**Time to Spare and Inclination to Share?**

*What can I do to help?* We were more than a little impressed when a member of our community posed this question - someone actually volunteering to volunteer! Sue went on to explain that she now had time to commit to a worthwhile cause in the community. Her problem was to learn where her skills might be most useful. *There may be others like me,* she said, *keen to help but not sure where to go.* So we’ve made some enquiries and offer the following to all the Sues out there - male as well as female of course. (Johnny Cash, sang about *A Boy Called Sue.*)

If you just want to be involved in a community activity, the obvious way is to join a **special interest group**. A wide range of sporting, hobby and cultural areas are catered for. Check out the Diamond Harbour Service Directory (the local phone book); go to the Diamond Harbour Website, www.diamondharbour.info, and click on **Clubs and Societies** or take a look at the Herald Calendar (on page 13 this month). In addition to their usual activities, these groups are regularly seeking administrators, such as secretaries and treasurers, if you want to do a bit extra.

However to make a more direct contribution to the community as a whole, participating in your local **Community/Residents’ Association** (contacts are in the Service Directory and the DH Website) will offer opportunities, often without involving a lot of your time.

The same applies to **Neighbourhood Support**, where there are currently around 50 vacancies for leaders and particularly deputy leaders of groups and blocks. The administration of Neighbourhood Support has been, and continues to be, streamlined to the stage where such roles, which are an essential part of Support network, need not necessarily need to be current church members. Preparing programmes with the help of volunteers, not all of whom have computer skills, St Andrew’s is doing a lot of work in general administration and potentially very rewarding way of contributing.

In areas demanding more specific skills, St Andrew’s is seeking tutors for basic computing classes and for planned courses on how to be a good baby-sitter, and on how to read your bible (*Bible 101*). Competent musicians are also very welcome to participate in a variety of church activities. Vicar, Russell Pickersgill-Brown, would be delighted to hear from anyone interested in helping in any way on 329 4790 or at mt.herbervica@xtra.co.nz.

At **Diamond Harbour School** the parents are pretty good at volunteering for most tasks around the school, but principal, Eddie Norgate, is at present looking for capable gardeners. Diamond Harbour is an *environschool*, and is planning to set up a community garden in the school grounds. Help with its establishment and maintenance would be appreciated. Contact the school on 329 4842 or office@diamondharbour.school.nz.

Mondays are workdays for volunteers at Otton Bradley Park. The day starts with morning tea and planning the day’s tasks. While those with *handy-man* skills are always welcome, so too is anyone with a will to work. *No matter who you are, we’ll find a job for you,* say Ian (329 4730), Barry (329 4828) and Colin (329 4119). So if Otton Bradley Park sounds like your kind of place, give one of them a call.

Paddy Smart (329 4487) manages a **roster of Emergency Drivers** for people needing to attend medical appointments or treatment, or any other urgent matter in the city. The demand is generally infrequent but Paddy is keen to keep the number of potential drivers up, so that there can be some flexibility in the roster. Please give her a call if you can help out occasionally.

**SPRING** was formed last year to ensure that the future of the Godley House site is managed appropriately, and has made a big impact on the community. Right now they are looking for help in general administration and fundraising, as well as in the management of next summer’s music programme, for which systems are already established.

Contact Tracey on 329 4611 or tyola@xtra.co.nz; or Fiona on 021 033 7157 or fiona_k4@hotmail.com.

The **Herald** editor would love to hear from anyone with reasonable computer skills who is keen to help in one or more of: reporting, advertising management, editing and layout. (Training is freely available if needed). Folders for the printed paper are also required – no special skills needed to join the friendly group on a Wednesday morning once a month. Contact Elaine on 329 4512 or dhherald@gmail.com.

Whether you have special skills or just common sense, a lot of time to give or just a very little bit, there is a place for you to join the many, but never enough, volunteers in our community. Your contribution will be very welcome and much appreciated.

*Elaine*
Diamond Harbour/Kaituna cricket club has just had one of its most successful seasons since joining the Malvern, Ellesmere competition in 2007. After getting over the disappointment of the pre-Christmas competition where we finished fourth overall, the team finally hit its straps in the New Year and demolished most teams in its path with ruthless efficiency, except Weedons which had beaten us twice – so it was only fitting that the two teams should meet in the final.

