken soup is a tasty chicken stock. I find chicken stock is not only a terrific standby in the refrigerator or freezer, but also one of the most rewarding and yet simple staples to make. It takes no time to assemble the basic ingredients: the chicken bones or carcasses, a few vegetables – carrots, onion, celery – a bay leaf or two, parsley stalks and some peppercorns.

Throw these into a large saucepan, cover with cold water, bring to a simmer and allow the stock to bubble away for at least two hours, occasionally skimming any flotsam that rises to the top. Then it's a matter of passing the liquid through a sieve and storing the stock in clean jars until needed. The fat that rises to the top and sets hard will help to keep the stock fresh for a week or two, if refrigerated.

When you want to use this stock, remove the cap of fat when the stock is cold. You can discard it or perhaps use it to make really tasty roast potatoes. Simmering fresh green vegetables in a slosh of chicken stock makes a heap of difference to the flavour. Casseroles, stews and sauces will have more intense flavours with a strong stock.

Many years ago, I took a "Chinese" cooking class and I remember the tutor telling us that there was no need to add anything to chicken stock except chicken, simmering it alone while aiming for a real chicken flavour. I am not sure I agree with this, but it is worth pointing out that if you want stock for an Asian-inspired dish, you can add a few Asian flavourings: lemongrass, coriander, Thai basil or Vietnamese mint and fresh ginger root. If you want a more European flavour, stick with carrots, onions, celery, and thyme or parsley.

For a golden stock, roast the chicken bones before making the stock. Fresh uncooked chicken bones will give a lighter, white stock that may be a little cloudy.

CREAMY CHICKEN SOUP

1kg free-range boneless chicken thighs, skin removed
3 tbsp butter
300ml white wine
2 large onions, roughly chopped
2 celery sticks, roughly chopped
2 tbsp fresh tarragon leaves
2 bay leaves
1 tsp salt
1 litre water
2 tbsp flour
200ml cream

Melt 1 tablespoon of the butter in a heavy-based saucepan and add the chicken thighs. Cook for about 5 minutes, turning frequently so they do not colour. Add the wine, turn up the heat and bring to a rapid boil to evaporate the alcohol.


Add the onions, celery and tarragon with the bay leaves and salt and toss together over the heat. Bring the water to the boil and add to the pan. Cover and simmer for 30 minutes, until the chicken and vegetables are very tender. Remove the bay leaves and allow the chicken to cool.

Remove two chicken thighs from the soup and set aside to use as a garnish when serving. Blitz everything in the pan with a stick blender, or use a blender, so the soup is as smooth possible. You could purée the soup in a food processor, in batches, but it will not become quite as smooth.

Rinse out the pan and melt the remaining butter over gentle heat. Stir in the flour and allow the butter and flour mixture to cook for a minute or two, stirring constantly. Add a couple

of ladles of the puréed soup with the cream and continue to stir so that it mixes smoothly. Add the rest of the soup and heat, stirring continuously until it has thickened. You can blitz the soup again if it looks a little lumpy.

Shred the two reserved chicken thighs and stir into the soup. Scatter with a few tarragon leaves and serve piping hot.

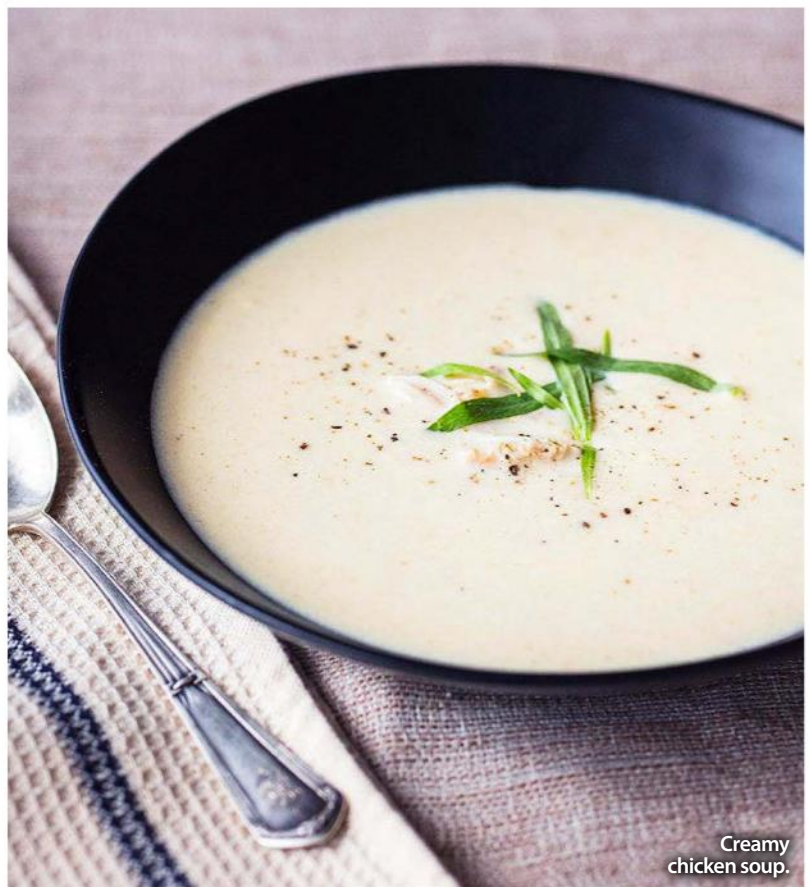
 Serves 4

 Wine match: chardonnay.

CHICKEN, VEGETABLE AND NOODLE SOUP

Size 16 free-range chicken
3 carrots, peeled and sliced
½ head of celery, sliced, some green leaves reserved
1 fennel bulb, sliced
6 few sprigs fresh thyme
2 large handfuls thawed baby peas
Egg noodles
1 small bunch fresh flat-leaf parsley, leaves picked

Wash the chicken under running cold water, then pat it dry, including the cavity, with kitchen paper. Place the



Creamy chicken soup.

Bone broth

One of the trends mentioned in almost every “what’s hot” list is bone broth. It’s a fancy way of explaining good old-fashioned, properly made stock – chicken, beef or fish. They claim nourishment comes from gut-friendly gelatin and collagen, which are released through long, slow simmering of the bones.

Many of those who recommend regularly making bone broth will simmer the stock for up to 24 hours and often add a few table-spoons of cider vinegar or lemon juice for an extra boost. Now you know.



whole chicken, carrots, celery, fennel and thyme into a large, deep pan and pour in 3 litres of water or enough to cover the chicken.

Bring to a boil, turn down the heat and simmer over gentle heat for 60 minutes or until the chicken is cooked through. You can tell it’s cooked when the tendons and skin on the legs start to pull away.

Using tongs, remove the chicken from the pan, taking care to tilt the chicken so any liquid inside the cavity spills back into the pot. Strain the broth into a clean pan or bowl, saving the vegetables on the side.

Return the broth to the rinsed-out pan, place over medium heat and allow to simmer until the broth is reduced by half. Meanwhile, once the chicken has cooled, remove all the meat from the bones, shredding the cooked chicken into long pieces and discarding the skin and bones.

When the broth has reduced, throw the vegetables back in the pan with the peas, egg noodles and shredded chicken meat.

Simmer for a further 5 minutes or until the noodles are cooked, then remove the sprigs of thyme.

Serve in warmed bowls with a sprinkling of chopped parsley and the reserved celery leaves. ■

Serves 4-6

Wine match: sauvignon blanc.



WINE

by Michael Cooper

All in the family

A century on, Babich Wines remains firmly in pioneering hands.

‘We’re the country’s most experienced family-owned winery,” says Babich – and who would argue with that? Just over a century since the first vintage in 1916, the company, still mostly family-owned, has wineries in West Auckland and Marlborough, owns 428ha of vineyards and exports almost 90% of its output.

During the 1950s and 1960s, the founder, Josip Babich, passed control to his two sons, Peter and Joe. Today, Peter, as chairman, and Joe, as managing director, are still deeply involved, and David, one of Peter’s sons, is the general manager.

At the home vineyard in Henderson, on the edge of the Waitakere Ranges, the cellar door has recently been given a complete makeover. In a tasting of almost all of the wines sold under the Babich brand, the highlights included:

Babich The Patriarch 2014 ★★★★★

The top red is this dark, sturdy (13.5% alc/vol), highly concentrated blend of merlot, cabernet sauvignon and malbec, estate-grown at the Irongate Vineyard, in the heart of the Gimblett Gravels, Hawke’s Bay. Matured for a year in French oak barriques (45% new), it is powerful, with a rich array of ripe blackcurrant, plum and spice flavours and a lasting, savoury, seamless finish. \$80

Babich Winemakers’ Reserve Hawke’s Bay Merlot 2014 ★★★★★

Still unfolding, this full-bodied (14% alc/vol) Gimblett Gravels red has deep plum, spice and blackcurrant flavours, with hints of dark chocolate and nuts. Savoury and complex, with

a backbone of firm, ripe tannins, it’s well worth cellaring. \$35

Babich Marlborough Pinot Gris 2015

★★★★

Delicious now, this is an invitingly fragrant, weighty, fleshy (14% alc/vol) style of pinot gris. Ripely scented, it has strong stone-fruit flavours, hints of pears, ginger and spices, and a bone-dry, finely balanced finish. \$22

Babich Marlborough Sauvignon Blanc 2016

★★★★

Babich prefers “a fuller, riper, softer” style of sauvignon blanc for its large-volume label. The bouquet is fresh, with ripe tropical-fruit aromas; the palate weighty (13% alc/vol), with strong, passionfruit and lime-evoking flavours, appetisingly dry and crisp. \$22

Michael Cooper worked at Babich Wines from 1975 to 1990.

WINE OF THE WEEK

Babich Winemakers’ Reserve Barrel Fermented Marlborough Sauvignon Blanc 2016 ★★★★★

A lovely mouthful, this rich, ripe wine was fermented mostly in old barrels to ensure a subtle seasoning of oak. Still youthful, it is full-bodied (13% alc/vol), with concentrated, tropical fruit flavours to the fore, excellent freshness and complexity, and a dry, well-rounded, harmonious finish. \$30





SPORT

by Paul Thomas

Back to reality

Another operation on his troublesome spine casts fresh doubt on Tiger Woods' playing future.

Not long ago, it would have been a big story; now it's a space-filler, barely noticed, largely unremarked. Tiger Woods, who once bestrode the golfing world like a colossus, has had another back operation and will be out of action for at least six months.

We've lost count of the number of comebacks that have ended like this, with a terse medical bulletin. American golf writer Kyle Porter captured the "not with a bang but a whimper" career trajectory in a brutal but factual tweet: "Since the start of 2014 ... Tiger Woods top 25 finishes: 4. Tiger Woods back surgeries: 4."

The latest comeback began in the Bahamas in December, accompanied by the usual upbeat babble: "I'm feeling great, I'm feeling strong, I'm excited to be back." Woods' practice buddies assured a sceptical media that he was "flushing it" on the driving range. He finished 15th in a strong field of 18 and indicated afterwards that he'd play a full tournament schedule in 2017, having made the mistake of competing too selectively on his returns from previous lay-offs.

In January, he played his first US PGA event in 18 months at the Torrey Pines course in San Diego, the scene of many triumphs. He didn't make the cut. He then lined up at a tournament in Dubai, shooting 77 in the opening round before withdrawing because of back pain. There the comeback ended: after seven competitive rounds of golf, it was back to the operating theatre to have what his agent described as the procedure you undergo "when you've tried everything else".

The narrative is now so well established that it's easy to assume Woods has been in inexorable decline since

Jack Nicklaus: won the Masters at 46, five years older than Woods is.



Ouch: Tiger Woods' comeback from scandal has been interrupted by chronic back pain.

his life was derailed by scandal in late 2009, and that his reappearances have been comebacks in name only, rather than in the sense of resembling the player he used to be.

That's not quite the case: although he went 107 weeks without winning a tournament after his post-disgrace hiatus, in 2012/13 he played 35 tour-

Karma has had its way with Woods and only the haters would begrudge him a golden twilight.

naments, making 33 cuts, with eight wins and 17 top-10 finishes. In the process, he propelled himself from 128th to first on the money-winners list and regained the No 1 world ranking. (He's now 808th.)

This achievement prompted Nike to run an ad campaign on the theme of "Winning takes care of everything", which predictably outraged those who believe Woods should go through life wearing the Mark of Cain for adulterously trifling

with the affections of a chorus line of cocktail waitresses and porn stars.

Since then, it's been all downhill. "Never write off a champion" is an old sporting adage, but the latest announcement had an air of resignation. Although Team Woods is notorious for applying a Pollyanna-ish gloss, the emphasis was on restoring his quality of life rather than his world ranking.

Woods is 41. Jack Nicklaus won the Masters at 46; Tom Watson was a 2.4m putt away from winning the British Open at 59. At 57, Fred Couples was up with the leaders for much of this year's Masters, which ended in a shoot-out between Spaniard Sergio Garcia (37) and 36-year-old Englishman Justin Rose.

Karma has had its way with Woods – the great goal of surpassing Nicklaus's record of 18 majors is now a pipe dream – and only the haters would begrudge him a golden twilight, à la Roger Federer. But there's a growing sense that even if his body was up to it, he has been overtaken by a generation of power-hitting athletes for whom he was the prototype and the inspiration.

That news snippet may have been the beginning of the end. Or it may be even closer than that. ■

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Books & Culture

Gillian is out there

She's a god in America and a British aristocrat in India and now *X-Files* star Gillian Anderson is a feminist author, too. **by HELEN BARLOW**

In person, Gillian Anderson is a picture of poise and self-control. She's classically beautiful, her blonde locks cascading around her neck as she speaks in measured, cut-glass English tones. Having been raised between London and the US, she could as easily revert to flawless American, but that accent appears only when she is in the US.

She became a household name in the role of FBI Agent Dana Scully in the groundbreaking sci-fi series *The X-Files*, which began in 1993 and will soon return for an 11th season; she was emotionally impenetrable as DSI Stella Gibson in three seasons of the British-Irish series *The Fall* (she was a producer on two seasons).

Now she's in *American Gods*, the television series adapted from the contemporary fantasy novel by Neil Gaiman. She plays the god Media and she reportedly shape-shifts into lookalikes of Madonna, David Bowie, Judy Garland and Lucille Ball.

"I'm not particularly a science fiction or mystery fan," Anderson says of her enigmatic performances. "It's more about the character and whether I find her interesting enough or different enough from what I've done before."

When asked which actresses she admires, she says she counts Cate Blanchett as "our foremost talent; for many reasons she's extraordinary". Presumably, her admiration is partly to do with the fact that the Australian, like Anderson, moves between stage and screen and plays a wide

variety of characters. Both have boundless energy. Anderson calls herself "an incredibly opinionated and forceful human being" and admits she struggles to sit still for long.

An avowed feminist, who insisted on being paid the same as co-star David

"I had no idea of the level of violence or the hundreds of millions of people whose lives were affected by the partition."

Duchovny on *The X-Files*, she is interested in playing strong women or women who achieve strength. With journalist Jennifer Nadel, she wrote a self-help book, *We: A Manifesto for Women Everywhere*.

"I had to do it," she says. "I was starting to notice how many statistics were out there about women of all ages struggling

under the pressure of society to be and to do and to act and to behave. At what point, if we're all struggling with this same thing, can we not at least agree to do it together? Can we not reach towards one another to have that conversation and see if, in some way, we can work to try to make a difference?"

Her activist nature and her passion for championing the rights of refugees and indigenous people, not to mention her fondness for Indian culture – "I try to practise yoga as much as I can," she says – meant she was easily persuaded to take a role in historical drama *Viceroy's House*, directed by Gurinder Chadha (*Bend It Like Beckham*).

Anderson plays Lady Edwina Mountbatten, a socialite who came into her own when she accompanied her husband, Lord Mountbatten (Hugh Bonneville from *Downton Abbey*), as he oversaw the 1947 partition of British India into Hindu-dominated India and Muslim-dominated

Pakistan. Lady Mountbatten had an affair – one of many – with Indian Prime Minister Jawaharlal Nehru. Lord Mountbatten was equally adulterous.

"I was attracted to the film because I had absolutely no knowledge of that history; it was not addressed in my American high-school studies," Anderson says. "I certainly had no idea of the level of violence or the hundreds millions of people whose lives were affected by it. I very much ▶

Anderson with Hugh Bonneville as Mountbatten and Neeraj Kabi as Gandhi.



BOOKS 54
Private letters show the dark and despairing side of celebrated lovers

BOOKS 56
French crime writer Michel Bussi has a gift for avoiding the obvious

MUSIC 59
Legendary Hello Sailor frontman Graham Brazier gets a fitting send-off

FILM 60
A local documentary about meat gives us something to chew on



Gillian Anderson:
"I'm not really a science fiction or a mystery fan."

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fell for Edwina, and the more I researched and studied her depth of focus and commitment to being of service and the impact she ended up having there and elsewhere, the more I liked her.

"What was fascinating to me was how extraordinarily out of their depth they were in this ridiculously opulent house with 500 servants in the middle of what would become one of the greatest atrocities in history. What a heinous situation to be placed in, to try to fix something that was so broken to begin with. But in the film, you see her imploring her husband to make decisions that were challenging for him to make, because he was a puppet and was hired specifically because he was malleable."

Given what she calls "the politics of fear and division" of the time, she says the situation feels very relevant today. "The film is about our moral responsibility to other human beings and that is certainly at the forefront of a lot of the conversations concerning refugees and immigrants that we are having now. What happens to people when they are fleeing violence and

"At what point, if [women are] all struggling with this same thing, can we not at least agree to do it together?"

what is our responsibility as other human beings in helping them?"

Could she imagine taking a refugee into her London abode? "The co-writer of the book [her friend Jennifer Nadel] has done that for a few refugees, and there's an organisation whereby one can have someone for a short period and then they find them proper long-term housing or connect them to relatives so they move on and then somebody else comes in. I've been starting that conversation with my 22-year-old daughter who lives in the house – I also have two young boys – and that needs to be a big part of the consideration, where to make the space. But it's certainly something I am considering." ■

Viceroy's House is in cinemas from May 11; We: A Manifesto for Women Everywhere (HarperCollins) is out now.



Telling his folk tale

An esteemed American novelist ponders his parents' lives in a new memoir.

by ALEXANDER BISLEY

Richard Ford's Frank Bascombe is as much a New Jersey icon as Tony Soprano or Bruce Springsteen. He appeared in Ford's 1986's Pulitzer Prize-winning novel *The Sportswriter* and its sequels, *Independence Day* (1995), *The Lay of the Land* (2006) and *Let Me Be Frank With You* (2014). Ford's Jersey boy dovetailed with *The Boss* on the second Bascombe book.

"It was hearing *Independence Day*, Springsteen's song about his father, that caused me to write my novel *Independence Day*," Ford says in his Southern drawl: "Just say goodbye, it's *Independence Day*."

Now fatherhood is back on Ford's mind in a new memoir, *Between Them: Remembering My Parents*. It's a beautiful tribute to his dad, Parker, a travelling salesman, who died of a second heart attack when Richard was 16, and to his mother, Edna.

It opens with Parker returning to Jackson, Mississippi, on Friday nights. "He's carrying with him lumpy, white butcher-paper packages full of boiled shrimp or tamales or oysters-by-the-pint that he's brought up from Louisiana," Ford writes. "The shrimp and tamales steam up hot and damp off the slick papers when he opens them out."

"It's one of the most vivid and happiest memories of my childhood," he adds over the phone from New York, where he teaches English and creative writing at Columbia University.

Now 73, Ford has lived all around America. *Between Them* recalls his parents' taking him to New Orleans, a future home, on holiday. "I think they loved

Richard Ford: "I'm always writing about things that people do when they don't want other people to see it."

The book closes with a particularly poignant observation about ageing. "Absences seem to surround and intrude upon everything."

it for the same reason that I did, because they'd grown up under sort of constricted circumstances. They were young and in love, and it was wild and wide open for them. They'd never seen anything like New Orleans, growing up in rural Arkansas as they did. New Orleans is just the most luminous and unexpected place you could ever imagine."

Ford's journey from humble Southern origins to great man of American letters intrigues. "There were scarcely even any literate people in my family," Ford says. His mother enjoyed reading books from her high-school library, though dropped out early to work with Ford's grandmother, who had Edna when she was 14.

Some of the time, Ford's parents were on the road, as his father sold "starch by the box-car full", and Ford lived with his grandparents, who were running a Little Rock hotel. "Things were *going on* in Little Rock," Ford writes. The hotel life was "the usual stuff ... prostitution, general vagabondage, death and messy things, violence, fighting, drinking, all those things. I loved it, of course. Most teenage boys would."

His mother's stepfather appears like a literary character: an Arkansas force of

nature who evokes Bill Clinton. "Well, Bill Clinton's a lot smoother than my grandfather ... My grandfather was a kind of a gigolo, a boulevardier, a man who liked women and liked sporting. He was a boxer, a shooter and a rough-and-tumble kind of guy. For me, he was completely magnetic and attractive; I wanted to be like him as much as possible."

Ford is named after this grandfather, who was called "King Richard" in the boxing ring. "Odd, because I don't think my mother really liked him that much."

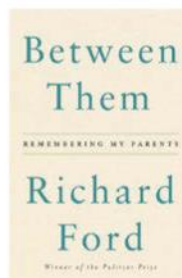
He became a reader later, but these experiences were formative for Ford as a writer. "I've mined it out pretty good, in the indirect ways that fiction draws upon lives. It had a very imprinting effect on me, because hotels are places where people go when they want to do things that they don't want other people to see. I'm always writing about things that people do when they don't want other people to see it."

When Ford visited New Zealand in 2007, his warmth, wisdom and humour were abundant in his conversation and readings. He is always trying to break out of being too grave or solemn. "Like that old Henry James line: 'No themes are so human as those that reflect for us, out of the confusion of life, the close connection of bliss and bale, of the things that help with the things that hurt.' I'm always trying to connect things that help and things that hurt."

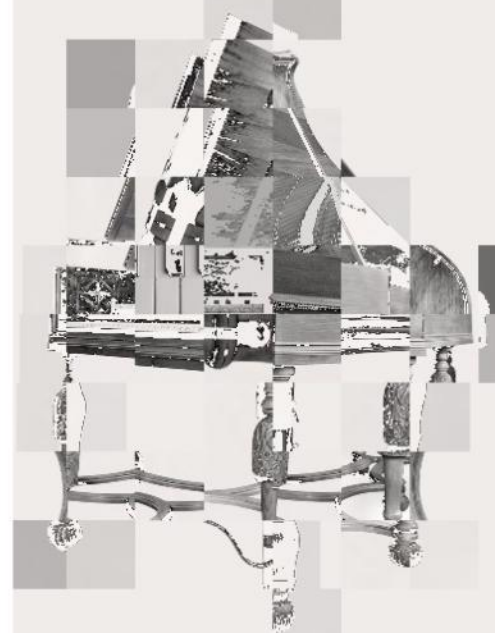
The sense of mortality is strong in Ford's work and conversation. His best friend, Raymond Carver (*Short Cuts*), died at 50. "I knew I'd never have a friend like him again." *Between Them's* afterword closes with a particularly poignant observation about ageing. "Absences seem to surround and intrude upon everything."

So where does one take solace now? "That's another large question of literature, isn't it? I guess from the people who love you, and as life goes on and you get out nearer the skinny end of the limb, from some reconciliation that you are who you are." ■

BETWEEN THEM: Remembering My Parents, by Richard Ford (HarperCollins \$23)



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Mad, bad, unrequited

Letters show the dark and despairing side of celebrated lovers.

by LINDA HERRICK

'Do you really think that at any period in our friendship you were worthy of the love I showed you, or that for a single moment I thought you were? I knew you were not."

In 1897, Oscar Wilde, incarcerated in Reading Gaol for "gross indecency", devoted three months towards the end of his two-year sentence composing *De Profundis* ("From the depths"), a 50,000-word letter to his venal young lover, Lord Alfred ("Bosie") Douglas.

Though signed off "Your affectionate friend", it's a relentless howl of pain, an astounding piece of writing extracted in *Yours Always: Letters of Longing*. Editor Eleanor Bass categorises three aspects of the bad, mad side of love: Unrequited and Unequal Love; Conflicted and Condemned Love (including Wilde and Bosie); and A Final Word.

It's a dip-in-and-out kind of book,



Twice married, twice divorced, Richard Burton and Elizabeth Taylor: "I lust thee," she wrote.

opening with Charlotte Brontë's stalkerish letters to a married Belgian professor she met in Brussels while studying languages in 1842. The surviving four letters are startlingly whiny: "For six months I have been awaiting a letter from Monsieur," she writes in one. "Six months' waiting is very long, you know! However, I do not complain."

Other writers in this "Unrequited" section include Winston Churchill, Iris Murdoch and photographer Andre de Dienes, who "discovered" Norma Jeane Mortenson in 1945 when she was 19 and about to become Marilyn Monroe. They briefly became lovers, then she moved on. He didn't. Writing to her in 1960, he complains he has glanced through a magazine interview with her, "and as usual, I did not find my name somewhere where it should have been mentioned".

"Conflicted and Condemned Love" includes a break-up exchange between Ernest Hemingway and a nurse who cared for him in Italy in 1918. After she ends their engagement, he writes to a friend, "I'm just smashed by it."

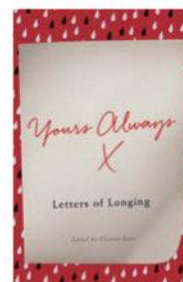
Richard Burton addresses Elizabeth

Taylor "So My Lumps" as the couple prepared to separate in 1973. It took a while: in 1974, she responds, "Anyway I lust thee, Your (still) wife." Shortly afterwards, they divorced, remarried, then divorced again.

The book slams shut with Ted Hughes' poem *Last Letter*, unpublished until 2010, directly addressing his wife, Sylvia Plath, who committed suicide in 1963. It's full of guilt and remorse, an anguished admission of infidelity leading to the most final form of annulment.

All up, *Love Always* is an intense read if a little obscure. Who writes letters any more? These days, many people tormented by love broadcast their bitterness for all the world to see across social media. Letters seem so much classier. ■

YOURS ALWAYS: Letters of Longing, edited by Eleanor Bass (Icon Books, \$27.99)



GETTY IMAGES



Oscar Wilde and Bosie.

Speaking in tongues

The long debate about of how we talk and how we started has a few rounds to go yet.

by MARK BROATCH

Humans can make well over 1500 possible speech sounds, according to one estimate, but no language uses more than about 10% of them. The women of one Amazonian tribe, the Pirahã, use only seven consonants and three vowels (the men, you might not be surprised to hear, get another consonant). Another tongue spoken by about 4000 people in Botswana and Namibia may have 159 consonants; English, by comparison, has far fewer, though it has about 20 different vowel sounds, making it a doddle to pick up the basics and a devil to master.

But how did we come to make all these sounds, and fuse them into six thousand languages? Michael Corballis is here to help. The wellsprings of language, mechanically, cognitively, evolutionarily, is the special interest of Corballis, emeritus professor at the Psychology

Department of the University of Auckland. His 2002 work was titled *From Hand to Mouth: The Origins of Language*. That book concluded that it developed from gesture rather than vocalisations.

Science moves on a lot in 15 years – for example, in evolutionary biology. In *The Truth About Language*, Corballis takes us for a brisk stroll through the neurolinguistic savannah. He covers a lot of ground, from linguistics to theory of mind, from

displacement to genetics, from human development (baby brain growth and our unique period of adolescence) to social intelligence, from the workings of our memory to the apparently unquashable notion of the aquatic ape, from stories to play, religion and art.

Corballis wrestles Noam Chomsky to the ground on universal grammar (though this tussle has many rounds to go: an MIT linguist has just counterpunched in a new book, using Japanese and Basque). On the subject of whether language is the stuff of thought, he seems to share many of the views of primatologist Frans de Waal, who has acknowledged that we are the only linguistic species but that language tells far from the whole story of communication and thought. Though there are deep cognitive gaps, new findings reinforce continuity with our nearest animal cousins. For instance, though no one's quite mentioning *Planet of the Apes*, it was recently

reported that baboons can produce five vowel-like sounds.

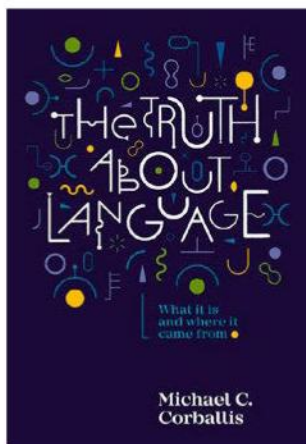
It's not much of a spoiler to say that Corballis arrives at much the same conclusion as in his previous book. He amasses a stack of evidence and cites a daunting range of titles – though not Joseph Henrich's excellent 2015 survey of social intelligence. Personally, however, I can't get past the idea that gesture and vocalisation evolved together, especially if you see toddlers at daycare simultaneously pointing and declaring.

Still, the book is an engaging excursion, straddling well the needs of mainstream and more

academic readers. The design is first-rate. A few American spellings and the odd error have made it through the editing process, but if you can forgive those and the odd granddad joke, it's an excellent tour d'horizon. ■

THE TRUTH ABOUT LANGUAGE, by Michael Corballis (Auckland University Press, \$29.99)

Mark Broatch is the author of the language guide *In A Word*, among other titles.



How did we come to make all these sounds, and fuse them into six thousand languages?

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CRIME ROUND-UP

Master of surprise

A French crime writer little known to English-speaking readers has a gift for avoiding the obvious.

by BERNARD CARPINTER

If you like surprises in your crime novels, French writer Michel Bussi is your man. In **DON'T LET GO** (Weidenfeld & Nicolson, \$37.99), Martial and his wife, Liane, visit the Indian Ocean resort island of Réunion, a French possession. When Liane disappears, it is obvious that Martial has killed her. But Bussi does not deal in the obvious; his soaring imagination produces surprises that no reader will see coming but are nevertheless entirely logical in the context he has created. This novel also conveys a detailed impression of the geographical and social aspects of Réunion. Bussi's books are a joy to read, and the good news for us is that five of his titles have yet to be translated into English.

The gulf between people with consciences and those without is made brutally clear in **VICIOUS CIRCLE** by CJ Box (Head of Zeus, \$34.99). In the backward backwoods of Wyoming, game warden Joe Pickett is threatened by former rodeo star Dallas Cates, who is just out jail. Cates makes it clear that he intends to kill Pickett – and his wife and three daughters – in revenge for Pickett's having put Cates in jail and killing Cates' brother Bull. That killing was in self-defence, but Pickett knows he cannot reason with someone like Cates, and he cannot take



Jo Nesbo: makes his characters seem believable.

Bussi's imagination produces surprises no reader will see coming but are entirely logical in the context he has created.

pre-emptive action because his conscience says he has to uphold the law. Nor can he just wait to be attacked; he needs to find a smart way out. Strong stuff, very well written.

Vampirism is the sensational element in Jo Nesbo's **THE THIRST** (Harvill Secker, \$37). Someone is killing women in Oslo by biting their necks – apparently with iron teeth – and drinking their blood. The police make no progress; the killer, clever and well organised, leaves few clues. Nesbo's protagonist, Harry Hole, is now lecturing at a police college but

reluctantly agrees to return to the front line to help catch the killer in his own unorthodox way. At times, Nesbo seems to be trying too hard for sensational effect, as many lesser crime writers do, and aspects of the story strain credulity. On the other hand, he makes his characters seem believable by skilfully conveying their inner thoughts and describing their relationships.

Donna Leon has a rare ability to tackle social and environmental issues in her Venice-based crime novels without ever appearing to be didactic. Her **EARTHLY REMAINS** (William Heinemann, \$37) begins quietly as Commissario Guido Brunetti takes stress leave from the police on a small island near Venice and settles down to read Pliny's *Natural History*. He rediscovers the simple joys of rowing around the great lagoon with an older local man, Davide Casati. Casati is worried because

his bees are dying, the first sign that the theme of this book is pollution in the lagoon. He tells Brunetti that the death of his beloved bees is punishment for earlier sins but does not elaborate. Low-key and subtle, this is another fine novel by Leon. ■



GETTY IMAGES

Sanitising a tragedy

A new history of the bombing of Laos treats the loss of life as red ink on a spreadsheet.

by JAMES ROBINS

Between 1964 and 1975, the United States Air Force, under Central Intelligence Agency orders, showered more bombs on the tiny Southeast Asian nation of Laos than were dropped on Japan and Germany in World War II. Averaging it out, a payload landed every eight minutes for a decade. Often, US pilots flying missions in nearby Vietnam at the height of the Indochina war would fail to find targets there and let loose their ordnance wherever they pleased. In other words, they bombed Laos because they could.

Before Washington had finished its



B-52s on a raid: a payload was dumped on Laos every eight minutes for a decade.

secret campaign, 10% of the population was dead. And for what? The Vietnamese nationalists and their Laotian allies won in the end. The US backed an army that used child soldiers, executed prisoners and dealt in opium. Congress was lied to repeatedly, and the CIA grew to become the dangerous paramilitary force it is today. The legacy of the war in Laos is drenched in innocent blood.

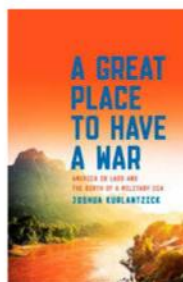
This sense of pointless, wasteful tragedy is strangely absent from Joshua Kurlantzick's *A Great Place to Have a War: America in Laos and the Birth of a Military CIA*, which tells the story using newly declassified documents. Its mildly flippant title doesn't help, and at times, his recounting of battles reads more like adventure stories than accounts of hideous brutality.

At times, his recounting of battles reads more like adventure stories than accounts of hideous brutality.

Kurlantzick, a former journalist, now at the Council on Foreign Relations, uses terms like "civilian cost", as if human lives were merely red ink on a spreadsheet.

Further, his narrative is stultifyingly objective, almost without any kind of analysis. He does not point out the deep flaws in the so-called domino theory used to justify the entire campaign. Henry Kissinger, perhaps the most contemptible war criminal of our age, slips in and out of focus throughout the book, being blasé about the mountains of dead Laotian villagers, yet Kurlantzick doesn't criticise him once – not for Laos, Vietnam, Cambodia, Indonesia or any other arena of foreign policy stained by his presence. If that isn't an indictment, I don't know what is. ■

A GREAT PLACE TO HAVE A WAR: America in Laos and the Birth of a Military CIA, by Joshua Kurlantzick (Simon & Schuster \$37)



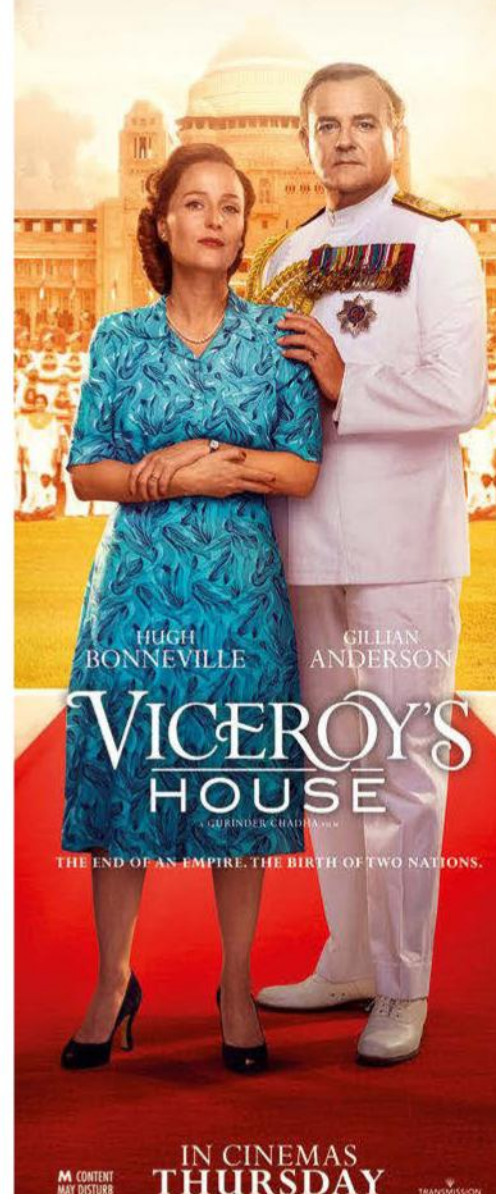
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“Compelling, powerful and undeniably heartfelt”

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A WAY WITH WORDS

An old-fashioned billionaire

DEAN PARKER describes his writing day.

I have a tiny office space that I rent at the Auckland Trades Hall on Great North Rd and I leave home and walk there every day, like a normal person.

The desk I have there I assembled from a Warehouse Stationery kitset.

To its left hangs a painted bamboo curtain, partly covering an open-plan entrance through which a nun used to appear.

To the right is a window that gazes at a blank five-storey wall rising up like an Imax screen.

The computer on my desk doesn't have a modem, so I dwell in myself like a rook in an unroofed tower (to quote Seamus Heaney) and can't be distracted from the writing task in hand.

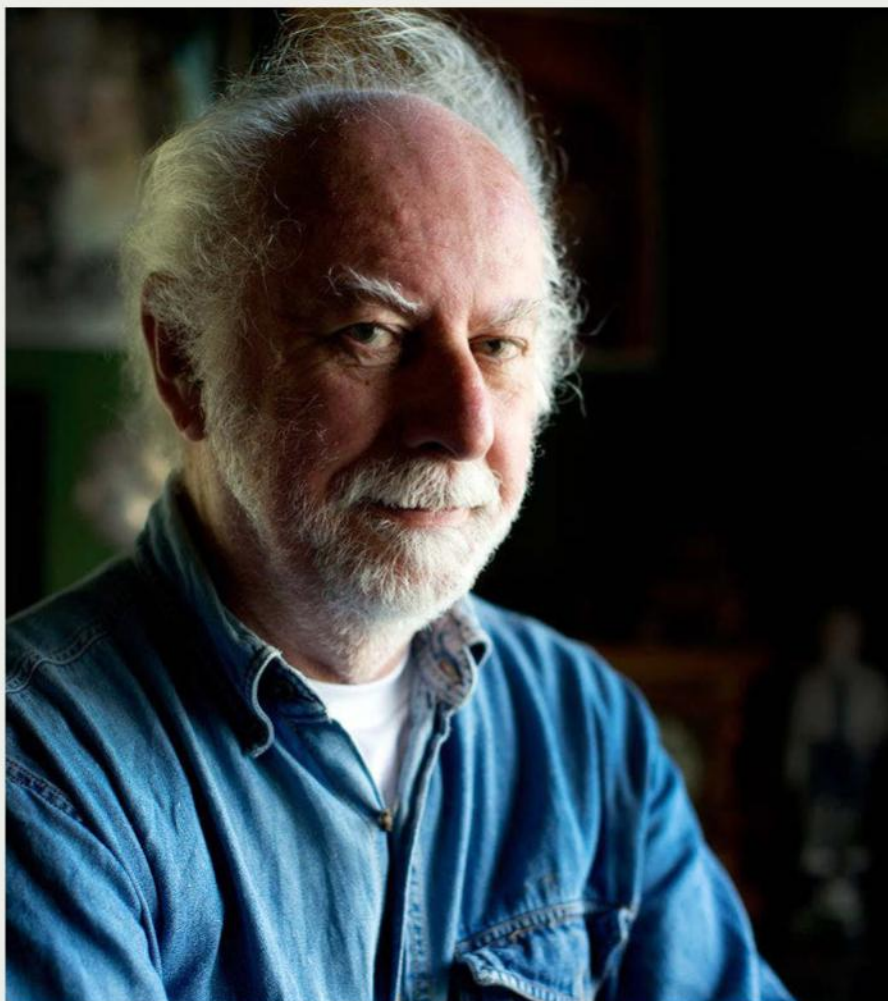
That task recently has been to write a novel.

Normally I write play scripts, but every so often I weary of rattling my tin cup outside the silent stage door.

I've read Tom Stoppard saying, "To be a playwright is to have your heart broken every day." Couldn't happen here; in this country the first requirement of a playwright's survival is a heart of stone.

Writing a novel means that between 9am and noon (gentleman's hours) every day, I do a steady 500 words.

I was once asked by the owner of a cheap Chinese eatery I frequented what I did. I said I was a writer. He asked me how much I wrote each day. I gave the automatic reply, "Five hundred words." He went away and must have picked up a magazine and counted out 500 words because the following day he came back



up to me and said, "That's a good job."

But do 500 words a day and it mounts up, and when I'd turned out 40,000, half a book, I sent them off to my friend Roger Steele, a Wellington publisher.

He flew up and shouted me lunch in SPQR on Ponsonby Rd, a cafe I go to

The waiters are pleasant to me, because they know they'll get a positive response to their question, "Another glass, sir?"

because Tom Scott takes me there and charms the waiters, who, in turn, associate me with him and are always pleasant to me.

Maybe they're just pleasant to me because they all know they'll get a positive response to their question, "Another glass, sir?"

I actually live in the neighbourhood of SPQR; 35 years ago, my companion,

Dean Parker: the first requirement of a playwright is to have a heart of stone.

Isabel, and I bought the worst house in a semi-industrial street. It cost us \$48,000 and we were fleeced.

Of course, the dilapidated dwelling is now Minutes Away From A Lifestyle – that is, it's in the vicinity of SPQR – and worth \$48 billion.

