

# Independent Herald

**WINDOW TINTING FOR YOUR HOME**  
 UV Protection Films – Privacy Films without compromising your views.

Contact Glasshield the company that doesn't fade away!!

Free Quotes and Very Competitive pricing

0800 113 901 [www.glasshield.co.nz](http://www.glasshield.co.nz)



Thursday April 9, 2026



Today 13-19



Friday 12-17



Saturday 15-21



Sunday 14-20

Phone: (04) 587 1660

# The champions



By Frank Neill

Onslow are the 2025-26 Wellington Cricket Champions.

Onslow won the Pearce Cup, the symbol of Wellington Cricket supremacy, when they defeated Hutt District in the final, played on Nairnville Park on 3 and 4 April.

*Continued on page 2.*

Onslow's victorious Pearce Cup team.

Photo: Supplied.

## GREAT MEAT! GREAT SAVINGS

*Fine Meats Delivered to your Door*

[www.meatdirect.co.nz](http://www.meatdirect.co.nz) 04 479 9491  
[orders@meatdirect.co.nz](mailto:orders@meatdirect.co.nz)



PREMIER 1  
 6 PEARCE CUP  
 CHAMPIONS



New Zealand Academy of Fine Arts

Call us: (04) 499 8807 | Find us: [www.nzafa.com](http://www.nzafa.com)

Follow us: [f nzafa](#) [academygalleries](#)



Artist Lynn Blann

## Art Flow Dine & Discover

Join contemporary expressionist artist Lynn Blann as she reflects on her artistic journey in an intimate evening of art and culinary excellence.

18th April – 6:30 PM – DoubleTree by Hilton Wellington  
 \$75 + fees at Eventfinda

Details at [nzafa.com](http://nzafa.com)



'Gather' By Lynn Blann

Contemporary New Zealand art

## How to reach us

Independent  
**Herald**

Phone (04) 587 1660

www.independentherald.co.nz

**REPORTER****Frank Neill**

herald@wsn.co.nz

027 490 3916

**NATIONAL SALES****Les Whiteside**

les@wsn.co.nz

021 360 008

**SALES****Steve Maggs**

steve@wsn.co.nz

027 765 8303

**SALES****Brenda Ingram-Johnson**

brenda@wsn.co.nz

021 640 152

**CLASSIFIED SALES**

classifieds@wsn.co.nz

# Stunning bowling turns match tide

*Continued from page 1.*

They ended up with a comfortable victory over Hutt District, winning the match with a stunning bowling performance on day two.

It looked anything but promising for Onslow at stumps on day one.

Batting first, Hutt District scored 183 before they were bowled out. Onslow was well short of that total when they were bowled out for 142.

Hutt District did not lose a wicket and had put 19 runs on the board by stumps on 3 April. That gave them a lead of 60 runs with all 10 wickets still in hand.

At that point it looked like it might be a repeat of the 2025 Pearce Cup final, which saw Hutt District take out a comfortable victory over Onslow.

However the Onslow bowlers came out firing on day two, and Hutt District only added 68 more runs when they were bowled out for just 87.

Oscar Jackson was in especially fine form, taking five wickets and conceding only 11 runs from his six overs.

Max Sargentina chimed in with two wickets for seven runs, Matthew Scoble with two wickets for 24 runs and Ryan Tsourgas with one wicket for 26 runs.

Needing 129 runs for victory, Onslow reached exactly that total

for the loss of five wickets.

Oscar followed up his great bowling spell by top scoring for Onslow with 27 runs. Micah Conroy was only just behind him with 26 runs and the Captain, Sam French, scored 24 runs, to follow on from his first innings half century when he finished on 54 runs.

Charlie Jackson was on 24 not out and Sam Keegan on 11 not out when Onslow secured the Pearce Cup for 2026.

Micah was the big wicket taker during Hutt District's first innings, claiming a five wicket bag at a cost of 47 runs.

Ryan took two wickets for 38 runs and three Onslow bowlers Matthew, Max and Elliot Seddon took one wicket each.

The Pearce Cup victory followed Onslow becoming the 2026 two day champions a week earlier.

They won this title when they took out first innings points against Taita on 21 and 28 March.

Taita batted first on Fraser Park's Barry Clarke Oval and were bowled out for 229.

Onslow replied with 344 before taking six Taita wickets for 73 runs.

The Pearce Cup victory was the climax of an outstanding season for Onslow.

Among the many highlights are four premier centuries, scored by Devan Vishvaka (116 not out from 114 balls) on 8 November



**Onslow bowler Oscar Jackson, who swung the Pearce Cup in his team's favour when he took five wickets for just 11 runs on 4 April.**  
Photo: Supplied.

and 107 on 6 December, Yash Vagadia 101 on 20 December and Micah Conroy 117 on 28 March.

Five bags of five wickets were also recorded by the bowlers.

Ryan Tsourgas took five for 54

and Elliot Seddon five for 38 on 10 January, Oscar Jackson five for 11 on 4 April, and Micah Conroy five for 20

on 21 March and five for 47 on 3 April.

Women's Lifestyle  
expo18 & 19  
APR**ON NEXT WEEKEND!**  
TSB Arena, Wellington**EARLYBIRD TICKETS FROM \$8**

Booking fees apply

Tickets at [womenslifestyleexpo.co.nz](http://womenslifestyleexpo.co.nz)**Greg O'Connor**  
MP for Ōhāriu

It is difficult to get into any conversation these days that doesn't involve fuel prices and the American and Israeli attack on Iran, resulting in the closing of the Strait of Hormuz.

As we did during COVID, we learn how much of our day-to-day lives are impacted almost immediately by events that occur in distant parts of the world.

During COVID, our government quickly realized it needed to be very hands-on in planning the response, and the Prime Minister's floor of the Beehive became a war room of sorts. The expression used was that it was like "building the plane while it was flying".

The world recognised and

admired our approach, which was fronted and led by Prime Minister Jacinda Ardern.

The approach of this government is quite different, with a lack of a clear plan for what our staged responses will be if the fuel supply reduces or even disappears.

Leadership is seriously lacking, with each coalition partner seemingly running their own political agenda.

Experience counts and a lack of it exacerbates the problem.

So, as well as closely watching the international political situation, and the price of oil, it's time to watch out for who has the wherewithal as leader to steer us through. The political vacuum becomes obvious.

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



# Wellington's high, least affordable rates

Wellington City Council's rates bill has in recent years been among the highest and least affordable in a sample group of cities, a report released by the Council on 7 April reveals.

The Wellington City Rates Affordability Research was commissioned from Infometrics to provide a comparison of rates affordability against a sample of 10 New Zealand cities.

The high and least affordable rates reflects what Wellingtonians have been saying through consultation feedback in recent times – rates are high, households are under financial pressure, and the high rates rises are unsustainable.

Key findings from the report include:

- Wellington City Council's residential rates have more than doubled since 2012, when rates accounted for 2.2% of household income.
- In 2025, rates as a percentage of household income varied from 2.3% (Wellington Central) to 7.5% (Oriental Bay). The average is 3.8% of household income.
- When compared to other cities (and including regional rates), Wellington's rates were the most expensive (tied with Porirua). As a percentage of household incomes, our rates were 4.7% (also tied with Porirua, but lower than Tauranga and Dunedin (4.8% for each).
- Wellington's commercial rates as a percentage of capital values were the highest in the sample of cities, analysed at 2.4%. The commercial rates were also the highest as a percentage of capital values for commercial offices, CBD retail and accommodation rating units.

"Rates affordability was identified as a key objective in the Triennium Plan," the Council's Chief Strategy and Finance Officer, Andrea Reeves says.

"The plan also committed to improving transparency and supporting decisions with better data. The rates affordability report will support this."

Ms Reeves says rates affordability is also the focus in developing the draft budget for the 2026/27 year – and



A graph of median residential rates in Wellington between 2012 and 2025. Image: Wellington City Council.

the forecast rates increase of 12.7% was brought down to 7.4% while preserving the services and community facilities Wellingtonians rely on.

The report was commissioned to support decision-making for the 2027-37 Long term Plan and budget.

Residential rates affordability is measured by looking at rates as a share of household income. This is a common measure for rates affordability.

Previous New Zealand-based research (the Shand report) has suggested that rates are

unaffordable when they exceed 5% of household income.

Commercial rates affordability has been measured by looking at rates as a share of capital value.

While the report benchmarked rates affordability against other councils, it didn't compare the level or type of services funded by rates across councils. The report is available at [wellington.govt.nz/-/media/news-and-events/news-and-information/news/files/2026/Infometrics-WCC-rates-affordability.pdf](http://wellington.govt.nz/-/media/news-and-events/news-and-information/news/files/2026/Infometrics-WCC-rates-affordability.pdf).

## inbrief news

### Local grant

Churton Park's Amesbury School has received a grant of \$3,981.40 in the latest round of grants from the New Zealand Community Trust (NZCT).

NZCT made the grant to pay for equipment.

The Tawa Basketball Club also received a grant. It was provided \$2,680 for court hire.