The guys turned up early for their warm up on a lovely warm early autumn day. Sandflies were not the only things flying around the air that day. You could feel the tension flowing from the players as they stepped onto the field of play. Toss by Chris Simcock the Skipper was lost – which suited both teams as Chris would have bowled anyway.

The opening bowlers, young William Williams and John Quinn, were always going to make the going tough for Weedons. It was the first time that Harbour/Kaituna had fielded its strongest team all year and the Williams’ pace took its toll in the first over when he caught Paul Rugg behind on the second ball of the day. Paul Rugg had been the backbone of the Weedons’ batting squad all year and had notched up over 1000 runs for the season.

From then on Quinny and Will tightened the screws and Weedons failed to get off to their customary blazing start. Cam Letham and James Ryan attacked the middle order with vigour and from then on the manager knew that they would be chasing a low total. The manager also realised that chasing small totals was not the team’s forte as it had failed to chase down totals of 75 and 80 early on in the season.

Will Williams was employed to take the sting out of the venomous Weedons’ attack coming in at 3 and it wasn’t long before he joined the Skipper at the crease after Rob Anderson was caught out trying to smash one to the boundary. Chris Simcock batted brilliantly with young Williams and together took the score to within a couple decent shots.

The manager started to convulse as his team lost 3 quick wickets but Chris Simcock and his new batting partner Andy Nicholls dragged their team over the 96 required.

\[Mark Pearson\]

The team would like to thank Pete Jones, its President, for the effort that he puts in preparing the pitches for the season. If anyone would like to assist Pete in pitch preparation, or sit on the 5 ton roller for 30 odd minutes every week then please give Pete a ring on 329 3132.

The manager would like to thank the senior members of the club and of Peninsula cricket who continue to play on when asked, their presence is enjoyed immensely.

\[Mark Pearson\]

Junior Cricketers Sought

The Diamond Harbour/Kaituna Cricket Club is interested in starting junior cricket in the Diamond Harbour district. We have a very successful senior team with good player numbers but for the club to continue in the longer term we need to encourage young people to play cricket in our area. We would like to start with at least one junior team and enter them in the Ellesmere Competition for the 2012/2013 season.

DHB/KAI Cricket Club is well organised with good funding and the potential to provide young players with much of the playing/training gear required. The club uses two grounds throughout the season, the grass wicket at Diamond Harbour and the artificial turf at Kaituna (about 20 minutes from Diamond Harbour).

Diamond Harbour and Kaituna cricket clubs merged in 2007 with the demise of the Banks Peninsula competition. The merged team entered the Ellesmere Competition and now in 2012 is the last senior team remaining on Banks Peninsula. DHB/KAI CC has thrived in the Ellesmere competition, winning the two major trophies on offer last season and doing very well this season.

We are affiliated with Canterbury Country Cricket Association who are active in their support of junior players.

If you or your child are interested in being involved in junior cricket in Diamond Harbour, please contact me.

\[Mark Pearson\]
Manager/Selector
Diamond Harbour/Kaituna Cricket Club
Phone 03 337 8089 or 027 277 6516

[Image of Cricket players]
Ladies Mt Herbert Probus Club—THE PLACE TO BE

Yes this is the place to be the second Monday every month at 10am... the Ladies Mt Herbert Probus Club.

In June we celebrated the Queen's Jubilee. What an enjoyable morning with our own Queen for the day. Lots of Fun, Friendship and Fellowship ensued as we sang the National Anthems of the UK and NZ, plus quizzes, memorabilia, and toasts to the Queen, all accompanied with a fine china high morning tea and finished off with Auld Lang Syne. Thanks to a great committee.

If you would like to join us at our meetings we would love to see you. Come along for a warm welcome or ring 329 4830 for more information.

Jean Burford, President

Have You Heard about U3A? ———

The University of the Third Age takes its name from the analysis of a life span – the first age being that of childhood and youthful dependence, the second of independence, maturity, home building and work, and the third of active retirement.

U3A is a worldwide movement. Its philosophy is learning for pleasure, catering for retired people, widening horizons of learning and activities, sharing experiences and resources, engaging in social activities, promoting mental, social, physical and psychological wellbeing.

You do not have to be a University graduate to belong, just have an enquiring mind. Members are from all walks of life. There are no pre-requisites, examinations or public awards.