So when Roger offered me an advance on the novel to prevent my running off to Penguin, I simply wrote on and signed a napkin saying that the book was his and I didn't want an advance; for what is a publisher's paltry offering to the owner of a \$48 billion Ponsonby property?

Roger's book took me six months; pure pleasure before returning to the ritual of waiting outside the stage door with that uneasy feeling of imposing on busy people. ■

Johnson, *the sequel to John Mulgan's 1939 novel Man Alone, will be published in June by Steele-Roberts.*

MUSIC

by James Belfield

Last hurrah for great lost boy

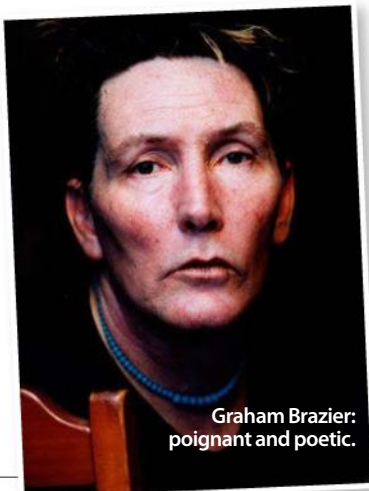
The legendary Hello Sailor frontman gets a fitting send-off.

Almost two years after the death of Kiwi rock legend Graham Brazier, his crowdfunded last album, *Left Turn at Midnight*, has been stitched together.

Recorded in his final months with producer Alan Jansson, the 10 tracks are poignant and poetic, with lyrics about everything from his shed in the back of his mum's house (*Shack*), religion (*Storm Coming*); the interestingly spelt *Hossana*, personal recollections (*University*, *Autumn*, *She and He*) and the death of his Hello Sailor bandmate Dave McCartney (*Round the Bend*).

The lyrics are pithy – one character has “lost more women than teeth” – and Brazier’s voice is at its powerful best over typically hooky tunes, but the production is the standout: Jansson brings in the last survivor of Sailor, Harry Lyon, to add guitar flourishes to outstanding centrepiece *Autumn* (“Do you remember when everything was truthful, innocent”) and to create a touching piano-and-percussion-based arrangement for *Round the Bend*. The album ends with Brazier’s beat poem *White*, with its memories of stage fright, childhood, rock’n’roll excess, marriage, “and after the rage, the empty stage”.

The title recalls Peter Pan’s directions to Neverland (“second star to the right, and straight on ‘til morning”),



Graham Brazier: poignant and poetic.

and it’s a fitting send-off for one of New Zealand’s great lost boys.

LEFT TURN AT MIDNITE, Graham Brazier (Universal) ★★★★★

The idea that Gorillaz is a band of four cartoon characters and not simply another champion outfit from Damon Albarn’s stable of thoroughbred collaborations is fully detonated in fifth outing *Humanz*.

The marketing will no doubt emphasise the virtual pop stars, but the focus is on Albarn’s skills as a producer and his ability to milk genius from one of the most-thumbed little black books in music history.

The most striking thing about *Humanz* is its guest list. Albarn flies solo in only one of the 16 tracks – the beautiful and characteristically wistful *Busted and Blue*

– while lending the limelight to superstars such as De La Soul, Grace Jones, Mavis Staples and Pusha T. The ex-Blur frontman even finds room for one-time Britpop sparring partner Noel Gallagher on rip-roaring closer, *We Got the Power*.

The cameos, though, cover the album’s apparently dystopian theme under a patchwork

playlist, and although Vince Staples’ *Ascension*, Danny Brown and Kelela’s *Submission* and Jamie Principle and Zebra Katz’s *Sex Murder Party* are great examples of electronic arrangement, there’s little to rival Gorillaz super-singles such as *Clint Eastwood* and *Kids with Guns*.

Albarn doesn’t chase hits any more. The perennial collaborator is busy on a Malian musical and another the Good, the Bad and the Queen album and *Humanz* seems to be a clever cross-pollination of some of the most inventive soul, hip-hop and R&B from the past 40 years.

HUMANZ, Gorillaz (Warner) ★★★★★

Although late 70s and early 80s Blondie still provide a magnificent sound-snap of New York punk’s voyage into New Wave, their post-1999 resurrection has been chaotic and often ill-judged. *Pollinator*, though, mixes the perfect ingredients of talented friends and willing fans to create a surprisingly fun full-

lengther with a single vision.

From the pell-mell punk clatter intro of the Joan Jett-featuring *Doom or Destiny* to the New Wave synths on the Johnny Marr-penned *My Monster*, there are plenty of references to Debbie Harry’s heyday, while shared credits with Sia, TV on the Radio’s Dave Sitek, Charli XCX and the Strokes’ Nick Valensi give the oldsters some currency.

POLLINATOR, Blondie (Liberator) ★★★★★



Debbie Harry: a mix of perfect ingredients.



FILM

by Russell Baillie

Hatch and dispatch

A local documentary gives vegans and meat-eaters alike something to chew on.

MEAT

directed by David White

There are confronting images in this engaging local doco that makes case studies of three farmers and a hunter and lets them ponder their place in the food chain.

It's a film that reminds us that turning animals into meat isn't pretty. Neither is the business of raising, breeding or – in the bushman's case – shooting them.

There is a point behind the occasional grisliness, though it's not an obvious one. It seems that White, heard only briefly as



interviewer, isn't out to suggest that meat farming and consumption are bad things.

His is a restrained study of how things are in the New Zealand meat trade. It's a story told mostly by his quartet of primary producers, some clearly feeling unfairly maligned by the non-farming world about their roles and methods.

The odd man out is hunter Josh James. Watching him shoot, gut and carry home a chamois in South Island alpine country ("this is my supermarket") gives *Meat* some impressive cinematic moments. James, who already has an online and social media profile, gives good quotes as a bushman-philosopher (sample: "I would

FILM

by James Robins

Descent into dystopia

A studio horror film built on a genuinely scary idea? What gives?

GET OUT

directed by Jordan Peele

G*et Out*, written and directed by the latter half of the popular sketch duo Key & Peele, is provocative in at least three ways: first, it's an American studio comedy that is actually



Daniel Kaluuya and Allison Williams in *Get Out*: impossibly twisted and relentlessly unnerving.



Ian the pig farmer: "Don't tell us we don't look after animals."

climb to the top of the mountain if there was something to shoot there").

Great scenery aside, though, his part of the doco can feel a little too calculated and Discovery Channel-like in its delivery, and the remainder, which spends time down on the farm with Jill (sheep and cattle), Tony (chickens) and Ian (pigs),

funny – an occurrence only slightly more common than the appearance of Halley's Comet; second, it's an American studio horror built on a genuinely frightening idea, which is as rare as a sighting of Big-foot or the Loch Ness Monster; third – and this is the most provocative aspect of all – *Get Out* is an American studio movie about racism told from the perspective of a black man hemmed in and fearful not of the Klan or a garden-variety hillbilly bigot, but of well-meaning middle-class liberals.

The black man is Chris (Daniel Kaluuya), on a weekend trip to meet the parents of his white girlfriend (Allison Williams of *Girls*), who try a little too hard to be inclusive. The father (Bradley Whitford) mouths "thang" for "thing" and "mayn" for "man" and makes a point of saying he'd have voted for Obama for a third time.

So far, so awkward. But this family has a black house servant and a black grounds-keeper who are far too polite to be human.

makes *Meat* feel more like a Viceland spin on *Country Calendar*.

The most forthright of the rural trio is Ian, who defends his industrial piggery against assumptions of cruelty ("Don't tell us we don't look after animals") while talking across the top of a dozen penned pigs. He also offers a frank demonstration of animal husbandry.

His quartet of primary producers clearly feel unfairly maligned by the non-farming world about their roles and methods.

Likewise, Whanganui chicken farmer Tony is unapologetic about the efficiency of his hatch-and-dispatch factory. And it's up to ex-cop Jill to show us that the tough taciturn Kiwi farmer is alive and well in the Manawatu.

Together, they're four memorable New Zealand characters who make a persuasive case in support of the not-for-everyone job of turning living things into edible protein. It's a stimulating food doco that maybe doesn't add much new ammo to any vegetarian vs omnivore debate but still gives plenty for both to chew over.

★★★★

IN CINEMAS NOW

And don't go down to the basement, the father warns. There's a problem with "black mould".

Without giving too much away, we're dealing with a bloody satire blending *Guess Who's Coming to Dinner* with *The Stepford Wives* and *Night of the Living Dead*. The greatest thrills and shocks come from discovering just how far Peele pushes past the central conceit into something impossibly twisted and relentlessly unnerving. During this descent into dystopia, the director remarkably manages to keep the jokes coming. They're not cheap laughs at the expense of bourgeois honkies, but deeply cutting commentaries on the illusion of a post-racial America that has made peace with its slave-owning past.

If you find yourself feeling slightly rankled by the idea, then the film is aimed directly at you. Your only obligation is to see it. ★★★★★

IN CINEMAS NOW



Guardians of the Galaxy Vol. 2

Now showing

Guardians of the Galaxy Vol. 2

If the first Guardians was a sort-of psychedelic *Star Wars* spoof, the second is sort-of *The Empire Strikes Back* and just as much cosmically silly fun. ★★★★★

Colossal

Amusingly absurd tale of troubled Gloria (Anne Hathaway) who finds she has a connection with a Godzilla-like creature stomping on Seoul. ★★★★★

Rules Don't Apply

Warren Beatty stars and directs this sort-of biopic of Howard Hughes. An enjoyable farce. ★★★★★

Beyond the Known World

Sia Trokenheim and David Wenham put in valiant performances as a separated couple searching for their missing daughter in India. A preposterous ending mars some very good intentions. ★★★★★

Winter at Westbeth

A charming documentary profiling three aged residents of an artists' housing block in Manhattan. ★★★★★

Denial

An engrossing dramatised account of the libel case brought by Holocaust denier David Irving. ★★★★★

Their Finest

Funny, poignant British home-front war-time drama set in the propaganda-movie business and starring Gemma Arterton and Bill Nighy. ★★★★★

After the Storm

Japanese maestro Hirokazu Koreeda's latest is a beguilingly simple domestic drama about a washed-up writer wanting to be a better father to his son. ★★★★★

The Fate of the Furious

The eighth in the series attempts to turn chief goodie Dom (Vin Diesel) into a baddie. The usual carnage ensues. ★★

Films are rated out of 5:

★ (abysmal) to ★★★★★ (amazing)

QUIZWORD by Alan Shuker

Puzzle No 1417

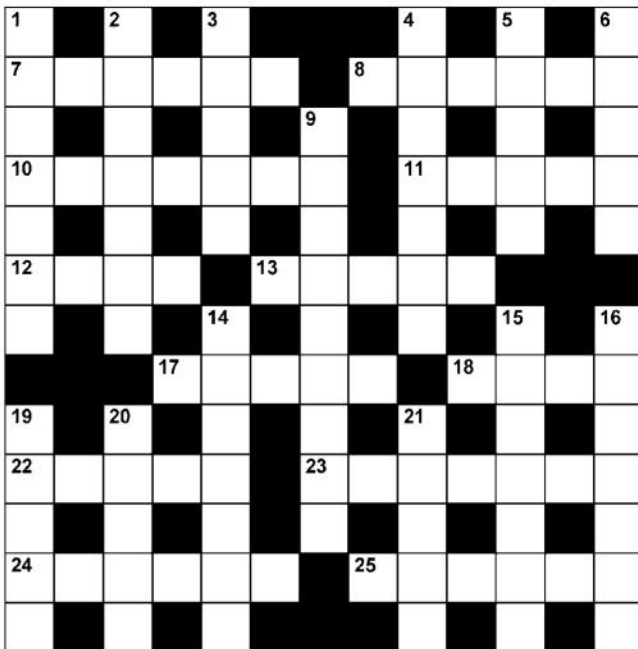
Clues across

- 7. What is a magical or medicinal potion? (6)
- 8/10 After serving a week in jail in 1948 on marijuana charges, which actor described the experience as being "like Palm Springs, but without the riff-raff"? (6,7)
- 11. What is also called a hickory nut? (5)
- 12. Which Otago jetboating river was the location for many scenes in the Lord of the Rings trilogy? (4)
- 13. What preparation made from egg white is used as an adhesive for bookbinding? (5)
- 17. Which city in northern France was the site of the unconditional German surrender in 1945? (5)
- 18. What was the first James Bond film? (2,2)
- 22. What is a golf course near the sea? (5)
- 23. Which planet orbits between Uranus and Pluto? (7)
- 24. Who first appeared in the 1945 animated film *The Friendly Ghost*? (6)
- 25. What magnetic mine is attached to a ship's hull? (6)

Clues down

- 1. Which British Overseas Territory has the largest population? (7)

- 2. Which World War I medal has a double rainbow ribbon? (7)
- 3. What woman's light shawl is draped over the shoulders and drawn together on the breast? (5)
- 4. Herculaneum and which other city were destroyed in 79AD? (7)
- 5. What is considered by Muslims to be the holiest city of Islam? (5)
- 6. By what name is singer Gordon Sumner better known? (5)
- 9. What word meaning both "tool" and "put into effect" is often mispronounced by using the noun as the verb? (9)
- 14. In 1828, who (Noah ____) published *An American Dictionary of the English Language*? (7)
- 15. Which motorcycle manufacturer is Britain's largest? (7)
- 16/19 *The First Time Ever I Saw Your Face*, a song written in 1957 by British singer-songwriter Ewan MacColl, was a huge hit in 1972 for which singer? (7,5)
- 20. What is used to flavour black jelly beans and aniseed balls? (5)
- 21. Where did King Alfonso reign from 1886 to 1931? (5)

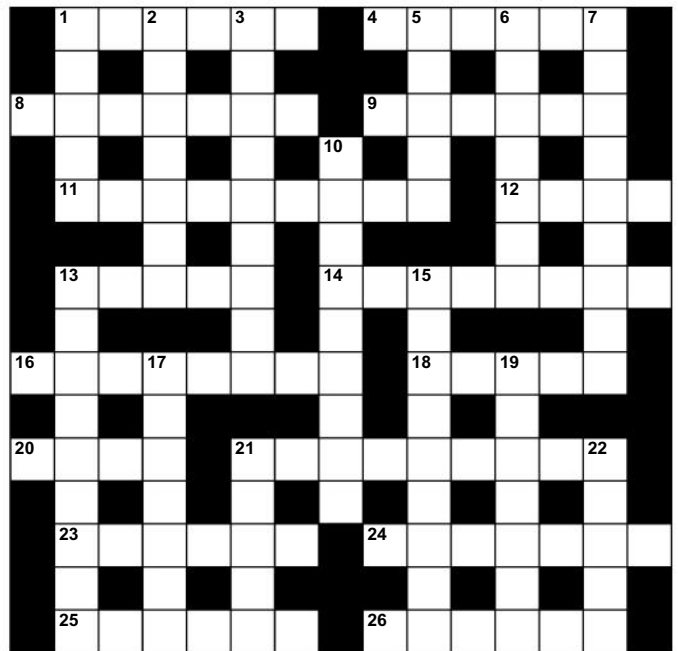


Solution 1416 Across: 7 Signature dish, 8 Flamingo, 9 Ayah, 10 Stylus, 12 Old Vic, 14 Tot, 15 Geiger, 17 Eroica, 19 Byre, 21 Acid test, 23 Jackie Stewart.

Down: 1 Gillette, 2 Enamel, 3 Stan, 4 Creosote, 5 Edward, 6 Asia, 11 Streaker, 13 Incisors, 16 Greeks, 18 Ottawa, 20 Yuan, 22 Iota.

CROSSWORD by David Tossman

Puzzle No 1026



Clues across

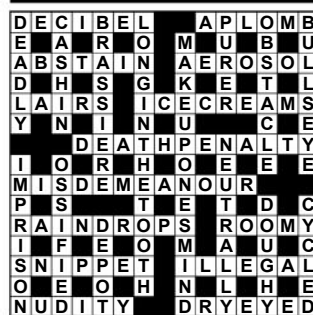
- 1. Remunerate about 100 provided to mollify (6)
- 4. Turn-on prince oddly reveals is hot (6)
- 8. Restage opera in an outdoor setting (4-3)
- 9. Spoil the distinctive character of a pixie (6)
- 11. The most attractive looking pet sitter perhaps (9)
- 12. The engine cover is punk (4)
- 13. Macaroni in historical article (5)
- 14. Tell a lie that is dismissed without ceremony (8)
- 16. Anticipate toll-free transport (8)
- 18. A politician the French find handsome (5)
- 20. A waterfront facility ripe for redevelopment (4)
- 21. A demand made by leaders in union labour trouble: I moved and took up membership (9)
- 23. Help turnaround in pub with curry house (6)

- 24. Intuitively rebuilt, removing tangled vine for convenience (7)
- 25. A boring cocktail (6)
- 26. An inheritance consisting of a broken teaset (6)

Clues down

- 1. Exercise dog to invigorate (3,2)
- 2. Admit to having cooked scones with flour initially mixed in (7)
- 3. Equitable commercial activity such as running a Ferris wheel? (4,5)
- 5. Forward is up for a watch perhaps (5)
- 6. Criminal cooking utensil (7)
- 7. The sort of body that makes poor react badly (9)
- 10. Ailing, yet somehow showing jollity and warmth (9)
- 13. Showing good potential for giving assurances (9)
- 15. Insidious couples, those who split the rent (9)
- 17. It could make me a lord (7)
- 19. Tall ape breaks my kneecap (7)
- 21. In America genetic engineering is accepted practice (5)
- 22. The first person chopped tree over a yard (5)

Solution No 1025



For explanations of previous cryptic crosswords, see David Tossman's blog at www.noted.co.nz/distractions/quiz

NORTH
 ♠ J 6
 ♥ K 6
 ♦ A K Q 8 4
 ♣ Q J 10 5

WEST
 ♠ A 10 9 4
 ♥ 9 3 2
 ♦ 10 9
 ♣ K 9 8 4

EAST
 ♠ Q 7 3
 ♥ A 8
 ♦ 7 6 5 3
 ♣ A 6 3 2

SOUTH
 ♠ K 8 5 2
 ♥ Q J 10 7 5 4
 ♦ J 2
 ♣ 7

Love all, dealer South

West	North	East	South
—	—	—	2H
Pass	2NT	Pass	3H
Pass	4H	All Pass	

South's weak two-bid showed 6-10 points and North could see the chance of game if partner was upper-range. He enquired with 2NT and the 3H response showed that South was upper-range but did not hold two of the three top trump honours. You may wonder why South rated his hand as upper-range when it contained only 7 points. He made some allowance for the solidity

of the trumps and the 6-4-2-1 shape. In a tournament in Australia this contract failed at only one table. Can you spot the defence to beat it, after a low club lead to the queen and ace?

East knew that South held either the ace or king of spades because her partner would have led a spade if she held the A-K. So it was not safe to switch to spades. Partner was likely to hold four clubs, which meant that no further trick was available there. Eventually East concluded that the best chance was to play a diamond. It was not very likely that West held a singleton diamond, because she might have led it. If she held two diamonds, though, the dummy could be cut off.

A diamond switch, followed by a second round of diamonds when East won with the ace of trumps, did indeed kill dummy's diamond suit. In fact, the contract now went three down! Declarer lost four spade tricks, the ace of trumps and the ace of clubs.

BIDDING QUIZ

WEST ♠ 10 8 7 6 3 ♥ J 9 ♦ A 2 ♣ A K Q 10
West North East South
 ?
What will you open on this hand?
 (Answer on page 64)

TAKE 5
by Simon Shuker

	1	2	3	1	4	5
5				6		4
6	7	8	2	7		4
6		2		7		5
3		9	7	8	2	9
5		10				10
8	7	1	1	3	1	

No. 1181

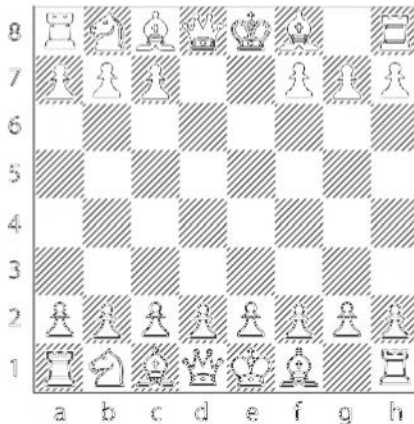
Enter the letter given, then solve.

9 = C

Solution 1180

	U	S	U	A	L		
S		T		C			T
T		A	R	T			E
O		U	R				U
A		T	E	A			T
T		E		T			S
		C	R	U	E	L	

BARDEN'S
CHESS PROBLEMS



This is a game position after Black's fourth turn. Can you work out the previous moves? It's harder than it looks.

(Answer on page 64)

Wordsworth



by Gabe Atkinson

Readers were invited to submit a four-line poem ending with this final line from *Harlem* by Langston Hughes: *Or does it explode?*

John Edgar of Christchurch writes: *Have you checked your building, / Are you sure it's up to code? / Will it stand a mighty shaking / Or does it explode?* From Auckland's **Helen Morris**: *Ripe and wrinkled pumpkin, / Dumped by the side of the road, / Does it sag and then collapse / Or does it explode?*

Janet O'Carroll of Wellington: *This gadget I've bought, / Does it do what it ought? / Is it in safety mode / Or does it explode?* **Robyn Gillies** of Geraldine: *Methane in the permafrost, / Huge bubble waits below, / Does the thaw release it slowly / Or does it explode?*

Daphne Tobin of Porirua: *What happens to an ageing heart / When we lift too heavy a load? / Does it gradually just wear out? / Or does it explode?* Wellington's **Allan Laidler**: *What happens to a dream deferred: / That my computer's never erred? / Does it download? / Does it decode? / Or does it explode?*

Auckland's **Alison Booth**: *I've got three coloured wires here / And I must remember the code, / Does it fizzle when I cut the red one / Or does it explode?* **Kaye Bennetts** of Whangaparaoa: *Lithium batteries loose in a box / On a long and bumpy road, / Does such a cargo travel safe / Or does it explode?*

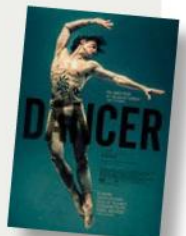
But the winner is **Lesley Treweek** of Invercargill: *Though I have reached maturity, my life's one of obscurity, / I say with some veracity, my thinking's reached capacity, / Will cerebral overload disgorge the perfect ode? / Cause grey matter to implode or does it explode?*

The next contest is to create a backronym, or reverse acronym as the words are chosen to fit the letters. Choose one of the following words and expand it into a phrase corresponding to its letters: PROPERTY, JOGGING, MARRIAGE, GOVERNMENT, ALCOHOL. Entries, for the prize below, close at noon, Thursday, May 18.

Submissions: wordsworth@listener.co.nz or Wordsworth, NZ Listener, Private Bag 92512, Wellesley St, Auckland 1141. Please include your address.

WIN THIS

A Ukrainian-born "bad boy of ballet" became the Royal Ballet's youngest ever principal dancer at age 19. But two years later – at the height of his success – he walked away from it all.



su | do | ku

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9.

© Reuben's Puzzles

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

594

MEDIUM

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

405

HARD

LAST WEEK'S SOLUTION

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

LAST WEEK'S SOLUTION

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

KAKURO 568

			14	10	9	21				19	23
		29						9	41		16
	37										12
29	41									10	
11				38							
			5					4			
10			3								40
			38				22				6
12			12								
			6								
26						17				10	
					20					14	
	14						29				23
13											
16			14					11			
			10								
15							10				12
							17				
		3				12					14
23	21					12					
38											9
							14	8		15	
16			29								
13						29					

- Place a number from 1 to 9 in each empty box.
- The sum of each vertical or horizontal block equals the number at the top or on the left of that block.
- Numbers may be used only once in each block.

LAST WEEK'S SOLUTION

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

© Reuben's Puzzles

BRIDGE BIDDING QUIZ SOLUTION

Despite the fact that the clubs are strong and the spades very weak, you should open 1S. The best general guide to choosing trumps is to choose the longest suit, not necessarily the strongest suit. You may sometimes be swayed towards a major suit, it is true, because a major-suit game requires only ten tricks.

Awards: 1S – 10, 1C – 3.

CHESS SOLUTION

1 Nf3 e5 2 Nxe5 Ne7 3 Nxd7 Nec6! 4 Nxb8 Nxb8.

10 QUICK QUESTIONS ANSWERS

- A salver is a tray, typically made of silver.
- Chicago.
- Glaive.
- Pika.
- Vis-à-vis means face-to-face. Tête-à-tête means head to head.
- False, this is a misconception. The expression comes from boxing.
- Mark Thatcher was convicted of the coup attempt in a South African court in 2005.
- The Old Course at St Andrews set the standard.
- Kim Il-sung.
- Moose.



DIANA
WICHTEL

Adjust your set

If you're finding it hard to be shocked by television drama, here's something that may help.

Tony Soprano carrying a human head in a bowling bag, Walter White giving poison to a child, Dexter just being Dexter ...

The golden age of cable television has ensured that it's difficult to be deeply shocked by television drama any more. Though it has always been TV's job to keep trying and bingo: Netflix's *13 Reasons Why* left me shocked.

The controversial 13-part series is a little like the adolescent culture it portrays: smart, reckless, heart-breaking, maddening and deeply worrying. Adapted from the young adult novel by Jay Asher, *13 Reasons* has a worst-nightmare premise: 17-year-old high school junior Hannah Baker kills herself. She leaves behind cassette tapes, on which she has recorded the "13 reasons" she did it. The tapes are to be passed around 13 people who figure in the stories – of cyberbullying and much worse – that the tapes tell. "Adjust your whatever device you are hearing this on," she instructs the recipients of her tapes.

That's a worry for a start. Hannah is dead, yet she remains, through her recorded voice, flashbacks to the events she describes and the chaos her death unleashes, a vivid, disruptive presence in the lives of those left behind. She's gone, but she's still

exerting a lot of control: that's a dangerous fantasy. And that's before we get to gruelling depictions of rape and a suicide scene so explicit as to drive you whimpering behind the sofa cushions.

I'm still struggling to know what to think about *13 Reasons Why*. There's a lot that's excellent about the series. The pressures of teenage life in the digital age have seldom been better expressed. No viewer who makes it through to the end could be left in doubt about the need to educate about consent or about the devastation that can be caused by casual social cruelties. The chasm that can exist between the most well-intentioned adults and the children in their care is explored.

There are laughs. Hannah's friends Tony and Clay are talking about her suicide. "You do something like that to your mother, I'll kill you," says Tony's dad. "There's no sense of irony in that," sighs Tony. In a flashback, Hannah and her friend Jessica employ gender politics as a sort of chat-up line. They accuse Alex of subjecting them to the male gaze. "We're not totally sure



Katherine Langford as Hannah Baker in *13 Reasons Why*: boundary-challenging.

The rape and suicide scenes don't feel gratuitous, just excessive.

what it means but you have it."

Then there are the rape and suicide scenes. They don't feel gratuitous, just excessive. The series' makers have justified the portrayal as honest and real. But this isn't real. The core cast mostly don't look like your average teenagers. *13 Reasons Why* is also entertainment. Its cocktail of bingeable watchability and the heaviest themes imaginable has seen some schools in the US and Canada issue warnings and ban discussion of the show.

Here, the New Zealand Classification Office has created a new rating for the series: RP18, restricting viewing to those over 18, unless the teenager is watching with a parent or guardian. Well, it's got people talking about the show. Though some might argue even that can be dangerous.

As I write, Netflix has responded to concerns about the series by announcing that there will be additional warnings before the first episode and strengthened advisories and support information for episodes featuring graphic content. Doing that a lot earlier might have helped.

There is, of course, after all the fuss, talk of a second season. The first ends with another character critically injured in what may be a suicide attempt. Tyler, the class photographer and stalker, is revealed to have a stash of guns. We may be buckling in for another boundary-challenging bumpy ride. One strength of *13 Reasons* is that viewers don't get off lightly, either. "We're a society of stalkers," says Hannah. "We're all guilty. We all look." To borrow a phrase from the show that's gone viral, "Welcome to your tape." ■

Thank You Entertainment



Back Benches,
Wednesday.

Remember the days when an interview with the Prime Minister of New Zealand was prime-time viewing? When a testy exchange between Rob Muldoon and a young Simon Walker, in which Muldoon described Walker as a smart-alec interviewer, was big news? Good times.

Welcome back, then, **Back Benches** (Prime, Wednesday, 9.35pm), the show that separates the charismatic from the pedestrian, the quick-witted from the dull, the pompous from the unpretentious. Where politicians must think on their feet in the court of public opinion: a pub.

Well, that's the theory, anyway. *Back Benches*, which has been on air since 2008, is frequently chaotic and often raucous. Filming in a bar – the iconic Backbencher in Wellington – may seem like a good idea, but the way the noise can build makes it perhaps one of the trickiest live presenting environments on New Zealand television. New presenter Charlotte Ryan, who joins old hand Wallace Chapman, relishes walking into the fire.

"I'm looking forward to it," she says. Really? "I love wrangling people. I'm a mother; you kind of learn to deal with chaos."

Ryan's career began in radio,



Order, order

Unruly polities will be point-scoring in the election-year *Back Benches*. **by entertainment editor FIONA RAE**

but she made the switch to television as Paul Henry's social-media maven. After stepping back from breakfast television's family-unfriendly hours, she can be heard on RNZ National talking about music on *Nine to Noon*, but that experience on *Paul Henry* is a good foundation for what's to come.

"Paul Henry really liked me being one side of the fence so he could be the other and we could argue," she says. "I like debating, so I really enjoyed that sort of discussion, especially live on air."

Like Damian Christie and Hayley Holt before her, Ryan will be out among the hoi polloi, asking opinions and gauging reactions, while Chapman conducts the interviews.

"I represent the public, in a sense. I'll be asking what the people want to hear and talking to people in the audience." It's a good year to be making a political TV show, that's for sure: election year and John Key's gone.

"There are also interesting things going on within all the political parties at the moment," she says. Besides housing, immigration and the environment, there are bound to be "interesting scenarios popping up daily", not all of them serious. "We definitely would have featured Bill English's spaghetti on the pizza." ■



Hyde & Seek, Monday.

Television by FIONA RAE

The Best of the Week

SATURDAY MAY 13

NZ Music Month 13th Floor Sessions (Rialto, Sky 039, 7.55pm).

The great thing about these live sessions curated by Marty Duda is seeing bands that we're clearly not cool enough to have discovered on our own. Sessions this week feature folk duo the Bolland's tonight at 8.00pm; Ghost Town, featuring former Fetus Productions' Jed Town, on Sunday; Candice Milner, from the folk hothouse of Lyttelton, on Monday; former Goodshirt keyboard player Gareth Thomas on Tuesday; soul singer Aaradhna on Wednesday; country singer Kendall Elise on Thursday; and celebrated goth folkie Aldous Harding on Friday.

Siege (TVNZ 1, 10.20pm).

After his devastatingly creepy Colin Boucher in *Bloodlines*,

Mark Mitchinson produces another great performance as Napier gunman Jan Molenaar, who holed up in his house for 53 hours in a siege that left Senior Constable Len Snee dead and three others, including two more policemen, injured. This 2012 dramatisation also stars Joel Tobeck, Miriama Smith, Will Hall and Ray Woolf and is followed by the documentary *Siege: The Real Story* at 12.10am.

MONDAY MAY 15

Hyde & Seek (Three, 8.35pm).

After dabbling in the thriller genre in *This Is Not My Life*, Rachel Lang and Gavin Strawhan go the whole hog with an actiony cop drama, although this transtasman creation is a lot more Aussie



than Kiwi. It's a conspiracy story in which Matt Nable's search for his

partner's killers leads him into the murky waters of organised crime and terrorism. Lots of gunfire, lots of explosions and it features Hugh Jackman's missus, Deborra-Lee Furness, in her first Australian television role in nearly 20 years.

Treasures Decoded (Choice TV, 8.30pm). One of those slightly annoying History Channel-style shows with overloud music and an overloud narrator. Nevertheless, there are lots of fun facts: topics include the Easter Island heads, the Spear of Destiny, the Ark of the Covenant and Blackbeard's ship.



Alan Davies: *As Yet Untitled*, Thursday.

THURSDAY MAY 18

George Clarke's Amazing Spaces Snow Special (TVNZ 1, 7.30pm). How good is it, being George Clarke? This week, he's on a tiki tour of dwellings built to withstand the winters of British Columbia and Alberta.

Alan Davies: As Yet Untitled (UKTV, Sky 007, 8.35pm).

Somewhere between a talk and a panel show that will make you green with envy that the UK has so many interesting people with interesting stories. Alan Davies hosts a roundtable discussion that's basically the most brilliant dinner party conversation ever, from Stephen Fry's anecdote about hosting Charles and Diana for tea, to Catherine Tate explaining how Nan got her voice. At the show's end, guests come up with a title for



documentaries are hauled out of the Prime vault and dusted off: Karyn Hay's *NZ Women in Rock* features some of the legends who forged a path in a tough male world. Shona Laing, Sharon O'Neill, Jenny Morris, Margaret Urlich, Anika Moa and Brooke Fraser are frank, honest and funny. **The Naughty Bits** at 10.10pm looks at the changing landscape of what has been deemed acceptable since Europeans arrived, beginning with the removal of penises from Maori carvings by the early settlers. The first episode, about sex and nudity, goes right up to our first gay movie, *Squeeze*. The following two episodes cover banned language and the control of information.

Meet the Parents, Thursday.

Little Survivor (TVNZ OnDemand, 9.00pm). TVNZ gets on-trend, as they say, with a gabfest after the show. Matty McLean, comedian Alice Snedden and invited guests rake over the latest episodes of *Survivor New Zealand*.

Tennis (ESPN 2, Sky 061, 9.00pm). Rafael Nadal has won the Italian Open seven times, but it's world No 1 Andy Murray who will be looking for his second win after last year's stunner against Novak Djokovic. In the women's tournament, Maria Sharapova and Serena Williams both have three Italian Open titles, but with Sharapova on the comeback trail after her suspension for taking a banned drug (and controversially handed a wild card for the event), it will be

Serena's tournament to lose. Play starts today and continues during the week.

Rock and a Hard Place (SoHo, Sky 010, 9.30pm). Put them in an army-style rehabilitation programme: Dwayne Johnson, aka the Rock, drops by to mentor a group of offenders who are going through the Miami-Dade County Corrections and Rehabilitation Boot Camp, a programme that records an 11% recidivism rate, compared with 70% among the rest of the prison population. It's a passion project for Johnson, who is an executive producer, as he sees parallels with his own misspent youth.

TUESDAY MAY 16

NZ Women in Rock (Prime, 8.35pm). A couple of local

Documentaries

by FIONA RAE

The health benefits of the Mediterranean diet are just one aspect of **The Cook Who Changed Our Lives** (Choice TV, Sunday, 7.30pm), which features 91-year-old food writer and cook Anna Del Conte.

The title is not an exaggeration: Del Conte's 15 books about the cuisine

of her home country, Italy, influenced a legion of British home cooks and future chefs, including Nigella Lawson, who presents this tribute.

The documentary tells the story of Del Conte's life and

The Cook Who Changed Our Lives, Sunday.





Little Survivor, Monday.

the episode, hence the title of the show.

Meet the Parents (TVNZ 2, 9.30pm). The Brits are constantly trying to recreate the halcyon days of *Blind Date*, when Cilla Black ruled Saturday nights and a couple could just as easily end up on an all-expenses-paid holiday in Bognor Regis as in the Maldives. Since then, there have been travesties such as *Dating in the Dark*, *Naked Attraction*, *Sexy Beasts* and any and all *Bachelor*, *Bachelorettes* and *Married at First Sights*. *Meet the Parents* is the kind of thing a TV producer might have dreamt up after getting drunk and watching the Ben Stiller movie: a contestant meets three sets of parents, while their embarrassed offspring

of the changing landscape of British cuisine, if it could be called that when Del Conte arrived in the UK in 1949. Post-war rationing was still in force and, in general, olive oil was only available at the chemist to use for an earache. She remembers the awful smell, she says, of the fried food.

Restaurant dining changed in the 1960s and 70s, when Brits holidayed on the Continent and brought back fancy

look on from a concealed booth, sometimes from behind the couch.

FRIDAY MAY 19

Ocean Parks (Choice TV, 3.30pm). Mmm, underwater nature porn, and something to put the kids in front of after school without feeling guilty. A series exploring protected marine habitats, from the Bahamas to Belize. Beautiful.

Twin Peaks (SoHo Pop-up, Sky 210, 7.30pm). Not something to put the kids in front of after school, despite being 27 years old. SoHo is softening us up for the new *Twin Peaks*, arriving later this month, by screening the original series for all Sky subscribers. The log lady, the damn fine coffee, deaf David Lynch ... bring it on.

ideas. There was a craze for Italian-themed restaurants, although Del Conte correctly describes the food as "Britalian". There were horrors in the 80s and the microwave 90s, but post-River Café, Italian food is now everywhere.

Lawson cooks with the sprightly Del Conte: pesto for antipasti; ragu alla bolognese (with tagliatelle, not spaghetti); and a Christmas tiramisu. Delish.

Online by FIONA RAE

Catch of the Week

MAY THE 14TH BE WITH YOU:

Kids! It's Mother's Day on Sunday, so presents are in order. Lots and lots of presents. If Dad won't give you money for that Prada handbag she's always wanted, there are always crafts. Here are 17 easy ones that we know she'll love, especially the handmade crown: tinyurl.com/NZLEasyCrafts. Martha Stewart has crafts for kids, too, although typically they're quite fancy: tinyurl.com/NZLMarthaCrafts. Alternatively, May the 14th is also Dance Like a Chicken Day, so why not combine the two? Here's an instructional video: tinyurl.com/NZLChickenDance.



Martha Stewart

CORRESPONDINGLY BETTER:

Talk-show host Samantha Bee held her own White House Correspondents' Dinner, called, er, Not the White House Correspondents' Dinner. Guests included Will Ferrell, who brought back his George W Bush spoof, and Allison Janney, who reprised CJ Cregg, her brilliant White House press secretary from *The West Wing*. Footage of the dinner is available in parts on the Full Frontal YouTube channel: tinyurl.com/NZLBeeDinner.

SVOD HIGHLIGHT: What's good in subscription video on demand.

New Zealand TV movie *Jean*, which dramatised Jean Batten's life and solo flights, has won nine awards at the New York Festivals World's Best TV & Films Awards, including gold medals for lead actor Kate Elliott, cameraperson Ginny Loane and composer Peter Hobbs, and silver medals for screenwriters Paula Boock and Donna Malane, director Robert Sarkies and sound designer Chris Burt. The drama is available on TVNZ OnDemand's revamped website: tinyurl.com/NZLJean.



Kate Elliott in *Jean*.



The Blind Side, Sunday.