NZCT disbursed \$445,930.64 to organisations in the Wellington region in the latest round of funding, announced on 2 April.

Two gaming venues in the Independent Herald's circulation area contributed to these grants – The Pickle Jar in Karori and the Backbencher Gastropub in Thorndon.

They were two of 19 gaming venues in the greater Wellington region that contributed.



## Are smoke alarms in the right places?

With daylight saving having just ended, Fire and Emergency New Zealand is asking "do you have smoke alarms where you sleep?"

The 12 months from July 2024 to June last year saw the highest number of preventable residential fire deaths in a decade, with 17 people killed in house fires.

Seven of those deaths occurred during the winter months.

With daylight saving having ended on 5 April, Fire and Emergency New Zealand's Community Education Manager, Tom Ronaldson wants people to install smoke alarms in the rooms where they sleep.

"Many of the deaths in that year were the result of not having smoke alarms in the right places.

"We are urging people to not only check their alarms, but to make sure they have smoke alarms in every room where someone sleeps,"

Tom says.

"It's also important to look out for older neighbours, family and friends who may not have the ability to install smoke alarms themselves.

"More than 60% of avoidable residential fires in the last five years involved people over the age of 60.

"We encourage you to check in on the older people in your lives and near you to make sure their smoke alarms are less than 10 years old, still working, and that they have one in the room where they sleep."

Every year over the colder months, Fire and Emergency sees an increase in household fires as people heat their homes, including in households where they have smoke alarms, but not necessarily in the right places to save lives.

"Most New Zealand homes have smoke alarms, but now is the time to make sure you,

your family and your community have them in the right places and that means in every bedroom, living area and hallway," Tom says.

When people are buying new smoke alarms, FENZ recommends long-life photoelectric smoke alarms.

"They are far more effective than ionisation alarms at detecting slow smouldering fires, which burn for hours before bursting into flames," FENZ says.

"Better yet, choose a set of photoelectric smoke alarms that can be connected to each other wirelessly, via a dedicated radio frequency, or wiring together.

"If a fire is detected in one room of the house, interconnected alarms will trigger all the alarms in your home, so everyone will be alerted to a fire sooner.

"This is especially important in multi-storey homes and homes with long hallways."



## Greg O'Connor MP for Ōhāriu

Spokesperson for Courts and Veterans' Affairs  
Assistant Speaker

### Get in touch

My office is open 9am - 4pm  
Monday to Friday

04 478 3332

[greg.oconnor@parliament.govt.nz](mailto:greg.oconnor@parliament.govt.nz)

2/18 Moorefield Road, Johnsonville, Wellington

[Labour.org.nz/gregoconnor](http://Labour.org.nz/gregoconnor)

[f /GregOhariu](https://www.facebook.com/GregOhariu)



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

# All aboard for a new life

Maggie Gaffney will speak on the 1863 voyage of the Mermaid to New Zealand at the next meeting of the Wellington Branch of the New Zealand Society of Genealogists.

The meeting will be held on Wednesday 15 April at the Johnsonville Bowling Club, 34 Frankmoore Avenue.

Maggie Gaffney is a professional family historian living in Wellington and a very popular speaker.

Her subject is the 1863 voyage of the Mermaid from Gravesend to New Zealand.

Maggie's interest arose from a personal connection. Her great-great-grandparents were on board along with 278 other assisted immigrants.

This developed into a wider research project to discover the story of these immigrants: who they were, where they were from, what the journey was like and what happened to them once they arrived in New Zealand.

The fortunate survival of a diary written by one of the passengers, a young Scottish carpenter, has provided much detail about the voyage itself. For more information on Maggie's project, see [www.mermaid1864.org](http://www.mermaid1864.org).

This talk is aimed at a general audience and is free. Students and teachers may find it particularly interesting.

The talk will begin at 7.30pm and coffee, tea and biscuits will be available from 7pm, and the branch's friendly members will be happy to chat with anyone who attends.

People who would like some help with their own family history research can ask at the pre-meeting informal discussion group and help session which starts from 6 pm. The meeting should finish between 8.30pm and 9pm.

Visitors are very welcome at all the branch's meetings.

For more information on the society visit [www.wellingtongenealogy.org](http://www.wellingtongenealogy.org).



The clipper Mermaid, painting by John Scott (1802-1885), National Maritime Museum.

**Independent Herald**  
Our community. Our stories. Our voice.

Follow us on Facebook [www.facebook.com/IndependentHerald](https://www.facebook.com/IndependentHerald)

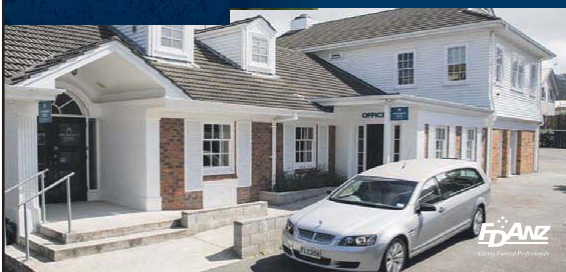
**LYCHGATE FUNERALS**

DIGNITY, SENSITIVITY AND THE RESPECT YOUR LOVED ONES DESERVE.

Proud to have served the families of Wellington for over 135 years, we are committed to providing quality, personal service with compassion and integrity. Contact us about pre-planning and pre-payment options.

Wellington: 306 Willis Street Ph 385 0745  
Johnsonville: 7 Johnsonville Road Ph 477 6855  
Karori: 89 Karori Road Ph 476 6472

[www.lychgate.co.nz](http://www.lychgate.co.nz)



Buses on Lambton Quay. Photo: Supplied.

# Buses becoming very popular

March was the busiest month on record for Metlink bus passengers, with nearly 2.7 million trips across the Wellington region.

Overall, Metlink services recorded 3.6 million trips across bus, rail and harbour ferries, making March the highest month for public transport use since 2019.

Greater Wellington Transport Committee Chair Ros Connelly says it's encouraging to see more people choosing public transport.

"These figures show a rapid uptake in public transport use, above and beyond annual March madness.

"The fuel crisis is having a clear impact on the cost of living, and using public transport is a great way to save money and reduce fuel use,"

Cr Connelly says.

"While March shows a near record volume of people travelling across our network, Metlink is still under considerable financial pressure to maintain current levels of service."

Transport Committee Deputy Chair Tom James says Metlink is monitoring capacity closely.

"With more people travelling, especially on Tuesdays through Thursdays, we are seeing that some services are getting really full," Cr James says.

"We're reviewing our capacity and are working with operators to ensure our buses and trains continue to meet demand as the fuel situation continues.

"If you have a flexible working ar-

angement, you may want to consider travelling outside of peak times to secure a seat and discount."

Cr Connelly says she is confident that public transport use will remain high into April, with passengers soon able to pay adult fares with their credit and debit card on Metlink buses and trains.

"Very soon, choosing public transport will be even easier, with more ways to pay for your journey," adds Cr Connelly.

"The introduction of electronic payments from 12 April will make public transport easier to use and help people adjust to using new payment methods, before we transition to the National Ticketing Solution Motu Move in 2027."

**We Have Moved**

**Just Blinds**

Showroom:  
405 Hutt Road, Alicetown, Lower Hutt

BLINDS FOR YOUR HOME AND OFFICE

- Exciting new fabrics
- Wide range of blinds
- Colour consultancy
- Installation - Repairs
- 3 year guarantee

**FREE measure and quote**  
Hours: Mon-Fri 9.00am-4.30pm, Sat 10am-2pm

**TRANSFORM YOUR VIEW TODAY**

[sales@justblinds.co.nz](mailto:sales@justblinds.co.nz)  
Ph: 04 472 9920 - [www.justblinds.co.nz](http://www.justblinds.co.nz)

**MAKARA CEMETERY**  
Monthly Bus Service

Next bus  
Wed 15th  
April 2026

This private bus service has been operating for more than 17 years.

Sponsored by Harbour City, Guardian and The Wilson Funeral Homes.

**DEPARTS FROM:**

Island Bay (Medway Street) (Outside New World)	12:45pm
Harbour City Funeral Home (56 Onepu Road, Kilbirnie)	1:00pm
Miramar Library	1:10pm
Newtown Library	1:20pm
Courtenay Place (Main Bus Stop)	1:30pm
Karori opposite The Wilson Funeral Home, (142 Karori Road, Karori)	1:40pm
Karori Library (Outside the Postshop)	1:45pm

Fare: A donation to Wellington Free Ambulance would be greatly appreciated.

Harbour City Funeral Home | Guardian Funeral Home | Wilson Funeral Home

**NEWS TIPS**

Send your tips to [herald@wsn.co.nz](mailto:herald@wsn.co.nz)

# Treasure is buried in the landfill



Conducting a waste audit at SWAP. Photo: Supplied.

There's treasure buried at the Southern Landfill, Wellington City Council says.

It includes thousands of tonnes of food that could have been eaten, plastics and glass that could have been recycled and household items that could have found another house.

A whopping 44% of items sent to the Southern Landfill last year could have been dealt with differently, according to a waste audit that analysed material being sent to the landfill.