Interested? Then why not join U3A Port Hills Inc. We currently have vacancies for new members at our meetings held on the first Wednesday of the month at the Hoon Hay Presbyterian Church, 5 Downing Street, Hoon Hay (off Samuel St, which is off Hoon Hay Rd). Plenty of parking in the grounds and on the quiet street. Apart from our monthly meetings when we listen to an interesting speaker we also have interest groups which meet regularly - currently Classical Music, Geology and Botany, Travel, Films, Introduction to World Religions, Chinese History, Myths and Legends, Genealogy, Controversial Current Affairs, Mahjong, Crafts, Bridge, Book Club, Cafe Club. New groups are formed when there is enough interest and someone is willing to lead it. We also have linkage to a U3A website in Australia for those wanting to study interest courses (no examinations). For further information ring 332 5029 or 322 7892.

Visitors welcome – $2 donation.

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Stay in touch with what’s happening in our community...

On our home page we highlight important news, upcoming events including at DH school and St Andrews
If you have news or events to publicise email events@diamondharbour.info
To get to the right website remember the .info on the end — bookmark us!

www.diamondharbour.info
RECIPE

Whole Fish from the Wharf

Whenever I queue up at Archie’s boat down at the Diamond Harbour the wharf to get the freshest of all fish, I feel like I’m living in paradise. Queuing has another advantage: How will you cook yours tonight? is a question sure to perk up the ears. The fish cannot be fresher. Once I had a couple of soles jumping up and down in the bag on the passenger seat while driving home. Fish this fresh leave no stinky fish smell, not even when cooking. It’s a treat to work with food straight from the sea.

I would like to share an easy method of cooking a whole fish – something I find uncommon in New Zealand. Baking is probably the simplest and best way to cook fish because the fish retains its moisture and delicate flavours. The trick is not to over-cook the fish and swamp it with sauces, herbs or spices.

It seems a waste not to be able to enjoy the delicate sweet taste of different fish simply covered in crumbs and garlic.

This is just one of a variety of ways of cooking fish in the oven enclosed in parchment or foil, over vegetables in a covered dish or uncovered in a flat baking dish.

Baked Fish on a Vegetable bed

Buy a gurnard, cod or similar from the boat (no flat fish for this dish). Take two if feeding a family. Use whatever vegetables you like (eg onions, chopped bell peppers, celery, potatoes, carrots) cut in small sticks or cubes, and place in a flat baking dish (ceramic or glass). Add 150-250ml of dry white wine and stock to lightly cover vegetables, or just wine and salt and pepper.

Put the whole fish on top of the vegetables, cover with aluminium foil and put into an oven pre-heated to 200°C. The time required to cook a whole fish covered in foil can be twice as long as for a fillet of fish – around 30-40 minutes, depending upon thickness. Check if the internal flesh is white and firm.

Remove fish from dish, carefully skin it and take the juicy flesh from the bones. Serve in juice separate to vegetables perhaps with white rice or potatoes.

Thanks to Archie the fisherman for making the trip over to Diamond Harbour regularly.  

Franziska

WINE SPEAK

I’ve been eking out the good stuff from my cellar to enjoy cozy by the fire of late, so I’ve only a few newbies to share this month… also good, if not great!

I keep finding the Stoneleigh Latitude wines for under $18 on special which is pretty reasonable for their 2011 Pinot Gris. Ginger and pear on the nose, the palate adds spice and fresh to this flavour profile, nice sweet fruit/acid balance and finishes dry(ish). Nice sweet fruit/acid balance and finishes dry(ish). Highly recommended.

Also good (again!) for similar money is the current release 2011 Mission Reserve Chardonnay. Think peach citrus, meal and toast, especially with food but expect less acidic bite in the back palate than last year’s model!

Onto reds and the 2010 Mud House Golden Terraces Pinot Noir is a step up from their regular label although it’s rarely less than $25. Also from Central Otago, cherry and plum feature but with simply more oomph from the savoury oak, the wine has a nice elegance about it too.

The 2006 Mount Langi Ghiran Billi Billi Shiraz. From the Grampians region of Victoria, this shows the benefit of 6 years in bottle with ripe red and black fruit melding with the tannin/oak giving a soft-rounded ride and even the hint of mocha in the back palate; a bargain at under $15.

Finally here’s a sweet wine for a change. The 2009 Muddy Water Unplugged Riesling from Waipara is an unashamedly sweet wine with honey, mango and citrus wafting off the glass. But the tension between the luscious fruit/sugar and the mandarin peel in the palate is what I savour most, and the tango continues for ages long after it’s swallowed. Buy it for under $15 and add cheese platter, warm fire… done! Enjoy.