TV Films by FIONA RAE

A Guide to the Week's Viewing

SATURDAY MAY 13

2012 (Three, 7.00pm). Remember the 2012 phenomenon? Along with a book about a lost civilisation, it inspired Roland Emmerich to blow up the world for a third time (after *Independence Day* and *The Day After Tomorrow*). Complete bollocks, of course, although there is some fun in seeing the entire city of Los Angeles slide into the Pacific. If this is what passes for a family movie at Three, things must be very dark indeed. (2009) ★★

Just Like Heaven (TVNZ 2, 8.45pm). Cute leads, reasonable script, zero chemistry. Mark Ruffalo, who moves into dead

Reese Witherspoon's apartment, is his typically natural self, but Witherspoon, as the uptight ghost that only Ruffalo can see, is annoying. (2005) ★★

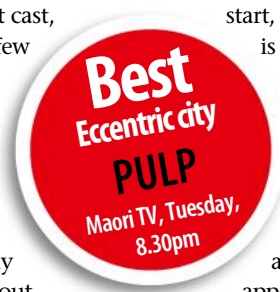
The Night Stalker (Three, 9.50pm). Lou Diamond Phillips gets his creepy face on to play Satanist serial killer Richard Ramirez, who terrorised Los Angeles in the mid-80s. There's a hint of *Silence of the Lambs* when fictional lawyer Kit (*Scandal's* Bellamy Young) visits Ramirez in prison to ascertain if he is also responsible for the murders of some Japanese tourists – if he confesses, Kit's client, who is

accused of the crimes, will go free. Nasty stuff, but Phillips's best performance, according to rogerebert.com reviewer Bob Calhoun. (2016) ★★★

This Is Where I Leave You (TVNZ 2, 10.30pm). Great cast, crass script, very few laughs. Tina Fey, Jason Bateman, Adam Driver, Rose Byrne and Jane Fonda give it the old college try, but how many films are there about siblings returning home upon the death of a parent and confronting their problems? One too many. (2014) ★★

Winter's Tale (TVNZ 2, 12.15am Sunday). The Wikipedia description: a supernatural fantasy mystery romantic drama, which is at least two genres too many. Screenwriter Akiva Goldsman (*A Beautiful*

Mind, I Am Legend) adapts Mark Helprin's 1983 ambitious magic-realist novel for his directorial debut, but the scope and tone of the book elude him. You'll be distracted by Colin Farrell's haircut, for a start, and Russell Crowe is particularly joyless as the boss of a gang of thieves. *Downton's* Jessica Brown Findlay, Jennifer Connelly, William Hurt and Will Smith also appear. (2014) ★★



SUNDAY MAY 14

The Piano (Maori TV, 8.30pm). A mini Jane Campion festival on Maori TV this weekend begins with *The Portrait of a Lady* on Saturday, her less successful follow-up to *The Piano*. Even now, Campion's Palme d'Or-winning feature seems remarkable, with its claustrophobic, primordial pioneer

setting and startling imagery thanks to cinematographer Stuart Dryburgh. Campion rootles around in the messy undertow of unspoken desires and obsessions and the film is sometimes dreamlike and surreal. It is also, of course, the movie that introduced the world to Karekare beach, made Anna Paquin a star and showed another side of Harvey Keitel. Sam Neill and, especially, Holly Hunter as the mute pianist Ada, are terrific. (1993) ★★★★★

The Kids Are All Right (Choice TV, 8.30pm). Family values, liberal Hollywood style: the safe world created by mums Annette Bening and Julianne Moore is rocked when their sperm-donor kids (Mia Wasikowska and Josh Hutcherson) track down their biological father. He is charming and cool at first, but Mark Ruffalo (who was Oscar nominated, as was Bening) builds an annoyingly loose character who shows up the cracks in the mothers' marriage. (2010) ★★★★★

The Red Shoes (Rialto, Sky 039, 8.30pm). A Technicolor marvel that is considered a classic of British cinema and is the most famous work by film-making duo Michael Powell and Emeric Pressburger. The story of a young ballerina (Moira Shearer) who becomes the lead in a new ballet called *The Red Shoes* is known for its cinematography and use of colour and has long been championed by Martin Scorsese, who spearheaded its restoration. At its heart is an imaginative and innovative 14-minute ballet (which Scorsese, believe it or not, used as an influence for *Raging Bull's* boxing scenes), something that had never been done before and which gave subsequent films, such as *Singin' in the Rain* and *An*

American in Paris, licence to do the same. (1948) ★★★★★

The Blind Side (TVNZ 2, 8.35pm). A sentimental story that would border on patronising if it weren't true. Actually, it does anyway. Sandra Bullock plays Southern belle Leigh Anne Tuohy, who takes in destitute African-American teenager Michael Oher, a football prodigy. The real Oher is signed with the Carolina Panthers and his life story would make a good movie, but this is all about Leigh Anne, despite conversations such as this: "Honey, you're changing that boy's life," says a friend. "No," says Leigh Anne, "he's changing mine." Ugh. (2009) ★★★

TUESDAY MAY 16

Pulp: A Film about Life, Death and Supermarkets (Maori TV, 8.30pm). Pulp frontman Jarvis Cocker typically chose a fellow outlier to direct a film about the band's farewell concert in Sheffield: Kiwi Florian Habicht, who captures a working-class, oddball city as well as the musings of band members and an electric final performance. It's affectionate, frank and funny, much like Cocker. "Fame didn't agree with me," he says, "like a nut allergy." (2014) ★★★★★

THURSDAY MAY 18

Jack Ryan: Shadow Recruit (Three, 8.30pm). Kenneth Branagh's Hollywood directing career takes a detour from superheroes (*Thor*) to slick spy thriller (obviously, *Cinderella* was next). *Star Trek's* Chris Pine plays Tom Clancy's CIA agent in an original story involving bad guys du jour, the Russians (Branagh does double duty here as a Russian tycoon). This action stuff is Pine's bread and butter, but the surprise is Keira Knightley, who is liberated from the constraints of being English and finds a freedom in



Jack Ryan: Shadow Recruit, Thursday.



The Kids Are All Right, Sunday.



Forgetting Sarah Marshall, Thursday.

her girlfriend turned danger-mouse role. (2014) ★★★

Forgetting Sarah Marshall (Bravo, 8.30pm). Having reinvented the romcom with *The 40-Year-Old Virgin* and *Knocked Up*, Judd Apatow sprinkles his fairy dust on this Jason Segel-scripted slice of hilarity. Segel is the slacker who is dumped by girlfriend Kristin Bell, only to discover she is also on holiday in Hawaii when he arrives. Apatow is merely the producer of *Forgetting Sarah Marshall*, but

with frequent writing partner Nicholas Stoller (*Get Him to the Greek*, *Neighbors*) directing, his trademark downbeat absurdity flies free. Paul Rudd is an excellent full-of-crap surfer dude; Jack McBrayer reprises his *30 Rock* character as a Christian newlywed having trouble in the bedroom; and Russell Brand is fantastic as ridiculous rocker Aldous Snow. (2008) ★★★★★

Films are rated out of 5: ★ (abysmal) to ★★★★★ (amazing).

Radio

by FIONA RAE

The Best of the Week

SATURDAY MAY 13

Music Alive (RNZ Concert, 7.30pm). Celebrated British pianist Kathryn Stott's New Zealand tour continues; she is travelling the length of the country, from Invercargill to tonight's recital, which is broadcast live from the Auckland Town Hall. Stott is known for her interpretations of the French piano repertoire, and she is accompanied by the New Zealand String Quintet for an evening of works by Fauré, Ravel and Franck, as well as John Psathas' *Piano Quintet*.



SUNDAY MAY 14

Opera on Sunday (RNZ Concert, 6.00pm). A dramatic and doomed love affair for Mother's Day. Lovely. The *New York Times* declared that soprano Nina Stemme was "amazing" in the Metropolitan Opera's production of *Tristan and Isolde* and her Tristan, Stuart Skelton, was "honourable and courageous". Wagner's opera, a turning point in Western music, is discussed by Erica Challis in *The Sunday Feature* at 2.00pm.

MONDAY MAY 15

Music Alive (RNZ Concert, 7.00pm). Beethoven's Symphony Cycle, conducted by Pietari Inkinen, was quite the experience back in 2014: the nine symphonies Ludwig wrote over a period of 24 years were performed in four days. Twice. Here's a recording from the first night in

Auckland, featuring *Symphonies 1-3*.

WEDNESDAY MAY 17

The Reading: The Families, by Vincent O'Sullivan (RNZ National, 10.45am). O'Sullivan's 2014 short-story collection featured many familial situations, from an Asian bride in Tirau to a misbehaving father in a rest home. Jessica Robinson reads the title story over the next three days.

THURSDAY MAY 18

Music Alive (RNZ Concert, 7.30pm).

Two more visiting stars feature in the second live broadcast of the week: Stefan Dohr, the Berlin Philharmonic's principal horn player, tackles Richard Strauss' notoriously difficult *Horn Concerto No 1*, an effervescent work the composer wrote for his father, Franz. Dohr and the Auckland Philharmonia will be conducted by Japanese maestro Tadaaki Otaka.

The overture for Beethoven's *The Creatures of Prometheus* and Rachmaninov's melodious *Symphony No 2* are also on the programme.

Talkback



Your comments on TV and radio

FUN FACTS

I am not a great fan of New Zealand comedians or authors, but I want to acknowledge how much I enjoyed Te Radar's tongue-in-cheek TV series on strange incidents in the country's history, *Chequered Past*. I decided it was my patriotic duty to give the programme a try, was amply rewarded and ended up telling all my acquaintances to watch the series too. I hope Te Radar gets a chance to do a follow-up series. It was a lovely mixture of historical fact and humour.

David Speary
(Northcote, Auckland)

A DAY TO REMEMBER

Congratulations to Maori TV for its Anzac Day programming. I couldn't watch it all, but thoroughly enjoyed the *Royal Edinburgh Military Tattoo*. It was great viewing – and not an ad in sight.

Janet Fursdon
(Oxford)

AVOIDING THE ADS

Why advertise on TV? Many people, me included, never watch TV live. We record it and fast-forward, sometimes starting 20 minutes after a programme begins so we finish at the same time. I'll be in no position to vote for the *Fair Go* ad awards later this year as I will not have seen a single one.

Murray Hunter
(Titirangi, Auckland)

OUT COLD

Millionaire Hot Seat on TVNZ 1 was on repeat and now seems to have gone to quiz heaven. I enjoyed the different personalities on the show as well as the quiz aspect. Will "Lock it in" Eddie be back soon?

Sharon Cashmore
(Nelson)

TVNZ responds: We are no longer taking the show as it has switched to a one-hour format in Australia, which unfortunately doesn't work with our scheduling plans.

DREAM TEAM

Toni Street and Jack Tame were so good on *Seven Sharp* that TVNZ 1 should copy and paste. Street was so happy. Give Mike Hosking his own show; *Hosking* should suit his ego. Then we can all not watch it and enjoy *Seven Sharp*.

DL Calder
(New Plymouth)

Kathryn Stott,
Music Alive,
Saturday.

NIKOLA LUND

Send comments, queries or complaints about radio or television to: talkback@listener.co.nz, or Talkback, NZ Listener, Private Bag 92512, Wellesley St, Auckland 1141.

TVNZ 1

FREEVIEW 1 SKY 001

- 6.00 **Te Karere** (R, C)
- 6.30 **Hyundai Country Calendar** (G, R, HD, C, AD)
- 7.00 **Rural Delivery** (G, HD, C)
Today: Raising a wagyu cattle herd in Canterbury, and a visit to an iconic sock manufacturer in Norsewood.
- 7.30 **Infomercials**
- 9.00 **Tagata Pasifika** (HD)
- 9.30 **Come Dine with Me UK** (PGR, R)
- Noon Coronation Street** (PGR, R, C, AD) Today: Bethany can bury her guilt no longer; Eva finds Jason a changed man; and Lloyd and Steve may decide to part on good terms.
- 1.55 **Instant Gardener** (G, C)
Today: The team turn a boring and unused deck in Tredegar into a stylish and low-maintenance outdoor room.
- 2.55 **Life Flight** (PGR, R, C)
Today: A mystery illness strikes a newborn baby.
- 3.25 **Grand Slam Fishing** Today: Darren Cleave heads to Norfolk Island.
- 4.25 **Fishing and Adventure** (G, HD) Today: Fishing the Hauraki Gulf.
- 4.55 **Saving Lives at Sea** (C)
Today: The RNLI is called to the remote fishing village of Oban on the west coast of Scotland, where a fishing boat has run aground and is sinking.
- 6.00 **1 News** (C)
- 7.00 **Britain's Got Talent** (C) Ant and Dec host a UK talent search, with judges David Walliams, Alesha Dixon, Amanda Holden and Simon Cowell. Tonight: It's the third round of auditions (includes Lotto at 8.00pm).
- 8.15 **The Next Great Magician** (G, C) Tonight: Stephen Mulhern and Rochelle Humes present another batch of magical displays, with Wanted's Tom Parker and the cast of the Only Way Is Essex on hand to assist the performers with their show.
- 9.20 **Coronation Street** (R, C, AD) Tonight: The Platts have nowhere left to run, and Tim makes a shock discovery.
- 10.20 **Siege** (AO, R, HD, C, AD) Local dramatisation of a siege in Napier in 2009 in which Jan Molenaar fired upon police officers who were serving a search warrant. Mark Mitchinson, Joel Tobeck, Miriama Smith.
- 12.10am **Siege: The Real Story** (AO, R, C) Local documentary about the 2009 Napier siege.
- 1.05 **Emmerdale** (PGR, R, C)
- 3.05 **Infomercials**
- 5.30 - 6.00 **The Key of David**

TVNZ 2

FREEVIEW 2 SKY 002

- 6.00 **Blaze and the Monster Machines** (C)
- 6.20 **Thomas and Friends** (G, C)
- 6.30 **Octonauts** (G, R, C)
- 6.55 **The Furchester Hotel** (C)
- 7.05 **Thunderbirds Are Go** (G, C, AD)
- 7.30 **Transformers Rescue Bots** (G, C)
- 7.50 **Nexo Knights**
- 8.15 **Marvel's Guardians of the Galaxy** (G, C)
- 8.40 **Marvel Avengers Assemble** (G, C)
- 9.00 **Pickle & Peanut** (G, C)
- 9.25 **Clarence** (G, R, C)
- 9.35 **Gamer's Guide to Pretty Much Everything**
- 10.00 **Fresh** (PGR, HD)
- 10.35 **Cupcake Wars** (G)
- 11.30 **The Fosters** (PGR)
- 1.25 **Bride and Prejudice: The Forbidden Weddings** (PGR, R, C)
- 3.40 **Repeat After Me** (G, R, C)
Today: Scott Foley, Sarah Hyland and Randy Jackson are instructed to interact with members of the public in hidden-camera situations.
- 4.10 **Mat Franco's Got Magic** (G, R, C, AD) Mat Franco travels across America performing street magic.
- 6.00 **The Simpsons** (C) The Good, the Sad and the Drugly: Bart attempts to reform his evil ways after falling in love.
- 6.30 **The Middle** (G, R, C)
A Christmas Gift: Against Mike's wishes, Frankie decides to throw a Christmas Eve party at the house.
- 7.00 **The Waterboy** (1998, PGR, R, C, AD) A simple-minded man becomes a star gridiron player after he learns to channel his aggression. Adam Sandler.
- 8.45 **Just Like Heaven** (2005, PGR, R, C, AD)
An architect moves into a new apartment and finds it inhabited by the spirit of a doctor who used to live there. Reese Witherspoon, Mark Ruffalo, Jon Heder. **Films, page 70**
- 10.30 **This Is Where I Leave You** (2014, AO, R, C) Four siblings respect their late father's wishes and return to their home town to live under the same roof for a week. Jason Bateman, Tina Fey, Jane Fonda. **Films, page 70**
- 12.15am **Winter's Tale** (2014, AO, R, C) When a man learns he has the gift of reincarnation, he sets out to save his lost love. Colin Farrell. **Films, page 70**
- 2.20 **Ant and Dec's Saturday Night Takeaway** (G, R, C)
- 3.30 **The Jeremy Kyle Show** (PGR, R)
- 5.05 **Fresh** (PGR, R, HD)
- 5.30 - 6.00 **It Is Written** (R)

THREE

FREEVIEW 3 SKY 003

- 6.00 **Charles Stanley** (R)
- 6.30 **Power Rangers Dino Super Charge** (G, HD)
- 7.00 **Small Blacks TV** (G, HD)
- 7.30 **Infomercials**
- 9.30 **The Nation** (HD) With Lisa Owen.
- 10.30 **Come Dine with Me NZ** (G, R, HD, C)
- 11.00 **America's Next Top Model** (PGR, R, HD)
- Noon The Bachelor NZ** (PGR, R, HD, C)
- 2.30 **Fresh Off the Boat** (PGR, HD)
- 3.00 **New Girl** (PGR, R, HD)
- 3.30 **The Goldbergs** (PGR, HD, C)
- 3.55 **Grand Designs** (G, R, HD, C)
- 4.55 **Polar Bear: Spy on the Ice** (G, HD, C) Hidden cameras capture the challenges facing two polar bear mothers.
- 6.00 **Newshub Live**
- 7.00 **2012** (2009, PGR, HD, C)
A man tries to protect his family amid a global cataclysm. John Cusack, Amanda Peet, Chiwetel Ejiofor. **Films, page 70**
- 9.50 **The Night Stalker** (2016, AO, HD) An attorney asks convicted serial killer Richard Ramirez if he is responsible for crimes attributed to another Death Row inmate. Bellamy Young, Lou Diamond Phillips, Annalisa Cochrane. **Films, page 70**
- 11.50 **The Nation** (R, HD, C)
Hosted by Lisa Owen.
- 1.00am **Infomercials**
- 5.00 **Hillsong** (G, R)
- 5.30 - 6.00 **Charles Stanley** (R)



TVNZ 2: **This Is Where I Leave You**, 10.30pm

PRIME

FREEVIEW 10 SKY 004

- 6.00 **Children's Programmes** (G)
- 9.00 **Victorious** (PGR)
- 9.50 **MasterChef USA** (G, R)
- Noon The Crowd Goes Wild** (G, R)
- 2.30 **Netball ANZ Premiership**, highlights.
- 3.30 **NRL Fulltime** (G)
- 4.00 **Soccer EPL**, highlights.
- 5.00 **ADOS Addicted to Fishing** (G, R)
- 5.30 **Prime News**
- 6.00 **Ireland with Simon Reeve** (G, R, C) Tonight: Simon begins his journey in the south of Ireland.
- 7.00 **Storage Wars** (G, R)
- 7.30 **Antiques Roadshow** (G, C) Tonight: At Bowood House in Wiltshire, treasures include a previously unseen account of the sinking of the Titanic written by an officer who survived.
- 8.35 **Top Gear: The Races** (PGR, HD) Tonight: A four-way race across London and a Porsche 911 Turbo vs gravity.
- 9.40 **Super Rugby** Tonight: Crusaders v Hurricanes.
- 11.40 - 12.40am **Scorpion** (PGR, R)

BRAVO

FREEVIEW 4 SKY 012

- 6.00 **Infomercials**
- 10.00 **Hoarders: Family Secrets** (G, R) **10.55 Hoarders** (G, R) **11.50 Kim of Queens** (G, R) **12.40 Masters of Flip** (G, R) **1.35 Hoarders** (G, R) **2.35 Botched by Nature** (PGR, R) **3.35 Dance Moms** (G, R) **6.30 Hoarders** (G, R) Tonight: Lauren's relationship with her boyfriend has hit rock bottom. **7.30 The Millionaire Matchmaker** (PGR) Tonight: Marysol Patton seek Patti's help. **8.30 Keeping Up with the Kardashians** (PGR) Blood, Sweat and Fears: Kris sees how deeply Khloe is struggling and urges Rob to reconnect with his sister and best friend. **9.30 Snapped: Killer Couples** (AO, R) Tabitha Messina & Carlos Christopher: When a teenager brings a boy home to meet her father, his disapproval has grave consequences. **10.30 Made in Chelsea** (AO) Tonight: Binky struggles with the news of fresh infidelities from Alex. **11.30 Snapped** (PGR, R) Julia Phillips: A woman is attacked and her wealthy lover killed. **12.20am Infomercials** **5.00 - 6.00 Dance Moms** (G, R)

MAORI TV

FREEVIEW 5 SKY 019

- 6.30 **Pukoro** (G, R)
- 7.00 **The Zoo** (G, R)
- 7.30 **Dora Matatou** (G, R)
- 8.00 **My Mokai** (G, R)
- 8.30 **Te Kaea** (R)
- 9.00 **Swagger** (G, R)
- 9.30 **Kai Time on the Road** (G, R)
- 10.00 **Kawe Korero: Reporters** (R)
- 12.30 **The Marngrook Footy Show** (PGR)
- 2.00 **The Pits TV**
- 3.00 **Basketball NZ NBL**, Southland Sharks v Taylor Hawks.
- 4.30 **Go! Wolf World**
- 5.00 **Koroua** (G, R)
- 5.30 **Waka Huia** (G)
- 6.00 **Nga Pari Karangaranga** (R)
- 6.30 **Te Kaea**
- 7.00 **Asterix and Obelix: Mansion of the Gods** (2014, G) Voice of Roger Carel.
- 8.30 **The Portrait of a Lady** (1996, PGR, R) An heiress falls into the clutches of a scheming artist. Nicole Kidman.
- 11.05 **Te Kaea** (R)
- 11.35 - 12.05am **All Talk with Anika Moea** (AO, R)

SKY PREMIERE SKY 030	MOVIES EXTRA SKY 031	MOVIES CLASSICS SKY 034	RIALTO SKY 039
<p>6.50 Close Up: Harrison Ford (PG)</p> <p>7.20 Barbershop: A Fresh Cut (2016, M) Ice Cube.</p> <p>9.10 The Scorch Trials (2015, M) Dylan O'Brien.</p> <p>11.20 Sisters (2015, 16) Amy Poehler.</p> <p>1.20 Mission: Impossible - Rogue Nation (2015, M) Tom Cruise.</p> <p>3.30 Redistributors (2016, M) James Allen.</p> <p>4.55 The Harvest (2013, M) Samantha Morton.</p> <p>6.40 The Legend of Tarzan (2016, M) Tarzan returns to the Congo to save the woman he loves. Alexander Skarsgård.</p> <p>8.30 The Revenant (2016, 16) An explorer undertakes a 200-mile odyssey on the trail of the man who betrayed him. Leonardo DiCaprio, Tom Hardy.</p> <p>11.05 Central Intelligence (2016, M) Dwayne Johnson, Kevin Hart.</p> <p>12.50am Black Mass (2015, 18) 2.50 The Legend of Tarzan (2016, M) 4.40 Close Up: Harrison Ford (PG) 5.10 Central Intelligence (2016, M)</p>	<p>6.30 Sing Street (2015, M) Ferdia Walsh-Peelo.</p> <p>8.15 Peggoland (2014, M) Sonja Bennett.</p> <p>10.05 Wildlike (2014, M) Bruce Greenwood.</p> <p>11.50 We Are Your Friends (2015, 16) Zac Efron.</p> <p>1.25 Sing Street (2015, M) Ferdia Walsh-Peelo.</p> <p>3.10 No Escape (2015, 16) Owen Wilson.</p> <p>4.55 Freeheld (2015, M) A lieutenant is diagnosed with terminal cancer. Julianne Moore.</p> <p>6.40 Florence Foster Jenkins (2016, PG) Florence Foster Jenkins attempts to become an opera star. Meryl Streep.</p> <p>8.30 Trumbo (2015, M) Based on the story of Hollywood screenwriter Dalton Trumbo, who was blacklisted during the McCarthy era. Bryan Cranston, Diane Lane.</p> <p>10.35 Man About Town (2006, M) A talent agent's life is threatened. Ben Affleck.</p> <p>12.15am Youth (2015, M) 2.30 No Escape (2015, 16) 4.10 Freeheld (2015, M) 5.55 Trumbo (2015, M)</p>	<p>8.00 The Game (1997, M) Michael Douglas.</p> <p>10.05 The Thing (1982, 16) Kurt Russell.</p> <p>11.55 The Ice Storm (1997, M) Kevin Kline.</p> <p>1.45 The Producers (1967, G) Zero Mostel.</p> <p>3.15 The Driver (1978, PG) Ryan O'Neal.</p> <p>4.45 The Outsiders (1983, M) A gang member kills someone from a rival gang. Patrick Swayze.</p> <p>6.40 Curse of the Pink Panther (1983, PG) Inspector Clouseau goes missing, and his old enemy ensures that he won't be found easily. Ted Wass, David Niven.</p> <p>8.30 Rain Man (1988, M) After his estranged father dies, the owner of a car business learns he has an autistic older brother. Dustin Hoffman, Tom Cruise.</p> <p>10.40 The Fugitive (1993, M) A man is wrongly convicted of murder. Harrison Ford.</p> <p>12.50am Repossessed (1990, M) 2.15 The Lion in Winter (1968, PG) 4.30 The Producers (1967, G)</p>	<p>6.00 Nasty Baby (2015, 16) Tunde Adebimpe.</p> <p>7.40 Cemetery of Splendour (2015, M) Jenjira Pongpas.</p> <p>9.45 Remember (2015, 16) Christopher Plummer.</p> <p>11.20 Barista (2015, M) US documentary.</p> <p>1.05 One Wild Moment (2015, M) Vincent Cassel.</p> <p>2.50 Keep on Keepin' On (2014, M) Clark Terry.</p> <p>4.15 Broke (2016, 16) Steve Bastoni.</p> <p>5.55 The Stanford Prison Experiment (2015, M) Based on a psychology experiment conducted by students in 1971. Ezra Miller.</p> <p>7.55 NZ Music Month 13th Floor Sessions (M) Tonight: The Bolland's.</p> <p>8.30 Swiss Army Man (2016, M) A man stranded in the wilderness finds a body. Paul Dano, Daniel Radcliffe.</p> <p>10.10 2001: A Space Odyssey (1968, PG) Keir Dullea.</p> <p>12.45am The Bureau (16) 1.45 Barista (M) 3.30 One Wild Moment (2015, M) 5.15 2001: A Space Odyssey (1968, PG)</p>

GENERAL

Choice TV FREEVIEW 12 SKY 024

6.00 George Clarke's Amazing Spaces **7.00** Dangerous Roads **8.00** Getaway **8.30** Heston's Great British Food **9.30** Buying & Selling with the Property Brothers **10.30** The Treasure Hunters **11.30** Poh's Kitchen **Noon** Gardeners' World **12.30** George Clarke's Amazing Spaces **1.30** Better Homes and Gardens **3.00** Phil's Empty Homes Giveaway **4.00** Beverly Hills Pawn **4.30** American Restoration **5.30** Walks with My Dog **6.30** Weird Wonders of the World **7.30** American Pickers **8.30** ■ The Disappearance of Eleanor Rigby (2013, AO) Tells the story of a couple trying to reclaim the life and love they once knew. James McAvoy, Jessica Chastain. **11.00** Trawlermen: The Catch (PGR) **12.00am** Phil's Empty Homes Giveaway **1.00** Walks with My Dog **1.50** ■ The Disappearance of Eleanor Rigby (2013, AO) **4.00** Weird Wonders of the World **5.00** American Pickers

TVNZ Duke FREEVIEW 13 SKY 023

6.00 On Duke Today **7.00** Table Tennis, European Championships. **10.00** E-League, Street Fighter V Invitational. **live. 12.30** Megafactories **1.30** MMA: One Championship Weekly **2.00** E-League, Street Fighter V Invitational. **live. 4.00** On Duke Today **4.20** MMA: One Championship Weekly **4.45** MythBusters **5.45** Ultimate Factories **6.40** Air Crash Disaster (PGR) Tonight: In January 2008, British Airways Flight 38 crashed on approach to Heathrow Airport. **7.35** Duck Dynasty (PGR) Bass Man Standing: Ms Kay attempts to get some quality time in with her grandkids. **8.02** Swamp People (PGR) Hunter or Hunted?: With only a few days left in the season, Troy and his son Jacob head towards a new area that has evidence of being home to many large gators. **9.00** Rude-ish Tube (AO) **9.30** AFL, Adelaide v Melbourne, from Adelaide Oval. **live. 12.30am** Megafactories **1.30** Formula E Championship, round five. **live. 3.30** Duke: Back in the Future **5.30** Soccer, Bundesliga, RB Leipzig v Bayern Munich.

UKTV SKY 007

6.40 Father Brown (M) **7.30** Would I Lie to You? (PG) **8.30** QI Marathon (M) **10.10** The Bill Marathon



Movies Extra: Trumbo, 8.30pm

(PG) **2.20** Casualty (M) **3.15** Fawltly Towers (PG) **3.45** DCI Banks (16) **5.25** New Tricks (M) ID Parade: The team reopens the case of a young police cadet who was murdered in 1987 when new evidence in the form of the murder weapon is uncovered. **6.20** The Graham Norton Show (PG) Tonight: Chris Hemsworth, Jessica Chastain, Kirsten Dunst and Stephen Mangan. **7.10** 8 Out of 10 Cats (M) **7.35** Doc Martin (M) Driving Mr McLynn: Louisa is in no mood to listen to Martin's objections to her resuming her old job as school headmistress. **8.30** Inspector George Gently (M) The Lost Child: Gently and investigates the kidnapping of the adopted child of a middle-class couple. **10.10** Inspector Morse (M) **12.00am** 8 Out of 10 Cats (M) **12.25** DCI Banks (16) **2.05** New Tricks (M) **3.00** Doc Martin (M) **3.50** Inspector Morse (M) **5.40** Doc Martin (M)

SoHo SKY 010

6.40 Quarry (18) **7.40** Strike Back Marathon (18) Season two of the US action series. **11.50** Crashing Marathon (16) Season one of the US comedy series. **3.55** Girls Marathon (16) Season six of the US comedy-drama series. All I Ever Wanted: Hannah gets an assignment in the Hamptons. **4.40** Girls (16) Hostage Situation: Shoshanna re-evaluates her friendships. **5.10** Girls (16) American Bitch: Hannah clashes with an author. **5.40** Girls (16) Painful Evacuation: Adam and Jessa begin shooting scenes for their film. **6.10** Girls (16) Gummies: Hannah gets

advice from her mum. **6.40** Girls (16) Full Disclosure: Marnie is forced to perform with her mother. **7.10** Girls (16) The Bounce: Elijah prepares for an open-call audition. **7.40** Girls (16) What Will We Do This Time About Adam?: Adam makes a surprising offer. **8.10** Girls (16) Goodbye Tour: Hannah interviews for a job. **8.40** Girls (16) Latching: Hannah struggles with motherhood. **9.10** Southern Rites (16) Photographer Gillian Laub returns to the community in Georgia where she documented segregated proms. **10.40** Strike Back Marathon (18) Season two of the US action series. **2.50am** Crashing Marathon (16) Season one of the US comedy series.

Living SKY 017

6.00 Holmes on Homes **6.55** A Place in the Sun: Home or Away **7.50** Zoo Days (M) **8.15** Long Lost Family UK **9.10** Grand Designs Australia **1.10** Escape to the Country **2.05** Long Lost Family UK **3.00** We Meet Again **4.00** Tony Robinson's Coast to Coast **5.00** Chelsea's Greatest Garden **6.00** Better Homes and Gardens **7.30** Inside the Factory **8.30** Escape to the Continent **9.30** Gogglebox (M) **10.30** The Secret Life of the Zoo (M) **11.30** Grand Designs Australia **12.30am** Better Homes and Gardens **1.45** Chelsea's Greatest Garden **2.45** Inside the Factory **3.45** Gogglebox (M) **4.35** Grand Designs Australia **5.30** Colin and Justin's Cabin Pressure

Sky Arts SKY 020

6.00 Off Camera **7.00** Borgen (PG) **8.00** Grand Hotel **9.15** Stars of the Silver Screen **10.00** Buddy Guy's Legends Presents Chicago Blues **11.00** Between a Frock and a Hard Place **Noon** The Book Club **12.30** The Art Detectives **1.30** Brilliant Ideas **2.00** Off Camera **3.00** Borgen (PG) **4.00** Gustav Mahler's Third Symphony **6.00** Off Camera: Jon Hamm. **7.00** Stars of the Silver Screen: Greta Garbo. **7.45** Institute of Art and Ideas **8.30** Velvet (G) La Vista: Ana is willing to do anything to regain Alberto's confidence. **9.40** Aimee Mann Plays Baloise Session **10.55** Buddy Guy's Legends Presents Chicago Blues: Mike Wheeler. **12.00am** Gustav Mahler's Third Symphony **2.00** Off Camera **3.00** Stars of the Silver Screen **3.45** Institute of Art and Ideas **4.30** Velvet **5.40** Aimee Mann Plays Baloise Session

SPORT

Sky Sport 1 SKY 051

6.00 The Crowd Goes Wild **6.30** Professor's Second Year Syndrome **7.00** Super Rugby, Blues v Cheetahs. **9.00** Fox Sports News **9.30** Toyota Grassroots Rugby **10.30** Cricket, IPL, Delhi Daredevils v Rising Pune Super Giants. **11.00** Cricket, IPL, Mumbai Indians v Kings XI Punjab. **11.30** ICC Cricket 360 **Noon** TBA **12.30** Cricket, IPL, Delhi Daredevils v Rising Pune Super Giants. **4.00** Road Racing, Scarborough Spring Cup. **5.00** #Skyspeed **5.30** TBA **6.00** Cricket, IPL, Delhi Daredevils v Rising Pune Super Giants. **6.30** Super Rugby, Blues v Cheetahs. **7.00** Super Rugby, Crusaders v Hurricanes, **live**. **9.40** Super Rugby, Rebels v Reds. **12.00am** Super Rugby, Crusaders v Hurricanes. **12.30** Super Rugby, Blues v Cheetahs. **1.00** Super Rugby, Bulls v Highlanders, **live**. **3.10** Super Rugby, Kings v Sharks, **live**. **5.15** Super Rugby, Crusaders v Hurricanes.

Sky Sport 2 SKY 052

6.00 NRL Highlights **6.30** Rugby League, Challenge Cup, Salford Red Devils v Hull Kingston Rovers, **live**. **9.00** NRL, Bulldogs v Cowboys. **9.30** Professor's Second Year Syndrome **10.00** League Life **10.30** NRL, Dragons v Sharks. **12.30** Rugby League, Holden Cup, Panthers v Warriors, from Pepper Stadium, Sydney, **live**. **2.30** Rugby League, Premiership NSW, Panthers v Warriors, from Pepper Stadium, Sydney, **live**. **4.30** NRL, Penrith Panthers v NZ Warriors, from Pepper Stadium, Sydney, **live**. **6.50** The After Match **7.30** NRL Highlights **8.00** #Skyspeed **8.20** NRL, Panthers v Warriors. **10.20** Cricket, IPL, Gujarat Lions v Sunrisers Hyderabad, **live**. **2.20am** Cricket, IPL, Kolkata Knight Riders v Mumbai Indians, **live**.

Sky Sport 3 SKY 053

6.00 Golf, US PGA Tour, Players C'ship, second round, **live**. **11.00** Live from the Players Championship **1.00** The Golf Fix **2.00** Feherty **3.00** Golf, US PGA Tour, Players C'ship, highlights. **3.30**

DOCUMENTARIES

Discovery SKY 070

7.30 How It's Made (PG) **8.20** ET Fishing Escapes (PG) **9.10** Railroad Australia (PG) **10.00** People Magazine Investigates (M) **10.50** American Monster (M) **11.40** Murder Comes to Town (M) **12.30** The Last Alaskans (PG) **1.20** The Wheel (PG) **2.10** What on Earth? (PG) **3.00** Railroad Australia (PG) **3.50** Insane Pools: Off the Deep End (PG) **6.35** Gold Rush (PG) **7.30** Treehouse Masters (PG) **8.30** Insane Pools: Off the Deep End (PG) **Lazy River Runs Through It: Lucas and his crew build a private lazy river. 9.25** Alaska: The Last Frontier Specials (M) **10.15** Auction Hunters (PG) **11.30** Gold Rush (PG) **12.20am** Railroad Australia (PG) **1.10** Bering Sea Gold (PG) **2.00** How Do They Do It? (PG) **2.25** Alaska: The Last Frontier (M) **3.15** Treehouse Masters (PG) **4.05** Bering Sea Gold (PG) **4.55** MythBusters (PG)

National Geographic SKY 072

7.30 Megafactories **8.30** Megastructures **9.30** Inside SIA (PG) **10.30** Origins: The Journey of Humankind (PG) **11.30** Nazi Megastructures (PG) **12.30** WW2: Hell Under the Sea (M) **1.30** Air Crash Investigation (PG) **4.30** The '80s (M) **5.30** Eyewitness War (M) **6.00** Eyewitness War (M) **6.30** Nazi Underworld (PG) **The Hess Enigma: In April 1945, two heavily armed trains were never seen again. 7.30** War Heroes of the Skies (PG) Spitfire Victory: Canadian pilot George Beurling helped save Malta during WWII. **8.30** Genius (PG) Dramatisation of the life of Albert Einstein. Geoffrey Rush, Emily Watson. **9.30** Explorer: Talk Show (M) **10.30** Lawless Oceans (M) **12.30am** Drugs Inc. (M) **2.30** Underworld Inc. (M) **3.30** Lawless Oceans (M) **5.30** Air Crash Investigation (PG)

**BBC Knowledge: Britain's Biggest Adventures with Bear Grylls, 8.30pm**

UFC Countdown **4.30** The Ultimate Fighter **5.30** Cycling, UCI World Tour, Giro d'Italia, stage seven. **6.00** Netball Zone **6.30** Professor's Second Year Syndrome **7.00** NRL, Melbourne Storm v Gold Coast Titans, from Suncorp Stadium, Brisbane, **live**. **9.30** NRL, Manly Sea Eagles v Brisbane Broncos, from Suncorp Stadium, Brisbane, **live**. **12.00am** Athletics, IAAF Diamond League. **2.00** NRL, Panthers v NZ Warriors. **2.30** The Ultimate Fighter **3.30** NRL Highlights **4.00** NRL Highlights **4.30** League Life **5.00** Professor's Second Year Syndrome **5.30** Golf, US PGA Tour, Players C'ship, highlights.

ESPN SKY 060

6.00 NFL Live **7.00** Basketball, NBA Draft Combine, **live**. **11.00** NBA Countdown **Noon** Basketball, NBA, Playoffs, Conference semi-finals, **live**. **2.30** Basketball, NBA, Playoffs, Conference semi-finals, **live**. **5.00** Tennis, ATP World Tour and WTA Tour, Mutua Madrid Open, quarter-finals. **7.00** AMA Supercross **9.00** Around the Horn **9.30** Pardon the Interruption **10.00** ESPN FC **10.30** NBA: The Jump **11.00** NBA, Playoffs, Conference semi-finals. **1.00am** SportsCenter **2.00** ESPN FC **2.30** Jalen & Jacoby **3.00** SportsCenter **4.00** Softball, College, **live**.

History SKY 073

6.30 The Kennedy Files (PG) **7.30** The Men Who Built America (M) **8.30** Time Team (PG) **9.30** Cities of the Underworld (PG) **10.30** Ancient Discoveries (PG) **11.30** Citizenfour (2014, M) **1.30** Black Ops (M) **2.30** The Kennedy Files (PG) **3.30** Hitler's Miracle Weapons (PG) **4.30** Trading History (PG) **5.30** Wild Ireland (PG) **6.00** Dan Snow's Norman Walks (PG) **6.30** The Cars That Made Us (PG) **7.30** JFK (PG) **8.30** The Australian SAS: The Untold History (PG) **9.30** John J Pershing (PG) John J Pershing created a juggernaut of four million soldiers. **10.30** Inside the Vietnam War (M) **11.30** True Supernatural (PG) **12.30am** Ancient Top 10 (PG) **1.30** The Conspiracy Show (PG) **2.00** Great Mysteries and Myths (PG) **2.30** Ancient Aliens (PG) **3.15** Haunted History (M) **4.00** JFK (PG) **4.45** The Australian SAS: The Untold History (PG) **5.30** John J. Pershing (PG)

BBC Knowledge SKY 074

6.25 Who Do You Think You Are? (PG) **7.25** Dragons' Den (PG) **8.30** David Attenborough's Life in Cold Blood Marathon (PG) **12.45** Hunters of the South Seas (PG) **3.25** 24 Hours in Police Custody (M) **4.15** The Wanted (M) **5.00** Stop, Search, Seize (PG) **5.50** Channel Patrol (PG) **6.40** 24 Hours in A&E (M) **7.35** Attenborough's Frozen Planet (PG) **8.30** Britain's Biggest Adventures with Bear Grylls (PG) Wales: Bear Grylls travels to Snowdonia. **9.25** Life Below Zero (M) There Be Monsters: Kate joins Andy out in the wilderness. **10.20** The English Channel Patrol (PG) **11.10** Hunters of the South Seas (PG) **1.50am** 24 Hours in Police Custody (M) **2.40** The Wanted (M) **3.25** The Murder Detectives (PG) **4.15** David Attenborough's Life in Cold Blood (PG) **5.05** 24 Hours in A&E (M) **5.55** Attenborough's Frozen Planet (PG)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO

6.08 Storytime**7.10 Country Life****8.10 Saturday Morning with Kim Hill**

Current affairs and feature interviews

12.11 This Way Up with Simon Morton

Slices of life for curious minds

1.10 Music 101 Music-related stories, interviews, live music, industry news and documentaries**5.11 Focus on Politics****5.30 Tagata o te Moana** (RNZi)**6.06 Great Encounters** In-depth interviews

selected from RNZ National's feature

programmes during the week

7.06 Saturday Night With Phil O'Brien**12.04am All Night Programme** 12.05 Music

After Midnight; 12.30 Farewell Campo 12, by

James Hargest, read by Ray Henwood (8

of 14, RNZ); 1.05 Our Changing World; 2.05

Heart and Soul (BBC); 2.35 Hymns on Sunday;

3.05 Knowing Where to Look, by Shirley Eng

(RNZ); 3.30 Te Waonui a Te Manu Korihi; 4.30

CrowdScience (BBC); 5.10 Hand Me Down

World, by Lloyd Jones (4 of 12, RNZ); 5.45

Historical Highlight

Website: radionz.co.nz**RNZ Concert**

FREEVIEW 51 SKY 422 iHeartRADIO

News and Weather 6.00am, 7.00, 8.00,

9.00am, noon, 3.00pm, 6.00, 10.00pm

6.00 Classic Morning Music, news and

weather

9.00 The Works Major pieces, familiar

and unfamiliar

10.00 Your Choice (Box 123, Wellington

or concert@radionz.co.nz)

Noon The RNZ Concert Classical Chart

The week's best-selling CDs

1.00 Vivaldi: Violinist Extraordinaire

Greg Squire looks into the life and music of the

Italian composer who, despite his greater fame

as a violinist and teacher, was most attracted

to the bright lights of the opera house.