The Solid Waste Assessment Protocol (SWAP) is a Ministry for the Environment-endorsed method to track the changing composition of waste.

Through this audit Wellington City Council can better understand the amount and types of waste people put out for collection, in addition to waste that's dropped off at the transfer station and to the tip face.

The audit showed that the Southern Landfill receives 2,015 tonnes per week, says Renee Rushton, Wellington City Council's manager waste minimisation.

"It's a massive amount of waste, so much it's hard to visualise," Renee says.

"In everyday terms, that's about the same as 10 blue whales, over 400 African elephants or 11 Boeing 737s."

Of this 2,015 tonnes, household waste makes up 509 tonnes per week, or a quarter of all waste sent to landfill.

Nearly two-thirds (64%) of household rubbish sent to landfill could have been diverted through composting or recycling.

"That's around 326 tonnes of waste every week that didn't need to go to landfill," Renee says.

"Food waste is the biggest issue, making up over one third of all kerbside rubbish going to Southern Landfill.

"That's about 184 tonnes of food waste every week, including a good amount of food that still looked good enough to be eaten.

"When green waste is included, organic material makes up 54% of household rubbish.

"Items that could be recycled are still ending up in the bin.

"About 10% of household rubbish is material that could be recycled through our kerbside recycling system – paper and cardboard, plastic bottles and containers, glass bot-

tles and jars as well as aluminium and steel cans."

Some areas have improved since the last audit in 2018, with the average amount Wellingtonians put out for rubbish collection each week dropping from 585 to 504 tonnes, despite an increase in population and 270 tonnes extra being received at Southern Landfill each week.

"It's heartening that so many people are already working hard to change this but there's still much more we can all do."

There are many practical ways we can all help reduce unnecessary rubbish going to landfill.

There are 456 reuse, repair and share initiatives available to residents and businesses in Wellington City.

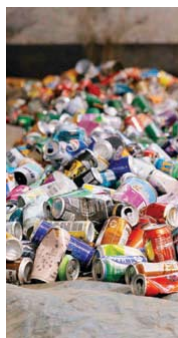
These include initiatives in the northern and western suburbs, such as the Ngaio and Karori Repair Cafés. Visit Reuse Aotearoa for more information.

People can also save money and the planet by meal planning, utilising left-overs and checking the fridge before you shop. Visit Love Food Hate Waste for more tips.

The Council is also working alongside Wellingtonians to reduce waste by funding local initiatives via the Waste Minimisation Fund, by supporting Community Compost Hubs, delivering waste education in schools, and progressing facilities like the Sludge Minimisation Facility.

Recent recipients of the Waste Minimisation Fund for projects over \$5,000 include the country's first practical workshop exclusively for women and gender minorities, a construction and demolition resources sharing tool, solutions for minimising organic waste from selected 'high generators' of food waste in Wellington, research into the viability of a local repair voucher scheme, a theatre equipment library, an industry led initiative aimed at eliminating construction waste at the design phase, and an open access report with actionable pathways for circular construction.

The next round of funding for projects of under \$5,000 opened on 1 April and closes on 30 April. More information is at [wellington.govt.nz/community-support-and-resources/council-funds/waste-minimisation-fund](http://wellington.govt.nz/community-support-and-resources/council-funds/waste-minimisation-fund).



Recyclable cans SWAP found in the rubbish. Photo: Supplied.

## Johnsonville and Districts RSA Welfare Trust ANZAC DAY PARADE AND COMMUNITY SERVICE

Saturday the 25th of April 2026 10.00am

The Chairman and Trustees of the Johnsonville and Districts RSA Welfare Trust cordially invite citizens and service and youth organisations in the Johnsonville area to attend the annual ANZAC Day parade and community service to be held in Johnsonville on Saturday the 25th of April 2026.

The parade will assemble in Burgess Road at 9.30am, and step off at 9.45am for the march to the service at the Salvation Army Citadel at 125-137 Johnsonville Road at 10.00am.

# RSA



For further information, please contact: **Glenton Waugh** mobile: 0274 416 290 email: [glenton.waugh@salvationarmy.org.nz](mailto:glenton.waugh@salvationarmy.org.nz)

**T H J Knight** Chairman

# BEAT THE PRICE RISE



[www.100percent.co.nz/johnsonville](http://www.100percent.co.nz/johnsonville)

<p><b>Panasonic</b> 10Kg Topload Washer</p> <ul style="list-style-type: none"> <li>• 10 Wash Rinse Programs</li> <li>• Active Foam Clean System</li> <li>• Stain Master Program</li> </ul> <p><b>\$1199</b> Popular Family Washing!!</p>	<p><b>Haier</b> 195L Chest Freezer</p> <ul style="list-style-type: none"> <li>• Exclusive Frost Free Technology</li> <li>• Hybrid Cooling System</li> <li>• Antibacterial liner and door seal</li> </ul> <p><b>\$799</b> New Generation Freezer!</p>	<p><b>Fisher&amp;Paykel</b> 413L Fridge Freezer</p> <ul style="list-style-type: none"> <li>• ActiveSmart Food Care System</li> <li>• Humidity Control Crispa Blins</li> <li>• Rapid Freeze &amp; Door Alarms</li> </ul> <p><b>\$2099</b> Top Choice Family Fridge!</p>
<p><b>Fisher&amp;Paykel</b> 9Kg Topload Washer</p> <ul style="list-style-type: none"> <li>• 14 Wash Programs</li> <li>• UV Sanitize wash option</li> <li>• Auto Water &amp; Load Sensing</li> </ul> <p><b>\$1389</b> 4.5 Star Energy Saving!</p>	<p><b>Fisher&amp;Paykel</b> 9Kg Series 5 Washer</p> <ul style="list-style-type: none"> <li>• 14 Wash Spin Programs</li> <li>• Latest Flexi Dose Dispensing</li> <li>• 5 Star Energy Savings</li> </ul> <p><b>\$1529</b> New 2026 Model!</p>	<p><b>BOSCH</b> 9Kg Series 6 Washer</p> <ul style="list-style-type: none"> <li>• 14 Wash Programs</li> <li>• EcoSilence Drive Technology</li> <li>• 1400rpm Spin Dry</li> </ul> <p><b>\$1697</b> Bonus 5 Year Warranty!</p>
<p><b>SAMSUNG</b> 65" Crystal UHD TV</p> <ul style="list-style-type: none"> <li>• Crystal 4K HDR Processors</li> <li>• UI Tizen OS with Free Update</li> <li>• Exclusive Samsung TV Channels</li> </ul> <p><b>\$1028</b> BIG tv, Small Price!</p>	<p><b>Panasonic</b> 55" OLED UHD TV</p> <ul style="list-style-type: none"> <li>• Dolby Vision IQ Processor</li> <li>• Google Home &amp; Alexa Ready</li> <li>• Dolby 3D Clear &amp; Deep Sound</li> </ul> <p><b>\$1799</b> Best Deal OLED TV!</p>	<p><b>Bosch</b> Series 6 Dishwasher</p> <ul style="list-style-type: none"> <li>• 6 Wash Programs Auto Cycle</li> <li>• Rackmatic upper basket</li> <li>• Quiet 44dBa Operation</li> </ul> <p><b>\$1769</b> Bonus 5 Year Warranty!</p>

We're Local We Care

## NEWBOLDS JOHNSONVILLE

100% HOME NEWBOLDS 6-8 Broderick Road, Johnsonville 478-4988 • Easy Customer Parking



# Higher shaking risk in Wellington after quakes

Wellington has a higher risk of shaking following an earthquake than previously thought a new study has found.

Researchers from Victoria University on Wellington - Te Herenga Waka worked with colleagues from the United States on the study, which used new gravity and seismic reflection methods to determine the basin's thickness and geometry.

The study found that the soft sediment basin beneath Wellington is twice as deep and has a steeper side than previously thought, increasing the chances of more severe shaking following an earthquake.

"Together, the greater depth of the basin and its steep edge increase the likelihood that earthquake waves will become trapped and amplified," the lead author, Professor Tim Stern from Te Herenga Waka - Victoria University of Wellington, says.

"When this happens, we predict more intense shaking in parts of the city within the central business district."

Close to the Wellington Regional Stadium, the researchers found sediment depths of an estimated 500 metres – about twice the depth suggested by previous studies.

Depths of 200 metres were found throughout much of Thorndon, with depths of 150–200 metres beneath Waitangi Park, next to Te Papa.

The study also found the shape of the sedimentary basin beneath the city differs significantly from earlier models.

Researchers discovered the western edge of the basin is defined by a steep, fault-like structure extending from Lambton Quay beneath the railway station, continuing west

of the stadium and reaching toward the ferry terminal.

Previous work in the 1970s had recognised the surface of this fault structure as the Lambton fault, but only considered it a minor fault. This study is the first to define its subsurface shape and extent.

"Putting our new data into computer models, we found ground shaking following a quake could increase by a factor of about three near the basin's edge," Professor Stern says.

"This more intense shaking means the effects on the city could be more significant than previously thought, even for a moderate or a distant quake.

"Much of the amplification is due to earthquake waves becoming trapped in the basin and resonating, much like waves caught in a swimming pool or bathtub."