The Godfather
Vet-Spot

Animal Welfare
All vets inevitably end up involved in animal welfare work to some extent. I've always had a heart for it, and spent about 12 years of my career doing full or part-time welfare work. I've met some incredibly dedicated, often totally crazy people, along the way and thought I'd share some of my experiences.

At the moment we have a wild kitten that was trapped up Reynolds Valley near Little River that I've spent the last 4 weeks trying to tame so we can re-home her. We've named her Hell Weasel since she hisses and spits viciously! We're now at the point that we can pick her up, although she still growls, yesterday she even sat on Heather's lap and kneaded for a short while. It was the first time we'd heard her purr! Moments like that make it all worthwhile, you know you're making a difference to that animal.

There's a story about a beach that experienced a red tide, and thousands upon thousands of starfish beached themselves to avoid it, and then became stranded, so the entire beach was covered with starfish. A man was watching a boy pick them up one by one and throw them back in the water. After several minutes he'd made no impression at all, and the man asked why he was doing that if it wasn't making any difference. The boy picked up another starfish and as he threw it back said, I made a difference to that one!

That's really been my attitude, I can't solve all the world’s animal problems, and one can get depressed looking at everything that needs to be done, but I can make a difference to a few, so that becomes my focus.

Last year we looked after a kitten called Crookshanks. He was also wild, but really friendly from the start and grateful for our love and food—unlike Hell Weasel! Unfortunately he had Feline Infectious Peritonitis and after a month of nursing, we put him to sleep. Not all cases end well, and you have to learn to accept the failures.

In my full time work with the Animal Welfare Society in South Africa, as well as my part time work with the Mid-Canterbury SPCA in Ashburton, I've been involved in several complaint and cruelty investigations. Most are simply the result of ignorance, and can be resolved with education and giving recommendations that can be implemented and monitored. Fortunately it’s really rare to have to prosecute in these cases, as it can be costly and unrewarding.

I really admire those who work to better the lives of animals. They often make big sacrifices of time and resources, and usually receive little thanks or recognition. Our clinic operates a pet memorial scheme - we donate to the Ashburton SPCA each month on behalf of deceased patients as a small contribution to their efforts.

Paul A. Fedge of Living Willow

Now that all the deciduous trees are bare it is time to get out and plait your hedges, folks!

An article in NZ House & Garden www.nzhouseandgarden.co.nz/Articles/Willowpatterns.asp explains how the weaving is done. Mike plants the living willow rods in winter, and weaves them into the the fedge pattern. In spring they sprout leaves at the top, and by summer they have a leafy green hedge layer around head height. In the following and subsequent winters they need tending to keep the pattern straight, remove unwanted shoots, and so on, so they are a bit of work – but then regular hedges are too, so why not have some fun with them?

Christine Dann

The Eco Gardener's Patch

A Fedge of Living Willow
Now that all the deciduous trees are bare it is time to get out and plait your hedges, folks!

Seriously, if you have the skills of basket maker Mike Lilian, of Kakanui, then you could indeed make very beautiful hedges (or fedges – cross between a fence and a hedge) of woven living willow.

I saw some of Mike’s work on a trip south in March. At the Riverstone Cafe, just south of the Waitaki River, there is a long fedge dividing the potager from the ornamental garden, with a woven archway between the two. The community garden in Oamaru has a fedge, two archways, and two living tepees which can be used as supports for annual climbing plants, like beans or sweet peas.
Another category of free software is that made available from companies for a payback of some kind. This month’s recommendations come from a single company – Google – whose payback is entirely visible: Google make their income from advertisements, which you will find on most of their pages – unless you have installed an ad-blocking add-on (extension) to your browser. Google first became known for their search engine, which has become so successful that to google it has passed into the English (and doubtless almost every other modern) language. Google are also well known for their web browser, Chrome, which has recently nosed ahead of its two chief rivals, Internet Explorer and Firefox in the battle of the browsers.

If you want to use many of Google’s freebies you will need to get yourself a (free) Google ID, which is, in fact, an email address from Gmail, such as... john.smith999@gmail.com. You don’t need to use it for emailing (you may prefer to use your current one which is known to all your contacts.) However, if it is from your ISP (eg john.smith999@xtra.co.nz) and you do not want to be locked in by them, you may wish to consider migrating to a non-ISP email address - in which case Google’s Gmail would be an excellent choice: Gmail allows you to store an almost infinite number of messages on its server, which can be accessed with an email client on your computer (eg Thunderbird, Outlook Express, Windows Mail), or Gmail Webmail - on any computer - or your smartphone!