2.00 Global Sounds Worlds of Music with

Trevor Reekie

3.00 Afternoon Concert Vadim Repin (violin),

Royal Philharmonic Orchestra/Charles Dutoit

- Ravel: Mother Goose, Suite; Prokofiev: Violin

Concerto No 2 in G minor Op 63; Dvorak:

Symphony No 9 in E minor Op 95, From the

New World (recorded in Royal Festival Hall,

London by the BBC)

5.00 Inside Out with Nick Tipping**7.30 Music Alive** Direct from Auckland Town

Hall. Kathryn Stott (piano), New Zealand String

Quartet - Faure: Nocturne No 6 in D flat Op

63; Ravel: Sonatine; Psathas: Piano Quintet

(interval); Franck: Piano Quintet in F minor

9.15 From the New Zealand Collection

NZ performers and composers

10.00 Day's End RNZ Concert's musical

nightcap

12.00am Music Through the Night**Website: radionz.co.nz/concert****RadioLIVE****6.00 Tony Murrell 9.00 Carly Flynn 2.00 Brendan****Telfer 6.00 Newshub Live 7.00 Kyran Black 8.00****Graeme Hill 12.00am Tony Amos****Website: radiolive.co.nz****Newstalk ZB****6.00 Nigel Yalden 9.00 Jack Tame Noon Tony Veitch****6.00 Bruce Russell 12.00am Gary Denvir****Website: newstalkzb.co.nz**

TVNZ 1

FREEVIEW 1 SKY 001

6.00 Rural Delivery (G, R, HD, C)
6.25 Fishy Business (G, R, HD, C)
6.50 Sunday (R, HD, C)
7.35 Tagata Pasifika (R, HD)
8.00 Praise Be (G, R, HD)
8.30 Attitude (G, HD, C, AD)
 Today: In Washington, David Egan is paving the way for others with Down syndrome.
9.00 Q+A (C)
10.00 Marae (G, HD)
10.30 Waka Huia (HD) Today: Keeping up with Hilda and Hone Harawira.
11.00 Neighbourhood (G, HD, C) Today: Naz Khanjani hosts a tour of Albany.
11.30 Fair Go (R, HD, C)
Noon Coronation Street (R, C, AD) Today: The Platts have nowhere left to run, and Tim makes a shock discovery.
1.00 Monster Fish (G, R, C) Giant Catfish: Zeb is lured by stories of gigantic catfish.
1.55 You Can't Get the Staff (G, R, C, AD) Today: Composer Drew Rieger has a housekeeping crisis.
2.55 Alex Polizzi's Secret Italy (G, R, C) Southern Sicily: Alex concludes her journey.
3.55 Taste of a Traveller (G, C) Today: Brett McGregor is on a mission to meet Rick Stein.
4.25 Topp Country (PGR, R, HD, C, AD) Bread: Lynda and Jools Topp visit bread-bakers and bread-lovers.
4.55 The Celebrity Chase (C)
6.00 1 News (C)
7.00 Hyundai Country Calendar (G, HD, C, AD) Super Fruit: A former share-milking couple plant a blueberry orchard and develop a boutique fruit ice cream outlet near Matamata.
7.30 Sunday (HD, C) With Miriama Kamo.
8.30 The Naked Choir (HD, C, AD) Jeff Hunkin presents an a cappella group talent search. Tonight: The groups prepare for a challenging task, and the pressure of the competition and a struggling performance sees one group heading in the wrong direction.
9.30 Murder Calls (AO, C, AD) Australian true crime series. Tonight: The murders of Stephen Dempsey and Ezzedine "Eddie" Bahmad, who were killed by Richard William Leonard.
10.35 Aquarius (AO, C) Revolution 9: While Shafe's addiction problems mount, Hodiak helps an old war buddy find his blackmailer.
11.30 Q+A (R, C)
12.35am Attitude (G, R, HD, C, AD)
1.05 Emmerdale (PGR, R, C)
3.05 Marae (G, R, HD)
3.35 - 6.00 Infomercials

TVNZ 2

FREEVIEW 2 SKY 002

6.00 The Adventures of Chuck and Friends (G, R, C)
6.20 Thomas and Friends (G, C)
6.30 Octonauts (G, R, C)
6.45 Little Monster (G, R, HD, C)
6.50 Sooty (G, R, C)
7.00 ALVINNN!!! and the Chipmunks (C)
7.10 Miraculous Tales of Ladybug and Cat Noir (G, R, C)
7.35 Jamie's Got Tentacles! (G, C)
8.00 What Now? Today: A celebration of Mother's Day, and special guests for New Zealand Sign Language Week.
10.00 Shortland Street Omnibus (PGR, R, HD, C, AD)
Noon Survivor New Zealand (PGR, R, HD, C, AD) Matt Chisholm presents a local version of the reality show.
2.35 American Housewife (R, C) US sitcom. Pilot: Katie tries to ensure that another heavyset woman moves into the neighbourhood. The Nap: Katie's plans for a nap are thwarted.
3.30 Home and Away Omnibus (PGR, R, C)
6.00 The Simpsons (PGR, C) Father Knows Worst: A bizarre accident leaves Homer without the use of his tongue.
6.30 The Middle (G, R, C) Year of the Hecks: Frankie tries to bribe the family into sticking to their New Year's resolutions.
7.00 Survivor New Zealand (AO, HD, C, AD, another episode screens tomorrow) Tonight: Following a shocking blindside, one contestant delivers a vengeful message to his ex-tribemates, and when a test of physical stamina proves too much for one team, alliances begin to crumble.
8.35 The Blind Side (2009, PGR, R, C, AD) Based on the story of African-American football player Michael Oher, who was taken under the wing of a white family when he was a teenager. Sandra Bullock, Tim McGraw, Quinton Aaron, Kathy Bates.
Films, page 70
11.00 The Taking of Deborah Logan (2014, AO) A documentary crew making a film about Alzheimer's patients uncover something sinister. Jill Larson.
12.40am Marvel's Agents of SHIELD (AO, C)
2.15 The 100 (PGR, R, C)
3.00 Infomercials
3.35 Containment (AO, R, C)
4.15 It Is Written
4.45 The Fosters (PGR, R)
5.30 - 6.00 Infomercials

THREE

FREEVIEW 3 SKY 003

6.00 Life TV (G, R)
6.30 Brian Houston (G, R)
7.00 Charles Stanley (G, R)
8.00 Living Church of God (G, R)
8.30 Turning Point (G, R)
9.00 R&R (HD)
9.30 The Hui (C) With Mihingarangi Forbes.
10.00 The Nation (HD, C) With Lisa Owen.
11.00 Big Angry Fish (G, R, HD)
11.40 Creative Living (G, R, HD)
Noon Entertainment Tonight Weekend (PGR)
1.00 Motorsport (HD) D1NZ, round two, Manfeild.
1.30 Motorsport (HD) NZ Rally, round two, Whangarei.
2.30 Motorsport (HD) MotoGP, round four, Spain.
3.30 Motorsport (HD) WEC, round two, Spa-Francorchamps.
4.30 Gone Fishin' (G, HD)
5.00 Ocean Bounty (HD)
6.00 Newshub Live
7.00 The Bachelor NZ (HD, C) Tonight: The final three return to their hometowns.
8.20 Little Fockers (2010, AO, R, HD, C) A father-in-law meddles when he attends his grandchildren's sixth birthday celebrations. Ben Stiller, Teri Polo, Robert De Niro, Blythe Danner.
10.20 The Wrong Girl (PGR, R, HD, C) Tonight: Lily is worried Jack won't turn up for his last show.
11.20 Westside (AO, R, HD, C)
12.10am Infomercials
5.30 - 6.00 Brian Houston @ Hillsong TV (G, R)

BRAVO

FREEVIEW 4 SKY 012

6.00 Dance Moms (G, R) **6.45 Hoarders** (G, R) **8.15 Catfish: The TV Show** (G, R) **9.45 Hoarders** (G, R)
10.30 The Millionaire Matchmaker (R) **11.15 Masters of Flip** (G, R) **12.05 The Real Housewives of Sydney** (R) **1.05 Teen Mom** (G, R) **1.55 Keeping Up with the Kardashians** (R) **2.55 Teen Mom** (G, R) **3.45 Catfish: The TV Show** (G, R) **6.30 Kim of Queens** (G) Tonight: Allyson takes the mums out for a night on the town. **7.30 America's Next Top Model** (PGR) Major Key Alert: The contestants head into the city dressed in lingerie. **8.30 Hollywood Medium** with Tyler Henry (G, R) Tonight: Jaime Pressly connects with a young Hollywood star who died tragically. **9.30 Botched** by Nature (PGR) The Chronicles of Hernia: A young woman has severely deformed breasts, and the doctors aid a musician who was born without an ear. **10.30 Don't Be Tardy** (PGR) Tonight: Kim and Kroy welcome baby Kash into the world, but the townhouse may be too small. **11.30 Snapped** (PGR, R) **12.20am - 6.00 Infomercials**



TVNZ 2: Survivor New Zealand, 7.00pm

PRIME

FREEVIEW 10 SKY 004

6.00 Religious Programming (G)
10.30 Sport Box (G)
Noon Hot Bench (G, R)
12.30 University Challenge (G, R, C)
1.00 War News (PGR, R)
2.00 The Odd Couple (PGR, R, C)
2.30 The Story of China (PGR, R, C)
3.30 Toyota Grassroots Rugby (G)
4.30 Rugby Nation (G)
5.30 Prime News
6.00 The Great British Bake Off (G, R, C)
7.00 Storage Wars (PGR)
7.30 Doctor Who (PGR, C) Oxygen: The Doctor answers a distress call.
8.30 Soundbreaking (AO, R, C) The World Is Yours: The musical revolution that was inspired by recording: the art of sampling.
9.40 60 Minutes (PGR) Tonight: Fighting famine in South Sudan.
10.35 Bull (PGR, R, C)
11.30 - 12.45am ANZAC Girls (AO, R)

MAORI TV

FREEVIEW 5 SKY 019

10.00 Cam's Kai (G, R)
10.30 Sidewalk Karaoke (G, R)
11.00 Native Affairs (R)
11.30 Media Take
12.30 Waiata (G, R)
1.00 Find Me a Maori Bride (R)
1.30 School of Training (R)
2.00 Touch Football Men's and women's Youth Trans-Tasman Test Series, U18 and U20 Mixed.
3.00 Basketball NZ NBL, Canterbury Rams v Southland Sharks, **live**.
5.00 Tradition on a Plate (G, R) Tonight: Inanga Delight.
5.30 Matangi Rau (G)
6.30 Te Kaea
7.00 Vodafone Warriors Tonight: Warriors v Panthers.
8.30 The Piano (1993, AO) In the 1850s, a mute woman starts a new life with her young daughter in New Zealand and prepares for an arranged marriage to a landowner. Holly Hunter, Harvey Keitel, Anna Paquin, Sam Neill. **Films, page 70**
10.35 - 11.05 Te Kaea (R)

SKY PREMIERE SKY 030	MOVIES EXTRA SKY 031	MOVIES CLASSICS SKY 034	RIALTO SKY 039
<p>7.00 The Revenant (2016, 16) Leonardo DiCaprio.</p> <p>9.35 The Harvest (2013, M) Samantha Morton.</p> <p>11.20 The Legend of Tarzan (2016, M) Alexander Skarsgård.</p> <p>1.10 Central Intelligence (2016, M) Dwayne Johnson.</p> <p>3.00 The Perfect Guy (2015, M) Sanaa Lathan.</p> <p>4.40 99 Homes (2014, M) Andrew Garfield, Michael Shannon.</p> <p>6.30 The Intern (2015, M) A widower is hired as a senior intern. Robert De Niro.</p> <p>8.30 Star Trek Beyond (2016, M) The Starship Enterprise is dispatched on a rescue mission when they are ambushed by a ruthless enemy, putting everything they stand for to the test. Chris Pine.</p> <p>10.35 Secret in Their Eyes (2015, M) Three investigators reunite 13 years after a case. Julia Roberts.</p> <p>12.25am The Overnight (2015, 16) 1.45 99 Homes (2014, M) 3.35 Star Trek Beyond (2016, M) 5.50 The Intern (2015, M)</p>	<p>7.55 Florence Foster Jenkins (2016, PG) Meryl Streep.</p> <p>9.45 Youth (2015, M) Michael Caine.</p> <p>11.45 Man About Town (2006, M) Ben Affleck.</p> <p>1.25 Trumbo (2015, M) Bryan Cranston.</p> <p>3.30 Before We Go (2014, M) Chris Evans, Alice Eve.</p> <p>5.05 Our Brand Is Crisis (2015, M) Sandra Bullock, Billy Bob Thornton.</p> <p>6.50 Breaking Through (2015, PG) An aspiring dancer is discovered via the internet. Sophia Aguiar.</p> <p>8.30 Mr Right (2015, 16) A young woman recovering from a break-up meets a man, unaware that he is a hitman for hire who is on the run from his dubious clients. Anna Kendrick.</p> <p>10.10 Third Person (2013, M) Three interlocking love stories. Liam Neeson, Olivia Wilde.</p> <p>12.25am Finding Ms Right (2012, 16) 1.55 Before We Go (2014, M) 3.30 Mr Right (2015, 16) 5.05 Our Brand Is Crisis (2015, M)</p>	<p>6.00 The Driver (1978, PG) Ryan O'Neal.</p> <p>7.30 Rain Man (1988, M) Dustin Hoffman.</p> <p>9.45 Repossessed (1990, M) Leslie Nielsen.</p> <p>11.10 Tom Horn (1980, PG) Steve McQueen.</p> <p>12.50 West Side Story (1961, G) Natalie Wood.</p> <p>3.20 Cold Sweat (1970, M) Charles Bronson.</p> <p>4.55 Crimes of the Heart (1986, PG) Diane Keaton.</p> <p>6.40 Leaving Las Vegas (1995, 18) Nicolas Cage, Elisabeth Shue.</p> <p>8.30 Sixteen Candles (1984, PG) A teenage girl, pursued by one boy and chasing another, is overlooked by her family on her 16th birthday. Molly Ringwald.</p> <p>10.00 Johnny Handsome (1989, 16) A disfigured prisoner volunteers for experimental plastic surgery. Mickey Rourke.</p> <p>11.35 The Man with Two Brains (1983, PG) Steve Martin.</p> <p>1.05am Light Sleeper (1992, 16) 2.50 Tom Horn (1980, PG) 4.30 Crimes of the Heart (1986, PG)</p>	<p>7.50 Broke (2016, 16) Steve Bastoni.</p> <p>9.30 Swiss Army Man (2016, M) Paul Dano.</p> <p>11.10 Walking on Sunshine (2014, PG) Greg Wise.</p> <p>12.45 The Idealist (2015, M) Peter Plaugborg.</p> <p>2.40 Ticked (2016, M) Local documentary.</p> <p>4.15 The Tickle King (2017, M) Local documentary.</p> <p>4.40 The Music of Strangers (2015, M) US documentary.</p> <p>6.20 Jane Got a Gun (2016, 16) A woman tries to save her outlaw husband. Natalie Portman.</p> <p>7.55 NZ Music Month 13th Floor Sessions (M) Tonight: Ghost Town.</p> <p>8.30 The Red Shoes (1948, PG) A ballerina is torn between a composer and a jealous ballet impresario. Moira Shearer. Films, page 70</p> <p>10.50 Bridging (2015, 18) Hannah Murray, Josh O'Connor.</p> <p>12.40am The Bureau (16) 1.35 Walking on Sunshine (2014, PG) 3.10 The Idealist (2015, M) 5.05 Ticked (2016, M)</p>

GENERAL

Choice TV FREEVIEW 12 SKY 024

6.00 Australia's Remote Islands **6.30** Through the Bible with Les Feldick **7.00** Dangerous Roads **8.00** The Beaver Whisperers **9.00** American Pickers **10.00** Phil's Empty Homes Giveaway **11.00** Weird Wonders of the World **Noon** Better Homes and Gardens **1.30** American Restoration **2.30** Walks with My Dog **3.25** Empire **4.30** Jamie at Home **5.30** Restoration Man **6.30** The Living Room **7.30** The Cook Who Changed Our Lives **8.30** The Kids Are All Right (2010, AO) Two children who were conceived by artificial insemination decide to search for their biological father. Annette Bening, Julianne Moore, Mark Ruffalo, Mia Wasikowska. **Films, page 70** **10.35** Penn & Teller: Fool Us (PGR) **11.30** Best House on the Street **12.30am** Australia's Remote Islands **1.00** Britain's Best Back Gardens **2.00** The Kids Are All Right (2010, AO) **4.00** The Cook Who Changed Our Lives **5.00** Restoration Man

TVNZ Duke FREEVIEW 13 SKY 023

6.00 Soccer, Bundesliga, RB Leipzig v Bayern Munich. **7.30** AFL, Essendon v Geelong. **10.00** Formula E Championship, round five. **Noon** On Duke Today **12.05** Soccer, Major League, Chicago Fire v Seattle Sounders FC. **live. 2.35** On Duke Today **3.00** AFL, Richmond v Fremantle. **live. 6.00** Man v Fly **6.10** According to Jim (C) The Rendezvous: Jim sets up a special date with Cheryl. **6.35** Whose Line Is It Anyway? (PG) **7.05** Scrubs (PGR, C) My Plans: Temptation gets the better of JD when Dr Molly returns. **7.33** Battle Factory (PGR) **8.02** Rude-ish Tube (AO) **8.30** Family Guy (AO) Blue Harvest (Part 2): When the power goes out, Peter decides to tell his family the story of Star Wars. **9.00** South Park (AO) Butterballs: After Butters shows up at school with a black eye, Stan stands up for the anti-bullying cause with a song and dance video. **9.30** Tosh.0 (AO) **9.55** Workaholics (AO) We Be Ballin': The guys will stop at nothing to get tickets to a basketball game. **10.25** Supernatural (AO, C) There's Something About Mary: Sam and Dean are suspicious when hunters are being killed in "accidents". **11.20** Bar Rescue (PGR) **12.10am - 2.45** AFL, Gold Coast v Port Adelaide.



Choice TV: The Kids Are All Right, 8.30pm

UKTV SKY 007

6.25 8 Out of 10 Cats (M) **6.50** EastEnders (PG) **9.05** Heartbeat (PG) **10.00** The Graham Norton Show (PG) **11.00** Death in Paradise (M) **11.55** Surprise Surprise (PG) **12.45** Silent Witness (16) **2.35** Midsomer Murders (M) **4.25** Doc Martin (M) **5.15** Heartbeat (PG) **6.10** Death in Paradise (M) The Wrong Man: A stand-in is killed on a film set. **7.05** Birds of a Feather (PG) Forever Young: Dorien is fast approaching "The Big 7-0". **7.30** Casualty (M) Learning to Fly: Jeff gets into a nasty situation. **8.30** Midsomer Murders (M) The Dark Rider: Barnaby investigates the death of a member of an aristocratic family. **10.15** Lewis (M) Falling Darkness: A stem-cell research scientist is murdered. **11.50** Friday Night Dinner (M) **12.15am** Inspector Morse (M) **2.05** Inspector George Gently (M) **3.40** Midsomer Murders (M) **5.30** Death in Paradise (M)

SoHo SKY 010

6.25 Crashing (16) **7.10** Southern Rites (16) **8.40** Crashing Marathon (16) Season one of the US comedy series. **12.45** Girls Marathon (16) Season six of the US comedy series. **6.00** Real Time with Bill Maher (M) **7.00** Last Week Tonight with John Oliver (M) **7.30** The Americans (16) **8.30** Guerrilla (16) UK drama about a politically active couple in 1970s London whose relationship is tested when they liberate a political prisoner. **9.30** The Leftovers (16) G'Day Melbourne: Kevin and Nora travel to Australia,

where she continues to track down the masterminds of a con. **10.30** Billions (16) Ball in Hand: Axe receives unexpected news, and Chuck finalises his long game. **11.30** Silicon Valley (M) **12.00am** Veep (M) **12.30** Real Time with Bill Maher (M) **1.30** Last Week Tonight with John Oliver (M) **2.00** The Americans (16) **2.50** Guerrilla (16) **3.50** The Leftovers (16) **4.50** Billions (16) **5.50** Silicon Valley (M)

Living SKY 017

6.00 Escape to the Continent **7.00** Real Potential **7.25** Better Homes and Gardens **8.50** Chelsea's Greatest Garden **9.40** Inside the Factory **10.40** Escape to the Continent **11.40** Tony Robinson's Coast to Coast **12.35** Gogglebox (M) **1.30** The Great Interior Design Challenge **2.30** Back in Time for Dinner **3.30** The Secret Life of the Zoo (M) **4.30** Gogglebox (M) **5.30** Selling Houses with Amanda Lamb **6.30** Great British Railway Journeys (G) Tonight: Michael Portillo journeys along the north-east coast. **7.30** Escape to the Country **8.30** Tony Robinson's Coast to Coast **9.30** Long Lost Family UK **10.30** A Place in the Sun: Winter Sun **11.30** Escape to the Continent **12.30am** Gogglebox (M) **1.25** Escape to the Country **2.20** Tony Robinson's Coast to Coast **3.15** Long Lost Family UK **4.10** A Place in the Sun: Winter Sun **5.05** The Secret Life of the Zoo (M)

Sky Arts SKY 020

6.55 Buddy Guy's Legends Presents Chicago Blues **8.00** Gustav Mahler's Third Symphony **10.00** Aida **12.30** Velvet **1.40** Aimee Mann Plays Baloise Session **2.55** Buddy Guy's Legends Presents Chicago Blues: Mike Wheeler. **4.00** The Art of Australia **5.00** Other Voices **6.30** Later with Jools Holland (G) Tonight: Florence and the Machine; the Charlatans; James Taylor; Mini Mansions; Andreyana Triana; and Madisen Ward and the Mama Bear. **7.30** Video Killed the Radio Star: Crowded House. **8.30** Soundstage: Wilco. **9.30** Guitar Star (G) George Benson, Tony Visconti and Miloš Karadaglić conduct a guitar talent search. **10.45** Beth Hart Plays Baloise Session **12.00am** The Art of Australia **1.00** Other Voices **2.30** Later with Jools Holland **3.30** Video Killed the Radio Star **4.30** Soundstage **5.30** Guitar Star

SPORT

Sky Sport 1 SKY 051

6.00 Super Rugby, Crusaders v Hurricanes. **6.30** Super Rugby, Blues v Cheetahs. **7.00** Super Rugby, Bulls v Highlanders. **7.30** Super Rugby, Crusaders v Hurricanes. **9.30** Super Rugby, Jaguares v Force, from José Amalfitani Stadium, Buenos Aires, Argentina, **live**. **Noon** Super Rugby, Crusaders v Hurricanes. **12.30** Super Rugby, Bulls v Highlanders. **2.30** Super Rugby, Kings v Sharks. **4.30** Super Rugby, Crusaders v Hurricanes. **6.30** Super Rugby, Bulls v Highlanders. **7.00** Nascar Cup Series, Go Bowling 400. **8.00** Super Rugby, Crusaders v Hurricanes. **8.30** Rugby Nation **9.30** TBA **1.20am** Super Rugby, Bulls v Highlanders. **1.50** TBA

Sky Sport 2 SKY 052

6.00 NRL, Panthers v NZ Warriors. **8.00** The After Match **8.30** UCL Magazine Show **9.00** Fox Sports News **9.30** NRL Highlights **10.00** Sky Sport News NZ **10.30** Cricket, IPL, Kolkata Knight Riders v Mumbai Indians. **11.00** Cricket, IPL, Gujarat Lions v Sunrisers Hyderabad. **11.30** Sky Sport News NZ **Noon** NRL Highlights **12.30** NRL, Panthers v NZ Warriors. **1.00** The After Match **1.30** Rugby League, Holden Cup, Knights v Raiders, **live**. **3.30** NRL, Newcastle Knights v Canberra Raiders, from McDonald Jones Stadium, NSW, **live**. **6.00** NRL, Sydney Roosters v Parramatta Eels, from Allianz Stadium, Sydney, **live**. **8.00** League Legends **8.30** Netball, ANZ Premiership, Waikato Bay of Plenty Magic v Southern Steel. **10.20** Cricket, IPL, Rising Pune Supergiants v Kings XI Punjab, from Maharashtra Cricket Association Stadium, Pune, India, **live**. **2.20am** Cricket, IPL, Delhi Daredevils v Royal Challengers Bangalore, from Feroz Shah Kotla, Delhi, India, **live**.

Sky Sport 3 SKY 053

6.00 Golf, US PGA Tour, Players C'ship, third round, **live**. **11.00** Live from the Players Championship **1.00** Golf, US PGA Tour, Players C'ship. **1.30** NRL Sunday Footy Show **3.30** Rugby Sevens, World



BBC Knowledge: James May's Cars of the People, 7.30pm

Series, Paris leg, day one. **5.00** Formula 1, Spanish GP, qualifying, from Barcelona. **6.30** Live from the Players Championship **8.00** Golf, US PGA Tour, Players C'ship, highlights. **8.30** Motorcycle Racing, World Superbike C'ship, Italy. **9.10** Motorcycle Racing, World Superbike C'ship, from Autodromo Enzo e Dino Ferrari, Imola, Italy, **live**. **2.30am** NRL Highlights **3.30** Rugby League, Challenge Cup, Salford Red Devils v Hull Kingston Rovers, replay. **5.30** Golf, US PGA Tour, Players C'ship, highlights.

ESPN SKY 060

6.00 Softball, College, **live**. **8.00** NBA Finals Films **9.00** Basketball, WNBA, Los Angeles Sparks v Seattle Storm, from Staples Center, Los Angeles, California, **live**. **11.00** SportsCenter **Noon** Softball, College, **live**. **2.00** Boxing, Premier Champions, **live**. **4.00** SportsCenter **5.00** World's Strongest Man **6.00** Tennis, ATP World Tour and WTA Tour, Mutua Madrid Open, semi-finals. **7.30** Tennis, ATP World Tour and WTA Tour, Mutua Madrid Open, semi-finals. **9.00** ESPN Original Documentaries **10.30** Boxing, Premier Champions. **12.30am** Basketball, WNBA, Los Angeles Sparks v Seattle Storm. **2.30** Softball, College. **4.30** In Depth with Graham Bensinger **5.00** Bowling, PBA, replay.

History SKY 073

6.30 Inside the Vietnam War (M) **7.30** True Supernatural (PG) **8.30** The Cars That Made Us (PG) **9.30** The Australian SAS: The Untold History (PG) **10.30** John J Pershing (PG) **11.30** Inside the Vietnam War (M) **12.30** True Supernatural (PG) **1.30** The Australian SAS: The Untold History (PG) **2.30** Dig World War II (PG) **3.30** Supersonic Women (PG) **4.30** In Nelson's Footsteps (PG) **5.30** Grand Tours of the Scottish Islands (PG) **6.00** Griff's Great Britain (PG) **6.30** After Hitler (PG) **7.30** Ancient Top 10 (PG) **8.30** Genius of the Ancient World (PG) Tonight: Socrates. **9.30** ■ Citizenfour (2014, M) **11.30** Combat Trains (M) **12.30am** Soviet Storm: WWII in the East (PG) **1.30** History's Raiders (PG) **2.30** World War II in Colour (M) **3.15** Cities of the Underworld (PG) **4.00** Ancient Top 10 (PG) **4.45** Genius of the Ancient World (PG) **5.30** ■ Citizenfour (2014, M)

BBC Knowledge SKY 074

6.50 Bear Grylls: Britain's Biggest Adventures (PG) Today: Bear explores the iconic landscape of the Yorkshire Dales. **7.40** Life Below Zero (M) **8.30** Top Gear Marathon (PG) **1.35** 24 Hours in A&E Marathon (M) **5.45** Channel Patrol (PG) **7.30** James May's Cars of the People (PG) Tonight: Rolls-Royce's journey from the elite to the everyman, and how the Mustang and Capri pioneered excitement. **8.35** The Force: Essex (PG) Behind the scenes of the Essex police force. **9.30** 24 Hours in Police Custody (M) Love Hurts: Detectives investigate and interview a suspect arrested on suspicion of conspiracy to murder. **10.25** The English Channel Patrol (PG) Tonight: The RNLI fight to save Eastbourne pier when it catches fire. **11.15** Top Gear Marathon (PG) **4.35am** James May's Cars of the People (PG) **5.40** The Truth About ... (PG)

DOCUMENTARIES

Discovery SKY 070

7.30 How It's Made (PG) **8.20** Gold Rush (PG) **9.10** The Wheel (PG) **10.00** Cooper's Treasure (M) **10.50** Alaska: The Last Frontier Specials (M) **11.40** Confessions of the Boston Strangler (M) **1.20** Treasure Quest: Snake Island (PG) **2.10** Gold Rush Marathon (PG) **6.35** Gold Rush (PG) **7.30** Anthony Bourdain: Parts Unknown (M) Chicago: Chicago is revealed through the memories and stories of the people who live there. **8.30** Killing Richard Glossip (M) Convicted murderer Richard Glossip is on death row. **10.15** The Wheel (PG) **11.05** Railroad Australia (PG) **11.55** Cooper's Treasure (M) **12.45am** Bering Sea Gold (PG) **1.35** How Do They Do It? (PG) **2.00** Auction Hunters (PG) **2.25** Alaska: The Last Frontier (M) **3.15** Bering Sea Gold (PG) **4.05** Treehouse Masters (PG) **4.55** MythBusters (PG)

National Geographic SKY 072

7.30 Ancient X-Files (PG) **8.30** Dark Secrets of the Lusitania (PG) **9.30** Bob Ballard Special (PG) **10.30** Genius (PG) **11.30** Hitler's Last Year (M) **1.30** Inside: Guantanamo (M) **2.30** Explorer: Fighting ISIS (M) **3.30** Next Megaquake (PG) **5.30** Parched (PG) **6.30** Genius (PG) The story of Albert Einstein. **7.30** Origins: The Journey of Humankind (PG) **8.30** Mystery of the Himalayan Mummies (PG) Scientists explore caves of human bones and artefacts to understand the lives of those who settled into life at the roof of the world. **9.30** China's Mystery Mummies (G) Opens an ancient case of missing persons. **10.30** Uncensored with Michael Ware (M) **11.30** Breakthrough (PG) **12.30am** Origins: The Journey of Humankind (PG) **1.30** Space Mysteries **2.30** Science of Stupid (PG) **3.30** Air Crash Investigation (PG) **5.30** Situation Critical (M)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO

6.08 Storytime

7.10 Sunday Morning with Wallace Chapman Including: 7.35 The House; 8.10 Insight; 9.06 Mediawatch

12.12 Standing Room Only Including: 1.10 At the Movies with Simon Morris; 2.05 The Laugh Track

3.04 The 3 O'Clock Drama The Fat Man, by Maurice Gee (RNZ)

4.06 The Sunday Feature

5.00 The World at Five

5.11 Heart and Soul (BBC)

5.40 Te Waonui a Te Manu Korih

6.06 Te Ahi Kaa

6.40 Voices

7.05 The TED Radio Hour (NPR)

8.06 Sunday Night with Grant Walker

10.00 The 10 O'Clock Report

10.12 Mediawatch

10.45 The House

11.04 The Retro Cocktail Hour (KPR)

12.04am All Night Programme Including:

12.05 Music After Midnight; 12.30 Health Check (BBC); 1.05 Te Ahi Kaa; 2.30 NZ Music Feature; 3.05 Mother's Day Mouse, by Shirley Eng (RNZ); 3.30 Science in Action (BBC); 5.10 Witness (BBC)

Website: radionz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO

News and Weather 6.00am, 8.00, 9.00am, noon, 3.00pm, 6.00, 10.00pm

6.00 Sanctuary

7.30 Hymns on Sunday

8.00 Grace Notes

9.00 The Works

10.00 Santa Fe Chamber Music Festival 2016

Bridge: Lament for Two Violas, Tien-Hsin Cindy Wu & Che-Yen Chen (violas); Dvorak: Piano Quintet in A Op 81, Peter Serkin (piano), Dover Quartet (WFMT)

Noon The Critic's Choice

1.00 Vintage Years

2.00 The Sunday Feature Erica Challis looks at Tristan & Isolde, the opera in which Wagner ushered in a new musical era and took the human voice to new limits in 1865

3.00 Afternoon Concert Gisborne

International Music Competition 2016 (2 of 3)

5.00 New Horizons

6.00 Opera on Sunday Metropolitan Opera Season. Stuart Skelton, Nina Stemme, Tony Stevenson, Ekaterina Gubanova, Evgeny Nikitin, Neal Cooper, René Pape, Alex Richardson, David Crawford, Metropolitan Opera Chorus & Orch/Simon Rattle - Wagner's Tristan and Isolde (19 of 24, EBU)

11.00 Day's End RNZ Concert's musical nightcap

12.00am Music Through the Night

Website: radionz.co.nz/concert

RadioLIVE

6.00 Tony Murrell **10.00 Ryan Bridge** **2.00 Andrew Gourdie & Jim Kayes** **6.00 Newshub Live** **7.00 Vaughan Davis** **8.00 Graeme Hill** **12.00am Tony Amos** **5.00 James Coleman**
Website: radiolive.co.nz

Newstalk ZB

6.00 Pete Wolfkamp **8.00 Mark Watson** **9.00 Andrew Dickens** **Noon Tony Veitch** **6.00 John Cowan** **8.00 Tim Roxborough & Tim Wilson** **12.00am Bruce Russell** **5.00 Rachel Smalley**
Website: newstalkzb.co.nz

TVNZ 1 FREEVIEW 1 SKY 001

- 6.00 Breakfast** With Hilary Barry and Jack Tame.
- 9.00 The Ellen DeGeneres Show** (PGR, R, C)
Today: Ashton Kutcher.
- 10.00 Tipping Point** (G, R)
- 11.00 The Chase** (G, R, C)
- Noon 1 News** (C)
- 12.30 Emmerdale** (PGR, C) Today: Chas returns to a shocking revelation; Carly gets an unexpected offer; and Faith is caught in the act.
- 1.00 MasterChef Australia** (G, R, C) Today: Four contestants compete for guaranteed immunity.
- 2.00 New Zealand on a Plate** (G, R, C) Queenstown: The resort of Blanket Bay plays host to Corey Hume.
- 2.30 Gino's Italian Escape: A Taste of the Sun** (G) Today: Gino explores the north-western region of Liguria.
- 3.00 Tipping Point** (G)
- 3.55 Te Karere** (C)
- 4.25 Four in a Bed** (G, R) The Old Times Guest House: Mother and daughter Linda and Kelly Langdown take their Old Times Guest House patrons go-karting.
- 4.55 The Celebrity Chase** (C) Bradley Walsh hosts a quiz show.
- 6.00 1 News** (C)
- 7.00 Seven Sharp** (C) Mike Hosking and Toni Street present current affairs.
- 7.30 Fair Go** (HD, C) Pippa Wetzell and Haydn Jones present consumer affairs.
- 8.00 Coast New Zealand** (G, HD, C, AD) Hawke's Bay: Neil Oliver tackles a coastal sport like no other and encounters one of the world's great survivors at an exclusive haven for vulnerable species.
- 9.00 Highway Cops** (PGR, HD, C) Tonight: A bad decision sends a driver off on foot; a paddock crash leaves tourists stuck; and a visitor learns driving drunk has consequences no matter where you are from.
- 9.30 APB** (AO, C, AD) Ricochet: Gideon is blamed for some terrorist attacks, and he and Captain Conrad work fast to track down the real culprit.
- 10.25 1 News Tonight** (C)
- 10.55 Murder in the First** (AO, C) Kat's Meow: A voicemail reveals who hired James to kill Parker.
- 11.50 The Following** (AO, R, C) The Reckoning: Eliza finds Theo and him tortured, and she interrogates Ryan on what he knows.
- 12.45am Te Karere** (R, C)
- 1.10 Infomercials**
- 5.05 Impact for Life** (R)
- 5.35 - 6.00 Te Karere** (R, C)

TVNZ 2 FREEVIEW 2 SKY 002

- 6.00 Creflo Dollar Ministries**
- 6.30 Sesame Street** (G, C)
- 6.55 Peppa Pig** (G, C)
- 7.00 SpongeBob SquarePants** (G, R, C)
- 7.25 Beyblade Burst**
- 7.50 Slugterra** (C)
- 8.15 Sofia the First** (G, R, C)
- 8.35 Doc McStuffins** (G, R, C)
- 9.00 Infomercials**
- 10.30 Neighbours** (G, R, C)
- 11.00 Home and Away** (PGR, R, C)
- 11.30 Shortland Street** (PGR, R, HD, C, AD)
- Noon The Ellen DeGeneres Show** (PGR, C) Today: Bradley Cooper
- 1.00 The Jeremy Kyle Show** (PGR)
- 2.00 Judge Rinder** (M)
- 3.00 America's Funniest Home Videos** (G, R, C)
- 3.30 Horace in Slow Motion** (G, R)
- 3.32 Leon** (G, R, C)
- 3.35 The Adam and Eve Show** (HD, C)
- 4.05 Bunk'd** (C)
- 4.30 Friends** (G, R, C)
- 5.00 The Simpsons** (C)
- 5.30 Home and Away** (PGR, C)
- 6.00 The Big Bang Theory** (PGR, R, C) The Decoupling Fluctuation: Sheldon learns a secret about Penny.
- 6.30 Neighbours** (G, C) Tonight: Yashvi is up to no good, and Gary lies to Terese.
- 7.00 Shortland Street** (PGR, HD, C, AD) Tonight: Finn and Esther look to the future; Vinnie splashes out; and Sass remains oblivious danger. Writer Alistair Boroughs, director Angela Bloomfield.
- 7.30 Survivor New Zealand** (AO, HD, C, AD) Tonight: The weather challenges the contestants' mental and physical endurance.
- 8.30 Bride and Prejudice: The Forbidden Weddings** (AO, C) Tonight: Sparks fly for Courtney and Brad, and a confrontation could lead to disaster for Marina and Donny.
- 9.30 Hell's Kitchen** (AO, C) Crepe Grand Prix: The contestants enter in the first annual Crepe Grand Prix challenge.
- 10.25 Two and a Half Men** (PGR, R, C)
- 10.55 Cougar Town** (PGR, R, C)
- 11.25 Filthy Rich** (AO, R, C, AD)
- 12.25am Desperate Housewives** (R, C)
- 1.15 Shortland Street** (PGR, R, HD, C, AD)
- 1.40 Infomercials**
- 2.45 Scandal** (AO, R)
- 3.30 The Real** (PGR)
- 4.15 Selfie** (PGR, R)
- 4.40 The Adam and Eve Show** (R, HD, C)
- 5.05 Neighbours** (G, R, C)
- 5.30 - 6.00 Infomercials**

THREE FREEVIEW 3 SKY 003

- 6.00 The AM Show** With Duncan Garner, Amanda Gillies and Mark Richardson.
- 9.00 The Cafe**
- 10.00 Infomercials**
- 11.25 Family Feud** (G, R, HD, C)
- Noon Dr Phil** (AO, HD)
- 1.00 The Bachelor NZ** (R, HD, C)
- 2.20 Baggage** (AO, R, HD)
- 2.50 Entertainment Tonight** (G)
- 3.20 Sticky TV** (G, HD)
- 4.00 Newshub Live**
- 4.25 The Block** (G, HD)
- 5.25 Family Feud** (G, HD, C) With Dai Henwood.
- 6.00 Newshub Live**
- 7.00 The Project** (HD) With Jesse Mulligan, Kanoa Lloyd and Josh Thomson.
- 7.30 The Bachelor NZ** (HD, C) Tonight: Zac takes the final three Bachelorettes on a fantasy date with the prospect of an overnight stay.
- 8.35 Hyde & Seek** (AO, HD, C) Australian crime-drama series. Tonight: Gary and Nick are called to a homicide, but the victim's van explodes, killing Nick.
- 9.30 Chicago Med** (AO, HD, C) Monday Mourning: A suicide shakes the staff, and Choi and Halstead face off over how to treat a patient with stroke symptoms.
- 10.30 Newshub Late**
- 11.00 The Blacklist** (AO, HD, C) Dr Bogdam Krilov: Liz questions her own experiences.
- 11.55 The Project** (R, HD)
- 12.20am Infomercials**
- 5.30 - 6.00 City Impact Church** (R)



Bravo: Snapped: Killer Couples, 9.30pm

PRIME FREEVIEW 10 SKY 004

- 6.00 Children's Programmes** (G)
- 8.55 Million Dollar Minute** (G, R)
- 9.25 Wheel of Fortune** (G, R)
- 9.50 Jeopardy!** (G, R)
- 10.20 The Doctors** (PGR)
- 11.15 Hot Bench** (G)
- 11.40 Bones** (AO, R, C)
- 12.35 Elementary** (PGR, R)
- 1.30 The Tonight Show Starring Jimmy Fallon** (PGR, R)
- 2.30 The Crowd Goes Wild** (G, R)
- 3.00 Escape to the Country** (G, R)
- 4.00 Antiques Roadshow** (G, R, C)
- 5.00 Million Dollar Minute** (G)
- 5.30 Prime News**
- 6.00 Wheel of Fortune** (G)
- 6.30 Jeopardy!** (G)
- 7.00 The Crowd Goes Wild**
- 7.30 Fishing the Wild** (PGR, R)
- 8.00 Bondi Rescue** (PGR, R)
- 8.30 The Last Boy Scout** (1991, AO, C) Bruce Willis, Damon Wayans.
- 10.45 The Tonight Show Starring Jimmy Fallon** (PGR)
- 11.45 Soccer EPL, Tottenham Hotspur v Manchester United.**
- 1.45am - 2.15 The Crowd Goes Wild** (G, R)

BRAVO FREEVIEW 4 SKY 012

- 6.00 Infomercials**
- 10.00 Property Envy** (PGR)
- 10.25 Teen Mom** (G, R)
- 11.20 Catfish: The TV Show** (G, R)
- 12.10 The Real Housewives of New York** (PGR)
- 1.00 Southern Charm** (PGR)
- 1.50 Intervention** (AO, R)
- 2.45 Botched by Nature** (PGR, R)
- 3.35 Hoarders** (G, R)
- 4.30 Dance Moms** (G, R)
- 5.30 Teen Mom**
- 6.30 Catfish: The TV Show** (G) Tonight: Jaylin is prepared to sacrifice everything for a woman.
- 7.30 Masters of Flip** (G) Miniature Margins: Kortney and Dave take on a tiny flip.
- 8.30 Botched** (PGR, R) I Love New Work: A reality star wants her boobs fixed, and the doctors meet a transgender woman whose face was pumped with cement.
- 9.30 Snapped: Killer Couples** (AO) Katie Belflower & Mike Simons: A young bride dies, and just when it looks like justice could be served, her killers reveal a twist that might get them off the hook.
- 10.30 Intervention** (AO) Carrie E: Carrie was a boxer who lost an important fight.
- 11.25 Snapped** (PGR, R)
- 12.15am - 6.00 Infomercials**