This is what happened after the 2016 Kaikōura earthquake.

The quake, 80 kilometres away from Wellington, generated waves that were trapped in the basin, resonated, and caused ground motion in parts of the central business district that exceeded predictions.

"By combining new digital and satellite technologies with traditional geophysical techniques, the study shows we are now able to better map the shape and depth of basins and thus predict where earthquake shaking in urban environments is likely to be intensified," Professor Stern says.

The study is published in the New Zealand Journal of Geology and Geophysics. It was partly funded by the Natural Hazards Commission and Te Herenga Waka.



Greater Wellington Regional Council Chair Daran Ponter, who will co-chair the Wellington Regional Leadership Committee. Photo: Supplied.

## New Regional Leadership Committee leaders

Greater Wellington Regional Council Chair Daran Ponter and Ngāti Toa Rangitira Chief Executive Helmut Modlik will chair the Wellington Regional Leadership Committee (WRLC) for the 2025-28 triennium.

While appointed as chair and deputy, the two will act as co-chairs.

The committee brings nine Mayors from the Horowhenua and Wellington regions together with iwi representatives and the Regional Council chair, to provide collective leadership and a coordinated approach to sustainable growth and development.

"The work of the committee has never been more important", as councils and iwi prepare for resource management reform, Cr Ponter says.

"Through the Future Development Strategy, the committee has experience with regional spatial planning – a likely cornerstone of laws set to replace the Resource Management Act.

"While we consider how a spatial plan for the region is best delivered, it's clear that we have already laid strong foundations for a plan that reflects Te Ao Māori as well as the aspirations of our councils and communities, while setting a collective direction for prioritising investment, sequencing development and safeguarding the environment," Cr Ponter says.

The current work programme of the WRLC includes a set of interconnected regional projects focused on accelerating housing development, climate adaptation, industrial land supply and economic growth.

Deputy Chair Helmut Modlik says the committee will continue to be a forum for local government and iwi to collaborate on challenges that extend beyond council borders.

"Together, councils and iwi can better manage growth, infrastructure planning and



Ngāti Toa Rangitira Chief Executive Helmut Modlik, who will co-chair the Wellington Regional Leadership Committee. Photo: Supplied.

climate change with a regional spatial plan that strengthens environmental stewardship by respecting Mana Whenua relationships with land and water," Mr Modlik says.

"When Iwi values, priorities and boundaries are visible in spatial planning, it creates clearer pathways for partnership.

"That clarity supports a stronger Te Tiriti based approach to resource management, while improving the health of our environment and outcomes for the region."

The WRLC will continue to oversee delivery of its work programme while commencing preparatory work on regional spatial planning.



The New Zealand champion Samuel Marsden Collegiate School Floorball team. Photo: Supplied.

## Marsden wins NZ Floorball title

By Frank Neill

The Samuel Marsden Collegiate School's Floorball team are the national champions.

The team won the Junior A title at the New Zealand Secondary Schools Floorball Cup, held at the Ākau Tangi Sports Centre in Kilbirnie on 28 and 29 March.

After qualifying for the final Samuel

Marsden blew Sacred Heart off the court, securing a 6-1 victory.

"Congratulations to all the players for their skill, teamwork and determination throughout the tournament and a special thank you to coach Paul and manager Kirsten for their dedication and support in guiding the team to success," Samuel Marsden Collegiate School says on its Facebook page.

# Khandallah street that holds history

By Professor A D Paul

There are streets you pass without noticing and then there are streets that quietly hold history beneath their asphalt.

Kohima Drive, tucked into the leafy slopes of Khandallah in Wellington, belongs firmly to the latter.

At first glance, it is an unassuming residential road, winding through one of the capital's most peaceful suburbs. But its name carries the echo of a battle fought half a world away, in the misty hills of Northeast India.

The story begins in April 1944, at a place called Kohima – then a small hill town, today the capital of Nagaland.

What unfolded there between 4 April and 22 June 1944 would become one of the most decisive moments of the Second World War in Asia.

The Battle of Kohima marked the turning point of the Japanese U-Go offensive into British India, a campaign that had threatened to push deep into the subcontinent.

The fighting was brutal, intimate and relentless.

The Japanese forces attempted to seize the Kohima ridge, a strategic high ground overlooking the vital road to Imphal, where British and Indian troops were besieged.

For nearly two weeks in early April, a small and outnumbered garrison held its ground under extraordinary pressure. By mid-April, relief forces broke through.

What followed was a prolonged struggle that eventually forced the Japanese retreat – an outcome that shifted the momentum of the war in this theatre.

Today, the most poignant reminder of that battle lies in the Kohima War Cemetery.

There, among neat rows of graves – 1,082 of them belonging to British soldiers – stands one of the most moving epitaphs of the war: “When you go home, tell them of us and say, for your tomorrow, we gave our today.”

It is a line that transcends geography, linking distant landscapes through memory and sacrifice.

And this is where Kohima Drive in Wellington finds its meaning.

Unlike earlier streets in New Zealand cities – names like Madras or Calcutta, rooted in the trade routes and imperial geography of the 19th century – Kohima Drive belongs to a later wave of naming.

Established in the late 1940s, it reflects a more reflective impulse: commemoration rather than cartography.

These names were chosen not for their economic connections, but for their emotional and historical weight. They were meant to remember.

The contrast is striking. In India, the name “Kohima” itself is ancient, derived from “Kewhira,” associated with the Kewhi flowers that bloom in the surrounding hills, and tied deeply to the heritage of the Angami Naga people.

In Wellington, however, Kohima is not a place of origin but of remembrance – a name transplanted across oceans to honour a moment in time.

For many New Zealand families, that moment is not abstract history. It is personal.

New Zealand's connection to Kohima was written largely in the skies above Burma and India.

Hundreds of New Zealanders served in Royal Air Force squadrons during this campaign, supporting what came to be known as the “Forgotten 14th Army.”

Their role was crucial. Flying aircraft like the Dakota transport planes, they carried out dangerous missions to supply troops cut off at Kohima and Imphal, dropping food, ammunition and medical supplies into embattled zones.

Others flew Hurricanes, Spitfires and Beaufighters, providing ground support in treacherous conditions.

For these pilots and crew, the war in this region was not only strategically vital but physically punishing – fought in dense jungle, under monsoon rains and against a determined enemy.

So when you stand on Kohima Drive today, looking out over Wellington Harbour, you are also, in a sense, standing at a crossroads of memory.

For some the name may recall a grandfather who flew sorties over Burma; for others, a great-uncle who never returned.

The street becomes more than a location – it becomes a quiet act of remembrance woven into everyday life.

There is something profoundly human about this layering of histories.

A quiet suburban road in New Zealand carries the name of a distant Indian hillside, itself named for flowers that bloom in the mountains.

Between them lies a story of war, endurance, and connection – of how global events find their way into local landscapes.

Kohima Drive does not announce its history loudly. It doesn't need to.

Its significance lies in its quiet persistence, a reminder that even the most ordinary places can carry extraordinary stories, if we only pause long enough to listen.



The war memorial located in Kohima. Photo: Supplied.

## Discover new favourites at the 2026 Wellington Women's Lifestyle Expo

The Wellington Women's Lifestyle Expo is returning to TSB Arena on Saturday 18 and Sunday 19 April, bringing together shopping, inspiration and indulgence across an entire weekend.

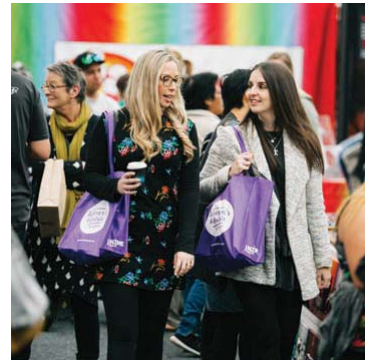
Showcasing 150 lifestyle brands, the event promises a vibrant showcase of fashion, beauty, health, food, travel, eco-friendly products and more. Visitors can browse an exciting mix of well-known brands and unique small businesses while discovering new products, delicious treats and gathering inspiration across a wide range of lifestyle categories.

Adding to the excitement, attendees will have the chance to enter to win an incredible holiday for two to Hawaii, including return flights to Honolulu and seven nights' accommodation in Waikiki, all thanks to World Travellers and Hawaiian Airlines.

Much-loved areas return this year, including the Artisan Zone, showcasing talented New Zealand makers with handcrafted jewellery, art and natural skincare, and the Taste Zone, where visitors can sample a delicious range of gourmet foods and beverages, from sweet treats and artisan coffee to handcrafted spirits.

This year's event also welcomes fresh faces, including Smooth Ink Studios with specialised treatments for scars and skin concerns, and the Big Bang Adventure Race for those seeking an outdoor challenge. Returning favourites include iBody – skincare inspired by nature and backed by science, and Alexa & Kara offering stylish earrings at affordable prices.

New this year is the Seminar Sessions, a dedicated space where visitors can take a



break from shopping and hear from experts throughout the day. Sessions will cover topics including women's wellness, improving sleep and financial advice tailored specifically to women.