If you like to choose your news, rather than be spoon-fed to a non-ISP email address - in which case Google’s Gmail be locked in by them, you may wish to consider migrating to a non-ISP email address - in which case Google’s Gmail would be an excellent choice: Gmail allows you to store an almost infinite number of messages on its server, which can be accessed with an email client on your computer (eg Thunderbird, Outlook Express, Windows Mail), or Gmail Webmail - on any computer - or your smartphone!

If you want to use many of Google’s freebies you will need to get yourself a (free) Google ID, which is, in fact, an email address from Gmail, such as... john.smith999@gmail.com. You don’t need to use it for emailing (you may prefer to use your current one which is known to all your contacts.) However, if it is from your ISP (eg john.smith999@xtra.co.nz) and you do not want to be locked in by them, you may wish to consider migrating to a non-ISP email address - in which case Google’s Gmail would be an excellent choice: Gmail allows you to store an almost infinite number of messages on its server, which can be accessed with an email client on your computer (eg Thunderbird, Outlook Express, Windows Mail), or Gmail Webmail - on any computer - or your smartphone!

If you like to choose your news, rather than be spoon-fed according to the dictates and tastes of the TV and radio networks – not to mention Internet News services (like the BBC, Stuff, NZ Herald) then take a look at Google News. Stories are selected based upon reader popularity from a wide range of news sources (including Chinese, Indian, Al Jazeera along with the more familiar ones). Plus, you can customise your news mix according to personal taste – local NZ, world, business, science, technology, sport, health, entertainment - choosing how much (if any) you want to read of each category - and if a headline doesn’t grab you, you can simply skip the story.

If you are looking for free software to manage your photos, Google’s Picasa is as good as any, including those software applications which are free to download – with no strings attached! Like most Open Source software they run on Apple as well as Windows computers.

Imagine if you will, someone who tells themselves they’re fortunate and that good things happen to them. You can imagine them walking tall through the day, smiling a lot, chatting with people, and you can imagine also that people respond well to them, enjoy their company and feel energized by them.

Imagine another person. This person believes they’re pretty unfortunate in life. Good things don’t seem to happen to them all that often. This person tends to walk with their head down a little more, doesn’t have many dreams because they don’t tend to come true, and when they do have dreams, they don’t tend to tell anyone in case it doesn’t happen.

British TV hypnotist Derren Brown invited people such as these to come and meet him, secretly testing each of them as they arrived. He planted a £10 note outside, and filmed each person to see if they found the note. The difference between the two groups was vast - approximately 80% of the lucky people found the £10 note, compared with around 10% of the unlucky people.

Why? Well, the unlucky people had their heads down and walked straight past it, while the lucky people were walking tall and looking around more. And you can imagine that this kind of event affects each group’s beliefs too – affirming for each what they already know to be true about themselves.

And so what story do you tell yourself each day? Is life generally good, always working out in the end, or is it full of hardship and struggle? Are others always ready to lend a hand, or are they nice but don’t really offer help much? How much of your daily experience is created by what’s out there, and how much of it is created by the story you tell yourself every day?

Robyn Woodham
BA (Hons) Psychology, NLP Master Practitioner
Sessions in Beckenham or Diamond Harbour
329 4694, 022 096 5755, www.wealthofmind.co.nz

Ron
There are not many people who have shopped just once at Lyttel Piko because the range and quality of the food and produce there, once seen, makes it very hard for one not to return regularly. Thus a lot of people will be delighted that the new owners have ensured this rather special business can continue, albeit under another name. Appropriately perhaps, the new owners are also rather special. For starters, there are about 150 of them, and their number is steadily growing. They are the Harbour Co-op. The brain-child of Diamond Harbour resident, Brian Rick, the Harbour Co-op was established with the initial aim of taking over Lyttel Piko when it was threatened with closure earlier this year. Brian’s vision was of a resilient and prosperous co-operatively owned business which provides for the well-being of its members and their environment.