MAORI TV FREEVIEW 5 SKY 019

- 6.30 Children's Programmes** (G)
- 8.00 Autaia** (G, R)
- 8.30 Te Kaea** (R)
- 9.00 Kawe Korero: Reporters** (R)
- 9.30 Morena** (HD)
- 10.00 Korero Mai** (G, R)
- 11.00 Toku Reo** (G, R)
- Noon Korero Mai** (G, R)
- 1.00 Toku Reo** (G, R)
- 2.00 Opaki** (G)
- 2.30 Nga Pari Karangaranga** (G, R)
- 3.00 Pukoro** (G, R)
- 3.30 Miharo** (G, R)
- 4.00 Vodafone Warriors Today: Warriors v Panthers.**
- 5.30 Te Matatini 2017** (G)
- 6.00 Nga Pari Karangaranga** (R)
- 6.30 Te Kaea**
- 7.00 Kawe Korero: Reporters**
- 7.30 Cam's Kai** (G)
- 8.00 Pete & Pio's Kai Safari** (PGR)
- 8.30 Aotearoa** (G, R)
- 9.00 You Can't Ask That** (AO)
- 9.30 Hunting Aotearoa** (AO) Tonight: On the trail of wapiti elk and red deer.
- 10.00 Whawhai** (R)
- 10.30 Te Kaea** (R)
- 11.00 - 11.30 Kawe Korero** (R)

SKY PREMIERE SKY 030	MOVIES EXTRA SKY 031	MOVIES CLASSICS SKY 034	RIALTO SKY 039
<p>7.50 Secret in Their Eyes (2015, M) Julia Roberts.</p> <p>9.55 99 Homes (2014, M) Andrew Garfield.</p> <p>11.45 The Perfect Guy (2015, M) Sanaa Lathan.</p> <p>1.25 Star Trek Beyond (2016, M) Chris Pine.</p> <p>3.25 The Intern (2015, M) Robert De Niro.</p> <p>5.25 Fatal Flip (2015, M) A couple hire a freelance contractor with a dark past. Dominique Swain, Mike Faiola.</p> <p>6.55 American Ultra (2015, 16) A stoner is targeted by the government. Jesse Eisenberg.</p> <p>8.30 The Other Side of the Door (2016, 16) A grieving mother travels to an ancient temple and upsets the balance between life and death. Jeremy Sisto, Sofia Rosinsky.</p> <p>10.10 Ant-Man (2015, PG) A master thief is recruited to pull off a heist. Paul Rudd.</p> <p>12.05am National Lampoon Presents: Surf Party (2013, 16) 1.35 Fatal Flip (2015, M) 3.00 American Ultra (2015, 16) 4.35 The Other Side of the Door (2016, 16)</p>	<p>6.50 Breaking Through (2015, PG) Sophia Aguiar.</p> <p>8.30 Before We Go (2014, M) Chris Evans.</p> <p>10.05 Third Person (2013, M) Liam Neeson.</p> <p>12.20 Our Brand Is Crisis (2015, M) Sandra Bullock.</p> <p>2.10 Mr Right (2015, 16) Anna Kendrick.</p> <p>3.45 Breaking Through (2015, PG) Sophia Aguiar.</p> <p>5.25 An Invisible Sign (2010, PG) Jessica Alba.</p> <p>7.00 Off Piste (2016, M) A soldier finds a recluse deep in the mountains. Henry Douthwaite, Lara Lemon.</p> <p>8.30 Fading Gigolo (2013, M) A man becomes a gigolo to make money to help his cash-strapped friend. Woody Allen, John Turturro.</p> <p>10.05 Love & Mercy (2015, M) Based on the life of the Beach Boys' Brian Wilson. John Cusack, Paul Dano.</p> <p>12.05am The First Time (2012, M) 1.40 Off Piste (2016, M) 3.10 Nothing but Trailers (M) 3.40 Fading Gigolo (2013, M) 5.10 An Invisible Sign (2010, PG)</p>	<p>6.15 Leaving Las Vegas (1995, 18) Nicolas Cage.</p> <p>8.05 Sixteen Candles (1984, PG) Molly Ringwald.</p> <p>9.40 The Man with Two Brains (1983, PG) Steve Martin.</p> <p>11.10 Light Sleeper (1992, 16) Willem Dafoe.</p> <p>12.55 Look Who's Talking (1989, PG) John Travolta.</p> <p>2.30 Shenandoah (1965, PG) James Stewart.</p> <p>4.15 The Pink Panther Strikes Again (1976, PG) Peter Sellers.</p> <p>6.00 Pulp Fiction (1994, 18) A series of interwoven criminal tales. John Travolta.</p> <p>8.30 A League of Their Own (1992, PG) Based on the story of the professional women's baseball league that began during World War II. Geena Davis, Tom Hanks, Madonna, Rosie O'Donnell.</p> <p>10.35 Blue Steel (1989, 16) Jamie Lee Curtis, Ron Silver.</p> <p>12.15am The American President (1995, M) 2.05 Look Who's Talking (1989, PG) 3.40 Shenandoah (1965, PG) 5.25 The Pink Panther Strikes Again (1976, PG)</p>	<p>6.40 The Tickle King (2017, M) Local documentary.</p> <p>7.05 The Red Shoes (1948, PG) Moira Shearer.</p> <p>9.25 The Music of Strangers (2015, M) US documentary.</p> <p>11.05 Jane Got a Gun (2016, 16) Natalie Portman.</p> <p>12.45 Inside Out: The People's Art Project (2013, M) UK documentary.</p> <p>2.00 A Christmas Star (2015, G) Erin Galway-Kendrick.</p> <p>3.25 Tehran Taxi (2015, PG) Jafar Panahi.</p> <p>4.45 Days and Nights (2014, M) Katie Holmes.</p> <p>6.15 Imperium (2016, M) Daniel Radcliffe.</p> <p>8.10 NZ Music Month 13th Floor Sessions (M) Tonight: Candice Milner.</p> <p>8.30 Mia Madre (2015, M) A director deals with a death. Margherita Buy.</p> <p>10.20 The Neon Demon (2016, 18) Elle Fanning.</p> <p>12.15am The Bureau (16) 1.10 Inside Out: The People's Art Project (2013, M) 2.25 A Christmas Star (2015, G) 3.45 Tehran Taxi (2015, PG) 5.05 The Neon Demon (2016, 18)</p>

GENERAL

Choice TV

FREEVIEW 12 SKY 024
6.00 Benny Hinn **6.30** The Living Room **7.30** The Cook Who Changed Our Lives **8.30** Empire **9.30** Jamie at Home **10.30** Restoration Man **11.30** The Cook and the Chef **Noon** I Bought My Own Rainforest **1.00** Empire **2.00** The Living Room **3.00** Poh's Kitchen **3.30** Inside Nature's Marvels **4.30** Hugh's Three Good Things **5.00** Destination Flavour Scandinavia **5.30** Waterfront House Hunting **6.00** My Floating Home **6.30** American Pickers **7.30** Rome: Empire Without Limit with Mary Beard **8.30** Treasures Decoded **9.30** Full Steam Ahead **10.30** American Pickers **11.30** Hugh's Three Good Things **12.00am** Destination Flavour Scandinavia **12.30** Benny Hinn **1.00** Britain's Best Back Gardens **2.00** Donna Hay: Fast, Fresh, Simple **2.30** Getaway **3.00** Supercar Showdown **4.00** Treasures Decoded **5.00** Full Steam Ahead

TVNZ Duke

FREEVIEW 13 SKY 023
12.15pm AFL, North Melbourne v Sydney. **2.50** Soccer, Bundesliga, FC Koln v Werder Bremen.
4.35 Clubland **5.05** Megafactories **6.00** MythBusters. Exploding Trousers: The guys look into the myth of exploding pants that happened in New Zealand in 1931. **7.02** Seinfeld (C) **7.30** Family Guy (PGR) Run, Chris, Run: Chris is elected as homecoming king. **8.00** Family Guy (PGR) A House Full of Peters: Peter's past as a sperm donor catches up with him when many of his children show up unannounced to his house. **8.30** ■ Hollywood Homicide (2003, AO, C) Two mismatched LA detectives investigate the murders of an up-and-coming rap group. Harrison Ford, Josh Hartnett, Lena Olin. **10.40** Kinne (AO) Tonight: Troy attempts to survive a day living inside Facebook, and wonders if it is possible for a guy to be too confident. **11.10** Tosh.O (AO) **11.35** Rude-ish Tube (PGR) **12.00am - 12.25** Seinfeld (R, C)

UKTV

SKY 007
6.25 Casualty (M) **7.20** Friday Night Dinner (M) **7.45** The Graham Norton Show (PG) **8.35** Inspector Morse (M) **10.30** Keeping Up Appearances (PG) **11.00** Birds of a Feather (PG) **11.25** New Tricks (M) **12.25** Midsomer Murders (M) **2.15** Heartbeat (PG)



TVNZ Duke: Hollywood Homicide, 8.30pm

3.05 Inspector Morse (M) **5.00** New Tricks (M) **6.00** Keeping Up Appearances (PG) What to Wear When Yachting: Hyacinth looks forward to a boat ride. **6.30** Birds of a Feather (PG) Blonde on Blonde: Travis has serious news to break to his mum. **6.55** EastEnders (PG) **7.30** Qi (M) **8.05** Would I Lie to You? (M) **8.35** Doc Martin (PG) The Shock of the New: Martin attends his first session with the psychotherapist. **9.30** Ripper Street (16) Tonight: Thatcher discovers a fresh lead on a double murder committed by Nathaniel, giving Reid cause for hope. **10.35** The Coroner (PG) The Deep Freeze: A man is found dead in a freezer. **11.35** Midsomer Murders (M) Murder on St Malley's Day: A private school student is murdered. **1.25am** The Bill (PG) **2.15** Inspector Morse (M) **4.05** New Tricks (M) **5.00** Keeping Up Appearances (PG) **5.30** Birds of a Feather (PG) **5.55** Qi (M)

SoHo

SKY 010
6.20 Veep (M) **6.50** Last Week Tonight with John Oliver (M) **7.20** The Americans (16) **8.10** Guerrilla (16) **9.10** The Leftovers (16) **10.10** Billions (16) **11.20** Real Time with Bill Maher (M) **12.30** Strike Back (18) **1.20** The Americans (16) **2.10** Last Week Tonight with John Oliver (M) **2.50** The Leftovers (16) **3.50** Billions (16) **4.50** Silicon Valley (M) **5.20** Veep (M) **5.50** The Americans (16) **6.40** Strike Back (18) Vengeance (Part 1): Scott and Stonebridge track down Leo Kamali. **7.30** The Leftovers (16) G'Day

Melbourne: Kevin and Nora travel to Australia. **8.30** The Leftovers (16) It's a Matt, Matt, Matt, Matt World: Convinced that it is Kevin's destiny to be in Miracle, Matt impulsively heads to Australia in an effort to bring Kevin home. **9.30** Rock and a Hard Place (M) Dwayne Johnson mentors a group of prisoners undergoing a boot camp programme in Miami-Dade County. **11.00** Last Week Tonight with John Oliver (M) **11.30** Real Time with Bill Maher (M) **12.30am** Strike Back (18) **1.20** Versailles (16) **2.20** The Leftovers (16) **4.20** Rock and a Hard Place (M) **5.50** Last Week Tonight with John Oliver (M)

Living

SKY 017
6.00 Colin and Justin's Cabin Pressure **6.30** Great British Railway Journeys **7.30** Escape to the Country **8.20** Tony Robinson's Coast to Coast **9.15** Long Lost Family UK **10.10** Gogglebox (M) **11.05** Selling Houses Australia **12.05** A Place in the Sun: Winter Sun **1.05** Holmes and Holmes **2.00** A Place in the Sun: Home or Away **3.00** Zoo Days (M) **3.30** Escape to the Country **4.30** Tony Robinson's Coast to Coast **5.30** Antiques Roadshow **6.30** Grand Designs Australia **7.30** Homes Under the Hammer **8.30** Grand Designs **9.30** Selling Houses Australia **11.30** Grand Designs Australia **12.30am** Escape to the Country **1.20** Homes Under the Hammer **2.20** Grand Designs **3.15** Selling Houses Australia **5.05** Grand Designs Australia

Sky Arts

SKY 020
6.45 Beth Hart Plays Baloise Session **8.00** The Art of Australia **9.00** Other Voices **10.30** Later with Jools Holland **11.30** Video Killed the Radio Star **12.30** Soundstage **1.30** Guitar Star **2.45** Beth Hart Plays Baloise Session **4.00** Jake Bugg Live at the Royal Albert Hall **5.00** Nelsons Conducts Shostakovich & Bartok (G) Andris Nelsons conducts the Royal Concertgebouw Orchestra and violinist Janine Jansen. **6.55** Mata Hari (G) A ballet directed and choreographed by Ted Brandsen, with music by Tarik O'Regan. **8.30** Auction **9.00** Exhibition: Renoir: Revered and Reviled **10.30** The Legacy **11.30** Looking for the Hobbit **12.00am** Jake Bugg Live at the Royal Albert Hall **1.00** Nelsons Conducts Shostakovich & Bartok **2.55** Mata Hari **4.30** Auction **5.00** Exhibition: Renoir: Revered and Reviled

SPORT

Sky Sport 1 SKY 051

6.00 Netball, ANZ Premiership, Southern Steel v Waikato Bay of Plenty Magic. **6.30** League Legends **7.00** Rugby Nation **8.00** TBA **10.00** NRL, Roosters v Eels. **Noon** NRL Highlights **12.30** NRL, Panthers v NZ Warriors. **1.00** The After Match **1.30** Golf, US PGA Tour, Players C'ship. **2.10** Athletics, ITU Women's World Series. **4.30** Athletics, ITU Men's World Series. **7.00** Netball, ANZ Premiership, Southern Steel v Waikato Bay of Plenty Magic. **7.30** Netball, ANZ Premiership, Tactix v Pulse. **live. 9.30** TBA **10.00** Golf, US PGA Tour, Players C'ship. **10.30** UCL Magazine Show **11.00** Rugby Nation **12.00am** AFL, Gold Coast v Port Adelaide. **3.00** TBA **3.30** Golf, US PGA Tour, Players C'ship. **4.00** Super Rugby, Rebels v Reds.

Sky Sport 2 SKY 052

6.00 Cricket, IPL, Kolkata Knight Riders v Mumbai Indians. **6.30** Cricket, IPL, Gujarat Lions v Sunrisers Hyderabad. **7.00** TBA **7.30** GP3 Series, race two, Spain. **8.00** Formula 2 C'ship, race two, Spain. **9.00** Formula 1, round five, Spanish GP. **9.30** Motorcycle Racing, World Superbike C'ship, Italy. **10.00** Netball, ANZ Premiership, Southern Steel v Waikato Bay of Plenty Magic. **10.30** Netball, Beko League, Netball Waikato Bay of Plenty v Netball South. **Noon** Cricket, IPL, Delhi Daredevils v Royal Challengers Bangalore. **3.30** TBA **4.00** NRL, Knights v Raiders. **6.00** Super Rugby, Crusaders v Hurricanes. **6.30** TBA **7.00** Shooting, Red Stag Timber Hunters Club, Duck and Cover. **7.30** NRL, Panthers v NZ Warriors. **8.00** The After Match **8.30** NRL 360 **9.30** Monday Night with Matty Johns **10.30** NRL, Storm v Titans. **12.30am** NRL, Tigers v Rabbitohs. **2.30** NRL, Sea Eagles v Broncos. **4.30** Netball, ANZ Premiership, Tactix v Pulse. **5.00** UFC Now

Sky Sport 3 SKY 053

6.00 Golf, US PGA Tour, Players C'ship, final round. **live. 11.00** Live from the Players Championship **1.00** Netball, ANZ Premiership, Southern Steel v



ESPN: MLB baseball, 11.30am

Waikato Bay of Plenty Magic. **1.30** Netball, Vitality Superleague. **3.00** Rugby Sevens, World Series, Paris leg, day one. **4.30** Rugby Sevens, World Series, Paris leg, final day. **6.00** Live from the Players Championship **7.30** UFC Now **8.30** Fight Night on Sky **10.30** Formula 1, round five, Spanish GP. **11.00** Motorcycle Racing, World Superbike C'ship, Italy. **11.30** Fox Sports News **12.00am** Netball, ANZ Premiership, Tactix v Pulse. **1.30** Formula 1, round five, Spanish GP. **2.00** Nascar Cup Series, Go Bowling 400. **3.00** Motorcycle Racing, World Superbike C'ship, Italy. **3.30** GP3 Series, race two, Spain. **4.00** Formula 2 C'ship, race two, Spain. **5.00** Rugby Nation

ESPN SKY 060

6.00 Bowling, PBA, replay. **7.00** E:60 **8.00** Soccer, Major League, Portland Timbers v Atlanta United FC, **live. 10.00** SportsCenter **10.30** Baseball Tonight **11.30** Baseball, MLB, New York Yankees v Houston Astros, **live. 2.30** SportsCenter **4.00** In Depth with Graham Bensinger **4.30** Bowling, PBA, replay. **6.30** Soccer, Major League, Portland Timbers v Atlanta United FC. **8.30** Tennis, ATP World Tour and WTA Tour, Mutua Madrid Open, final. **10.00** ESPN FC **11.00** Baseball, MLB, New York Yankees v Houston Astros. **1.00am** Mike and Mike **5.00** ESPN FC

DOCUMENTARIES

Discovery SKY 070

6.35 Deadliest Catch (PG) **7.30** How It's Made (PG) **8.20** MythBusters (PG) **9.10** Alaska: The Last Frontier (M) **10.00** Killing Richard Glossip (M) **11.40** Shadow of Doubt (M) **12.30** Evil Kin (M) **1.20** Your Worst Nightmare (M) **2.10** How It's Made (PG) **3.00** How Do They Do It? (PG) **3.25** Auction Hunters (PG) **3.50** Deadliest Catch (PG) **4.45** What on Earth? (PG) **5.40** MythBusters (PG) **6.35** Railroad Australia (PG) **7.30** You Have Been Warned (M) **8.30** MythBusters (PG) **9.25** What on Earth? (PG) **10.15** The Unexplained Files (PG) **11.05** Your Worst Nightmare (M) **11.55** Evil Kin (M) **12.45am** Deadliest Catch (PG) **1.35** How Do They Do It? (PG) **2.00** Auction Hunters (PG) **2.25** Alaska: The Last Frontier (M) **3.15** Deadliest Catch (PG) **4.05** Treehouse Masters (PG) **4.55** Bering Sea Gold (PG) **5.45** Deadliest Catch (PG)

National Geographic SKY 072

6.30 Brain Games (PG) **7.30** Science of Stupid (PG) **8.30** The Known Universe **9.30** The Truth Behind (PG) **10.30** Origins: The Journey of Humankind (PG) **11.30** Breakthrough (PG) **12.30** Air Crash Investigation (PG) **1.30** Seconds from Disaster (M) **2.30** Science of Stupid (M) **4.30** Test Your Brain **5.30** Origins: The Journey of Humankind (PG) **6.30** Hitler the Junkie (M) Adolf Hitler consumed many different drugs. **7.30** Dawn of the Nazis (PG) **8.30** Genius (PG) Dramatisation of the life of Albert Einstein. Geoffrey Rush, Emily Watson. **9.30** Breakthrough (PG) Tonight: Curing cancer. **10.30** Air Crash Investigation (PG) **12.30am** Nazi Megastructures (PG) **2.30** Science of Stupid (PG) **3.30** Air Crash Investigation (PG) **5.30** Situation Critical (M)

History SKY 073

7.30 Combat Trains (M) **8.30** After Hitler (PG) **9.30** Grand Tours of the Scottish Islands (PG) **10.00** Griff's Great Britain (PG) **10.30** Ancient Top 10 (PG) **11.30** Citizenfour (2014, M) **1.30** Soviet Storm: WWII in the East (M) **2.30** History's Raiders (PG) **3.30** World War II in Colour (M) **4.30** Time Team (PG) **5.30** Cities of the Underworld (PG) **6.30** Engineering an Empire (PG) **7.30** Genius of the Ancient World (PG) **8.30** Cities of the Underworld (PG) Alcatraz Down Under - Sydney: Takes a look at Sydney's past. **9.30** History of the World in Two Hours. Charts the formation of the earth and the emergence of life. **11.30** Clash of Warriors (PG) **12.30am** Soviet Storm: WWII in the East (M) **1.30** History's Raiders (PG) **2.30** World War II in Colour (M) **3.15** Cities of the Underworld (PG) **4.00** Genius of the Ancient World (PG) **4.45** Cities of the Underworld (PG) **5.30** History of the World in Two Hours

BBC Knowledge SKY 074

6.30 The Force: Essex (PG) **7.20** 24 Hours in Police Custody (M) **8.10** Sea Cities (PG) **9.10** Top Gear (PG) **10.10** The Private Life of Plants (PG) **11.00** Life Below Zero (M) **11.45** Top Gear (PG) **12.45** Stop, Search, Seize (PG) **1.30** Who Do You Think You Are? US (PG) **2.10** Sea Cities (PG) **3.15** Embarrassing Bodies (M) **4.05** 24 Hours in A&E (M) **4.55** Life Below Zero (M) **5.45** Who Do You Think You Are? (PG) David Baddiel. **6.45** Frozen Planet (PG) **7.40** Stop, Search, Seize (PG) **8.30** Life Below Zero (PG) **9.20** Where the Wild Men Are with Ben Fogle (PG) **10.10** 24 Hours in A&E (M) **11.00** Top Gear (PG) **11.50** The Private Life of Plants (PG) **12.40am** Embarrassing Bodies (M) **1.30** Sea Cities (PG) **2.35** Eggheads (PG) **3.05** The Call Centre (M) **4.00** Top Gear (PG) **5.00** Stop, Search, Seize (PG)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO
6.00 Morning Report Including: 6.16 and 6.50 Business News; 6.18 Pacific News; 6.26 Rural News; 6.48 and 7.45 NZ Newspapers
9.06 Nine to Noon with Kathryn Ryan Including: 10.45 The Reading: Passport to Hell, by Robin Hyde, read by Catherine Wilkin (14 of 15, RNZ)
Noon Midday Report Including: 12.16 Business News; 12.26 Sport; 12.34 Rural News; 12.43 Worldwatch
1.06 Jesse Mulligan News, interviews, music and entertainment
4.06 The Panel with Jim Mora Discussion with a range of panellists
5.00 Checkpoint with John Campbell Drive-time news and current affairs
6.30 Trending Now Highlighting the stories listeners are sharing online
7.06 Nights with Bryan Crump Entertainment and information
8.30 Windows on the World International public radio features and documentaries
9.30 Insight Coverage of national and international current affairs
10.00 News and Late Edition Including: 10.45 Dateline Pacific
11.06 Nashville Babylon Wairarapa's Mark Rogers presents a selection of old and new music (Arrow FM)
12.04am All Night Programme Including: 12.05 Music After Midnight; 12.30 Tuesday Special; 1.05 From the World; 2.05 The Reluctant Spy, by John Dryden (2 of 3, Goldhawk); 3.05 Mother's Surprise, by Shirley Eng (RNZ); 3.30 Author's View; 5.10 Witness (BBC)
Website: radionz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO
News and Weather 6.00am, 7.00, 8.00, 9.00am, noon, 3.00, 5.00, 6.00, 10.00pm
6.00 Classic Morning with Rick Young Music, news and weather
10.00 Weekday Classics with Clarissa Dunn Featured masterworks and latest releases
1.00 Upbeat with Eva Radich Music news and current affairs
2.00 Made in New Zealand NZ performers and composers
3.00 Classic Afternoons with David Morriss Favourite music from the Renaissance to the Romantic and Beyond
7.00 Music Alive New Zealand SO/Pietari Inkinen - Beethoven Symphony Cycle: Symphony No 1 in C Op 21; Symphony No 2 in D Op 36; Symphony No 3 in E flat Op 55 (1 of 4, recorded in Auckland Town Hall)
10.00 Day's End RNZ Concert's musical nightcap
12.00am Music Through the Night
Website: radionz.co.nz/concert

RadioLIVE

6.00 Duncan Garner **9.00 Mark Sainsbury Noon** **Mitch Harris** **3.00 Ali Mau** **6.00 Newshub Live** **7.00 The Project** **7.30 Kim Blair** **8.00 Mike Puru** **12.00am Tony Amos** **5.00 James Coleman**
Website: radiolive.co.nz

Newstalk ZB

6.00 Mike Hosking **8.30 Leighton Smith Noon Kerre Mclvor** **7.30 Mark Dye** **4.00 Larry Williams** **7.00 D'Arcy Waldegrave** **8.00 Marcus Lush** **12.00am Bruce Russell** **5.00 Rachel Smalley**
Website: newstalkzb.co.nz

TVNZ 1

FREEVIEW 1 SKY 001

- 6.00 Breakfast** With Hilary Barry and Jack Tame.
- 9.00 The Ellen DeGeneres Show** (PGR, R, C)
Today: Wanda Sykes.
- 10.00 Tipping Point** (G, R)
- 11.00 The Chase** (G, R, C)
- Noon 1 News** (C)
- 12.30 Emmerdale** (PGR, C)
Today: Carly struggles under pressure; Robert fears the consequences; and Harriet visits Ashley.
- 1.00 MasterChef Australia** (G, R, C)
- 2.00 New Zealand on a Plate** (G, R, C) Today: Darren Johnson gets his smoked salmon from Auckland's best supermarket.
- 2.30 Gino's Italian Escape: Hidden Italy** Today: Gino explores the central Italian region of Tuscany.
- 3.00 Tipping Point** (G)
- 3.55 Te Karere** (C)
- 4.25 Four in a Bed** (G, R)
Today: In Sunbury on Thames, owner Simon Bailey and French manager Pierre Cudon offer a stylish stay.
- 4.55 The Celebrity Chase** (C)
Today: Anton du Beke, Denise van Outen, Diane Abbott and Matt Le Tissier.
- 6.00 1 News** (C)
- 7.00 Seven Sharp** (C) With Mike Hosking and Toni Street present current affairs.
- 7.30 ■ Border Security: International** (C) Tonight: An American's cookies prove to be more trouble than treat; twins take a wrong turn, right to the Niagara border; and an airport passenger says she is carrying luggage for people she has just met on the plane.
- 8.00 ■ The Force** (PGR, C)
Tonight: Police crack down on a lucrative drug ring with shocking results; a man does a runner after a serious smash; and some picnic-table jokers cause a stir.
- 8.30 ■ I Am Innocent** (AO, HD, C, AD) Tonight: In 2012, eccentric science teacher Andrew McCarthy was accused of indecently assaulting a school student.
- 9.30 ■ The Missing** (AO, C, AD)
The Mountain: The truth of the events leading up to Alice's return to Eckhausen in 2014 is finally revealed.
- 10.40 1 News Tonight** (C)
- 11.10 Major Crimes** (AO, C)
White Lies (Part 1): Rusty's psychologist faces a confrontation that threatens his life.
- 12.05am Intelligence** (AO, R, C)
- 1.05 Te Karere** (R, C)
- 1.30 Infomercials**
- 5.35 - 6.00 Te Karere** (R, C)

TVNZ 2

FREEVIEW 2 SKY 002

- 6.00 Creflo Dollar Ministries**
- 6.30 Sesame Street** (G, C)
- 6.55 Peppa Pig** (G, C)
- 7.00 SpongeBob SquarePants** (G, R, C)
- 7.25 Beyblade Burst**
- 7.50 Slugterra** (C)
- 8.15 Sofia the First** (G, R, C)
- 8.35 Doc McStuffins** (G, R, C)
- 9.00 Infomercials**
- 10.30 Neighbours** (G, R, C)
- 11.00 Home and Away** (PGR, R, C)
- 11.30 Shortland Street** (PGR, R, HD, C, AD)
- Noon The Ellen DeGeneres Show** (PGR, C)
- 1.00 The Jeremy Kyle Show** (PGR)
- 2.00 Judge Rinder** (M)
- 3.00 America's Funniest Home Videos** (G, R, C)
- 3.30 Horace in Slow Motion** (G, R)
- 3.32 Leon** (G, R, C)
- 3.35 The Adam and Eve Show** (HD, C)
- 4.05 Bunk'd** (C)
- 4.30 Friends** (G, R, C)
- 5.00 The Simpsons** (C)
- 5.30 Home and Away** (PGR, C)
- 6.00 The Big Bang Theory** (PGR, R, C) The Higgs Boson Observation: Sheldon hires a graduate student.
- 6.30 Neighbours** (G, C) Tonight: Paige slips up in front of Mark, and Tyler takes the investigation into his own hands.
- 7.00 Shortland Street** (PGR, HD, C, AD) Tonight: Sass is thrown by an unexpected visitor. Writer Paul Sonne, director Jacqueline Nairn.
- 7.30 ■ The Middle** (G, C) A Very Merry Christmas: Brick hides from the neighbour's kids.
- 8.00 American Housewife** (PGR, C) Westport Zombies: Katie agrees to join the Zombie Run for Halloween.
- 8.30 Grey's Anatomy** (PGR, C) Both Sides Now: Meredith and Bailey are at odds when both their patients need a liver transplant.
- 9.25 Ramsay's Hotel Hell** (AO, C)
Brick Hotel: Gordon pays a visit to a hotel and event space in Pennsylvania.
- 10.20 Two and a Half Men** (PGR, R, C) I Scream When I Pee: Alan's ex-wife, Kandi, is back in town.
- 10.55 Cougar Town** (PGR, R, C)
- 11.20 Empire** (AO, C)
- 12.15am ■ Rush Hour** (AO)
- 1.05 Shortland Street** (PGR, R, HD, C, AD)
- 1.30 Infomercials**
- 2.35 Scandal** (AO, R)
- 3.20 The Real** (PGR)
- 4.05 Selfie** (PGR, R)
- 4.25 Regular Show** (G, R)
- 4.40 The Adam and Eve Show** (R, HD, C)
- 5.05 Neighbours** (G, R, C)
- 5.30 - 6.00 Infomercials**

THREE

FREEVIEW 3 SKY 003

- 6.00 The AM Show** With Duncan Garner, Amanda Gillies and Mark Richardson.
- 9.00 The Cafe**
- 10.00 Infomercials**
- 11.25 Family Feud** (G, R, HD, C)
- Noon Dr Phil** (AO, HD)
- 1.00 The Bachelor NZ** (R, HD, C)
- 2.00 Long Lost Family** (PGR, R, HD, C)
- 2.55 Entertainment Tonight** (G)
- 3.20 Sticky TV** (G, HD)
- 4.00 Newshub Live**
- 4.25 The Block** (G, HD)
- 5.25 Family Feud** (G, HD, C)
- 6.00 Newshub Live**
- 7.00 The Project** (HD) With Jesse Mulligan, Kanoa Lloyd and Josh Thomson.
- 7.30 ■ The Last Resort** (AO, HD, C) Australian reality series featuring five couples who travel to a tropical island retreat in an attempt to salvage their troubled relationships.
- 8.35 NCIS** (AO, HD, C) Pay to Play: The team investigates a series of escalating threats against a US congresswoman.
- 9.30 Law & Order: SVU** (AO, HD, C) Broken Rhymes: After a police sergeant's son is accused of rape, the sergeant puts Benson in a tough spot.
- 10.30 Newshub Late**
- 11.00 Chicago PD** (AO, R, HD, C) Get My Cigarettes: A friend of Voight's is murdered by an apparent serial killer.
- 11.50 The Project** (R, HD)
- 12.20am - 6.00 Infomercials**



TVNZ 1: The Missing, 9.30pm

PRIME

FREEVIEW 10 SKY 004

- 6.00 Children's Programmes** (G)
- 8.55 Million Dollar Minute** (G, R)
- 9.25 Wheel of Fortune** (G, R)
- 9.50 Jeopardy!** (G, R)
- 10.20 The Doctors** (PGR)
- 11.15 Hot Bench** (G)
- 11.40 Bones** (AO, R, C)
- 12.35 Elementary** (PGR, R)
- 1.30 The Tonight Show Starring Jimmy Fallon** (PGR, R)
- 2.30 The Crowd Goes Wild** (G, R)
- 3.00 Escape to the Country** (G, R)
- 4.00 Antiques Roadshow** (G, R, C)
- 5.00 Million Dollar Minute** (G)
- 5.30 Prime News**
- 6.00 Wheel of Fortune** (G)
- 6.30 Jeopardy!** (G)
- 7.00 The Crowd Goes Wild**
- 7.30 MythBusters** (PGR)
- 8.35 NZ Women in Rock** (AO, R, C) Local documentary.
- 10.10 ■ The Naughty Bits** (PGR, R, C) Local documentary series about censorship.
- 11.10 60 Minutes** (PGR, R)
- 12.10am The Tonight Show Starring Jimmy Fallon** (PGR)
- 1.10 - 1.40 The Crowd Goes Wild** (G, R)

BRAVO

FREEVIEW 4 SKY 012

- 6.00 Infomercials**
- 10.00 Teen Mom** (R)
- 10.50 Catfish: The TV Show** (G, R)
- 11.45 The Real Housewives of New York** (PGR)
- 12.40 Southern Charm** (PGR)
- 1.35 Intervention** (R)
- 2.35 Hollywood Medium** with Tyler Henry (G, R)
- 3.35 Hoarders** (G, R)
- 4.30 Dance Moms** (G, R)
- 5.30 Teen Mom**
- 6.30 Catfish: The TV Show** (G) Michael & Chanelle: Love appeared for Michael, but then it disappeared.
- 7.30 Botched by Nature** (PGR, R) The Chronicles of Hernia: A young woman has severely deformed breasts, and the doctors aid a musician who was born without an ear.
- 8.30 The Real Housewives of Sydney** (PGR)
- 10.00 Dating Naked** (AO) Strip Down and Buckle Up: Two singles, Kerri and Chris, arrive on an island in the Philippines, where they will spend the next 10 weeks looking for love.
- 11.00 Intervention** (AO) Tonight: Erin prostitutes herself to maintain a \$1700-a-week habit.
- 11.55 Snapped** (PGR, R) Kimberly Parker: When a marine goes missing, police uncover his troubled marriage and a deadly plot.
- 12.45am - 6.00 Infomercials**

MAORI TV

FREEVIEW 5 SKY 019

- 6.30 Children's Programmes** (G)
- 8.00 Autaia** (G, R)
- 8.30 Te Kaea** (R)
- 9.00 Kawe Korero: Reporters** (R)
- 9.30 Morena** (HD)
- 10.00 Korero Mai** (G, R)
- 11.00 Toku Reo** (G, R)
- Noon Korero Mai** (G, R)
- 1.00 Toku Reo** (G, R)
- 2.00 Opaki** (G)
- 2.30 Nga Pari Karangaranga** (R)
- 3.00 Pukoro** (G, R)
- 3.30 Miharo** (G, R)
- 4.00 Dora Matatou** (G, R)
- 4.30 Hahana** (G, R)
- 5.00 Tagata Pasifika**
- 5.30 Te Matatini 2017** (G)
- 6.00 Nga Pari Karangaranga** (R)
- 6.30 Te Kaea**
- 7.00 Kawe Korero: Reporters**
- 7.30 Kai Ora** (G, R)
- 8.00 Native Affairs**
- 8.30 ■ Pulp: A Film About Life, Death and Supermarkets** (2014, AO) UK documentary about Sheffield band, Pulp.
Films, page 70
- 10.00 Media Take**
- 10.30 Te Kaea** (R)
- 11.00 - 11.30 Kawe Korero** (R)

SKY PREMIERE SKY 030

6.10 Close Up: Johnny Depp (PG)
6.40 Ant-Man (2015, PG) Paul Rudd.
8.40 Fatal Flip (2015, M) Dominique Swain.
10.05 Close Up: Johnny Depp (PG)
10.35 National Lampoon Presents: Surf Party (2013, 16) Khan Chittenden.
12.05 American Ultra (2015, 16) Jesse Eisenberg.
1.40 Ant-Man (2015, PG) Paul Rudd.
3.40 The Other Side of the Door (2016, 16) Jeremy Sisto.
5.15 Fantastic Four (2015, M) Miles Teller.
6.55 Krampus (2015, M) Toni Collette.
8.30 Sausage Party (2016, 16) A sausage plots to avoid his fate. Voice of Seth Rogen.
10.05 Beyond the Reach (2014, M) Michael Douglas.
11.35 Mississippi Grind (2015, M) Ben Mendelsohn.
1.25am Krampus (2015, M) 3.00 Nothing but Trailers (M) 3.30 Sausage Party (2016, 16) 5.00 Beyond the Reach (2014, M)

MOVIES EXTRA SKY 031

6.45 Love & Mercy (2015, M) John Cusack.
9.00 Off Piste (2016, M) Henry Douthwaite.
10.30 The First Time (2012, M) Dylan O'Brien.
12.05 An Invisible Sign (2010, PG) Jessica Alba.
1.40 Love & Mercy (2015, M) John Cusack.
3.40 Fading Gigolo (2013, M) Woody Allen.
5.10 The Truth Commissioner (2016, M) Roger Allam.
6.45 The Meddler (2015, M) A widow hopes to start a new life. Susan Sarandon.
8.30 Step Up (2006, PG) A juvenile delinquent who is sentenced to community service becomes involved with a ballet dancer. Channing Tatum, Jenna Dewan.
10.15 Bliss! (2016, M) A 16-year-old goes to Norway to find her father. David Leon.
11.50 The Dresser (2015, PG) Anthony Hopkins.
1.40am The Truth Commissioner (2016, M) 3.30 The Meddler (2015, M) 5.15 Step Up (2006, PG)

MOVIES CLASSICS SKY 034

7.10 Pulp Fiction (1994, 18) John Travolta.
9.40 Blue Steel (1989, 16) Jamie Lee Curtis.
11.20 The American President (1995, M) Michael Douglas.
1.10 Look Who's Talking Too (1990, PG) John Travolta.
2.30 Murder in the First (1995, 18) Kevin Bacon.
4.30 Stepmom (1998, M) Julia Roberts.
6.35 The Witches of Eastwick (1987, M) Three lonely women have their wish granted. Jack Nicholson.
8.30 The Big Easy (1986, PG) A rigid district attorney begins investigating a string of murders and police corruption. Dennis Quaid.
10.10 Critical Care (1997, M) A medical resident is drawn into a controversy. James Spader, Kyra Sedgwick.
11.55 A Nightmare on Elm Street 5: The Dream Child (1989, 16) Robert Englund.
1.25am Look Who's Talking Too (1990, PG) 2.45 Murder in the First (1995, 18) 4.45 The Witches of Eastwick (1987, M)

RIALTO SKY 039

7.00 Days and Nights (2014, M) Katie Holmes.
8.30 Mia Madre (2015, M) Margherita Buy.
10.20 Imperium (2016, M) Daniel Radcliffe.
12.15 Embrace (2016, M) Taryn Brumfitt.
1.45 The Sweet Escape (2015, M) Bruno Podalydès.
3.30 Requiem for the American Dream (2015, M)
4.45 The Surprise (2015, M) Jeroen van Koningsbrugge.
6.25 A Perfect Day (2015, M) Aid workers try to resolve a crisis in a conflict zone. Benicio Del Toro.
8.10 NZ Music Month 13th Floor Sessions (M) Tonight: Gareth Thomas.
8.30 The Virgin Suicides (1999, 16) A group of male friends becomes obsessed with five mysterious sisters. Kirsten Dunst.
10.10 Mulholland Drive (2001, 16) Naomi Watts, Laura Harring.
12.35am The Bureau (16) 1.30 Embrace (2016, M) 3.00 The Sweet Escape (2015, M) 4.45 Requiem for the American Dream (2015, M)

GENERAL

Choice TV FREEVIEW 12 SKY 024

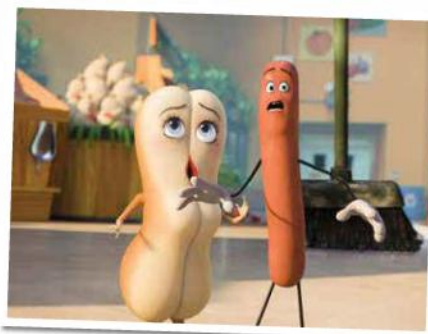
6.00 Benny Hinn **6.30** Rome: Empire Without Limit with Mary Beard **7.30** Inside Nature's Marvels **8.30** American Pickers **9.30** Hugh's Three Good Things **10.00** Destination Flavour Scandinavia **10.30** My Floating Home **11.00** Waterfront House Hunting **11.30** The Cook and the Chef **Noon** Rome: Empire Without Limit with Mary Beard **1.00** Treasures Decoded **2.00** Full Steam Ahead **3.00** Poh's Kitchen **3.30** Bondi Vet **4.30** A Cook Abroad **5.30** Fantasy Homes by the Sea **6.30** Salvage Hunters **7.30** Location Location Location **8.30** Brother vs Brother **9.30** Money for Nothing **10.30** Salvage Hunters **11.30** A Cook Abroad **12.30am** Benny Hinn **1.00** Britain's Best Back Gardens **2.00** Donna Hay: Fast, Fresh, Simple **2.30** Getaway **3.00** Supercar Showdown **4.00** Location Location Location **5.00** Brother vs Brother

TVNZ Duke FREEVIEW 13 SKY 023

9.45 AFL, West Coast v Western Bulldogs. **2.45** Aussie Dreamlivers (AO) **3.10** MMA: One Championship Weekly **3.40** Bundesliga Highlights **4.35** Clubland **5.05** Megafactories **6.00** MythBusters (G) Steam Cannon: Jamie and Adam tackle a myth surrounding Archimedes. **7.02** Seinfeld (C) **7.30** The Secret World of Lego (G) Documentary that goes behind the scenes at Lego. **8.30** Screaming Reels (AO) Jason Hoyte and Leigh Hart present a fishing show. **9.00** South Park: Bigger, Longer and Uncut (1999, AO, C) Four boys land themselves in trouble when they begin using bad language after seeing a new movie. Voices of Trey Parker, Matt Stone. **10.40** MythBusters **11.45** Seinfeld (R, C) **12.10am - 2.20** E-League, Street Fighter V Invitational.