Emily Travers, Head of NZME Events, says “The Wellington Women's Lifestyle Expo brings together an impressive variety of businesses, from passionate local entrepreneurs to well-known national brands.

“The atmosphere is always fantastic – you'll see groups of girlfriends shopping together, mums and daughters discovering new brands, sampling products and enjoying a relaxed day out. With wellness experts sharing practical advice and the introduction of our seminar space, there's also plenty of opportunity to learn something new and leave feeling motivated and uplifted.”

Earlybird tickets start from \$8 (plus a small booking fee) and are available at iTICKET, or at the door for \$13. Children five and under are free.



 Follow us on Facebook 

[www.facebook.com/IndependentHerald](https://www.facebook.com/IndependentHerald)

# Story of the long walk being launched

A new book, telling the story of a walk from Wellington to Waikawa, which is north of Ōtaki, will be launched at the historic Halfway House on 12 April.

'The Long Walk' is written for children and tells the 1845 true story of Thomas Bevan, aged 9, walking with his two older sisters and younger brother, from Wellington to their father at Waikawa, in the care of their Māori guide, Ropina.

It will be launched at 2pm at Halfway House, 246 Middleton Road, Glenside.

Paul FitzGerald, a direct descendent of one of the children who did the walk, will speak at the launch.

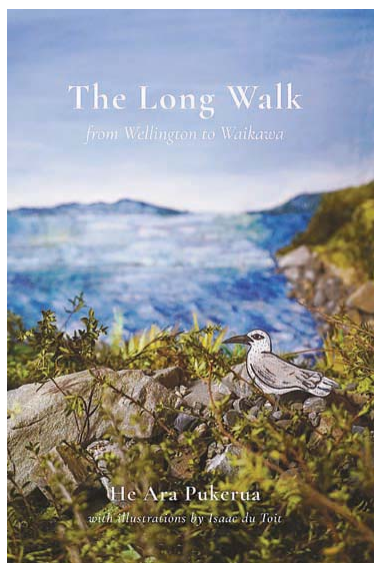
The book is written by He Ara Pukerua, the Pukerua Bay Heritage Group, and illustrated by Isaac Du Toit.

In November 2023, Isaac, then aged 19, re-enacted the walk, taking five days on foot to get from Wellington to Waikawa.

Thomas Bevan wrote his memoirs in 1907 and described the 1845 walk along the Porirua Road (now Middleton Road) to the Halfway House.

"All that day we followed the steep and rough trail over the ranges, through dense underbrush and tangled supple-jacks, over prostrate logs, across swamps and streams, by rugged hill-sides, and through darkening woods – and still before us marched our watchful guide, carrying my little brother, besides his burden of blankets and food for us all.

"Ever, as he trotted along, he talked to us in his few words of broken English, cheering us on, comforting us as best he could and



The cover of 'The Long Walk'.

calming our fears.

"No stream was there to ford, no treacherous swamp or rough place to cross, but he assisted each one over in safety; and then, resuming his heavy burden, placed himself once more at our head.

"Thus we fared on, we children bravely trying not to be afraid, and sustaining ourselves with the thought that we were going to our father."



Dorothy Ibrahim of He Ara Pukerua holding a copy of 'The Long Walk'. Photo: Supplied.

Their first day's journey brought them to Anthony and Susannah Wall's house, called in those days 'The Half-way House.'

"Those two kind settlers were very good to us, gave us food and shelter and made up a bed for us in front of the fire-place.

"Next day we continued our journey along a track through dense bush to Kenepuru, Porirua, the place known in after years as 'The Ferry.'

"It took us the whole day to travel this far?"

'The Long Walk' is based on Thomas Bevan's published memories, which people can read at <https://www.knowledgebank.org.nz/text/reminiscences-of-an-old-colonist-the/>.

Signed copies of 'The Long Walk' will be available to purchase at the launch. People attending are asked to bring along a contribution for afternoon tea, for example a packet of biscuits or sandwiches.

## Your Local Paper, Powered by You.

Every ad you see helps keep our stories alive. Support the businesses that support your news.

Independent  
**Herald**

Phone (04) 587 1660

SALES

Steve 027 765 8303 E: [steve@wsn.co.nz](mailto:steve@wsn.co.nz)

Brenda 021 640 152 E: [brenda@wsn.co.nz](mailto:brenda@wsn.co.nz)

Les Whiteside 021 360 008 E: [les@wsn.co.nz](mailto:les@wsn.co.nz)

REPORTER Frank Neill 027 490 3916 E: [herald@wsn.co.nz](mailto:herald@wsn.co.nz)

[www.independentherald.co.nz](http://www.independentherald.co.nz)

## Johnsonville's ANZAC Day service

Johnsonville's ANZAC Day remembrance will begin at Burgess Road, near the KFC, this year.

It will start with a parade that will march from Burgess Road along Johnsonville Road to the Salvation Army car park, at 125-137 Johnsonville Road.

The marchers will assemble at 9:30am and then begin walking at 9:45am.

Led by the Wellington Red Hackle Pipe Band, the marchers will include Scouts, Guides and members of community groups, as well as Fire and Emergency New Zealand (FENZ) personnel.

As well as stopping traffic for the march, the FENZ personnel will also bring up the rear of the parade.

The main ANZAC Day service will begin at 10am in the Salvation Army car park, where a podium with crosses and the silhouette of a soldier will feature.

The Salvation Army Central Fellowship Band will accompany the singing at the service, which will also include the Newlands College Head Boy and Head Girl reading the

names of the Johnsonville soliders who gave their lives in World War One and World War Two before reading the poem 'In Flanders Field'.

There will then be a time when wreaths can be laid at the podium, followed by the Ode being recited in both Te Reo Māori and English.

Then the last post will be played and the service will finish with the national anthem.

Although the service is being organised by the Salvation Army, "the Salvation Army is running it as a community service," one of the organisers, Retired Major Glenton Waugh says.

"We are trying to involve as many people as we can in the ANZAC Day service.

"It's all about Johnsonville community involvement."

One example of the community involvement is that the Guardian Funeral Home sponsored the printing of the order of service.

Following the service there will be cups of tea and coffee and ANZAC biscuits in the Salvation Army building for those attending.

# GARDENING THIS WEEK PLANTS FOR FREE: *By Wally Richards*

A gardener has asked me to write a column on obtaining plants for free, especially from cuttings so your wish is my command.

There are several ways you can obtain free plants and the best of these is from collecting seeds from any plant that flowers and seeds including all fruiting plants.

The other ways are by cuttings, layering, division, grafting and air layering.

Air Layering is when you wrap moist sphagnum moss around a stem or branch to make roots form while it's still attached to the parent plant; that's air layering.

It can be assisted by making a small knick in the stem over which you wrap wet sphagnum moss and then hold in place with tape such as insulation tape.

After a couple of months or less you carefully remove the tape and check for roots in the sphagnum moss and if found you then cut the stem/branch off the plant below the newly formed roots and plant the now rooted stem into the ground or container.

This would be the easiest way to take cuttings off hard wood plants and trees.

Readers may remember that I have talked occasionally about controlling insects pests in mature trees such as Rhododendrons using the Tree Bands that we sell.

On a rhododendron or other tree that has thin bark take a length of the Tree Band long enough to wrap around the trunk of the target tree.

You then soak the felt of the Tree Band in straight Wallys Super Neem Tree Oil then wrap around the trunk and hold it firmly in place with a couple of drawing pins.

Note not all Brands of Neem Oils will work doing this you need the proper cold pressed Neem Oil..

The Super Neem Oil soaks into the bark and is taken up into the canopy of the tree with the flow of sap from the roots. Anything feeding in or on the tree will get a dose of the Neem and stop eating to starve to death.

We advise to only leave the treatment on the tree for one month as air layering can happen which is not good for the tree.

The Tree Band can be taken off, new Neem Oil applied and located at another place on the trunk for another month. Very useful on say a rhodo that 40 feet tall and has thrips.

It works faster than using Wallys Neem Tree Granules in the root zone of the tree and in some tree types the Neem Granules are not very successful so the Tree Bands are best.

The bands are reusable year after year as needed for control.

Back to free plants..... Another method of 'Layering' is to take a low branch that can be bent down to the ground where bury or cover with soil part of the branch and pin it down to hold it in the soil with the leaves on the end of the branch poking out of the soil.

It pays to put a little knick in that part of the branch that is buried to speed up the rooting.

Once again after a couple of

months you examine the branch and if roots have formed the you can cut the branch off the parent and have a new free plant.

Layering and cutting grown means that your new free plant/tree will be the clone of the parent.

With Buxus plants you can layer by piling up soil or compost around the base of the plant up to covering a number of the lower branches and leave like that for a month or two and those lower branches will root up and you have a number of new free Buxus plants to use.

By the way if you have Buxus plants and they catch the dreaded Buxus disease simply spray them with Wallys Perfection and they will quickly recover.

Good control is to spray even healthy looking Buxus about every couple of months with the Perkfection.

Cuttings are done on perennials and a lot of plants very simply using one of several methods.