His idea - and his ideals - proved popular, and today the Co-op’s business, including the Harbour Co-op shop at 12 London Street, is overseen by a board of 5 directors. The 150 owners are in fact the shareholders. To further this end, shares in the Co-op are offered mainly, but not exclusively, to the harbour basin community in four classes: householders, producers, employees, and institutional purchasers - particularly those promoting community self-reliance in food production and distribution.

Six staff members are employed in running the shop, which began trading under its new ownership in early June, operating much as it was under the former owner. Although there are existing contracts with many Canterbury and some harbour basin suppliers, the Co-op is hopeful of connecting with more local growers, including hobby farmers or producers, with the possibility of organising contracts as small as the annual supply of one seasonal vegetable or fruit; thus enhancing the aim of being of the community as well as for the community.

While it is always going to be hard work for a small business to compete with supermarket chains, the Co-op plans to eventually expand into other areas and invites shareholders to offer their personal skills to participate in both present and future undertakings.

One such project already being investigated is the possibility of a Lyttelton indoor market place, with both permanent and temporary stalls such as perhaps a butchery, deli or fish monger – maybe even a small hardware outlet etc, all under one roof in the current Lyttelton supermarket building.

Anyone interested in any aspect of the Harbour Co-op can contact Brian Rick on 021 201 1279 or by emailing him at brian@harbourcoop.co.nz. Elaine
Changes AFOOT at Memorial Garden

If you go down to the Diamond Harbour Memorial Garden today (or any day for the next couple of months) you may be in for something of a surprise. Not the Teddy Bears’ Picnic but a large hole dug in each of the two bottom levels of the cemetery.

These holes have been dug on the advice of and with the permission of Russell Wedge of the Christchurch City Council and with the knowledge of our local Community Association. The holes have been fenced off and Russell is notifying City Care of their existence.

Currently the idea is being floated locally of developing the lower two levels of the Memorial Garden to offer the alternative of an ecoburial for those attracted to this concept while retaining the option of the more conventional style of burial and interment of ashes offered on the top two levels.

Already a number of people have expressed interest in this idea and Russell is encouraging us to go ahead with developing a landscape plan embodying local ideas and input. In September of this year the Draft Cemetery Master Plan, which will include any matters relevant to our Memorial Garden Cemetery, will be released for public feedback. This will provide the opportunity for submissions to be presented for the inclusion of an area for ecoburials in the Memorial Garden.

Hence the need for the holes to be dug! These discrete diggings will be monitored for water levels over the winter months and will provide information about topsoil depth, etc.

I will continue to provide information on this project through the Herald. Please feel free to contact me (at thornton@snap.net.nz or 329 4943) if you would like any further information or wish to be involved in the current planning process.

Ann Thornton

Warm Fuzzy from Fiddymonts

Recently the Under-20 Trust van failed a warrant because one of the seatbelts was faulty. I heaved a sigh, because seatbelt replacement can cost an arm and a leg, and the Trust is not that flush.

I took the van to Fiddymont Seatbelts in Brougham St. I waited 20 minutes while the man checked out the van. He then returned stating that the adjacent seat belt was also faulty. He asked what we did in the Under-20 Trust, and then announced there would be no charge. When I arrived back at Diamond Harbour I checked the seat belts and found that he had replaced all eight in the rear of the van.

It felt really great that there are still people out there who are prepared to be that generous at their own expense. I hope some of the Fiddymont warm fuzzy rubs off on you - and you now know where to go if you need to replace your seatbelt!

Ross Fountain

The Dogs are Still at It!

The incidence of dog poo on footpaths and tracks seems to be on the increase. It would be much appreciated if dog owners would act responsibly and pick up after their dogs – or if caught unawares with no plastic bag to at least push it to the edge of the track and cover it with leaves or pine needles.

It is so disgusting to walk on this dog poo and be unaware of it – thus taking it on one’s shoe into a shop or café – as happened to me recently.

Please keep the paths and tracks free of this offensive material.

Frances Thompson

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Christchurch to Harbour Bays and Port Levy
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“If it’s BIG, we will move it!”
Pasta-Making Workshop

Diamond Harbour School PTA invites you to help us fund-raise for our Garden-to-Table Project by joining us for a Pasta Making Workshop. This 3-hour workshop will be run by Francesca Ronci who has moved to Diamond Harbour recently from Italy. Francesca will pass on knowledge passed on to her by her grandmother about making traditional pasta without a pasta machine. Participants will get hands-on experience of making two different types of pasta dough and one sauce, and will taste some different types of pasta made by Francesca. You will take home the pasta you’ve made, plus some sauce and recipes.