UKTV SKY 007

6.25 Doc Martin (PG) **7.15** EastEnders (PG) **7.45** The Bill (PG) **8.35** Inspector Morse (M) **10.30** Keeping Up Appearances (PG) **11.00** Birds of a Feather (PG) **11.25** New Tricks (M) **12.25** Midsomer Murders (M) **2.15** The Bill (PG) **3.05** Inspector Morse (M) **5.00** New Tricks (M) **6.00** Keeping Up Appearances (PG) A Job for Richard: Hyacinth gets Richard a job interview. **6.30** Birds of a Feather (PG) Forever



Sky Premiere: Sausage Party, 8.30pm

Young Dorian is fast approaching 'The Big 7-0'. **6.55** EastEnders (PG) **7.30** Qi (M) **8.05** Would I Lie to You? (PG) **8.35** Heartbeat (PG) **9.30** Father Brown (PG) The Theatre of the Invisible: Father Brown suspects that one of the cast of a radio quiz is responsible for a landlady's murder. **10.30** New Tricks (M) Shadow Show: The team investigates a murder. **11.30** Midsomer Murders (M) Market for Murder: A member of a reading club is murdered. **1.20am** The Bill (PG) **2.10** Inspector Morse (M) **4.05** New Tricks (M) **5.05** Keeping Up Appearances (PG) **5.35** Birds of a Feather (PG)

SoHo SKY 010

6.20 Real Time with Bill Maher (M) **7.20** Versailles (16) **8.20** The Leftovers (16) **10.20** Last Week Tonight with John Oliver (M) **10.50** Versailles (16) **11.50** Strike Back (18) **12.40** The Leftovers (16) **2.40** Rock and a Hard Place (M) **4.10** Real Time with Bill Maher (M) **5.10** Versailles (16) **6.10** Strike Back (18) Vengeance (Part 2): In Bogota, Scott and Stonebridge orchestrate a bank heist in order to locate the elusive Kamali. **7.00** Last Week Tonight with John Oliver (M) **7.30** Guerrilla (16) UK drama about a politically active couple in 1970s London whose relationship is tested when they liberate a political prisoner. **8.30** Versailles (16) Tonight: A cool welcome awaits Princess Palatine both in the palace salons and her new husband's bed, but Sophie's destiny is worse. **9.30** The Americans (16) Darkroom:

Paige's snooping leads Philip and Elizabeth to make a choice that could shift the balance of their lives forever. **10.20** Strike Back (18) **11.10** Divorce (16) Counseling: Robert and Frances attend couples therapy in an effort salvage their marriage. **11.40** The Leftovers (16) **12.40am** Bates Motel (16) **1.30** Guerrilla (16) **2.30** Versailles (16) **3.30** The Americans (16) **4.20** The Leftovers (16) **5.20** Divorce (16) **5.50** Strike Back (18)

Living SKY 017

6.00 Holmes and Holmes **6.55** A Place in the Sun: Home or Away **7.50** Zoo Days (M) **8.15** Antiques Roadshow **9.15** Escape to the Country **10.10** Selling Houses Australia **12.05** Homes Under the Hammer **1.05** Holmes and Holmes **2.00** A Place in the Sun: Home or Away **3.00** Zoo Days (M) **3.30** Escape to the Country **4.30** Grand Designs **5.30** Antiques Roadshow (G) Today: At Bowood House, treasures include a collection of glass car mascots, and a portrait used for target practice. **6.30** Grand Designs Australia **7.30** Homes Under the Hammer **8.30** Escape to the Chateau **9.30** Gogglebox (M) **10.30** Selling Houses Australia **11.30** Grand Designs Australia **12.30am** Escape to the Country **1.20** Homes Under the Hammer **2.20** Escape to the Chateau **3.15** Gogglebox (M) **4.10** Selling Houses Australia **5.05** Grand Designs Australia

Sky Arts SKY 020

6.30 The Legacy **7.30** Looking for the Hobbit **8.00** Jake Bugg Live at the Royal Albert Hall **9.00** Nelsons Conducts Shostakovich & Bartok **10.55** Mata Hari **12.30** Auction **1.00** Exhibition: Renoir: Revered and Reviled **2.30** The Legacy **3.30** Looking for the Hobbit **4.00** The Adventurers of Modern Art **5.00** The Quizium **6.00** Smart Secrets of Great Paintings **6.30** Urban Legends **7.00** Guitar Star **7.45** Auction **8.30** Landscape Artist of the Year (G) Tonight: The artists try to capture the views and grounds of Stowe House in Buckinghamshire. **9.15** Brilliant Ideas **9.45** The Third Eye (PG) **10.30** Polifonia **10.55** Comic Books Go to War (PG) **12.00am** The Adventurers of Modern Art **1.00** The Quizium **2.00** Smart Secrets of Great Paintings **2.30** Urban Legends **3.00** Guitar Star **3.45** Auction **4.30** Landscape Artist of the Year **5.15** Brilliant Ideas **5.45** The Third Eye (PG)

SPORT

Sky Sport 1 SKY 051

6.00 AFL, Gold Coast v Port Adelaide. **9.00** Golf, US PGA Tour, Players C'ship. **10.00** Golf, European PGA Tour, Open de Portugal. **10.30** Netball, ANZ Premiership, Tactix v Pulse. **Noon** NRL, Panthers v Warriors. **12.30** NRL 360 **1.30** Monday Night with Matty Johns **2.30** Golf Central **3.30** Golf, US PGA Tour, Players C'ship. **4.30** Golf, European PGA Tour, Open de Portugal. **5.00** Rugby, first XV, Takapuna Grammar v Massey High. **6.30** Super Rugby, Crusaders v Hurricanes. **8.30** The Breakdown **9.00** Super Rugby, Bulls v Highlanders. **9.30** Back Page **10.30** Arsenal TV **1.45am** TBA **2.15** Cricket, IPL, first qualifying final, **live**.

Sky Sport 2 SKY 052

6.00 UFC Now **6.15** Netball, Super League, **live**. **8.15** Netball, ANZ Premiership, Tactix v Pulse. **9.00** Formula 1, Spanish GP. **9.30** World Superbike C'ship, Italy. **10.00** Athletics, IAAF Diamond League. **11.00** Formula 1, Spanish GP. **11.30** World Superbike C'ship, Italy. **Noon** Super Rugby, Bulls v Highlanders. **2.00** Rugby Sevens, World Series, Paris leg. **5.00** Cricket, IPL, Knight Riders v Indians. **5.30** Cricket, IPL, Lions v Sunrisers. **6.00** Cricket, IPL, Daredevils v Royal Challengers. **6.30** Cricket, IPL, Supergiants v Kings XI. **7.00** Netball, ANZ Premiership, Steel v Magic. **7.30** Netball, ANZ Premiership, Tactix v Pulse. **8.00** Super League Fulltime **8.30** NRL 360 **9.30** On the Couch with Sterlo **10.30** TBA **11.00** Cricket, IPL, Daredevils v Royal Challengers. **11.30** Cricket, IPL, Supergiants v Kings XI. **12.00am** Super League Fulltime **12.30** NRL Fulltime **1.00** NRL 360 **2.00** On the Couch with Sterlo **3.00** Rugby Sevens, World Series, Paris leg.

Sky Sport 3 SKY 053

6.00 Manchester United TV **9.00** Cricket, IPL, Supergiants v Kings XI. **9.30** Cricket, IPL, Daredevils v Royal Challengers. **10.00** UFC Now **11.00** ICC Cricket 360 **11.30** TBA **1.30** Cricket, IPL, Daredevils v Royal Challengers. **2.00** Cricket, IPL, Supergiants v



National Geographic: Supercar Megabuild, 7.30pm

Kings XI. **2.30** Netball, ANZ Premiership, Tactix v Pulse. **3.00** Netball, Vitality Superleague. **5.00** Golf, European PGA Tour, Open de Portugal, highlights. **5.30** Golf, US PGA Tour, Players C'ship, highlights. **6.30** Golf Central **7.30** The Golf Fix **8.30** Feherty **9.30** Golf, US PGA Tour, Players C'ship, highlights. **10.30** Manchester United TV **1.30am** UFC Now **2.30** GP3 Series, race two, Spain. **3.00** Formula 1, Spanish GP. **3.30** Motorcycle Racing, World Superbike C'ship, Italy. **4.00** AFL Highlights **4.30** Netball, ANZ Premiership, Tactix v Pulse. **5.00** Athletics, IAAF Diamond League.

ESPN SKY 060

6.00 NFL Live **7.00** NBA: The Jump **7.30** SportsNation **8.30** Highly Questionable **9.00** Hey Rookie, Welcome to the NFL **10.00** Mike and Mike's Best of the NFL **11.00** SportsCenter **Noon** Basketball, NBA, Playoffs, Conference semi-finals, **live**. **2.30** SportsCenter **3.00** NFL Live **4.00** SportsCenter **5.00** Tennis, ATP Tour, Italian Open, first round. **7.00** Baseball, MLB, delayed. **9.00** Around the Horn **9.30** Pardon the Interruption **10.00** ESPN FC **10.30** NBA: The Jump **11.00** NBA, Playoffs, Conference semi-finals. **1.00am** Mike and Mike **5.00** ESPN FC **5.30** NFL Insiders

History SKY 073

7.30 Clash of Warriors (PG) **8.30** Time Team (PG) **9.30** Cities of the Underworld (PG) **10.30** Engineering an Empire (PG) **11.30** Genius of the Ancient World (PG) **12.30** Cities of the Underworld (PG) **1.30** Soviet Storm: WWII in the East (PG) **2.30** History's Raiders (PG) **3.30** World War II in Colour (M) **4.30** Time Team (PG) **5.30** Cities of the Underworld (PG) **6.30** Ancient Discoveries (PG) **7.30** Coast New Zealand (PG) **8.30** The Codebreaker Who Hacked Hitler (PG) Meets the man who decoded the Enigma. **9.30** The Australian SAS: The Untold History (PG) **10.30** Desert Generals (PG) **11.30** The War (M) **12.30am** Soviet Storm: WWII in the East (PG) **1.30** History's Raiders (PG) **2.30** World War II in Colour (M) **3.15** Grand Tours of the Scottish Islands (PG) **3.45** Coast New Zealand (PG) **4.45** The Codebreaker Who Hacked Hitler (PG) **5.30** The Australian SAS: The Untold History (PG)

BBC Knowledge SKY 074

6.35 Life Below Zero (PG) **7.20** Where the Wild Men Are with Ben Fogle (PG) **8.05** Sea Cities (PG) **9.10** Top Gear (PG) **10.10** The Private Life of Plants (PG) **11.00** Life Below Zero (M) **11.45** Top Gear (PG) **12.40** Stop, Search, Seize (PG) **1.25** Who Do You Think You Are? US (PG) **2.10** Sea Cities (PG) **3.15** Embarrassing Bodies (M) **4.05** 24 Hours in A&E (M) **4.55** Life Below Zero (M) **5.45** Who Do You Think You Are? (PG) Meera Syal. **6.45** The Frozen Planet (PG) **7.40** The Force: Essex (PG) **8.30** 24 Hours in A&E (PG) **9.30** Louis Theroux: Twilight of the Porn Stars (16) **10.40** 24 Hours in A&E (M) **11.30** Top Gear (PG) **12.35am** The Private Life of Plants (PG) **1.25** Embarrassing Bodies (M) **2.15** Sea Cities (PG) **3.15** Eggheads (PG) **3.40** Top Gear (PG) **4.40** Stop, Search, Seize (PG) **5.25** The Force: Essex (PG)

DOCUMENTARIES

Discovery SKY 070

7.30 How It's Made (PG) **8.20** MythBusters (PG) **9.10** Alaska: The Last Frontier (M) **10.00** Railroad Australia (PG) **10.50** What on Earth? (PG) **11.40** Shadow of Doubt (M) **12.30** Evil Kin (M) **1.20** Blood Relatives (M) **2.10** How It's Made (PG) **3.00** How Do They Do It? (PG) **3.25** Auction Hunters (PG) **3.50** Deadliest Catch (PG) **4.45** Treasure Quest: Snake Island (PG) **5.40** MythBusters (PG) **6.35** Alaska: The Last Frontier Specials (M) **7.30** Naked and Afraid (M) **8.30** Treasure Quest: Snake Island (PG) **9.25** The Wheel (PG) **10.15** River Monsters (PG) **11.05** Blood Relatives (M) **11.55** Evil Kin (M) **12.45am** Deadliest Catch (PG) **1.35** How Do They Do It? (PG) **2.00** Auction Hunters (PG) **2.25** Alaska: The Last Frontier (M) **3.15** Deadliest Catch (PG) **4.05** Treehouse Masters (PG) **4.55** Bering Sea Gold (PG) **5.45** Deadliest Catch (PG)

National Geographic SKY 072

6.30 Brain Games (PG) **7.30** Science of Stupid (PG) **8.30** Invasion Earth (PG) **9.30** Inside SIA (PG) **10.30** Nazi Megastructures (PG) **11.30** Genius (PG) **12.30** Air Crash Investigation (PG) **2.30** Origins: The Journey of Humankind (PG) **3.30** Atlantis Rising (PG) **5.30** Saxon Gold: Finding the Hoard (PG) **6.30** Nazi World War Weird (PG) Tonight: Hitler's meth heads. **7.30** Supercar Megabuild (PG) Tonight: Audi R8 Drifter. **9.30** Genius (PG) Dramatisation of the life of Albert Einstein. Geoffrey Rush, Emily Watson. **10.30** Origins: The Journey of Humankind (PG) **11.30** The Story of God with Morgan Freeman (PG) Tonight: Have we cut God out of our lives? **12.30am** Supercar Megabuild (PG) **2.30** Science of Stupid (PG) **3.30** Air Crash Investigation (PG) **5.30** Situation Critical (M)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO
6.00 Morning Report Including: 6.16 and 6.50 Business News; 6.18 Pacific News; 6.26 Rural News; 6.48 and 7.45 NZ Newspapers
9.06 Nine to Noon with Kathryn Ryan Including: 10.45 The Reading: Passport to Hell, by Robin Hyde, read by Catherine Wilkin (F, RNZ)
Noon Midday Report Including: 12.16 Business News; 12.26 Sport; 12.34 Rural News; 12.43 Worldwatch
1.06 Jesse Mulligan
4.06 The Panel with Jim Mora
5.00 Checkpoint with John Campbell News and current affairs
6.30 Trending Now Highlighting the stories listeners are sharing online
7.06 Nights with Bryan Crump Entertainment and information
7.35 The Sampler Nick Bollinger reviews some of the latest music releases
8.30 Windows on the World International public radio features and documentaries
9.06 The Tuesday Feature A selection of documentaries, discussions and lectures of note
10.00 News and Late Edition Including: 10.45 Dateline Pacific
11.06 Worlds of Music Trevor Reekie hosts a programme celebrating an eclectic mix of world music, fusion and folk roots
12.04am All Night Programme Including: 12.06 Music After Midnight; 12.30 Insight; 1.15 Country Life Story; 2.05 The Forum (BBC); 3.05 Shooting the Moon, by VM Jones (1 of 10, RNZ); 3.30 Diversions; 5.10 Witness (BBC)
Website: radionz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO
News and Weather 6.00am, 7.00, 8.00, 9.00am, noon, 3.00, 5.00, 6.00, 10.00pm
6.00 Classic Morning with Rick Young Music, news and weather
10.00 Weekday Classics with Clarissa Dunn Featured masterworks and latest releases
1.00 Upbeat with Eva Radich Music news and current affairs
2.00 Made in New Zealand NZ performers and composers
3.00 Classic Afternoons with David Morriss Favourite music from the Renaissance to the Romantic and Beyond
7.00 Music Alive Antoine Tamestit (via), London SO/François-Xavier Roth - Debussy: Prelude a l'apres-midi d'un faune; Bartok: Viola Concerto Sz 120; Bruckner: Symphony No 4 in E flat, Romantic (recorded in Barbican Hall, London, by the BBC)
10.00 Day's End RNZ Concert's musical nightcap
12.00am Music Through the Night
Website: radionz.co.nz/concert

RadioLIVE

6.00 Duncan Garner **9.00** Mark Sainsbury **Noon** Mitch Harris **3.00** Ali Mau **6.00** Newshub Live **7.00** The Project **7.30** Kim Blair **8.00** Mike Puru **12.00am** Tony Amos **5.00** James Coleman
Website: radiolive.co.nz

Newstalk ZB

6.00 Mike Hosking **8.30** Leighton Smith **Noon** Kerre McIvor & Mark Dye **4.00** Larry Williams **7.00** D'Arcy Waldegrave **8.00** Marcus Lush **12.00am** Tim Beveridge **5.00** Rachel Smalley
Website: newstalkzb.co.nz

TVNZ 1 FREEVIEW 1 SKY 001

6.00 Breakfast With Jack Tame and Hilary Barry.

9.00 The Ellen DeGeneres Show (PGR, R, C)
Today: Alec Baldwin.

10.00 Tipping Point (G, R)

11.00 The Chase (G, R, C) Bradley Walsh hosts a UK game show.

Noon 1 News (C)

12.30 Emmerdale (PGR, C)
Today: Carly takes action; Faith is up to her old tricks; and Bob grows concerned about Sandy.

1.00 MasterChef Australia (G, R, C)

2.25 Gino's Italian Escape: Hidden Italy (G) Today: Gino D'Acampo explores Piedmont, a northern region that borders France and Switzerland and sits at the foot of the Alps.

2.55 Tipping Point (G)

3.55 Te Karere (C)

4.25 Four in a Bed (G, R) Today: In Exmouth in Devon, Jo Knowles takes her guests paintballing and to a floating restaurant for dinner.

4.55 The Celebrity Chase (C)
Today: Alastair Stewart, Kim Woodburn, Keith Chegwin and Natasha Hamilton compete for charity.

6.00 1 News (C)

7.00 Seven Sharp (C) Mike Hosking and Toni Street present current affairs.

7.30 Dog Squad (PGR, HD, C, AD) Local observational series. Tonight: Flynn sniffs out trouble at the prison mail centre, and MPI dog team Dee and Sam run checks on a cruise ship at Milford Sound.

8.00 Ready for Take Off (G, C) Australian reality series. Tonight: At the airline's 95th birthday party in Sydney, guests include Alan Joyce and John Travolta.

8.30 Doctor Doctor (AO, C, AD) Australian comedy-drama series. Tonight: Hugh finds an unlikely test subject for his revolutionary new artificial heart, and passions are aroused when Charlie and Matt decide to host a Bachelor and Spinsters Ball at the brewery.

9.35 20/20 (HD, C) Carolyn Robinson presents international current affairs.

10.35 1 News Tonight (C)

11.05 House Husbands (PGR, R, C)
Tonight: A fight with Kane threatens to derail Justin's custody battle, and Gemma is hospitalised.

12.00am Blood & Oil (AO, R)

12.50 Te Karere (R, C)

1.15 Infomercials

5.35 - 6.00 Te Karere (R, C)

TVNZ 2 FREEVIEW 2 SKY 002

6.00 Creflo Dollar Ministries

6.30 Sesame Street (G, C)

6.55 Peppa Pig (G, C)

7.00 SpongeBob SquarePants (G, R, C)

7.25 Beyblade Burst

7.50 Slugterra (C)

8.15 Sofia the First (G, R, C)

8.35 Doc McStuffins (G, R, C)

9.00 Infomercials

10.30 Neighbours (G, R, C)

11.00 Home and Away (PGR, R, C)

11.30 Shortland Street (R, HD, C, AD)

Noon The Ellen DeGeneres Show (PGR, C)

1.00 The Jeremy Kyle Show (PGR)

2.00 Judge Rinder (M)

3.00 America's Funniest Home Videos (G, R, C)

3.30 Horace in Slow Motion (G, R)

3.32 Leon (G, R, C)

3.35 The Adam and Eve Show (HD, C)

4.05 Bunk'd (C)

4.30 Friends (G, R, C)

5.00 The Simpsons (PG, C)

5.30 Home and Away (PGR, C)

6.00 The Big Bang Theory (PGR, R, C)

6.30 Neighbours (G, C) Tonight: Sonya makes a confession.

7.00 Shortland Street (PGR, HD, C, AD) Tonight: Love hurts for Vinnie and Nicole; Sass walks into a trap; and Ashley drops a bomb. Writer Nina Vlahovic, director Jacqueline Nairn.

7.30 Kevin Can Wait (PGR, C)
Sleep Disorder: Kevin's mates convince him that Donna makes all his decisions.

8.00 Dr Ken (PGR, C) A Park Family Christmas: Allison offers the home for the office holiday party.

8.30 The Big Bang Theory (PGR, C) The Long Distance Dissonance: Sheldon's former admirer, Dr Nowitzki, resurfaces.

9.00 Mom (PGR, C) The Dalai Lama and the Hedge Made of Gold: Marjorie takes a break from the group.

9.30 Lethal Weapon (AO, C) A Problem Like Maria: The detectives pursue a cartel operation.

10.25 Two and a Half Men (PGR, R, C)

10.55 Cougar Town (PGR, R, C)

11.25 Brooklyn Nine-Nine (AO, C)

11.50 Angie Tribeca (PGR, C)

12.15am Devious Maids (AO)

1.00 Shortland Street (R, HD, C, AD)

1.25 Infomercials

2.30 Scandal (AO, R)

3.15 The Real (PGR)

4.05 Selfie (PGR, R)

4.30 Regular Show (G, R)

4.40 The Adam and Eve Show (R, HD, C)

5.05 Neighbours (G, R, C)

5.30 - 6.00 Infomercials

THREE FREEVIEW 3 SKY 003

6.00 The AM Show With Duncan Garner, Amanda Gillies and Mark Richardson.

9.00 The Cafe

10.00 Infomercials

11.25 Family Feud (G, R, HD, C)

Noon Dr Phil (AO, HD)

1.00 The Last Resort (R, HD, C)

2.00 Long Lost Family (PGR, R, HD, C)

2.55 Entertainment Tonight (G)

3.20 Sticky TV (G, HD)

4.00 Newshub Live

4.25 The Block (G, HD)

5.25 Family Feud (G, HD, C)

6.00 Newshub Live

7.00 The Project (HD) With Jesse Mulligan, Kanoa Lloyd and Josh Thomson.

7.30 The Last Resort (AO, HD, C) Tonight: Relationship specialists Sandy Rea and Michael Myerscougg separate the five couples.

8.35 Grand Designs (PGR, HD, C) Essex: Kevin meets artist Michelle and her architect husband David, who plan to build a sleek, black-clad, three-bedroom house with a separate artist studio in an Essex woodland.

9.40 Hawaii Five-0 (AO, HD, C) Ua Helelei Ka Hoku: After an Elvis impersonator is murdered and his body stolen, the team must find the culprits.

10.35 Newshub Late

11.05 NCIS (AO, R, HD, C) The Enemy Within: The team pursues a terrorist.

12.00am The Project (R, HD)

12.30 - 6.00 Infomercials



TVNZ 2: Neighbours, 6.30pm

PRIME FREEVIEW 10 SKY 004

6.00 Children's Programmes (G)

8.55 Million Dollar Minute (G, R)

9.25 Wheel of Fortune (G, R)

9.50 Jeopardy! (G, R)

10.20 The Doctors (PGR)

11.15 Hot Bench (G)

11.40 Bones (AO, R, C)

12.35 Elementary (PGR, R)

1.30 The Tonight Show Starring Jimmy Fallon (PGR, R)

2.30 The Crowd Goes Wild (G, R)

3.00 Escape to the Country (G, R)

4.00 Antiques Roadshow (G, R, C)

5.00 Million Dollar Minute (G)

5.30 Prime News

6.00 Wheel of Fortune (G)

6.30 Jeopardy! (G)

7.00 The Crowd Goes Wild

7.30 All Change at Longleaf (PGR, C) Tonight: Ceawlin discovers an original watercolour by Hitler.

8.35 Horror Homes (AO)

9.35 Back Benches (PGR)

10.30 Madam Secretary (PGR, R, C)

11.30 The Tonight Show Starring Jimmy Fallon (PGR)

12.30am - 1.00 The Crowd Goes Wild (G, R)

BRAVO FREEVIEW 4 SKY 012

6.00 Infomercials

10.00 Teen Mom (R)

10.50 Catfish: The TV Show (G, R)

11.40 The Real Housewives of New York (PGR)

12.35 Southern Charm

1.25 Dating Naked (AO, R)

2.25 The Real Housewives of Sydney (R)

3.55 Hoarders (G, R)

4.50 Dance Moms (G, R)

5.45 Teen Mom

6.40 Catfish: The TV Show (G) Ray & Lexi: Ray wants to finally meet his online love of four years.

7.35 Hoarders (G, R) Tonight: A family of five's home is filled with piles of food, clothes and objects.

8.30 The Real Housewives of Dallas (PGR) Making Frenemies: Tiffany features Cary's closet in her web series, and discovers a shocking revelation about Mark.

9.30 Vanderpump Rules (AO) Introducing Mr and Mrs Schwartz: As Ariana considers taking her relationship to the next level with Sandoval, Scheana reveals a secret about her marriage.

10.30 Intervention (AO) Tonight: Justin became hooked on opiates after being hit by a truck.

11.25 Snapped (PGR, R)

12.15am - 6.00 Infomercials

MAORI TV FREEVIEW 5 SKY 019

6.30 Children's Programmes (G)

8.00 Autaia (G, R)

8.30 Te Kaea (R)

9.00 Kawe Korero: Reporters (R)

9.30 Morena (HD)

10.00 Korero Mai (G, R)

11.00 Toku Reo (G, R)

Noon Korero Mai (G, R)

1.00 Toku Reo (G, R)

2.00 Opaki (G)

2.30 Nga Pari Karangaranga (R)

3.00 Pukoro (G, R)

3.30 Miharo (G, R)

4.00 Dora Matatoa (G, R)

4.30 Road to the Nats (G, R)

5.00 Marae (G)

5.30 #Hakanation (G)

6.00 Nga Pari Karangaranga (R)

6.30 Te Kaea

7.00 Kawe Korero: Reporters

7.30 Kitchen Kura (G)

8.00 Topp Twins (R)

8.30 Real Husbands of Hollywood (G) US reality show.

9.00 School of Training (PGR)

9.30 All Talk with Anika Moa (AO)

10.00 #Hakanation (G, R)

10.30 Te Kaea (R)

11.00 - 11.30 Kawe Korero: Reporters (R)

SKY PREMIERE SKY 030	MOVIES EXTRA SKY 031	MOVIES CLASSICS SKY 034	RIALTO SKY 039
<p>6.45 Fantastic Four (2015, M) Miles Teller.</p> <p>8.25 Mississippi Grind (2015, M) Ben Mendelsohn.</p> <p>10.15 Krampus (2015, M) Toni Collette.</p> <p>11.50 Sausage Party (2016, 16) Voice of Seth Rogen.</p> <p>1.20 Fantastic Four (2015, M) Miles Teller.</p> <p>3.00 Mississippi Grind (2015, M) Ben Mendelsohn.</p> <p>4.50 The Scorch Trials (2015, M) Dylan O'Brien.</p> <p>7.00 B-Roll (2016, M) A disgraced TV reporter tries to make a documentary. Josh Brener, Karan Soni.</p> <p>8.30 The Shadow Effect (2017, 16) Haunted by dreams that seem all too real, a skilled killer attempts to get to the bottom of his troubled memories. Jonathan Rhys Meyers.</p> <p>10.10 Sisters (2015, 16) Two sisters throw a house party. Amy Poehler, Tina Fey.</p> <p>12.05am The Green Inferno (2013, 18) 1.45 The Shadow Effect (2017, 16) 3.40 Sisters (2015, 16) 5.35 The Scorch Trials (2015, M)</p>	<p>6.55 Bliss! (2016, M) David Leon.</p> <p>8.30 The Dresser (2015, PG) Anthony Hopkins.</p> <p>10.20 The Truth Commissioner (2016, M) Roger Allam.</p> <p>11.55 The Meddler (2015, M) Susan Sarandon.</p> <p>1.40 Step Up (2006, PG) Channing Tatum.</p> <p>3.25 The Dresser (2015, PG) Anthony Hopkins.</p> <p>5.15 Anomalisa (2015, 16) David Thewlis.</p> <p>6.45 Sing Street (2015, M) A boy starts a band to impress a mysterious girl. Ferdia Walsh-Peelo, Lucy Boynton.</p> <p>8.30 Wimbledon (2004, M) A lowly-ranked tennis player woos an up-and-coming female star while competing at Wimbledon. Paul Bettany, Kirsten Dunst.</p> <p>10.10 Dusty & Me (2016, M) A young man discovers life lessons about love and family. Luke Newberry.</p> <p>11.45 Santa's Little Helper (2015, PG) Mike Mizanin.</p> <p>1.15am Anomalisa (2015, 16) 2.45 Sing Street (2015, M) 4.30 Dusty & Me (2016, M)</p>	<p>6.40 The Big Easy (1986, PG) Dennis Quaid.</p> <p>8.20 Critical Care (1997, M) James Spader.</p> <p>10.05 A Nightmare on Elm Street 5: The Dream Child (1989, 16) Robert Englund.</p> <p>11.35 Don't Look Now (1973, M) Julie Christie.</p> <p>1.25 Look Who's Talking Now (1993, PG) John Travolta.</p> <p>3.00 Cat's Eye (1985, M) Alan King.</p> <p>4.35 The Man Who Fell to Earth (1976, 18) An alien travels to Earth in search of water. David Bowie.</p> <p>6.50 Revenge of the Pink Panther (1978, PG) Inspector Clouseau takes on a business tycoon. Peter Sellers.</p> <p>8.30 Chisum (1970, PG) A tough cattle baron must battle corrupt officials to keep his ranch. John Wayne.</p> <p>10.20 The Thing (1982, 16) Scientists discover a shape-shifting alien. Kurt Russell.</p> <p>12.10am This Is Spinal Tap (1984, M) 1.35 Playing God (1997, 18) 3.10 Look Who's Talking Now (1993, PG) 4.45 Cat's Eye (1985, M)</p>	<p>6.00 The Surprise (2015, M) Jeroen van Koningsbrugge.</p> <p>7.40 Mulholland Drive (2001, 16) Naomi Watts.</p> <p>10.05 A Perfect Day (2015, M) Benicio Del Toro.</p> <p>11.50 A Man Called Ove (2015, M) Rolf Lassgård.</p> <p>1.50 Murder on the Home Front (2013, 16) Patrick Kennedy.</p> <p>3.25 The Ground We Won (2015, M) Local documentary.</p> <p>4.55 The Wave (2015, 16) Kristoffer Joner.</p> <p>6.45 People Places Things (2015, M) Jemaine Clement.</p> <p>8.10 NZ Music Month 13th Floor Sessions (M) Tonight: Aaradhna.</p> <p>8.30 It's So Easy and Other Lies (2015, M) US documentary about Guns N' Roses bass player, Duff McKagan.</p> <p>10.00 Swiss Army Man (2016, M) Paul Dano, Daniel Radcliffe.</p> <p>11.40 The Bureau (16) Tonight: Sisteron's critical situation becomes a priority.</p> <p>12.35am A Man Called Ove (2015, M) 2.35 Murder on the Home Front (2013, 16) 4.10 The Ground We Won (M) 5.40 The Bureau (16)</p>

GENERAL

Choice TV FREEVIEW 12 SKY 024

6.00 Benny Hinn **6.30** Money for Nothing **7.30** Bondi Vet **8.30** Salvage Hunters **9.30** A Cook Abroad **10.30** Fantasy Homes by the Sea **11.30** The Cook and the Chef **Noon** Location Location Location **1.00** Brother vs Brother **2.00** Money for Nothing **3.00** Poh's Kitchen **3.30** Wild Britain with Ray Mears **4.00** Shark Man **4.30** Hairy Bikers' Asian Adventure **5.30** The French Collection **6.30** Auction Hunters **7.00** American Restoration **7.30** Speed with Guy Martin **8.30** Survival with Ray Mears **9.30** Hunting Aotearoa (PGR) **10.00** Special Forces: Ultimate Hell Week **11.00** American Restoration **11.30** Hairy Bikers' Asian Adventure **12.30am** Benny Hinn **1.00** Twiggy's Frock Exchange **2.00** Donna Hay: Fast, Fresh, Simple **2.30** Getaway **3.00** Supercar Showdown **4.00** Survival with Ray Mears **5.00** Special Forces: Ultimate Hell Week

TVNZ Duke FREEVIEW 13 SKY 023

9.15 Table Tennis, European Championships. **12.15** AFL, Richmond v Fremantle. **2.45** FIA Formula E Championship Highlights **3.40** Offroad Addiction **4.05** AFL Highlights **4.35** Clubland **5.05** Megafactories **6.00** MythBusters **7.02** Seinfeld (C) **7.30** Supergirl (AO) Resist: Supergirl decides whether to obey the president's orders. **8.30** The Flash (PGR) Infantino Street: With only 24 hours left until Savitar murders Iris, Barry struggles to save the woman he loves. **9.25** Marvel's Agents of SHIELD (AO) All the Madame's Men: Daisy finds herself teamed up with an unlikely partner, and Aida prepares to put her ultimate end game into effect. **10.25** Scam City (AO) **11.20** Tosh.O (AO) **11.45** Seinfeld (R, C) **12.10am - 1.55** E-League, Street Fighter V Invitational.

UKTV SKY 007

6.05 Qi (M) **6.40** Would I Lie to You? (PG) **7.15** EastEnders (PG) **7.50** The Bill (PG) **8.40** Inspector Morse (M) **10.35** Keeping Up Appearances (PG) **11.05** The Vicar of Dibley (PG) **11.35** New Tricks (M) **12.35** Midsomer Murders (M) **2.25** The Bill (PG) **3.15** Inspector George Gently (M) **4.55** New Tricks (M) **5.50** Keeping Up Appearances (PG) **6.25** The Vicar



TVNZ Duke: Supergirl, 7.30pm

of Dibley (PG) Arrival: A female vicar is appointed to a parish. **6.55** EastEnders (PG) **7.30** Qi (M) **8.05** Would I Lie to You? (PG) **8.35** The Coroner (PG) Dirty Dancing: A woman is murdered in the lead-up to a Latin dance festival in Lighthaven. **9.35** Holby City (M) Anything You Can Do: Jonny starts his new role, and Zosia takes part in a difficult kidney transplant. **10.40** Doc Martin (PG) The Shock of the New: Martin attends his first therapy session. **11.35** Midsomer Murders (M) A Worm in the Bud: After two old friends clash over plans to cut down a local forest, their disagreement turns to tragedy. **1.25am** The Bill (PG) **2.15** Inspector George Gently (M) **4.00** New Tricks (M) **4.55** Keeping Up Appearances (PG) **5.30** The Vicar of Dibley (PG)

SoHo SKY 010

6.40 Bates Motel (16) **7.40** Guerrilla (16) **8.40** Versailles (16) **9.40** The Americans (16) **10.30** The Leftovers (16) **11.30** Bates Motel (16) **12.30** Divorce (16) **1.00** Strike Back (18) **2.00** Versailles (16) **3.00** Guerrilla (16) **4.00** The Americans (16) **4.50** Bates Motel (16) **5.40** The Leftovers (16) **6.40** Strike Back (18) **Vengeance** (Part 3): In Beirut, Kamali leads Scott and Stonebridge to a mercenary. **7.30** Fargo (16) **8.30** Bates Motel (16) **Hidden**: Norman discovers who he can rely on when he attempts to protect his secrets, and Romero struggles to find safety. **9.30** Into the Badlands (18) **Monkey Leaps Through Mist**: Sunny and MK are each imprisoned in unlikely

places, and the Widow continues to consolidate power. **10.20** Strike Back (18) **11.10** Divorce (16) Mediation: In hopes of keeping their split amicable, Frances and Robert meet with a mediator, and Frances confides in a co-worker. **11.50** Silicon Valley (M) **12.20am** Veep (M) **12.50** Quarry (18) **1.50** Fargo (16) **2.40** Bates Motel (16) **3.30** Into the Badlands (18) **4.20** Silicon Valley (M) **4.50** Veep (M) **5.20** Divorce (16) **5.50** Strike Back (18)

Living SKY 017

6.00 Holmes and Holmes **6.55** A Place in the Sun: Home or Away **7.50** Zoo Days (M) **8.15** Antiques Roadshow **9.15** Escape to the Country **10.10** Gogglebox (M) **11.05** Selling Houses Australia **12.05** Homes Under the Hammer **1.05** Holmes and Holmes **2.00** A Place in the Sun: Home or Away **3.00** Zoo Days (M) **3.30** Escape to the Country **4.30** Escape to the Chateau **5.30** Antiques Roadshow **6.30** Grand Designs Australia **7.30** Homes Under the Hammer **8.30** A Place in the Sun: Winter Sun **9.30** Location Location Location **10.30** Selling Houses Australia **11.30** Grand Designs Australia **12.30am** Escape to the Country **1.20** Homes Under the Hammer **2.20** A Place in the Sun: Winter Sun **3.15** Location Location Location **4.10** Selling Houses Australia **5.05** Grand Designs Australia

Sky Arts SKY 020

6.00 The Third Eye (PG) **6.30** Polifonia **6.55** Comic Books Go to War (PG) **8.00** The Adventurers of Modern Art **9.00** The Quizuew **10.00** Smart Secrets of Great Paintings **10.30** Urban Legends **11.00** Guitar Star **11.45** Auction **12.30** Landscape Artist of the Year **1.15** Brilliant Ideas **1.45** The Third Eye (PG) **2.30** Polifonia **2.55** Comic Books Go to War (PG) **4.00** Andre Brink: The African (G) Documentary about South African author Andre Brink. **4.55** Verbier Festival: Rafael Blechacz Recital **6.00** Verbier Festival: Daniil Trifinov **7.30** Argerich & Barenboim: Piano Duos I **9.30** Concerto: A Beethoven Journey (G) Documentary featuring pianist Leif Ove Andsnes. **11.00** Christian Hook Paints Celebrities **12.00am** Andre Brink: The African **12.55** Verbier Festival: Rafael Blechacz Recital **2.00** Verbier Festival: Daniil Trifinov **3.30** Argerich & Barenboim: Piano Duos I **5.30** Concerto: A Beethoven Journey

SPORT

Sky Sport 1 SKY 051

6.00 Back Page **7.00** Netball, ANZ Premiership, Southern Steel v Waikato Bay of Plenty Magic, highlights. **7.30** Netball, ANZ Premiership, Tactix v Pulse. **8.00** The Golf Fix **9.00** Feherty **10.00** Golf, US PGA Tour, Players C'ship, highlights. **11.00** Golf, European PGA Tour, Open de Portugal, highlights. **11.30** Arsenal TV **2.30** Rugby Nation **3.30** UFC Now **4.30** Cycling, UCI America Tour, Tour of California, stage four, men's, 159.5 km. **6.30** Cycling, UCI World Tour, Giro d'Italia, stage 10, Foligno to Montefalco. **7.00** Cricket, IPL, first qualifying final. **7.30** Land Rover Ist XV Revision **8.00** The Breakdown **8.30** Rugby Doco: Pride on the Line **9.30** TBA **1.20am** Cricket, IPL, first qualifying final. **1.50** TBA

Sky Sport 2 SKY 052

6.00 NRL 360 **7.00** On the Couch with Sterlo **8.00** NRL Fulltime **8.30** Super League Fulltime **9.00** Shooting, Red Stag Timber Hunters Club, Duck and Cover. **9.30** TBA **10.00** Cricket, IPL, first qualifying final. **10.30** Cricket, IPL, Rising Pune Supergiants v Kings XI Punjab. **11.00** Cricket, IPL, Delhi Daredevils v Royal Challengers Bangalore. **11.30** Cricket, IPL, first qualifying final. **3.00** TBA **3.30** Cricket, IPL, Delhi Daredevils v Royal Challengers Bangalore. **4.00** Cricket, IPL, first qualifying final. **4.30** NRL Fulltime **5.00** NRL, Penrith Panthers v New Zealand Warriors. **7.00** Back Page **8.00** The Crowd Goes Wild **8.30** NRL 360 **9.30** League Life **10.00** Queenslanders Only **10.30** Super Rugby Kick & Chase **11.30** The Breakdown **12.00am** Netball, ANZ Premiership, Northern Stars v Northern Mystics. **1.30** Netball Zone **2.15** Cricket, IPL, first eliminator final, **live**.