In some cases all you need for a cutting is a actual leaf that has been pared off the parent plant with a little bit of the stem that attached it to the parent.

An interesting thing here is that if you take a leaf of a Hoya without a bit of stem attached, the Hoya leaf will root up but never become a vine, it will just live for years as a single rooted leaf.

Cutting or leaf propagation commercially in a nursery is done on a bed of sharp sand with a underneath heat pad and overhead grow-lux lighting along a automatic misting system that lightly mist the bed every 30 minutes or so.

To be most successful doing cuttings is to have a heat pad with a polystyrene pad underneath to ensure all heat goes up.

Sharp sand or also called plasters sand is best medium to strike cuttings in and it is easy to see when it become dry.

A seedling tray or punnet, which I like to put a bit of compost into the bottom so that roots do have a little goodness to go down to then a good layer of sand over that.

Have a trigger sprayer with a little bit of Magic Botanic Liquid and a little molasses dissolved in the hopefully non-chlorinated water.

Mist the cuttings and the sand two or three times a day and best have the tray where there is good light overhead.

Preparation of cutting is important.

To be more successful spray the foliage of the plant where you want to take cuttings of, under and over the leaves and stem with Vaporgard a couple of days before taking the cuttings.

This will reduce the cuttings moisture needs while rooting up.

It also means you don't need to de-floilinate the cutting that means more energy to grow roots from a good amount of leaf surface..

Otherwise once to have your cutting which should be about 6 to 8 cm long you remove about 90% of the leaves leaving only a couple or so small new tip leaves on the cutting.



## ROYAL ALBATROSS CENTRE

[www.albatross.org.nz](http://www.albatross.org.nz)

Visit the world's only mainland Royal Albatross Colony and see the fully restored Armstrong Disappearing Gun from 1886.



OTAGO PENINSULA - see you there!

TOURS GIFT SHOP CAFE

# New book by Churton Park resident

Churton Park resident Doug Miller is about to release his first book, a memoir called 'Echoes of a Wendon Valley Boy'.

His new work will be published by Mary Egan Publishing on 10 April.

Doug was born in Gore, one of many in the large Miller clan, and raised on a farm among a community of hard working and genuinely good folk, an upbringing he describes as interesting and challenging.

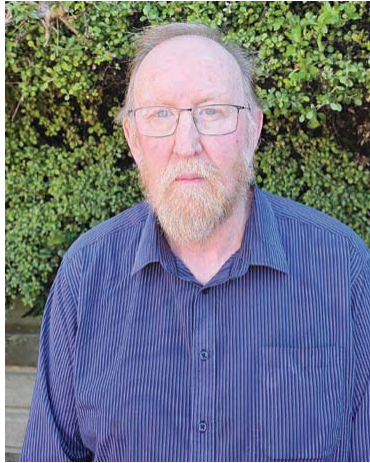
As a child, he had little interest in education, leaving school with no qualifications but later changed his views on education, going on to gain three university qualifications and working as a civil engineering consultant in Wellington for more than three decades.

Doug says he was inspired to write the book after becoming concerned his memories were fading.

"At 70 I was in a state of despair when a minor event made me think memories of my pleasant child and teenage years were less than I wanted," Doug says.

"This mattered to me, so I started to note down all the memories I could recall of growing up in Wendon Valley in the 1950s and 60s, and made contact with others I knew back then.

"Numerous intriguing and interesting stories emerged: a changing farming and social landscape, a large clan of close relatives

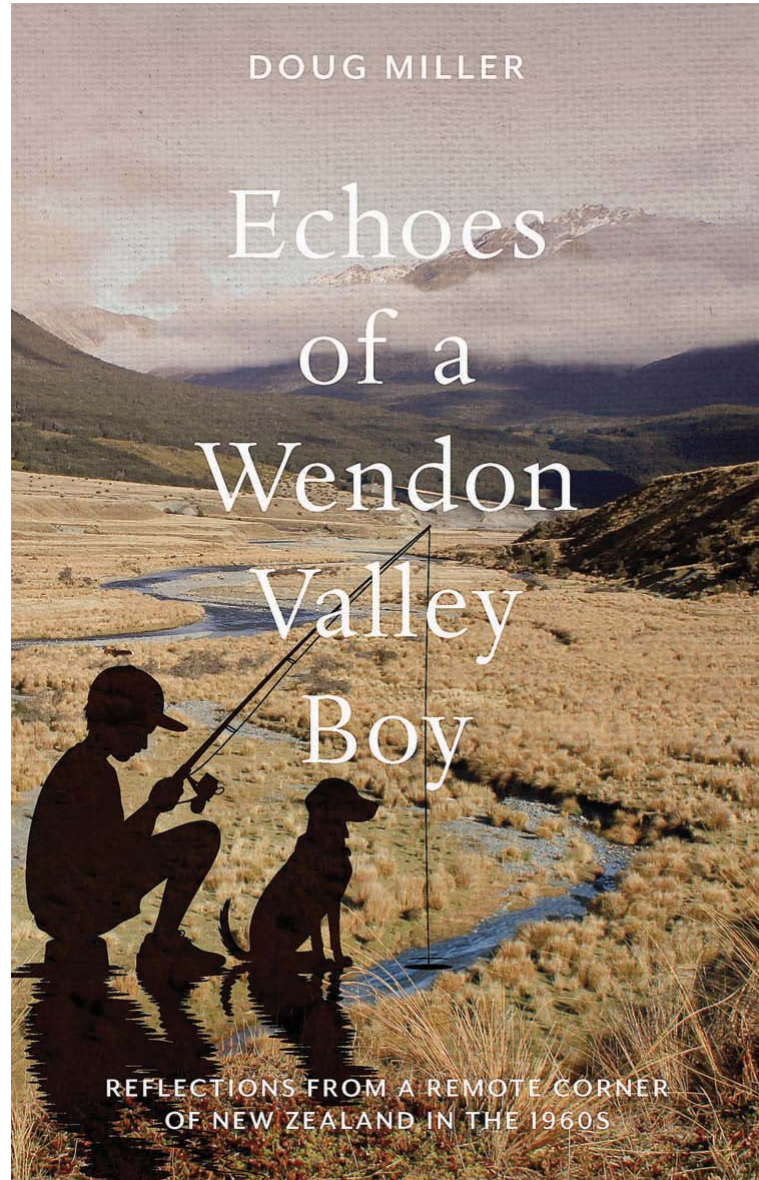


Doug Miller, whose new book will be released tomorrow, 10 April. Photo: Supplied.

nearby, and the years of being a restless and sometimes senseless teenager in the back blocks of Southland."

Doug thought others may also be interested in his stories of growing up in a remote part of New Zealand during the fast-changing 1960s.

"The 60s was a time of the most incredible social and technological change," he



The cover of Doug Miller's new book.

says.

It was "a period when learning was not the priority of the education system, and when fun, laughter and the support of your small community was one way to stay sane in a rural landscape where it was tough to make a living"

Creating the book was personally fulfilling, Doug says.

"It came together in a way that provided a panoramic picture of my young life with both humour and seriousness, and allowed me to demonstrate that my personal evolution

from being a well below average student at primary and secondary schools to someone who'd earned multiple masters degrees by the age of thirty.

"There is a well-known quote by Steve Paul Maraboli that says, 'most want to be laid to rest after a life well lived, a song well sung, a book well written, opportunities well explored and a love well expressed'.

"Over my life, I have had a go at delivering on these and hope I have not totally failed. Now, it is for others to judge."

## Warm Feet this Winter!

As the temperature drops, we should take a few steps to look after our feet to keep them comfy. In Wellington's climate, which can be chilly, a thin wool sock will keep your feet warm. Wool or wool blend socks are the best to allow the feet to breathe and keep the skin warm, which benefits circulation. Choosing the right materials in a shoe can have benefits as well.

Leather shoes have several advantages: they can stretch, are breathable and are water repellent. Some shoes that promise to be waterproof are lined with Gortex. Bear in mind this lining may take up some room in the shoe so you may need a larger size

than usual.

Keeping your toes warm will help you to avoid chilblains. Chilblains are small spots of tissue damage from poor circulation to the skin usually due to cold feet.

Chilblains are common in folks who don't keep toes warm, by having the house too cool, or who don't wear warm socks and slippers inside. Personally, I wear shoes and socks indoors and do not suffer cold feet. At Active Feet Podiatry we are here to help you whatever foot issues arise. We can be reached at our Terrace Clinic on (04) 473 8696 or ActiveFeetPodiatry.com or email: info@activefeetpodiatry.com

Active Feet Podiatry  
"Caring for your feet"



### Services We Offer

#### Include:

- Sports injuries
- Family Foot Care
- Verrucae
- Skin and Nail problems
- Orthotic Services

Dr. Tim Halpine DPM  
Caring for your feet

Ph: 04 473 8696

Level 2, 85 The Terrace,  
Wellington 6011

(opposite Solnet House and Aurora Terrace).

Email: Tim.Halpine@xtra.co.nz  
www.activefeetpodiatry.com



If you value your local stories, don't just graze—support your advertisers.