When: Sunday 29th July, 11am-2pm (approx)
Where: Te Kete Aronui (school library/kitchen)
Cost: $50 ($15 goes to the Garden to Table project)

To register and get a list of ingredients and equipment you will need to bring, please contact Sarah on 329 3344 or sarahp@snap.net.nz.

Numbers limited to 10

Our Library

It's school holiday time and we have plenty of wonderful books for children to read. Perhaps your child will like craft or cooking books if they are looking for something to do? We have children’s DVDs as well as music or stories on CD. All free!

The library is running a children’s Winter Reading Competition. You can pick up an entry form from the library, or access one on our web page at www.christchurchcitylibraries.com

This month's library display...
The New Zealand Post Book Awards.
Come down to the Library and have a browse - You are always welcome!
This month's Pre-School Storytime is at 2pm Tue July 17.
Christine Turner

Free Running Group

Sundays at 8am
Ph 329 4647 or mikecatton@mac.com

Diamond Harbour Camera Club

Presentations of own work by Camera Club members at 7.30pm on Tuesday July 17 in the Stage Room. Everyone welcome. Visitors: $3 donation.
Rouke Bakker

Road Cycling Group

Meets weekly in Diamond Harbour.
Contact Mike on 329 4647 or mikecatton@mac.com

Diamond Harbour Ukulele Band

Calling all ukulele players and anyone interested in learning to play. Next practice is on Monday July 9 at 7.30pm. If you are interested in coming please call Christine on 329 3033.

Diamond Harbour Community Quiz

Friday July 27 at 8pm (doors open 7.30pm)
Diamond Harbour Community Hall
Get together with a few friends and make up a quiz team: tables of 5 are only $15!
BYO drinks and snacks - Supper provided
Everyone is welcome to join us for a fun evening
To book your table phone Wendy 329 4483
Organised by Mt Herbert Parish

Passionate about Classic Cars?

Join in on
CLASSIC CAR SUNDAYS
(First Sunday of every month - weather permitting)
Bring your special car (classic, vintage or other)
Meet at the CHURCH BAY STORE at 9.30am for the cruise to GOVERNORS Bay HOTEL or join us at the pub from 10am
Mingle with like-minded car enthusiasts
Enjoy a full a la carte breakfast or just a muffin with coffee
Enquires: Tim Dunningham 027 651 5474 or Dennis Collins 021 223 7487

Diamond Harbour Scavenger Hunt

Diamond Harbour After School Care (OSCAR) is organising a good old fashioned Car Scavenger Hunt Spot prizes to be won
Saturday afternoon, September 15
Keep this afternoon free! Tickets will be limited.

Fish and Chips

Fridays 4.30-8pm beside Rugby Clubrooms
Catholic Notices
Catholic Mass 2nd and 4th Sunday of each month at 9am

Anglican - Methodist - Presbyterian Notices
Sunday 10:30am Communion; Wednesday @ 9am

Wednesday @ 9
Wednesday mornings 9-9:30am. This new service is relaxed and reflective. A great place to drop into after the kids are at school or after your morning walk.
We would love to see you and offer a time of friendly fellowship and a mid-week breathing space.

Sunday School
Primary School age children welcome. Sun 10:30-11:30 am.

Home Groups
Two groups meet on alternate Mondays at 7:30pm.
Group 1: in the Church (contact Ross Fountain 329 4202).
Group 2: in the home of John and Margaret Somerville (contact the Somervilles 329 4713).

Bible Discussion Group
Wednesday afternoon fortnightly at the Diamond Harbour Church Hall. Contact Anne Boyd 329 4444.

Rainbow Music
Weekly sessions at 9:30am each Friday during term time. All preschoolers welcome. $3 per child or $4 per family. Inquiries can be made to the Parish office on 329 4790.

Rainbow Music is led by parents/caregivers on a roster basis, commencing at 9:30am with morning tea at 10:15am when hospitality is offered by women of the church.