Sky Sport 3 SKY 053

6.00 The Crowd Goes Wild **6.30** Rugby Nation **7.30** The Breakdown **8.00** Super Rugby, Crusaders v Hurricanes. **10.00** NRL 360 **11.00** On the Couch with Sterlo **Noon** Super League Fulltime **12.30** NRL Fulltime **1.00** NRL 360 **2.00** On the Couch



Discovery: Alaska: The Last Frontier, 8.30pm

with Sterlo **3.00** AFL Weekly Highlights **3.30** NRL Fulltime **4.00** Back Page **5.00** Golf, US PGA Tour, Players C'ship, highlights. **6.00** Golf, European PGA Tour, Open de Portugal, highlights. **6.30** Golf Central **7.30** Motorcycle Racing, World Superbike Championship, from Autodromo Enzo e Dino Ferrari, Imola, Italy. **8.30** Inside Supercars **9.30** #Skyspeed **10.00** Fox Sports News **10.30** Fight Night on Sky **12.30am** Rugby Doco: Pride on the Line **1.30** Inside Supercars **2.30** #Skyspeed **3.00** NRL 360 **4.00** League Life **4.30** Queenslanders Only **5.00** Back Page

ESPN SKY 060

6.00 NFL Live **7.00** NBA: The Jump **7.30** SportsNation **8.30** Highly Questionable **9.00** Mike and Mike's Best of the NFL **10.00** SportsCenter **11.30** NBA Countdown **12.30** NBA Draft Lottery, **live**. **1.00** Basketball, NBA, Playoffs, Western Conference finals, game one, **live**. **3.30** SportsCenter **5.00** Tennis, WTA Tour, Italian Open. **7.00** Baseball, MLB, delayed. **9.00** Around the Horn **9.30** Pardon the Interruption **10.00** ESPN FC **10.30** NBA: The Jump **11.00** Basketball, NBA, Playoffs, Western Conference finals, game one. **1.00am** Mike and Mike **5.00** ESPN FC **5.30** NFL Insiders

DOCUMENTARIES

Discovery SKY 070

7.30 How It's Made (PG) **8.20** MythBusters (PG) **9.10** Alaska: The Last Frontier (M) **10.00** Naked and Afraid (M) **10.50** Treasure Quest: Snake Island (PG) **11.40** Shadow of Doubt (M) **12.30** Evil Kin (M) **1.20** A Crime to Remember (M) **2.10** How It's Made (PG) **3.00** How Do They Do It? (PG) **3.25** Auction Hunters (PG) **3.50** Deadliest Catch (PG) **4.45** Alaska: The Last Frontier Specials (M) **5.40** MythBusters (PG) **6.35** What on Earth? (PG) **7.30** Legend of Croc Gold (PG) **8.30** Alaska: The Last Frontier (M) **9.25** The Last Alaskans (PG) **10.15** Alaskan Bush People (M) **11.05** A Crime to Remember (M) **11.55** Evil Kin (M) **12.45am** Deadliest Catch (PG) **1.35** How Do They Do It? (PG) **2.00** Auction Hunters (PG) **2.25** Alaska: The Last Frontier (M) **3.15** Deadliest Catch (PG) **4.05** Treehouse Masters (PG) **4.55** Bering Sea Gold (PG) **5.45** Deadliest Catch (PG)

National Geographic SKY 072

6.30 Brain Games (PG) **7.30** Science of Stupid (PG) **8.30** The Fabric of the Cosmos **9.30** Stephen Hawking's Science of the Future (PG) **10.30** Supercar Megabuild (PG) **12.30** Air Crash Investigation (PG) **4.30** Genius (PG) **5.30** Britain's Greatest Railways **6.30** War Heroes of the Skies (PG) Battle of Britain: Fighter pilot Douglas Bader is a celebrated war hero. **7.30** Origins: The Journey of Humankind (PG) **8.30** Parched (PG) Tonight: Global water wars. **9.30** 10 Ways to End the World (PG) From collapsing stars and hostile extraterrestrials, scientists and other experts outline risks. **10.30** Breakthrough (PG) **11.30** China's Lost Pyramids (PG) **12.30am** Bob Ballard Special (PG) **2.30** Science of Stupid (PG) **3.30** Air Crash Investigation (PG) **5.30** Situation Critical (M)

History SKY 073

6.30 Desert Generals (PG) **7.30** The War (M) **8.30** Time Team (PG) **9.30** Cities of the Underworld (PG) **10.30** Ancient Discoveries (PG) **11.30** The Codebreaker Who Hacked Hitler (PG) **12.30** The Australian SAS: The Untold History (PG) **1.30** Soviet Storm: WWII in the East (M) **2.30** History's Raiders (PG) **3.30** World War II in Colour (M) **4.30** Time Team (PG) **5.30** Cities of the Underworld (PG) **6.30** Tony Robinson's Tour of Duty (PG) **7.30** The Cars That Made Us (PG) **8.30** The Vietnam War (PG) Vietnam After the US Withdrawal: A look at the final days of the Vietnam War. **9.30** Air Warriors (PG) Black Hawk: **10.30** Ancient Black Ops (PG) **11.30** Hitler (M) **12.30am** Soviet Storm: WWII in the East (M) **1.30** History's Raiders (PG) **2.30** World War II in Colour (M) **3.15** Cities of the Underworld (PG) **4.00** The Cars That Made Us (PG) **4.45** The Vietnam War (PG) **5.30** Air Warriors (PG)

BBC Knowledge SKY 074

6.15 24 Hours in A&E (PG) **7.05** Louis Theroux: Twilight of the Porn Stars (16) **8.05** Sea Cities (PG) **9.10** Top Gear (PG) **10.10** The Private Life of Plants (PG) **11.00** Life Below Zero (M) **11.45** Top Gear (PG) **12.45** Stop, Search, Seize (PG) **1.30** Who Do You Think You Are? US (PG) **2.10** Sea Cities (PG) **3.15** Embarrassing Bodies (M) **4.05** 24 Hours in A&E (M) **4.55** Life Below Zero (M) **5.45** Who Do You Think You Are? (PG) Vic Reeves. **6.45** The Frozen Planet (PG) **7.40** Embarrassing Bodies (M) **8.30** Who Do You Think You Are? (PG) Ricky Tomlinson: Actor Ricky Tomlinson traces his roots. **9.40** 24 Hours in A&E (M) **11.25** Top Gear (PG) **12.30am** The Private Life of Plants (PG) **1.20** Embarrassing Bodies (M) **2.10** Sea Cities (PG) **3.10** Eggheads (PG) **3.40** Top Gear (PG) **4.40** Stop, Search, Seize (PG) **5.25** Embarrassing Bodies (M)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO
6.00 Morning Report Including: 6.16 and 6.50 Business News; 6.18 Pacific News; 6.26 Rural News; 6.48 and 7.45 NZ Newspapers
9.06 Nine to Noon with Kathryn Ryan Including: 10.45 The Reading: The Families, by Vincent O'Sullivan, read by Jessica Robinson (1 of 3, RNZ)
Noon Midday Report Including: 12.16 Business News; 12.26 Sport; 12.34 Rural News; 12.43 Worldwatch
1.06 Jesse Mulligan News, interviews, music and entertainment
4.06 The Panel with Jim Mora
5.00 Checkpoint with John Campbell Drive-time news and current affairs
6.30 Trending Now Highlighting the stories listeners are sharing online
7.06 Nights with Bryan Crump Entertainment and information
7.35 At the Movies with Simon Morris A weekly topical magazine about current film releases and film-related topics
8.30 Windows on the World International public radio features and documentaries
9.06 The Wednesday Drama Tumanbay, by John Dryden: An epic historical saga set in the richest, most powerful city on earth (3 of 10, Goldhawk)
10.00 News and Late Edition Including: 10.45 Dateline Pacific
11.06 Inside Out with Nick Tipping
12.04am All Night Programme Including: 12.05 Music After Midnight; 12.30 Discovery (BBC); 1.05 The Thursday Feature; 2.05 The Cultural Frontline (BBC); 3.05 Shooting the Moon, by VM Jones (2 of 10, RNZ); 3.30 NZ Books; 5.10 Witness (BBC)
Website: radionz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO
News and Weather 6.00am, 7.00, 8.00, 9.00am, noon, 3.00, 5.00, 6.00, 10.00pm
6.00 Classic Morning with Rick Young Music, news and weather
10.00 Weekday Classics with Clarissa Dunn Featured masterworks and latest releases
1.00 Upbeat with Eva Radich Music news and current affairs
2.00 Made in New Zealand NZ performers and composers
3.00 Classic Afternoons with David Morriss Favourite music from the Renaissance to the Romantic and Beyond
7.00 Music Alive Carnegie Hall Live! Tetzlaff Trio - Schumann: Piano Trio No 2 in F Op 80; Dvorak: Piano Trio No 4 in E minor Op 90, Dumky; Brahms: Piano Trio No 2 in C Op 87 (WFMT)
10.00 Day's End
12.00am Music Through the Night
Website: radionz.co.nz/concert

RadioLIVE

6.00 Duncan Garner **9.00 Mark Sainsbury Noon** **Mitch Harris** **3.00 Ali Mau** **6.00 Newshub Live** **7.00 The Project** **7.30 Kim Blair** **8.00 Mike Puru** **12.00am Tony Amos** **5.00 James Coleman**
Website: radiolive.co.nz

Newstalk ZB

6.00 Mike Hosking **8.30 Leighton Smith Noon** **Kerre McIvor & Mark Dye** **4.00 Larry Williams** **7.00 D'Arcy Waldegrave** **8.00 Marcus Lush** **12.00am Tim Beveridge** **5.00 Rachel Smalley**
Website: newstalkzb.co.nz

TVNZ 1

FREEVIEW 1 SKY 001

- 6.00 Breakfast** With Hilary Barry and Jack Tame.
- 9.00 The Ellen DeGeneres Show** (PGR, R, C)
Today: Matt Lauer.
- 10.00 Tipping Point** (G, R)
- 11.00 The Chase** (G, R, C) Bradley Walsh hosts a UK game show.
- Noon 1 News** (C)
- 12.30 Emmerdale** (PGR, C) Today: Ashley returns to the village; Bernice confronts Carly; and Faith becomes fundraiser.
- 1.00 MasterChef Australia** (G, R, C)
- 2.30 Gino's Italian Escape** (G, R)
Today: Chef Gino D'Acampo tours southern Italy, the region where he grew up, meeting locals and sourcing ingredients for a variety of dishes.
- 3.00 Tipping Point** (G) Ben Shephard hosts a quiz show in which four players take on a machine.
- 3.55 Te Karere** (C)
- 4.25 Four in a Bed** (G, R) Today: Pat and Nigel are the proud owners of the Mariners Beachside B&B in Seaton, Devon.
- 4.55 The Celebrity Chase** (C)
UK quiz show. Today: Jason Gardiner, Ashley Roberts, Linda Robson and Christopher Biggins compete for charity.
- 6.00 1 News** (C)
- 7.00 Seven Sharp** (C) Mike Hosking and Toni Street present current affairs.
- 7.30 George Clarke's Amazing Spaces Snow Special** (G, C)
George Clarke embarks on a snow-covered design odyssey across the mountain ranges of western Canada.
- 8.30 Code Black** (AO, C, AD) Ave Maria: When a 13-year-old girl suffers a seizure caused by spina bifida, the doctors are shocked to learn she is Campbell's daughter, and a workaholic deaf patient and her translator arrive at the hospital after their car rolls.
- 9.30 Coronation Street** (PGR, C, AD) Tonight: Terror reigns at the Platts, and Steve and Lloyd take a walk down memory lane.
- 10.30 1 News Tonight** (C)
- 11.00 Screaming Reels** (HD)
Jason Hoyte and Leigh Hart present a fishing show.
- 11.30 Uncle** (AO, C) Tonight: After hearing that his uncle is dying, Andy stages a family reunion to try and make it into the man's will.
- 12.05am Kid Criminals** (AO, R, C)
US documentary about kids behind bars.
- 1.05 Te Karere** (R, C)
- 1.30 Infomercials**
- 5.35 - 6.00 Te Karere** (R, C)

TVNZ 2

FREEVIEW 2 SKY 002

- 6.00 Creflo Dollar Ministries**
- 6.30 Sesame Street** (G, R, C)
- 6.55 Peppa Pig** (G, C)
- 7.00 SpongeBob SquarePants** (G, R, C)
- 7.25 Beyblade Burst**
- 7.50 Slugterra** (C)
- 8.15 Sofia the First** (G, R, C)
- 8.35 Doc McStuffins** (G, R, C)
- 9.00 Infomercials**
- 10.30 Neighbours** (G, R, C)
- 11.00 Home and Away** (PGR, R, C)
- 11.30 Shortland Street** (PGR, R, HD, C, AD)
- Noon The Ellen DeGeneres Show** (PGR, C)
- 1.00 The Jeremy Kyle Show** (PGR)
- 2.00 Judge Rinder** (M)
- 3.00 America's Funniest Home Videos** (G, R, C)
- 3.30 Horace in Slow Motion** (G, R)
- 3.32 Leon** (G, R, C)
- 3.35 The Adam and Eve Show** (HD, C)
- 4.05 Bunk'd** (C)
- 4.30 Friends** (G, R, C)
- 5.00 The Simpsons** (PG, C)
- 5.30 Home and Away** (PGR, C)
- 6.00 The Big Bang Theory** (PGR, R, C) The Holographic Excitation: Raj's party-planning skills are tested.
- 6.30 Neighbours** (G, C) Tonight: Aaron's attempt to reconcile with David hits a snag.
- 7.00 Shortland Street** (PGR, HD, C, AD) Tonight: Drew pays a high price for the truth, and Sass fears for her sanity. Writer Ben Marshall, director Jacqueline Nairn.
- 7.30 Police Ten 7** (HD, C) Tonight: Police have a tense stand-off in Palmerston North.
- 8.00 Motorway Patrol** (HD, C)
Tonight: A pedestrian strolls down the motorway.
- 8.30 Gutsful** (HD, C) Tonight: In the Waikato, Mike from St Vinnies has had a gutsful of sorting through sex toys and soiled goods.
- 9.00 Booze Patrol** (G, C)
Repeat Offender: When a strange craft lands in front of RBT, police think they could be seeing things.
- 9.30 Meet the Parents** (AO, C)
UK dating show in which singletons meet the parents of prospective partners.
- 10.30 Two and a Half Men** (PGR, R, C)
- 11.00 Police Ten 7** (R, HD, C)
- 11.30 Hell's Kitchen** (R, C)
- 12.25am Stitches**
- 1.10 Shortland Street** (R, HD, C, AD)
- 1.35 Infomercials**
- 2.40 Scandal** (AO, R)
- 3.30 The Real** (PGR)
- 4.15 Selfie** (G, R)
- 4.40 The Adam and Eve Show** (R, HD, C)
- 5.05 Neighbours** (G, R, C)
- 5.30 - 6.00 Infomercials**

THREE

FREEVIEW 3 SKY 003

- 6.00 The AM Show** With Duncan Garner, Amanda Gillies and Mark Richardson.
- 9.00 The Cafe**
- 10.00 Infomercials**
- 11.25 Family Feud** (G, R, HD, C)
- Noon Dr Phil** (AO, HD)
- 1.00 The Last Resort** (R, HD, C)
- 2.00 Long Lost Family** (PGR, R, HD, C)
- 2.55 Entertainment Tonight** (G)
- 3.20 Sticky TV** (G, HD)
- 4.00 Newshub Live**
- 4.25 The Block** (G, HD)
- 5.25 Family Feud** (G, HD, C) With Dai Henwood.
- 6.00 Newshub Live**
- 7.00 The Project** (HD) With Jesse Mulligan, Kanoa Lloyd and Josh Thomson.
- 7.30 Jono and Ben** (PGR, HD)
Jono Pryor and Ben Boyce host a topical comedy show.
- 8.30 Jack Ryan: Shadow Recruit** (2014, AO, R, HD, C)
After a young CIA analyst uncovers a scheme by a Russian oligarch to collapse the US economy, he travels to Moscow with his girlfriend to try to stop the madman. Chris Pine, Kevin Costner, Kenneth Branagh, Keira Knightley. **Films, page 70**
- 10.30 Newshub Late**
- 11.00 Golf World** (HD) With Mark Leishman and Laura McGoldrick.
- 11.30 Law & Order: SVU** (AO, R, HD, C) Dissonant Voices: The team pursues a TV show contestant.
- 12.20am The Project** (R, HD)
- 12.45 - 6.00 Infomercials**



Three: Jack Ryan: Shadow Recruit, 8.30pm

PRIME

FREEVIEW 10 SKY 004

- 6.00 Children's Programmes** (G)
- 8.55 Million Dollar Minute** (G, R)
- 9.25 Wheel of Fortune** (G, R)
- 9.50 Jeopardy!** (G, R)
- 10.20 The Doctors** (PGR)
- 11.15 Hot Bench** (G)
- 11.40 Bones** (AO, R, C)
- 12.35 Elementary** (PGR, R)
- 1.30 Jimmy Fallon** (PGR, R)
- 2.30 The Crowd Goes Wild** (G, R)
- 3.00 Escape to the Country** (G, R)
- 4.00 Antiques Roadshow** (G, R, C)
- 5.00 Million Dollar Minute** (G)
- 5.30 Prime News**
- 6.00 Wheel of Fortune** (G)
- 6.30 Jeopardy!** (G)
- 7.00 The Crowd Goes Wild**
- 7.30 MacGyver** (PGR, C)
Flashlight: Mac and the team travel to Hawaii.
- 8.30 Bull** (AO, C) Dressed to Kill: Bull and Chunk's bond is tested.
- 9.30 Madam Secretary** (AO, C)
- 10.30 NCIS: New Orleans** (PGR, R, C)
- 11.30 The Tonight Show Starring Jimmy Fallon** (PGR)
- 12.30am - 1.00 The Crowd Goes Wild** (G, R)

BRAVO

FREEVIEW 4 SKY 012

- 6.00 Infomercials**
- 10.00 Teen Mom** (R)
- 10.55 Catfish: The TV Show** (G, R)
- 11.45 The Real Housewives of New York** (PGR)
- 12.40 Southern Charm**
- 1.35 Intervention** (R)
- 2.35 The Real Housewives of Dallas** (R)
- 3.35 Hoarders** (G, R)
- 4.30 Dance Moms** (G, R)
- 5.30 Teen Mom** (C)
- 6.30 Catfish: The TV Show** (G) Joanna & Bo: A relationship goes sour after a crazy night in Vegas.
- 7.30 Snapped** (PGR, R)
Marjorie Orbin: Police try to unravel a mystery.
- 8.30 I Killed My BFF** (AO) Do Unto Others: An unlikely friendship becomes a deep bond, until a tragic event leads to suspicion and revenge.
- 9.30 Intervention** (AO) Brian N: Brian assisted with the recovery of bodies during the Oklahoma City bombings, and turned to alcohol for comfort.
- 10.30 Intervention** (AO) Anne/Digger: A husband and wife are both addicted to heroin.
- 11.25 Snapped** (PGR, R) Catherine Hamborsky: A bar fire reveals a murder and a woman's desperation to cover up her secret addiction.
- 12.15am - 6.00 Infomercials**

MAORI TV

FREEVIEW 5 SKY 019

- 6.30 Children's Programmes** (G)
- 8.30 Te Kaea** (R)
- 9.00 Kawe Korero: Reporters** (R)
- 9.30 Morena** (HD)
- 10.00 Korero Mai** (G, R)
- 11.00 Toku Reo** (G, R)
- Noon Korero Mai** (G, R)
- 1.00 Toku Reo** (G, R)
- 2.00 Opaki** (G)
- 2.30 Nga Pari Karangaranga** (R)
- 3.00 Pukoro** (G, R)
- 3.30 Miharo** (G, R)
- 4.00 Dora Matatoa** (G, R)
- 4.30 Swagger** (G)
- 5.00 Patapatai** (G, R)
- 5.30 Te Matatini 2017** (G)
- 6.00 Nga Pari Karangaranga** (R)
- 6.30 Te Kaea**
- 7.00 Kawe Korero: Reporters**
- 7.30 Tradition on a Plate** (G)
- 8.00 Laughing Samoans** (G, R)
- 8.30 Sidewalk Karaoke** (G)
- 9.00 Find Me a Maori Bride** (PGR) Tonight: Tama has to work extra hard to win the affections of the wahine.
- 9.30 My Party Song** (G)
- 10.00 Te Matatini 2017** (G, R)
- 10.30 Te Kaea** (R)
- 11.00 - 11.30 Kawe Korero** (R)

SKY PREMIERE SKY 030

7.45 B-Roll (2016, M) Josh Brener.
9.15 The Shadow Effect (2017, 16) Jonathan Rhys Meyers.
10.50 Sisters (2015, 16) Amy Poehler.
12.50 The Scorch Trials (2015, M) Dylan O'Brien.
3.00 B-Roll (2016, M) Josh Brener.
4.30 Redistributors (2016, M) A PR executive is accused of leaking information. James Allen, Natan Barreto.
5.55 The Revenant (2016, 16) An explorer seeks out the man who betrayed him. Leonardo DiCaprio, Tom Hardy, Will Poulter.
8.30 Star Trek Beyond (2016, M) The Starship Enterprise is despatched on a rescue mission when they are ambushed by a ruthless enemy, putting everything they stand for to the test. Chris Pine, Zachary Quinto.
10.35 Triple 9 (2016, 18) An unsuspecting rookie foils a heist. Casey Affleck, Anthony Mackie.
12.30am The Harvest (2013, M) 2.15 The Revenant (2016, 16) 5.10 Star Trek Beyond (2016, M)

MOVIES EXTRA SKY 031

6.05 Hollywood's Best Film Directors (PG)
6.35 Santa's Little Helper (2015, PG) Mike Mizanin.
8.05 Wimbledon (2004, M) Paul Bettany.
9.40 Hollywood's Best Film Directors (PG)
10.10 Anomalisa (2015, 16) David Thewlis.
11.40 Sing Street (2015, M) Ferdia Walsh-Peelo.
1.25 Dusty & Me (2016, M) Luke Newberry.
3.00 Wimbledon (2004, M) Paul Bettany.
4.40 Wildlike (2014, M) Bruce Greenwood.
6.25 Trumbo (2015, M) Bryan Cranston.
8.30 As Cool as I Am (2013, M) A teenager struggles with her relationships. Claire Danes, Sarah Bolger.
10.05 Relative Happiness (2014, M) Melissa Bergland.
11.40 The Trials of Cate McCall (2013, 16) Kate Beckinsale.
1.10am Wildlike (2014, M) 2.55 As Cool as I Am (2013, M) 4.25 Nothing but Trailers (M) 4.55 Trumbo (2015, M)

MOVIES CLASSICS SKY 034

6.20 The Thing (1982, 16) Kurt Russell.
8.05 This Is Spinal Tap (1984, M) Michael McKean.
9.30 Playing God (1997, 18) David Duchovny.
11.05 Sophie's Choice (1982, M) Meryl Streep.
1.35 Proud Men (1987, M) Charlton Heston.
3.10 Carnal Knowledge (1971, 16) Jack Nicholson.
4.45 Three Days of the Condor (1975, M) A CIA researcher is plunged into a harrowing chain of events. Robert Redford.
6.40 Stir Crazy (1980, 16) Two friends attempt to bust out of jail. Richard Pryor.
8.30 Unlawful Entry (1992, M) A young professional couple call the police following an attempted armed robbery on their home. Ray Liotta.
10.20 3:10 to Yuma (2007, M) A rancher holds a captured outlaw. Russell Crowe.
12.20am The Game (1997, M) 2.25 Proud Men (1987, M) 4.00 Carnal Knowledge (1971, 16) 5.40 Stir Crazy (1980, 16)

RIALTO SKY 039

6.35 It's So Easy and Other Lies (2015, M) US documentary.
8.05 The Wave (2015, 16) Kristoffer Joner.
9.55 Swiss Army Man (2016, M) Paul Dano.
11.35 The Wolfpack (2015, 16) US documentary.
1.05 The Admiral: Roaring Currents (2014, M) Min-Sik Choi.
2.55 25 April (2015, M) Local documentary.
4.20 7 Chinese Brothers (2015, M) Jason Schwartzman.
5.35 The Red Shoes (1948, PG) Moira Shearer.
7.55 NZ Music Month 13th Floor Sessions (M) Tonight: Kendall Elise.
8.30 Monterey (2015, M) Local documentary about a cafe owner who attempts to save his business.
9.50 Section Zero (18)
10.40 Mapplethorpe: Look at the Pictures (2016, 18) US documentary.
12.30am The Bureau (16) 1.30 The Wolfpack (2015, 16) 3.00 The Admiral: Roaring Currents (2014, M) 4.50 25 April (2015, M)

GENERAL

Choice TV FREEVIEW 12 SKY 024

6.00 Benny Hinn **6.30** Speed with Guy Martin
7.30 Wild Britain with Ray Mears **8.00** Shark Man
8.30 Auction Hunters **9.00** American Restoration
9.30 Hairy Bikers' Asian Adventure **10.30** The French Collection **11.30** The Cook and the Chef
Noon Speed with Guy Martin **1.00** Survival with Ray Mears **2.00** Special Forces: Ultimate Hell Week **3.00** Poh's Kitchen **3.30** Africa's Trees of Life **4.30** Mary Berry Cooks **5.00** Food Safari Fire **5.30** Find It, Fix It, Flog It **6.30** Dickinson's Real Deal **7.00** Baggage Battles **7.30** Fill Your House for Free with Gok Wan **8.30** Saving Africa's Elephants: Hugh and the Ivory War **9.30** Doctor in the House **10.30** Dickinson's Real Deal **11.00** Baggage Battles **11.30** Mary Berry Cooks **12.00am** Food Safari Fire **12.30** Benny Hinn **1.00** Twigg's Frock Exchange **2.00** Donna Hay: Fast, Fresh, Simple **2.30** Getaway **3.00** Supercar Showdown **4.00** Doctor in the House **5.00** Saving Africa's Elephants: Hugh and the Ivory War

TVNZ Duke FREEVIEW 13 SKY 023

7.50 Table Tennis, European Championships. **10.50** FIA Formula E Championship Highlights **11.45** MMA: One Championship Weekly **12.15** AFL, Gold Coast v Port Adelaide. **2.45** Soccer, Major League, Chicago Fire v Seattle Sounders FC. **4.35** Clubland **5.05** Megafactories **6.00** MythBusters **7.02** Seinfeld (C) **7.30** Taskmaster (AO) **8.30** Gotham (AO) Light the Wick: Gordon discovers the weapon the Court of Owls will use to destroy Gotham. **9.25** Brooklyn Nine-Nine (PGR, C) Chasing Amy: Amy vanishes hours before taking the sergeant exam. **9.55** Trial & Error (PGR) An Unwelcome Distraction: Josh becomes sidetracked trying to solve a crime. **10.20** Arrow (AO) **11.15** South Park (AO) **11.40 - 12.10am** Seinfeld (R, C)

UKTV SKY 007

6.05 Would I Lie to You? (PG) **6.40** The Coroner (PG) **7.40** EastEnders (PG) **8.15** The Bill (PG) **9.05** Inspector George Gently (M) **10.45** Keeping Up Appearances (PG) **11.15** The Vicar of Dibley (PG) **11.45** New Tricks (M) **12.40** Midsomer Murders (M) **2.30** The Bill (PG) **3.20** Inspector George Gently (M)



TVNZ Duke: Brooklyn Nine-Nine, 9.25pm

5.00 New Tricks (M) **5.55** Keeping Up Appearances (PG) **6.25** The Vicar of Dibley (PG) Songs of Praise: When the BBC hears about Dibley's new female vicar, they decide to film an episode of Songs of Praise at the church. **6.55** EastEnders (PG) **7.30** 8 Out of 10 Cats (PG) **8.05** Mrs Brown's Boys (PG) Mummy's Break: Agnes is desperate for a holiday. **8.35** Alan Davies: As Yet Untitled (PG) Tonight: Bill Bailey, Kevin Eldon, Isy Suttie and Craig Campbell talk to Alan about drunken pirates, kazooos and the head of the Iraqi police. **9.35** The Graham Norton Show (PG) Tonight: Dame Helen Mirren, Kevin Costner, Ricky Gervais, Ewan McGregor and Eric Bana. **10.35** Would I Lie to You? (M) **11.10** Midsomer Murders (M) **1.00am** The Bill (PG) **1.50** Inspector George Gently (M) **3.30** New Tricks (M) **4.25** Keeping Up Appearances (PG) **4.55** The Vicar of Dibley (PG) **5.25** New Tricks (M)

SoHo SKY 010

6.40 Quarry (18) **7.40** Fargo (16) **8.40** Bates Motel (16) **9.40** Into the Badlands (18) **10.30** Silicon Valley (M) **11.00** Veep (M) **11.30** Quarry (18) **12.30** Divorce (16) **1.00** Strike Back (18) **1.50** Fargo (16) **2.40** Bates Motel (16) **3.30** Into the Badlands (18) **4.20** Silicon Valley (M) **4.50** Veep (M) **5.20** Quarry (18) **6.10** Strike Back (18) Vengeance (Part 4): Section 20 attempts a risky rescue for a potential new ally. **7.00** Rock and a Hard Place (M) Dwayne Johnson mentors a group of prisoners undergoing a boot

camp programme in Miami-Dade County. **8.30** Silicon Valley (M) Teambuilding Exercise: Richard reaches out to an unlikely ally. **9.00** Veep (M) **9.30** Fargo (16) **10.20** Strike Back (18) **11.10** Divorce (16) **11.40** The Americans (16) **12.30am** Real Time with Bill Maher (M) **1.30** Rock and a Hard Place (M) **3.00** Silicon Valley (M) **3.30** Veep (M) **4.00** Fargo (16) **4.50** The Americans (16) **5.40** Strike Back (18)

Living SKY 017

6.00 Holmes and Holmes **6.55** A Place in the Sun: Home or Away **7.50** Zoo Days (M) **8.15** Antiques Roadshow **9.15** Escape to the Country **10.10** Location Location Location **11.05** Selling Houses Australia **12.05** Homes Under the Hammer **1.05** Holmes and Holmes **2.00** A Place in the Sun: Home or Away **3.00** Zoo Days (M) **3.30** Escape to the Country **4.30** A Place in the Sun: Winter Sun **5.30** Antiques Roadshow **6.30** Grand Designs Australia **7.30** Homes Under the Hammer **8.30** The Secret Life of the Zoo (M) **9.30** Great British Railway Journeys **10.30** Selling Houses Australia **11.30** Escape to the Country **1.20am** Homes Under the Hammer **2.20** The Secret Life of the Zoo (M) **3.10** Great British Railway Journeys **4.10** Selling Houses Australia **5.05** Grand Designs Australia

Sky Arts SKY 020

7.00 Christian Hook Paints Celebrities **8.00** Andre Brink: The African **8.55** Verbier Festival: Rafael Blechacz Recital **10.00** Verbier Festival: Daniil Trifonov **11.30** Argerich & Barenboim: Piano Duos I **1.30** Concerto: A Beethoven Journey **3.00** Christian Hook Paints Celebrities **4.00** City Time Traveller **5.00** The Nightmare Worlds of HG Wells **5.30** The Secret Life of Books: Confessions of an English Opium Eater with John Cooper Clarke. **6.00** Greatest Painters: Toulouse Lautrec **7.00** Guitar Star 2016 **7.45** Institute of Art and Ideas **8.30** Off Camera: Richard Linklater. **9.30** Face of Britain (G) Simon Schama explores the history of British portraiture. **10.30** Philip Dadson: Sonics from Scratch (2015, G) **12.00am** City Time Traveller **1.00** The Nightmare Worlds of HG Wells **1.30** The Secret Life of Books **2.00** Greatest Painters: Toulouse Lautrec **3.00** Guitar Star 2016 **3.45** Institute of Art and Ideas **4.30** Off Camera **5.30** Face of Britain

SPORT

Sky Sport 1 SKY 051

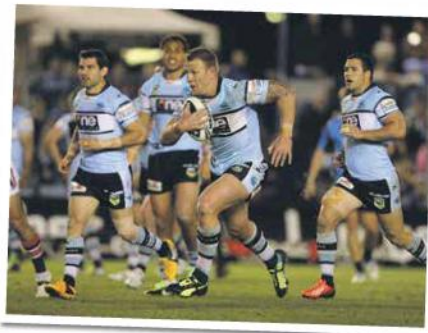
6.00 Rugby Sevens, World Series, Paris leg, final day. **7.30** Cricket, IPL, first qualifying final. **8.00** TBA **10.00** Cricket, IPL, first qualifying final. **10.30** Cricket, IPL, first eliminator final. **11.00** Rugby Doco: Pride on the Line **Noon** Fox Sports News **12.30** Sky Sports UK News **1.00** Netball, Stars v Mystics. **1.30** Inside the PGA Tour **2.00** Golf Central **3.00** TBA **3.30** Super Rugby Kick & Chase **4.30** Rugby Doco: Pride on the Line **5.30** Netball, Stars v Mystics. **6.00** Netball Zone **6.30** TBA **7.00** Cricket, IPL, first eliminator final. **7.30** Toyota Grassroots Rugby **8.30** SKY Rugby: Team Talk **9.00** Rugby Doco: Pride on the Line **10.00** Land Rover 1st XV Revision **10.30** Toyota Grassroots Rugby **11.50** The NRL Footy Show **2.30am** SKY Rugby: Team Talk **3.00** Athletics, IAAF Diamond League. **4.00** TBA **4.30** Cricket, IPL, first qualifying final. **5.00** Cricket, IPL, first eliminator final. **5.30** AFL Highlights

Sky Sport 2 SKY 052

6.00 Rugby Doco: Pride on the Line **7.00** TBA **7.30** Netball, Stars v Mystics. **8.00** Netball Zone **8.30** League Life **9.00** Queenslanders Only **9.30** NRL 360 **10.30** NRL Fulltime **11.00** Back Page **Noon** Inside Supercars **1.00** #Skyspeed **1.30** WRC Portugal Preview **2.00** The Breakdown **2.30** AFL Highlights **3.00** The Ultimate Fighter 25 **4.00** UFC Now **5.00** Cricket, IPL, first qualifying final. **5.30** Cricket, IPL, first eliminator final. **6.00** Inside the PGA Tour **6.30** Golf Central **7.30** The Ultimate Fighter 25 **8.30** NRL 360 **9.30** NRL, Sharks v Cowboys, **live. 12.00am** The Late Show with Matty Johns **1.00** The Ultimate Fighter 25 **2.00** Fox Sports News **2.30** NRL, Sharks v Cowboys. **3.00** The Late Show with Matty Johns **4.00** The NRL Footy Show

Sky Sport 3 SKY 053

6.00 The Crowd Goes Wild **6.30** #Skyspeed **7.00** Inside Supercars **8.00** World Superbike C'ship, Italy. **9.00** Formula 1, Spanish GP. **9.30** Shooting, Red Stag Timber Hunters Club, Duck and Cover. **10.00**



Sky Sport 2: NRL rugby league, 9.30pm

WRC Portugal Preview **10.30** Fox Sports News **11.00** TBA **11.30** Cricket, IPL, first qualifying final. **Noon** Cricket, IPL, First elimination final. **3.30** Formula 1, Spanish GP. **6.00** #Skyspeed **6.30** Inside Supercars **7.30** WRC Portugal Preview **8.00** #Skyspeed **8.30** TBA **9.00** Inside the PGA Tour **9.30** Golf, European PGA Tour, Rocco Forte Open, first round, **live. 11.30** Inside Supercars **12.30am** Netball, ANZ Premiership, Northern Stars v Northern Mystics. **1.00** TBA **1.30** Golf, European PGA Tour, Rocco Forte Open, first round. **4.30** Golf, US PGA Tour, Players C'ship, highlights. **5.30** Netball, ANZ Premiership, Northern Stars v Northern Mystics.

ESPN SKY 060

6.00 NFL Live **7.00** NBA: The Jump **7.30** SportsNation **8.30** Highly Questionable **9.00** E:60 **10.00** Mike and Mike's Best of the NFL **11.00** SportsCenter **Noon** Basketball, NBA, Playoffs, Conference finals, **live. 2.30** SportsCenter **3.00** NFL Live **4.00** SportsCenter **5.00** Tennis, WTA Tour, Italian Open. **7.00** Baseball, MLB, delayed. **9.00** Around the Horn **9.30** Pardon the Interruption **10.00** ESPN FC **10.30** NBA: The Jump **11.00** Basketball, NBA, Playoffs, Conference finals. **1.00am** Mike and Mike **5.00** ESPN FC **5.30** NFL Insiders

DOCUMENTARIES

Discovery SKY 070

7.30 How It's Made (PG) **8.20** MythBusters (PG) **9.10** Alaska: The Last Frontier (M) **10.50** The Last Alaskans (PG) **11.40** Shadow of Doubt (M) **12.30** Evil Kin (M) **1.20** Evil Lives Here (M) **2.10** How It's Made (PG) **3.00** How Do They Do It? (PG) **3.25** Auction Hunters (PG) **3.50** Deadliest Catch (PG) **4.45** Railroad Australia (PG) **5.40** MythBusters (PG) **6.35** Gold Rush (PG) **7.30** Railroad Australia (PG) **8.30** Gold Rush (PG) **9.25** Cooper's Treasure (M) **10.15** Alaska: The Last Frontier (M) **11.05** Evil Lives Here (M) **11.55** Evil Kin (M) **12.45am** Deadliest Catch (PG) **1.35** How Do They Do It? (PG) **2.00** Auction Hunters (PG) **2.25** Alaska: The Last Frontier (M) **3.15** Deadliest Catch (PG) **4.05** Treehouse Masters (PG) **4.55** Bering Sea Gold (PG) **5.45** Deadliest Catch (PG)

National Geographic SKY 072

6.30 Brain Games (PG) **7.30** Science of Stupid (PG) **8.30** Ancient Megastructures **9.30** Egypt's Treasure Guardians (PG) **10.30** The Story of God with Morgan Freeman (PG) **11.30** Parched (PG) **12.30** Air Crash Investigation (PG) **2.30** Seconds from Disaster (M) **3.30** 9/11: The Longest War (M) **5.30** Situation Critical (M) **6.30** Nazi Megastructures (PG) The Eagle's Nest: A look at the Hitler's Alpine retreats. **7.30** Genius (PG) Dramatisation of the life of Albert Einstein. **8.30** Breakthrough (PG) Tonight: Addiction - A Psychedelic Cure? **9.30** Explorer: Talk Show (M) **10.30** No Man Left Behind (M) **11.30** Inside SIA (PG) **12.30am** Mystery Files (M) **1.00** China's Lost Pyramids (PG) **2.00** Brain Games (PG) **2.30** Science of Stupid (PG) **3.30** Air Crash Investigation (PG) **5.30** Situation Critical (M)

History SKY 073

6.30 Ancient Black Ops (PG) **7.30** Hitler (M) **8.30** Time Team (PG) **9.30** Cities of the Underworld (PG) **10.30** Tony Robinson's Tour of Duty (PG) **11.30** The Cars That Made Us (PG) **12.30** The Vietnam War (PG) **1.30** Soviet Storm: WWII in the East (M) **2.30** History's Raiders (PG) **3.30** World War II in Colour (M) **4.30** Time Team (PG) **5.30** Cities of the Underworld (PG) **6.30** Ancient Discoveries (PG) **7.30** Ancient Top 10 (PG) Tonight: Greatest ancient metropolises. **8.30** Ancient Aliens (PG) The Mission: 75 million years of alien evidence. **10.30** The Universe (PG) Tonight: How the solar system was made. **11.30** Haunted History (M) The Torso Murders: **12.30am** Soviet Storm: WWII in the East (M) **1.30** History's Raiders (PG) **2.30** World War II in Colour (M) **3.15** Cities of the Underworld (PG) **4.00** Ancient Top 10 (PG) **4.45** Ancient Aliens (PG)

BBC Knowledge SKY 074

6.15 Who Do You Think You Are? (PG) **7.15** 24 Hours in A&E (M) **8.05** Sea Cities (PG) **9.10** Top Gear (PG) **10.10** The Private Life of Plants (PG) **11.00** Life Below Zero (M) **11.45** Top Gear (PG) **12.50** Stop, Search, Seize (PG) **1.40** Who Do You Think You Are? US (PG) **2.20** Where the Wild Men Are with Ben Fogle (PG) **3.05** Embarrassing Bodies (M) **3.55** 24 Hours in A&E (M) **4.45** Life Below Zero (M) **5.35** Who Do You Think You Are? (PG) Lesley Garrett: Lesley Garrett explores her ancestry. **6.35** The Frozen Planet (PG) **7.30** Countryfile (PG) **8.30** Life in Cold Blood (PG) **9.30** The World Around Us (PG) **10.30** 24 Hours in A&E (M) **11.20** Top Gear (PG) **12.20am** The Private Life of Plants (PG) **1.10** Embarrassing Bodies (M) **2.00** Where the Wild Men Are with Ben Fogle (PG) **2.45** Eggheads (PG) **3.10** The Call Centre (M) **4.05** Top Gear (PG) **5.05** Stop, Search, Seize (PG) **5.50** Countryfile (PG)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO
6.00 Morning Report Including: 6.16 and 6.50 Business News; 6.18 Pacific News; 6.26 Rural News; 6.48 and 7.45 NZ Newspapers
9.06 Nine to Noon with Kathryn Ryan Including: 10.45 The Reading: The Families, by Vincent O'Sullivan, read by Jessica Robinson (2 of 3, RNZ)
Noon Midday Report Including: 12.16 Business News; 12.26 Sport; 12.34 Rural News; 12.43 Worldwatch
1.06 Jesse Mulligan
4.06 The Panel with Jim Mora
5.00 Checkpoint with John Campbell
6.30 Trending Now
7.06 Nights with Bryan Crump
7.30 New Horizons With music commentator and critic William Dart
8.30 Windows on the World International public radio features and documentaries
9.06 Our Changing World Highlights from the world of science and the environment, with Alison Balance
9.30 This Way Up After Dark Slices of life for curious minds
10.00 News and Late Edition Including: 10.45 Dateline Pacific
11.06 The Music 101 Pocket Edition Music, interviews, live performances, behind the scenes, industry issues, profiles, new, back catalogue and greatest hits with a focus on New Zealand/Aotearoa
12.04am All Night Programme Including: 12.05 Music After Midnight; 12.30 At the Movies with Simon Morris; 1.05 The Friday Feature; 2.30 The Sampler; 3.05 Shooting the Moon, by VM Jones (3 of 10, RNZ); 3.30 The Why Factor (BBC); 5.10 Witness (BBC)
Website: radionz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO
News and Weather 6.00am, 7.00, 8.00, 9.00am, noon, 3.00, 5.00, 6.00, 10.00pm
6.00 Classic Morning with Rick Young Music, news and weather
10.00 Weekday Classics with Clarissa Dunn Featured masterworks and latest releases
1.00 Upbeat with Eva Radich
2.00 Made in New Zealand
3.00 Classic Afternoons with David Morriss Favourite music from the Renaissance to the Romantic and Beyond
7.30 Music Alive Direct from Auckland Town Hall. Stefan Dohr (horn), Auckland Philharmonia Orchestra/Tadaaki Otaka - Beethoven: Creatures of Prometheus, Overture; Strauss: Horn Concerto No 1 in E flat (interval); Rachmaninov: Symphony No 2 in E minor Op 27
10.00 Day's End
12.00am Music Through the Night
Website: radionz.co.nz/concert

RadioLIVE

6.00 Duncan Garner 9.00 Mark Sainsbury Noon Mitch Harris 3.00 Ali Mau 6.00 Newshub Live 7.00 The Project 7.30 Kim Blair 8.00 Mike Puru 12.00am Martin Crump
Website: radiolive.co.nz

Newstalk ZB

6.00 Mike Hosking 8.30 Leighton Smith Noon Kerre McIvor & Mark Dye 4.00 Larry Williams 7.00 D'Arcy Waldegrave 8.00 Marcus Lush 12.00am Bruce Russell 5.00 Rachel Smalley
Website: newstalkzb.co.nz

TVNZ 1 FREEVIEW 1 SKY 001

6.00 Breakfast With Hilary Barry and Jack Tame.

9.00 The Ellen DeGeneres Show (PGR, R, C)
Today: Bradley Cooper.

10.00 Tipping Point (G, R) Ben Shephard hosts a quiz show.

11.00 The Chase (G, R, C) Bradley Walsh hosts a UK game show.

Noon 1 News (C)

12.30 Emmerdale (PGR, C) Today: Emma seeks forgiveness; Faith's actions cause a stir; and the pressure mounts for Cain.

1.00 MasterChef Australia (PGR, R, C)

2.00 New Zealand on a Plate (G, R, C) Nelson: Seafood caught fresh from the local waters.

2.30 Gino's Italian Escape (G, R) Today: Gino D'Acampo's next stop is Naples, where he grew up and trained to be a chef and where he helps to make a unique Neapolitan deep-fried pizza.