Independent Herald

Phone (04) 587 1660

SALES

Steve 027 765 8303 E: steve@wsn.co.nz

Brenda 021 640 152 E: brenda@wsn.co.nz

Les Whiteside 021 360 008 E: les@wsn.co.nz

REPORTER Frank Neill 027 490 3916 E: herald@wsn.co.nz

www.independentherald.co.nz

## Johnsonville loses Rugby opener

Despite comfortably winning the first half, Johnsonville was not able to defeat Old Boys University in their opening Swindale Shield Rugby match on 4 April.

OBU won the Bill Cavuvati Bowl by 48-33 in the match, played at Rugby League Park.

Johnsonville scored four tries to lead 28-7 late in the first half.

Left wing Jacob Kenney crossed the line twice, lock Anthony Pettett scored a try and centre Aukuso Tuitama also added five

points to Johnsonville's total.

An OBU try right on the stroke of half time saw them go into the break with Johnsonville leading 28-12.

The second half belonged to OBU however, and they scored 36 points to Johnsonville five points.

Fullback Kayd Parata scored Johnsonville's second half try late in the match.

Johnsonville's next match sees them play Northern United at Helston Park on 11 April with a 2:45pm kick off.



# Health & Wellbeing

## Ministry releases Mental Health and Addiction Services Regulatory Report

The Ministry of Health has recently published data about the use of compulsory assessment and treatment in New Zealand and helps us to understand the quality of compulsory care that our mental health, intellectual disability, and addiction services provide.

The Ministry plays an important role in monitoring these services to ensure that people undergoing compulsory assessment, care and treatment are receiving high-quality care.

The report also helps to identify where changes and improvements may be needed to ensure people receive appropriate care.

The report from the years 2023/24 shows that the demand for mental health, intellectual disability, and addiction services continues to be high. This places increased pressure on the mental health workforce and the Ministry is continuing to work closely

with Health New Zealand to support sustainable solutions to this.

The rates of compulsory assessment and treatment were similar in 2023/24 compared with previous years.

The total number of people who have been secluded and the total hours people spend in seclusion decreased from 2022/23. However, it's important to note that these numbers will fluctuate from year to year depending on individual circumstances.

The Ministry remains committed to working with Health New Zealand and the Health Quality & Safety Commission to reduce seclusion over time and eventually eliminate it.

Other key findings include:

- 11,495 people (6.5% of specialist mental health and addiction service users) were subject to the Mental Health Act
- out of all people using specialist mental health and addiction services, 93.5%

engaged voluntarily rather than under compulsion

- most people subject to compulsory treatment are based in the community (approximately 75% in 2023/24)
- about 5,883 people were subject to either compulsory assessment or compulsory treatment under the Mental Health Act on the last day of the 2023/24 year
- people aged 25–34 years were the most likely to be subject to compulsory treatment.

Source: MoH

## Hand and wrist therapy

Hand Therapists use splinting, casting and taping to support and protect injured hands, wrists and elbows.

Exercises are used to regain range of motion, improve strength and reduce sensitivity.

Hands on treatment and education help you know what you've injured, what you should do and what you should avoid to get back to your normal tasks as quick as possible.

Let us help you get back to doing what you love after injury to your hand, wrist or elbow. Phone 04 237-0229 [www.handwristandelbow.co.nz](http://www.handwristandelbow.co.nz)

## Cherries – helping support heart health and joint mobility

Diet plays a huge role in our health with foods that offer specific health benefits referred to as functional foods. Cherryvite's Montmorency tart cherries is one such food.

As one of nature's richest sources of antioxidants and queritrin, it helps to fight your body's free radicals, and support heart health and joint mobility, reduce stress and enable a better night's sleep.

Montmorency tart cherries are warmed and pressed to remove the cherry juice. Cherry juice is concentrated to 68° Brix by removing water. Cherryvite products contain no additives, preservatives or colouring

agents and are 100% natural.

Tart cherry juice concentrate can be reconstituted into a single-strength beverage.



The richest natural source of Super Antioxidants!

NZ Original Tart cherry Supports...

- Better Sleep
- Reduced joint and muscle pain
- Reduced stress levels
- Natural recovery from sports & training
- Increased joint mobility
- Healthy uric acid balance in joints

0800 762 267 [www.cherryvite.co.nz](http://www.cherryvite.co.nz)



New hand therapy clinic NOW OPEN IN PORIRUA

Ground floor City Fitness Building No charge for ACC claims

Open 6 days a week

Book online from our website

Alison Derbyshire is a New Zealand Registered Hand Therapist with 24 years of experience treating hand, wrist and elbow conditions.

04 237 0229

1 Walton Leigh Avenue, Porirua

[www.handwristandelbow.co.nz](http://www.handwristandelbow.co.nz)

# PROSTATE CANCER SUPPORT

Prostate Cancer Foundation of New Zealand

If you or a loved one are living with a prostate cancer diagnosis and treatment, there is an established support network in Wellington ready to help you navigate your journey.

Contact: Graeme Coutts & Bill Guthrie  
Mobile: 022 674 7832 / 027 247 5427  
Email: [lowerhutt@prostate.org.nz](mailto:lowerhutt@prostate.org.nz)

Seeking advice or information, or just someone to listen. We are here to help, we understand, we've been there too.

For more information call

**0800 477 678**

Organised by the Prostate Cancer Foundation of NZ [www.prostate.org.nz](http://www.prostate.org.nz)

## Looking after Women's Welfare in the Workforce

[nawic.org.nz](http://nawic.org.nz)

**Building Futures**

TO ADVERTISE

CONTACT [STEVE@WSN.CO.NZ](mailto:STEVE@WSN.CO.NZ)

# New book by former Broadmeadows resident

Antonella Sarti-Evans, who lived for many years in Broadmeadows, is launching her latest book on 16 April.

An Italian-born Kiwi, Antonella's book is entitled 'The Other Side of the Sunset: the Cultural benefits of New Zealand and Italian connections through Italian immigration to Aotearoa from the 1950s to the mid 2020s'.

The book will be launched at 6pm at Unity Books in Willis Street, and everyone is welcome to attend.

'The Other Side of the Sunset' traces the multi-faceted influence of Italians and their culture in New Zealand over the last six decades.

Through vivid stories and historical insight, this book reveals how Italian culture has woven itself

deeply into the fabric of Aotearoa, creating rich and unexpected connections between languages, traditions, professions and ways of life.

From post-war migrants to the highly skilled newcomers of today, Antonella spent more than two years undertaking new research and interviewing a wide range of New Zealanders who all have cultural ties to Italy.

"I spoke with people who often started by saying they didn't think they had a story to tell, only to still be talking two or three hours later" Antonella says.

"As an Italian-Kiwi myself, I've always been able to notice Italian cultural influences in New Zealand day to day life, but this was an

opportunity to delve a lot deeper and to document that impact; from food, design, cinema, music and the arts to architecture, restoration, sustainability, marine biology, geology and cutting-edge innovation."

As a literary translator and academic, Antonella was able to draw on years of data and comprehensive historical research alongside her many hours of one-on-one interviews.

Her research, (partially funded by Whiria Te Mahara NZ History Grant by Manatū Taonga, NZ Ministry for Culture and Heritage), took her deep into New Zealand archives, statistics and news stories of the past.

Antonella says that one of the

special areas of focus of her book is the cultural and historical connections between Italians and tangata whenua in Aotearoa that have enriched the nation's understanding of cross-cultural relationships.

"Italians often feel instantly at home with Māori people in Aotearoa and vice versa.

"I believe that exposure to the languages and cultures of different countries is an important part of a nation's growth from many perspectives.

"Cross-cultural understanding is essential to achieve broader insight, more successful communication, and a deeper knowledge of history. Connections are the soul of NZ identity."

Antonella's Italian-Māori high-

lights incorporate reflections by Rob Mokaraka, (co-author of film Maunga Cassino and play Strange Resting Places with Paolo Roton-do); Tu Sciascia (the youngest son of kaumātua Prof Piri Sciascia), Sir Horomona Horo (a national taonga in playing taonga pūoro), Patricia Grace (acclaimed author of TU, the historical novel based on the 28th Māori Battalion's campaign in Italy), Kawiti Waetford (first opera singer in te reo), as well as some of the Italian-Māori families of former tunnellers from Turangi.

At its heart, Antonella says, the book is a vibrant tapestry of resilience, creativity, and cultural exchange an ongoing story that continues to shape New Zealand society.



## School Holidays



Explore. Learn. Discover.

ZEALANDIA TE MĀRA A TĀNE PROUDLY PRESENTS THE

# Egg-cellent ADVENTURE

The wildest scavenger hunt in Wellington

Explore the trails of the sanctuary as you search for hidden eggs that reveal amazing facts about the creatures that lay them — from awesome reptiles to remarkable birds and nests!

EVERY DAY: APRIL 3 - MAY 10  
Prizes for every adventurer!

ZEALANDIA  
TE MĀRA A TĀNE

Find out more:

[WWW.VISITZEALANDIA.COM/WHATS-ON](http://WWW.VISITZEALANDIA.COM/WHATS-ON)

Photo by Scott Langdale. Sanctuary entry applies.