3.00 Tipping Point (G) Ben Shephard hosts a quiz show in which four players take on a machine.

3.55 Te Karere (C)

4.25 Four in a Bed (G, R) Payment Show: It is the last day in the competition and the B&B owners meet for the final time to find out what they've been paid.

4.55 The Celebrity Chase (C) Today: Antony Cotton, TV presenters Alex Jones and Paul Martin, and broadcaster Gyles Brandreth compete for charity.

6.00 1 News (C)

7.00 Seven Sharp (C) With Mike Hosking and Toni Street.

7.30 Location Location Location (G, C) Tonight: Phil Spencer catches up with two couples who were struggling to find suitable first marital homes, Rupreet and Sundeep in Harrow, and Paul and Elly in Bristol.

8.30 A Place to Call Home (PGR, C, AD) And the Blind Shall See: Elizabeth executes Operation Vanquish Regina, but Gino is disgusted with all the intrigue.

9.40 Coronation Street (PGR, C, AD) Tonight: The Platt's try to focus on the future; Roy and Cathy relax into their date; and Rita forces Sally into action.

10.40 1 News Tonight (C)

11.10 Blindspot (AO, C) Solos: A dangerous situation exposes the secrets that both Jane and her new flame Oliver have been keeping.

12.10am Rizzoli & Isles (AO, C)

1.05 Te Karere (R, C)

1.30 - 6.00 Infomercials

TVNZ 2 FREEVIEW 2 SKY 002

6.00 Creflo Dollar Ministries

6.30 Sesame Street (G, R, C)

6.55 Peppa Pig (G, C)

7.00 Camp Lakebottom (G, R, C)

7.25 Beyblade Burst

7.50 Slugterra (C)

8.15 Sofia the First (G, R, C)

8.35 Doc McStuffins (G, R, C)

9.00 Infomercials

10.30 Neighbours (G, R, C)

11.00 Home and Away (PGR, R, C)

11.30 Shortland Street (PGR, R, HD, C, AD)

Noon The Ellen DeGeneres Show (PGR, C)

1.00 The Jeremy Kyle Show (PGR)

2.00 Judge Rinder (M)

3.00 America's Funniest Home Videos (G, R, C)

3.30 Horace in Slow Motion (G, R)

3.32 Leon (G, R, C)

3.35 The Adam and Eve Show (HD, C)

4.05 Bunk'd (C)

4.30 Friends (G, R, C)

5.00 The Simpsons (C)

5.30 Home and Away (PGR, C)

6.00 The Big Bang Theory (PGR, R, C) The Extract Obliteration: Penny takes college courses.

6.30 Neighbours (G, C) Tonight: An accusation drives Aaron and David apart, and Gary helps out Brooke.

7.00 Shortland Street (PGR, HD, C, AD) Tonight: Leroy has some surprising words for Mo. Writer Josie Ward, director Jacqueline Nairn.

7.30 The Middle (G, R, C) Film, Friends and Fruit Pies: Axl's boss shares a secret.

8.00 Take Me Out (PGR, C) Paddy McGuinness presents a dating show in which a single guy tries to impress 30 single women.

9.15 First Dates UK (C) Tonight: Ryan hopes his unique chat-up lines will impress aspiring embalmer Kerry, and free spirit Sophia reads Mark's palm.

10.15 Distraction (AO, R, C) Jimmy Carr hosts a game show that seeks to break contestants' concentration.

10.45 Two and a Half Men (PGR, R, C)

11.10 Cougar Town (PGR, R, C)

11.35 2 Broke Girls (AO, R, C)

12.00am Scrubs (PGR, R, C)

12.25 Less Than Perfect (R, C)

12.50 Shortland Street (PGR, R, HD, C, AD)

1.15 Infomercials

2.15 Resurrection (AO, R, C)

3.00 Shameless (AO, R, C)

3.55 How to Get Away with Murder (AO, R, C, AD)

4.45 The Adam and Eve Show (R, HD, C)

5.10 Neighbours (G, R, C)

5.35 - 6.00 Good Luck Charlie (G, R, C)

THREE FREEVIEW 3 SKY 003

6.00 The AM Show With Duncan Garner, Amanda Gillies and Mark Richardson.

9.00 The Cafe

10.00 Infomercials

11.25 Family Feud (G, R, HD, C)

Noon Dr Phil (AO, HD)

1.00 Past Sins (2006, PGR, HD) A criminal lawyer defends a mother accused of a decades-old murder. Lauralee Bell.

2.55 Entertainment Tonight (G)

3.20 Sticky TV (G, HD)

4.00 Newshub Live

4.25 The Block (G, HD)

5.25 Family Feud (G, HD, C)

6.00 Newshub Live

7.00 The Project (HD) With Jesse Mulligan, Kanoa Lloyd and Josh Thomson.

8.00 The Graham Norton Show (HD, C) Tonight: Diane Keaton, Jessica Chastain, Michael Fassbender, Kevin Bacon and Gorillaz.

9.00 7 Days (AO, HD) Jeremy Corbett presents a topical comedy panel show.

9.45 Fail Army (HD, C) Joseph Moore and Guy Montgomery present a compilation of the web's best fails.

10.15 Newshub Late

10.45 Bob's Burgers (PGR, R, HD) The Hormone-iums: Tina gets her shot as soloist of the Hormone-iums.

11.15 American Dad! (PGR, R, HD) Gifted Me Liberty: Someone doesn't bring a Secret Santa gift.

11.45 The Project (R, HD)

12.35am - 6.00 Infomercials

BRAVO FREEVIEW 4 SKY 012

6.00 Infomercials

10.00 Teen Mom (R, C)

10.50 Catfish: The TV Show (G, R)

11.40 The Real Housewives of New York (PGR)

12.35 Southern Charm

1.30 Intervention (R)

2.25 I Killed My BFF (R)

3.25 Hoarders (G, R)

4.15 Dance Moms (G, R)

5.10 Teen Mom

6.05 Catfish: The TV Show (G) Tyreme & Tomorrow: Tyreme met Tomorrow online nine months ago.

7.00 Snapped (PGR, R) Verina Childs: A hunter's death has authorities tracking a killer.

8.00 The Real Housewives of New York (PGR, R) How They Got Here: The saucy socialites return in a special featuring highlights from the past two seasons of drama.

8.30 Forgetting Sarah Marshall (2008, AO, R, C) After he is dumped, a guy goes on holiday and runs into his ex and her new boyfriend. Jason Segel, Kristen Bell, Mila Kunis. **Films, page 70**

10.45 Intervention Canada (AO) John: John smoked crack cocaine and watched his world fall apart.

11.40 Snapped (PGR, R) Tracy Lawson: A mother has a few surprises for the jury.

12.30am - 6.00 Infomercials



TVNZ 1: A Place to Call Home, 8.30pm

PRIME FREEVIEW 10 SKY 004

6.00 Children's Programmes (G)

8.55 Million Dollar Minute (G, R)

9.25 Wheel of Fortune (G, R)

9.50 Jeopardy! (G, R)

10.20 The Doctors (PGR)

11.15 Hot Bench (G)

11.40 Bones (AO, R, C)

12.35 Elementary (PGR, R)

1.30 The Tonight Show Starring Jimmy Fallon (PGR, R)

2.30 The Crowd Goes Wild (G, R)

3.00 Escape to the Country (G, R)

4.00 Antiques Roadshow (G, R, C)

5.00 Million Dollar Minute (G)

5.30 Prime News

6.00 Wheel of Fortune (G)

6.30 Jeopardy! (G)

7.00 The Crowd Goes Wild

7.30 Scorpion (PGR)

8.30 NCIS: New Orleans (AO, C) Slay the Dragon: Tammy's ex-husband returns to New Orleans.

9.30 Grandmother Lovers (AO, R, C) UK documentary.

10.30 MacGyver (PGR, R, C)

11.30 The Tonight Show Starring Jimmy Fallon (PGR)

12.30am - 1.00 The Crowd Goes Wild (G, R)

MAORI TV FREEVIEW 5 SKY 019

6.30 Children's Programmes (G)

8.00 Autaia (G, R)

8.30 Te Kaea (R)

9.00 Kawe Korero: Reporters (R)

9.30 Morena (HD)

10.00 Korero Mai (G, R)

11.00 Toku Reo (G, R)

Noon Korero Mai (G, R)

1.00 Toku Reo (G, R)

2.00 Opaki (G)

2.30 Nga Pari Karangaranga (R)

3.00 Pukoro (G, R)

3.30 Miharo (G, R)

4.00 Dora Matatoa (G, R)

4.30 Tribe (G)

5.00 Ahorangi Next Generation (G, R)

5.30 Te Matatini (G)

6.00 Nga Pari Karangaranga (R)

6.30 Te Kaea

7.00 Kawe Korero: Reporters

7.30 Matau (G, R)

8.00 Total Combat (PGR)

8.30 Naked Gun 33 1/3: The Final Insult (1994, AO) Leslie Nielsen, OJ Simpson.

10.00 Iti Pounamu (PGR)

10.30 Te Kaea (R)

11.00 - 11.30 Kawe Korero: Reporters (R)

SKY PREMIERE SKY 030	MOVIES EXTRA SKY 031	MOVIES CLASSICS SKY 034	RIALTO SKY 039
<p>7.10 The Harvest (2013, M) Samantha Morton.</p> <p>8.55 Redistributors (2016, M) James Allen.</p> <p>10.20 The Revenant (2016, 16) Leonardo DiCaprio.</p> <p>12.55 Star Trek Beyond (2016, M) Chris Pine.</p> <p>2.55 The Harvest (2013, M) Samantha Morton.</p> <p>4.40 Everybody Wants Some!! (2016, 16) Blake Jenner.</p> <p>6.40 Secret in Their Eyes (2015, M) Julia Roberts, Nicole Kidman.</p> <p>8.30 Absolutely Anything (2015, M) A group of eccentric aliens gives a man the power to do anything he wants to see if he uses the power for good or for evil. Simon Pegg.</p> <p>10.00 Lights Out (2016, M) A supernatural entity terrifies a family. Teresa Palmer.</p> <p>11.20 Goodbye World (2013, 16) Adrian Grenier, Ben McKenzie.</p> <p>1.00am Everybody Wants Some!! (2016, 16) 2.55 Secret in Their Eyes (2015, M) 4.45 Absolutely Anything (2015, M)</p>	<p>7.00 Relative Happiness (2014, M) Melissa Bergland.</p> <p>8.40 Wildlike (2014, M) Bruce Greenwood.</p> <p>10.25 The Trials of Cate McCall (2013, 16) Kate Beckinsale.</p> <p>11.55 As Cool as I Am (2013, M) Claire Danes.</p> <p>1.30 Trumbo (2015, M) Bryan Cranston.</p> <p>3.35 Relative Happiness (2014, M) Melissa Bergland.</p> <p>5.10 +1 (2013, 16) Rhys Wakefield, Logan Miller.</p> <p>6.50 Man About Town (2006, M) A talent agent's life is threatened. Ben Affleck.</p> <p>8.30 Mr Right (2015, 16) A young woman meets a man, unaware that he is a hitman who is on the run from his dubious clients. Anna Kendrick, Sam Rockwell.</p> <p>10.10 Jackie & Ryan (2014, M) A musician and a single mother form a connection. Katherine Heigl, Ben Barnes.</p> <p>11.40 No Stranger Than Love (2015, M) Alison Brie.</p> <p>1.10am +1 (2013, 16) 2.45 Man About Town (2006, M) 4.25 Mr Right (2015, 16)</p>	<p>7.30 Unlawful Entry (1992, M) Ray Liotta.</p> <p>9.20 3:10 to Yuma (2007, M) Russell Crowe.</p> <p>11.20 The Lion in Winter (1968, PG) Peter O'Toole.</p> <p>1.35 Woman Times Seven (1967, PG) Shirley MacLaine.</p> <p>3.20 Cold Sweat (1970, M) Charles Bronson.</p> <p>4.55 Curse of the Pink Panther (1983, PG) Inspector Clouseau goes missing. Ted Wass.</p> <p>6.45 Desperately Seeking Susan (1985, M) A housewife investigates a personal ad. Madonna.</p> <p>8.30 The Craft (1996, 16) A new girl in town joins forces with a trio of teens who have formed a coven to practice witchcraft. Robin Tunney.</p> <p>10.10 Leaving Las Vegas (1995, 18) An alcoholic writer goes to Las Vegas. Nicolas Cage, Elisabeth Shue.</p> <p>12.00am Crimes of the Heart (1986, PG) 1.45 The Lion in Winter (1968, PG) 3.55 Curse of the Pink Panther (1983, PG) 5.45 Desperately Seeking Susan (1985, M)</p>	<p>6.15 The Bureau (16)</p> <p>7.15 The Red Shoes (1948, PG) Moira Shearer.</p> <p>9.30 Monterey (2015, M) Local documentary.</p> <p>10.50 7 Chinese Brothers (2015, M) Jason Schwartzman.</p> <p>12.05 Get the Picture (2013, M) UK documentary.</p> <p>1.20 Haemoo (2014, 16) Yun-Seok Kim.</p> <p>3.10 Last Days in Vietnam (2014, M) US documentary.</p> <p>4.50 600 Miles (2015, 16) Tim Roth.</p> <p>6.15 Maggie's Plan (2015, M) Greta Gerwig, Ethan Hawke.</p> <p>7.55 NZ Music Month 13th Floor Sessions (M) Tonight: Aldous Harding.</p> <p>8.30 Section Zero (18) Tonight: Munro is furious.</p> <p>9.20 Mia Madre (2015, M) A director deals with the loss of her mother. Margherita Buy.</p> <p>11.10 Glassland (2014, 16) Toni Collette.</p> <p>12.45am The Bureau (16) 1.40 Get the Picture (2013, M) 2.55 600 Miles (2015, 16) 4.20 Section Zero (18) 5.10 Haemoo (2014, 16)</p>

GENERAL

Choice TV FREEVIEW 12 SKY 024

6.00 Benny Hinn **6.30** Fill Your House for Free with Gok Wan **7.30** Africa's Trees of Life **8.30** Dickinson's Real Deal **9.00** Baggage Battles **9.30** Mary Berry Cooks... **10.00** Food Safari Fire **10.30** Find It, Fix It, Flog It **11.30** The Cook and the Chef **Noon** Fill Your House for Free with Gok Wan **1.00** Saving Africa's Elephants: Hugh and the Ivory War **2.00** Doctor in the House **3.00** Poh's Kitchen **3.30** Ocean Parks **4.30** Heston's Great British Food **5.30** Buying & Selling with the Property Brothers **6.30** Backroad Bounty **7.30** George Clarke's Amazing Spaces **8.30** Better Homes and Gardens **10.00** Gardeners' World **10.30** Backroad Bounty **11.30** Heston's Great British Food **12.30am** Benny Hinn **1.00** Twiggy's Frock Exchange **2.00** Donna Hay: Fast, Fresh, Simple **2.30** Getaway **3.00** Ocean Parks **4.00** Better Homes and Gardens **5.30** Gardeners' World

TVNZ Duke FREEVIEW 13 SKY 023

6.00 WRC, Rally of Portugal, **live**. **7.00** On Duke Today **8.45** Formula E Championship, round five. **12.15** AFL, North Melbourne v Sydney. **2.45** Bundesliga Highlights **3.40** WRC, Rally of Portugal. **4.35** Clubland **5.05** Megafactories **6.00** MythBusters (PGR) Crimes and Myth-Demeanors 1: The team work their way through an assault course armed with security devices to see if Hollywood heists are all they are cracked up to be. **7.02** Seinfeld (C) **7.32** Bar Rescue in None: A bar with a golf theme needs major help. **8.30** ■ Con Air (1997, AO, C) A newly paroled criminal becomes caught in a siege after the prison transport aircraft he is on is hijacked. Nicolas Cage, John Cusack, John Malkovich. **10.35** Megastructures Breakdown **11.30** Seinfeld (R, C) **11.55 - 2.30am** AFL, Geelong v Western Bulldogs.

UKTV SKY 007

6.20 8 Out of 10 Cats (PG) **6.55** The Graham Norton Show (PG) **7.50** EastEnders (PG) **8.25** The Bill (PG) **9.15** Inspector George Gently (M) **10.55** Friday Night Dinner (M) **11.20** Mrs Brown's Boys (PG) **11.50** New Tricks (M) **12.45** Midsomer Murders (M) **2.35** The Bill (PG) **3.25** Inspector George Gently (M) **5.05** New Tricks (M) **6.05** Friday Night Dinner (M) The Big



Rialto: Maggie's Plan, 6.15pm

Day: It is Grandma's wedding day. **6.30** Mrs Brown's Boys (PG) Mammy's Break: Agnes is desperate for a holiday. **7.00** 'Allo 'Allo! (PG) Disguised Intelligence: The Resistance disguise themselves as Intelligence officers. **7.30** Fawcety Towers (PG) Gourmet Night: Basil arranges a gourmet night. **8.00** Keeping Up Appearances (PG) Daisy's Toyboy: Daisy picks up a toy boy. **8.35** Father Brown (M) The Eye of Apollo: Susie finds herself drawn to the charismatic leader of a group known as the Church of Apollo. **9.35** Lewis (M) Old, Unhappy, Far-Off Things: One of the alumni from Oxford's last-surviving all-female university is found murdered during a reunion. **11.10** Midsomer Murders (M) **1.00am** The Bill (PG) **1.50** Inspector George Gently (M) **3.30** New Tricks (M) **4.30** Friday Night Dinner (M) **4.55** Lewis (M)

SoHo SKY 010

6.30 Real Time with Bill Maher (M) **7.30** Rock and a Hard Place (M) **9.00** Silicon Valley (M) **9.30** Veep (M) **10.00** Fargo (16) **10.50** The Americans (16) **11.40** Real Time with Bill Maher (M) **12.40** Strike Back (18) **1.30** Rock and a Hard Place (M) **3.00** Silicon Valley (M) **3.30** Veep (M) **4.00** Fargo (16) **4.50** The Americans (16) **5.40** Real Time with Bill Maher (M) **6.40** Strike Back (18) Vengeance (Part 5): Section 20 faces a new enemy that has joined forces with an old one. **7.30** Versailles (16) **8.30** Quarry (18) His Deeds Were Scattered: Mac gets a high-profile assignment from the Broker, while Joni

contemplates a financial opportunity to free Mac. **9.30** Bates Motel (16) Hidden: Norman discovers who he can rely on when he attempts to protect his secrets. **10.20** Strike Back (18) **11.10** Divorce (16) Christmas: Hoping to keep things normal for the kids, Robert proposes a joint trip to Frances' parents' house during Christmas. **11.50** Into the Badlands (18) **12.40am** Versailles (16) **1.40** Quarry (18) **2.40** Bates Motel (16) **3.30** Into the Badlands (18) **4.20** Versailles (16) **5.20** Divorce (16) **5.50** Strike Back (18)

Living SKY 017

6.00 Holmes and Holmes **6.55** A Place in the Sun: Home or Away **7.50** Zoo Days (M) **8.15** Antiques Roadshow **9.15** Escape to the Country **10.05** Great British Railway Journeys **11.05** Selling Houses Australia **12.05** Homes Under the Hammer **1.05** Holmes and Holmes **2.00** A Place in the Sun: Home or Away **3.00** Zoo Days (M) **3.30** Escape to the Country **4.30** The Secret Life of the Zoo (M) **5.30** Antiques Roadshow **6.30** Grand Designs Australia **7.30** Homes Under the Hammer **8.30** Long Lost Family UK **9.30** We Meet Again **10.30** Selling Houses Australia **11.30** Grand Designs Australia **12.30am** Escape to the Country **1.20** Homes Under the Hammer **2.20** Long Lost Family UK **3.10** We Meet Again **4.10** Selling Houses Australia **5.05** Grand Designs Australia

Sky Arts SKY 020

6.30 Sonics from Scratch **8.00** City Time Traveller **9.00** The Nightmare Worlds of HG Wells **9.30** The Secret Life of Books **10.00** Greatest Painters: Toulouse Lautrec **11.00** Guitar Star 2016 **11.45** Institute of Art and Ideas **12.30** Off Camera **1.30** Face of Britain **2.30** Sonics from Scratch **4.00** Grand Hotel **5.15** Stars of the Silver Screen **6.00** Buddy Guy's Legends Presents Chicago Blues **7.00** Balletboyz at the Roundhouse **8.00** The Book Club **8.30** The Art Detectives (G) Bendor Grosvenor and Jacky Klein track down lost and hidden public treasures. **9.30** Brilliant Ideas **10.00** Off Camera: William H Macy. **11.00** Borgen (PG) **12.00am** Grand Hotel **1.15** Stars of the Silver Screen **2.00** Buddy Guy's Legends Presents Chicago Blues **3.00** Balletboyz at the Roundhouse **4.00** The Book Club **4.30** The Art Detectives **5.30** Brilliant Ideas

SPORT

Sky Sport 1 SKY 051

6.00 Darts, Premier League, **live**. **9.00** League Life
9.30 Queenslanders Only **10.00** NRL, Sharks v
 Cowboys. **Noon** The Late Show with Matty Johns
1.00 Team Talk **1.30** Golf, Rocco Forte Open. **2.00**
 Golf, AT&T Byron Nelson. **2.30** Golf, Kingsmill C'ship.
3.00 Golf Central **3.30** Feherty **4.30** Netball, ANZ
 Premiership, Stars v Mystics. **5.00** Toyota Grassroots
 Rugby **6.00** The World Rugby Show **6.30** Team Talk
7.00 Super Rugby, Chiefs v Crusaders, from ANZ
 Stadium, Suva, Fiji, **live**. **9.30** The Post Match **10.00**
 NRL, NZ Warriors v Dragons. **12.00am** Super Rugby,
 Chiefs v Crusaders. **12.30** The World Rugby Show
1.00 Super Rugby, Chiefs v Crusaders. **3.00** NRL,
 Broncos v West Tigers. **3.30** Professor's Second
 Year Syndrome **4.00** The World Rugby Show **4.25**
 Super Rugby, Chiefs v Crusaders. **4.55** Super Rugby,
 Stormers v Blues, **live**.

Sky Sport 2 SKY 052

6.00 The Crowd Goes Wild **6.30** Toyota Grassroots
 Rugby **7.30** Team Talk **8.00** Fox Sports News **8.30**
 InCycle **9.00** Rugby Docu: Pride on the Line **10.00**
 SKY Rugby: Team Talk **10.30** TBA **11.00** Supercars
 Life **Noon** Cricket, IPL, first qualifying final. **12.30**
 Cricket, IPL, first eliminator final. **1.00** Inside
 Supercars **2.00** WRC Portugal Preview **2.30** The
 Ultimate Fighter 25 **3.30** The NRL Footy Show **5.30**
 Rugby League, Holden Cup, Warriors v Dragons,
live. **7.30** NRL, Warriors v Dragons, **live**. **9.50** The
 After Match **10.30** Golf, European PGA Tour, Rocco
 Forte Open, second round, **live**. **11.30** The Crowd
 Goes Wild **12.00am** Fox Sports News **12.30** Golf,
 Kingsmill C'ship, first round. **1.00** Golf, AT&T Byron
 Nelson, first round. **1.30** Golf, Rocco Forte Open,
 second round, **live**. **4.30** Athletics, ITU World Series.
5.30 NRL, Warriors v Dragons.

Sky Sport 3 SKY 053

6.00 Netball Zone **6.30** WRC Portugal Preview **7.00**
 NRL, Sharks v Cowboys. **7.30** Golf, Rocco Forte
 Open, first round. **8.00** Golf, AT&T Byron Nelson,



BBC Knowledge: Who Do You Think You Are?,
8.30pm

first round, **live**. **11.00** Inside the PGA Tour **11.30**
 Netball, ANZ Premiership, Stars v Mystics. **1.00**
 Netball Zone **1.30** NRL, Sharks v Cowboys. **2.00**
 British Touring Cars **3.00** Road Racing Series **4.00**
 Cycling, UCI World Tour, Tour of California, stage six,
 Big Bear Lake. **6.00** Cycling, UCI World Tour, Giro
 d'Italia, stage 12. **6.30** Golf Central **7.00** Golf, Rocco
 Forte Open, first round. **7.30** Supercars Life **8.30**
 Athletics, ITU World Series. **9.45** NRL, Broncos v
 West Tigers, **live**. **12.00am** NRL, Warriors v Dragons.
12.30 The After Match **1.00** NRL, Sharks v Cowboys.
1.45 Cricket, IPL, first qualifying final. **2.15** Cricket,
 IPL, second qualifying final, **live**.

ESPN SKY 060

6.00 NFL Live **7.00** NBA: The Jump **7.30**
 SportsNation **8.30** Highly Questionable **9.00** Mike
 and Mike's Best of the NFL **10.00** SportsCenter
Noon NBA Countdown **1.00** Basketball, NBA,
 Playoffs, Western Conference finals, game two, **live**.
3.30 SportsCenter **5.00** Tennis, WTA Tour, Italian
 Open. **7.00** Boxing, Golden Boy Event. **9.00** Around
 the Horn **9.30** Pardon the Interruption **10.00** ESPN
 FC **10.30** NBA: The Jump **11.00** NBA, Playoffs,
 Western Conference finals, game two. **1.00am** Mike
 and Mike **5.00** ESPN FC **5.30** NFL Insiders

DOCUMENTARIES

Discovery SKY 070

7.30 How It's Made (PG) **8.20** MythBusters (PG)
9.10 Alaska: The Last Frontier (M) **10.00** Railroad
 Australia (PG) **10.50** Cooper's Treasure (M) **11.40**
 Swamp Murders (M) **12.30** Evil Kin (M) **1.20** Evil-
 In-Law (M) **2.10** How It's Made (PG) **3.00** How
 Do They Do It? (PG) **3.25** Auction Hunters (PG)
3.50 Deadliest Catch (PG) **4.45** Gold Rush (PG)
5.40 MythBusters (PG) **6.35** On Tracks (PG) **7.30**
 Railroad Australia (PG) **8.30** Killer Instinct with
 Chris Hansen (M) **9.25** American Monster (M)
10.15 Murder Comes to Town (M) **11.05** Evil-In-Law
 (M) **11.55** Evil Kin (M) **12.45am** Deadliest Catch
 (PG) **1.35** How Do They Do It? (PG) **2.00** Auction
 Hunters (PG) **2.25** Alaska: The Last Frontier (M) **3.15**
 Deadliest Catch (PG) **4.05** Treehouse Masters (PG)
4.55 Bering Sea Gold (PG) **5.45** Deadliest Catch
 (PG)

National Geographic SKY 072

6.30 Brain Games (PG) **7.30** Science of Stupid (PG)
8.30 Is It Real? (PG) **9.30** Who Sank the Bismarck?
 (PG) **10.30** Space Mysteries **11.30** Inside: Area 51's
 Secrets (PG) **12.30** Air Crash Investigation (PG)
2.30 No Man Left Behind (M) **3.30** War Heroes of
 the Skies (PG) **4.30** Nazi Megastructures (PG) **5.30**
 Dawn of the Nazis (PG) **6.30** WW2: Hell Under
 the Sea (M) Destroyer Killer: Six allied commandoes are
 trapped in Japanese territory. **7.30** Wild Scotland:
 The Western Isles (PG) Tonight: As autumn arrives
 with a vengeance in Scotland's Hebrides Islands,
 young otters and grey seals face up to storms. **9.30**
 Wicked Tuna (M) **11.30** Parched (PG) **12.30am** No
 Man Left Behind (M) **2.30** Seconds from Disaster
 (M) **4.30** Facing Saddam Hussein (M) **5.30** Air
 Crash Investigation (PG)

History SKY 073

6.30 The Universe (PG) **7.30** Haunted History (M)
8.30 Time Team (PG) **9.30** Cities of the Underworld
 (PG) **10.30** Ancient Discoveries (PG) **11.30** Ancient
 Top 10 (PG) **12.30** The Universe (PG) **1.30** Soviet
 Storm: WWII in the East (M) **2.30** History's Raiders
 (PG) **3.30** World War II in Colour (M) **4.30** Time
 Team (PG) **5.30** Cities of the Underworld (PG)
6.30 Ancient Discoveries (PG) **7.30** Engineering
 an Empire (PG) Rome: Explores engineering and
 architectural feats. **9.30** Black Ops (M) Operation
 Certain Death: The story of how, in 2000, a unit
 of the Royal Irish Regiment were taken hostage
 in Sierra Leone. **10.30** The Kennedy Files (PG)
11.30 The Men Who Built America (M) **12.30am**
 Forbidden History (PG) **1.30** Conspiracy Theory
 with Jesse Ventura (PG) **2.30** Ancient Aliens (PG)
3.15 UFO Hunters (PG) **4.00** Engineering an Empire
 (PG) **5.30** Black Ops (M)

BBC Knowledge SKY 074

6.50 Life in Cold Blood (PG) **7.40** The World
 Around Us (PG) **8.30** Where the Wild Men Are
 (PG) **9.15** Top Gear (PG) **10.15** The Private Life of
 Plants (PG) **11.05** Life Below Zero (M) **11.50** Top
 Gear (M) **12.55** Stop, Search, Seize (PG) **1.40** Who
 Do You Think You Are? US (PG) **2.25** Where the
 Wild Men Are (PG) **3.10** Embarrassing Bodies (M)
4.00 24 Hours in A&E (M) **4.50** Life Below Zero (M)
5.40 Who Do You Think You Are? (PG) **6.40** Frozen
 Planet (PG) **7.35** Embarrassing Bodies (16) **8.30**
 Who Do You Think You Are? (PG) Tonight: Julie
 Walters. **9.35** Dragons' Den (PG) **10.45** 24 Hours in
 A&E (M) **11.35** Top Gear (M) **12.30am** The Private
 Life of Plants (PG) **1.20** Embarrassing Bodies (M)
2.10 Where the Wild Men Are (PG) **2.55** The Call
 Centre (M) **3.45** Top Gear (PG) **4.45** Stop, Search,
 Seize (PG) **5.30** Embarrassing Bodies (16)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO

6.00 Morning Report Including: 6.16 and 6.50
 Business News; 6.18 Pacific News; 6.26 Rural
 News; 6.48 and 7.45 NZ Newspapers

9.06 Nine to Noon with Kathryn Ryan

Including: 10.45 The Reading: The Families, by
 Vincent O'Sullivan, read by Jessica Robinson
 (F, RNZ)

Noon Midday Report Including: 12.16 Business
 News; 12.26 Sport; 12.34 Rural News; 12.43
 Worldwatch

1.06 Jesse Mulligan**4.06 The Panel with Jim Mora****5.00 Checkpoint with John Campbell**

News and current affairs

6.30 Trending Now Highlighting the stories
 listeners are sharing online

6.43 Focus on Politics

7.06 Nights with Bryan Crump Entertainment
 and information

8.30 Spotlight

9.06 Country Life Memorable scenes, people
 and places in rural NZ

10.00 News and Late Edition Including:

10.45 Dateline Pacific

11.06 The Mixtape**12.04am All Night Programme** Including: 12.05

Music After Midnight; 12.30 Laugh Track; 1.05

From the World (BBC); 2.05 NZ Live; 3.05

Shooting the Moon, by VM Jones (4 of 10,

RNZ); 3.30 The Week; 4.30 In the Balance

(BBC); 5.10 Witness (BBC); 5.45 Voices

Website: radionz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO

News and Weather 6.00am, 7.00, 8.00,

9.00am, noon, 3.00, 5.00, 6.00, 10.00pm

6.00 Classic Morning with Rick Young Music,
 news and weather

10.00 Weekday Classics with Clarissa Dunn

Featured masterworks and latest releases

1.00 Upbeat with Eva Radich Music news
 and current affairs

2.00 Made in New Zealand NZ performers
 and composers

3.00 Classic Afternoons with David Morriss

Favourite music from the Renaissance to the
 Romantic and Beyond

7.00 Music Alive Adam Chamber Music

Festival 2013. Penderecki String Quartet,

New Zealand String Quartet, NZTrio - J

Ritchie: String Quartet; R Harris: String Quartet

No 5, Songs from Childhood; J Psathas: Helix

(recorded at the Nelson School of Music)

9.00 Sound Lounge Charlotte Wilson presents

a weekly forum for contemporary music,

including: **11.00** New Music Dreams: Ryan

Smith explores ambient and drone music,

from the very latest to 20th-century seminal

masterpieces

12.00am Music Through the Night

Website: radionz.co.nz/concert

RadioLIVE

6.00 Duncan Garner **9.00 Mark Sainsbury**

Noon Mitch Harris **3.00 Ali Mau** **6.00 Newshub Live**

7.00 Peter Elliott **7.30 Kim Blair** **8.00 Mike Puru**

12.00am Joe Reid

Website: radiolive.co.nz

Newstalk ZB

6.00 Mike Hosking **8.30 Leighton Smith** **Noon**

Kerre McIvor & Mark Dye **4.00 Larry Williams** **7.00**

D'Arcy Waldegrave **8.00 Marcus Lush** **12.00am Tim**

Beveridge

Website: newstalkzb.co.nz



**BILL
RALSTON**

The usual voices rise up to decry the daily atrocities, but they generally fail to resonate with most of us.

Apathy rules

Tuning out the media only allows the likes of Homer Simpson – and Donald Trump – to take over.

At what point did many or, indeed, most of us cease giving a damn? There was a time when we would march in the streets, write letters to the editor and rant with our friends about some atrocity.

These days, we get more excited when a new burger bar opens down the road. Having devoured every form of news for the past five decades, I may have become sated by troubling information and therefore I no longer give a fig when something awful or outrageous occurs.

Perhaps it's because the US appears to be presided over by a man with the intellect of Homer Simpson. Will he nuke the little fat guy in North Korea? Can he build a Berlin-style wall between the States and his southern neighbour? Why did he employ modern-day Nazis in the White House?

There's nothing we can do about any of those issues. We cannot have any influence on the outcome, so we tune out the static coming through the news and concentrate on what we can have an effect on.

True, there are some excited souls out there still rattling the cage about issues on social media, but they sound lonely and more than a little desperate as they yell at each other in their echo chamber.

Take a look at Auckland. It's obvious that the biggest problem the city faces isn't whether to have a water-front sports stadium but horrific traffic congestion. The city has become completely choked at rush hour; a brief shower of rain or a single nose-to-tail accident brings traffic to a halt across the region.

Aucklanders may fret about house prices, but there is no point in living in an affordable home if it takes you hours to get to work or school. You have to wonder why there are not mobs besieging the office of Mayor Phil Goff or their local members of Parliament demanding action. We do not, it seems, give a damn.

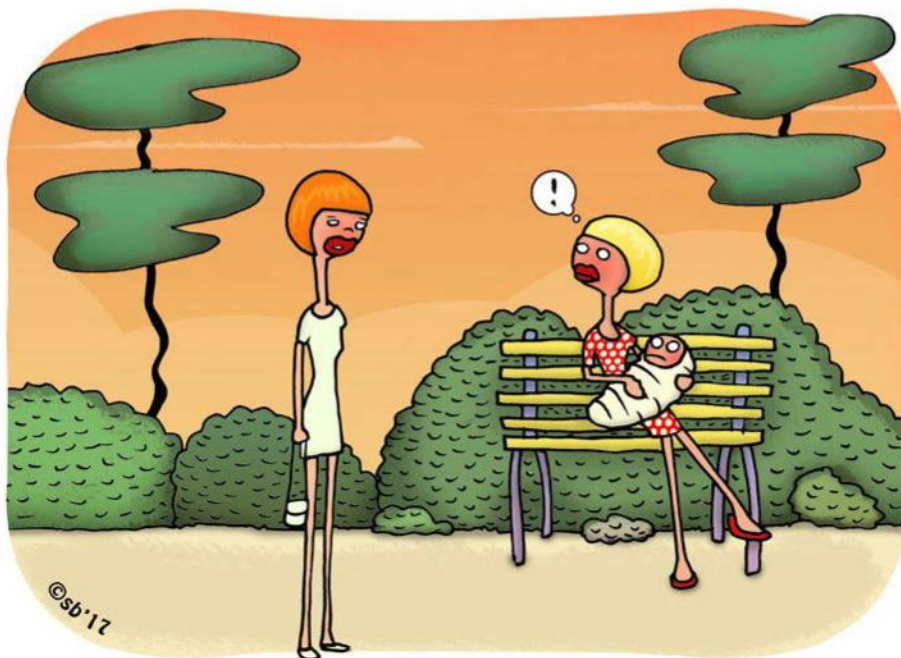
Look out the window of our bach at the creek running into the sea and it is choked with great globs of green slime, washed down from the farms upstream. Kids swim in the estuary that it trickles through and a small sign warns parents of the dangers of disease from the water.

Our polluted waterways make for a recurring story. Our second-biggest export earner, dairy, seems in danger of killing our biggest earner, tourism, but we don't give a damn.

The usual voices rise up to decry such situations, but they generally fail to resonate with most of us. Is the problem that we have become desensitised to outrage by the barrage of negative news about virtually everything that spews out of the radio and television and fills the newspapers?

Probably. But in the world away from the one portrayed by the media, most of us are too busy trying to make a living and, frankly, there doesn't seem to be any way we can have a direct influence on those problems.

Our apathy comes to the fore during elections, which in recent times have inspired fewer and fewer of us to vote. That is the danger of not giving a damn: you end up with Homer Simpson running your country. ■



"Oh, lovely. That's one of those straight-to-jail names, isn't it."

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5
NIGHTS



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1 OF
100



Wholehearted cookbooks

WIN!
1 OF
200



Linden Leaves hand creams

WIN!
1 OF
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