## Katherine Mansfield House and Garden - perfect for activities and a picnic!

TYPE like

Katherine Mansfield!

on the restored Corona 3 typewriter



Admission FREE  
for under 18s

OR PLAY "I Spy"

AND LEARN WITH  
"Strange and Interesting"



[www.katherinemansfield.com](http://www.katherinemansfield.com)  
25 Tinakori Road, Thorndon



A stereoscope shows images of Victorian life in Virtual Realty. Photo Supplied.

Step back in time these school holidays at Katherine Mansfield House & Garden, where admission is free for under 18-year-olds. Younger children can explore the house using an 'I Spy' activity, while older children can use the 'Strange and Interesting' activity to learn more about life in 19th-century Wellington. A favourite for all ages is the restored Corona 3 typewriter, which invites visitors to write like Katherine Mansfield who used the exact same model of typewriter, while the stereoscope offers a glimpse of Victorian virtual reality!

The current exhibition, Uncovering Katherine Mansfield's House, digs into the archaeology work undertaken at the house during its restoration with objects found underground on display. On sunny days the garden is perfect for a picnic and just around the corner is Katherine Mansfield Park with a playground.

The house is open Tuesday through Sunday with a friendly and knowledgeable team ready to help families make the most of their visit.



A group of girls about to enjoy Football at MILO Fantails. Photo: Supplied.

# Fantails Football returns to Khandallah

The MILO Fantails programme will return to Khandallah's Nairnville Park on 21 April. MILO Fantails is a programme designed to attract new female players aged from 4 to 12 years old to the beautiful game through sessions focused on helping girls make friends, have fun, improve their skills and become active through football. The programme will be running at Nairnville Park's artificial turf from 3:45pm to 4:45pm on Tuesdays. The key contact for the Nairnville Park sessions is Moira, 021 391 396, captain@

oslow.org.nz. People can just turn up at Nairnville Park where they will be registered manually or they can book online at [www.nzfootball.co.nz/milo-fantails-programme](http://www.nzfootball.co.nz/milo-fantails-programme). Special clothing and gear is not needed. People can just wear comfortable clothing and they do not need boots. All sessions are delivered by New Zealand Football qualified coaches. The welfare of people's daughters is key, so the programme ensures that all MILO Fantails coaches are fully trained in health and safety, safeguarding and more.

# Capital set to be first predator free city

Wellington is set to become New Zealand's first predator-free city, as the Government steps up the next phase of Predator Free 2050, Conservation Minister Tama Potaka says. As part of this next phase, the focus shifts to scaling up predator elimination across New Zealand, building on the work already under way in communities, strengthening coordination and using improved tools and technology to move from local projects to larger, sustained impact. "In Wellington Te Whanganui-a-Tara that means extending predator control across the whole city, with more traps, more monitoring and more action on the ground to bring back native wildlife and strengthen the city's appeal as a destination," the Minister says. "This is a co-ordinated push across the whole city - practical action that people will notice in their neighbourhoods, with more native species returning and thriving." The Department of Conservation will invest \$5.5 million over five years to support Predator Free Wellington, working alongside Capital Kiwi and Zealandia Te Māra a Tāne.

programmes already delivering results. This next step focuses on scaling those efforts, using improved tools and co-ordination to move from local gains to sustained, citywide impact. "Wellington Te Whanganui-a-Tara is leading that shift, showing how we scale this work across the country." This phase focuses on predator elimination that can work at scale in towns and cities, creating a model that can be applied across New Zealand over time.



The phased operation will target introduced predators across 18,500 hectares, benefiting more than 200,000 residents and 20,000 businesses. This work is part of a wider shift to expand what works, advance new tools and prepare for a rollout across New Zealand. "We are committed to backing our environment and our economy at the same time," Mr Potaka says. "Wellington Te Whanganui-a-Tara already attracts visitors, and as native wildlife returns it opens up opportunities to grow conservation-based tourism, supporting local businesses and jobs." More than 9,000 community trapping projects are now active nationwide, alongside large-scale

# LOCAL TRADES TRUST A LOCAL



Try the Independent Herald - we get results!

Phone BRENDA today on 021 640 152 or email [brenda@wsn.co.nz](mailto:brenda@wsn.co.nz)

<p><b>BUILDERS</b></p> <p><b>BUILDER</b></p> <p>LBP Qualified for: Alterations, Additions Refurbishment, Repairs</p> <p>Ph Allan Johnstone: <b>973 1239</b> <b>027 450 3239</b></p>	<p><b>BUILDERS</b></p> <ul style="list-style-type: none"> <li>• Professional • reliable</li> <li>• high-quality work</li> <li>• licensed building practitioners</li> </ul> <p>Our services include home renovations, alterations, kitchens, bathrooms, maintenance and repairs. No job is too small.</p> <p><b>Ph: 04 390 1351</b> <a href="http://www.citybuilders.co.nz">www.citybuilders.co.nz</a></p>	<p><b>ADVERTISING</b></p> <p>TO ADVERTISE ON THIS PAGE CONTACT BRENDA NOW</p> <p><b>BRENDA</b> Sales <b>M: 021 640 152</b> <b>E: <a href="mailto:brenda@wsn.co.nz">brenda@wsn.co.nz</a></b></p>
---	---	---

**CARPET & VINYL**

David & Maria's

**CARPET & VINYL**

**SALE NOW ON**

For A No Obligation FREE MEASURE & QUOTE

7 Strathmore Ave, Strathmore Park, Wellington  
**Ph: (04) 388 7969**  
**E: [dmcarpets@gmail.com](mailto:dmcarpets@gmail.com)**

**PLUMBING**

**CRAFTSMAN PLUMBER**

Certified Plumber and Drainlayer  
Graham Plumbing & Drainage Ltd

Plumbing. Drainlaying. Roofing and Spouting. Blocked drains. Burst pipes. Repairs and Leaks. Black Dux Qest pipe replacement. Maintenance. Kitchens. Bathrooms. Replacing hot water cylinders.

**Phone 027 4574 999 or 970 2409**  
**Email: [jokagraham3@gmail.com](mailto:jokagraham3@gmail.com)**

**PAINTER**

**Graham's Painters**

Exterior / Interior  
Experienced tradesmen and large team

**Autumn is here!!!**

Now is the time to get your House Exterior painted

Available for Interior work too.

~ Pensioner Discounts ~

Email: [grahampaintersnz@gmail.com](mailto:grahampaintersnz@gmail.com)  
[www.grahampainters.nz](http://www.grahampainters.nz)  
**Ph (04) 564 9202 or 021 183 9492**

**RUBBISH**

**RUBBISH & GREEN WASTE REMOVAL**

Whiteware, appliances, furniture & recyclables  
Free quotations  
Ph Sam on  
**021 0252 7361**  
**[Samsrubbishnz@gmail.com](mailto:Samsrubbishnz@gmail.com) No job too small!**

**BLOCKED DRAINS**

"Great communication for work completed with replacing our guttering, & drainage for a new soak pit. Very satisfied with the work completed thanks."  
-Robert

<ul style="list-style-type: none"> <li>Drain Re-Laying</li> <li>Drain Maintenance &amp; Repairs</li> <li>Blocked Drains</li> </ul>	<ul style="list-style-type: none"> <li>CCTV Inspection</li> <li>Soak Pits</li> <li>New Builds</li> </ul>
--	--

Call Now 027 844 6899 | [www.doubledzdrainage.com](http://www.doubledzdrainage.com)





# WE ARE BUYING NOW!

**UNWANTED OR BROKEN GOLD & SILVER  
JEWELLERY, COINS, WAR MEDALS,  
OLD BANKNOTES AND VINTAGE WATCHES**

**DO YOU HAVE ANY OF THE ABOVE?**

**GETTING OLDER? NEED TO START GETTING RID OF THINGS?  
THEN ASK YOURSELF THESE QUESTIONS...**

- Shouldn't I be selling now at these extremely high gold and silver prices?
- Isn't money better off in my pocket rather than having things sitting around?
- Will the kids or grandchildren really want or appreciate them?
- Shall I give them the items or give them the money instead?
- Will a museum really want them considering how much they already have in storage?
- Will they be secure in an earthquake or other disaster?
- Do I have the expertise or inclination to try and sell them myself on the internet?

**YOU KNOW THE ANSWERS - WE WANT TO BUY - SO CASH IN NOW!**

## JOHN BERTRAND (COLLECTABLES) LIMITED

LEVEL 1, HARCOURT'S BUILDING  
215 MAIN ROAD, TAWA  
WELLINGTON 5028

**CALLERS BY APPOINTMENT ONLY PLEASE - AMPLE FREE STREET PARKING**  
Please bring suitable photo ID and bank account details

**Tel: 04 232 9832 Or email: info@bertrand.co.nz**



**JOHN BERTRAND™**  
COLLECTABLES LTD

*John Bertrand - The Trusted name in Numismatics Since 1965*

Members of the Australasian  
Numismatic Dealers Association  
and the New Zealand Numismatic  
Dealers Association