Baby and Toddler Group
A baby group for infants 0-36 months and their caregivers is held at the Diamond Harbour Church Hall on Tuesdays fortnightly 10 to 12 noon. Please ring Wendy Coles on 329 4483 - Babies; or Kate Leech 329 4924 - Toddlers. July 10 & 24; Aug 7 & 21

City Shopping Van
The fortnightly shopping van to South City will be running on July 11 & 25; Aug 1 & 15 alternating with the shoppers van.
The van does pick-ups from home around 9am and drops people back home around 1:30pm. A contribution towards fuel of $10 per shopping day is expected. To book an occasional or regular ride ring Nicky Palmer 329 4341 or Wendy Coles 329 4483

Winter Soup Lunches
At St Andrew’s Community Church on Wednesdays: July 4 & 18; Aug 1 & 15 alternating with the shoppers van.
Lunch time: noon to 2pm; Lunch cost: $2 per person.
If you would like transport to lunch, please phone the Church office 329 4790 by the preceding Tuesday.

Quiz Night
St Andrews Parish will be hosting the next Community Quiz Night in the Community Hall at 7.30pm on July 27.
Phone 329 4483 to book a table. See page 9.

City Mission Basket
The church has a basket for non-perishable food and grocery items for the City Mission.
Many families are dependent on the support of agencies like the City Mission as jobs dwindle and money fails to stretch to meet basic outgoings. We also collect Small Change for the Small Room, with the coins being spent on toiletries and personal hygiene items which are distributed by the City Mission and St Vincent de Paul.

Mount Herbert Parish Magazine
Please email contributions for the next issue to mt.herbertparish@xtra.co.nz.
You can read the current issue of the magazine and back copies at www.diamondharbour.info/church-notices.aspx.

Points to Ponder
I am from a family of good swimmers. At primary school age I remember racing many times against my father and brother at the local school pool and beating them both.
I, my brothers and sister were taught by the famous Duncan Laing at Moana Pools in Dunedin. I can remember his strict teaching practices and the many swimming events I entered and placed well in whilst at primary school.

When I started high school – as I have always been a big girl (and by now teenage hormones had kicked in – I decided to shelve swimming, donning a swimming suit was just a little too embarrassing, I thought.

The swimming sports for the junior high school were taking place and I was in the 3rd form. My friends all encouraged me to enter and after much persuasive talk I relented and entered the freestyle and relay events.

I was watching the races prior to one of mine and noticed that one of the starting blocks wasn’t bolted to the concrete. When a swimmer false started on this lane, the swimmer almost toppled the block into the water as he hauled himself out of the water whilst holding onto it.

As I was a notorious false starter, I really hoped I wouldn’t end up on this block... it would be disaster.
Yes... as opportunity would have it, I was put on this lane! My thoughts were many – embarrassed to be before my fellow school pupils in my togs; standing on a wobbly starting block; certain that I would false start and embarrass myself getting out of the pool... these were my main thoughts.

We lined up and prepared for the starters gun... I false started. When I tried to get out of the pool the block wobbled, and the teacher on marshal duty behind the blocks stood on the bottom step to counter my weight as I pulled myself up out of the pool.

He flapped his arms around as if my weight was going to topple him into the pool – the whole junior school (about 600 pupils) watched and laughed – I was so upset and humiliated. I lost the race, moved swiftly from the pool to change and never swam competition sport again.

I was so angry at this teacher; it would have all been OK, embarrassing but not so bad, if I had just got up and carried on, but he highlighted my weight whilst thinking he was being funny. The pupils thought he was and he had his moment of popularity.

I dreamed of him holding out his hand to help me and I would flick him into the water, then the whole school would laugh at him and not at me.

Why do I tell you this? Not because I am proud of what happened, but because my anger at this teacher was real, it was hot and I was so controlled by it for some time. I learnt the futility of holding anger and frustration inside myself... it chewed me up and made me bitter.

This has, sadly, not been an isolated incident... but it is one of the bigger ones in my life. I look back and see that holding anger inside me developed me into a bitter, angry and wayward teenager, and a rebellious young person.

I encourage you to cast all anger and bitterness of past hurts and wrongs from yourself; forgive those who hurt you (some people don’t even know they have hurt us, others can be intentional) either way, make a decision to not let it affect you... then move on in peace, believing that this anger and bitterness doesn’t hold you any more.

Life is a journey... not a destination.

Anna Pickersgill-Brown
**Civil Defence Update**

**Tsunami**

I recently attended a meeting discussing Christchurch’s Tsunami Hazard so thought I would share some of the information learned in this week's CD article. Tsunamis are classified by how far away they are created from the coastline - distant, regional and local. The response to each type of tsunami is different.

**Distant source tsunamis** are those created more than 3 hours (tsunami) travel time from the Canterbury Coast. Our biggest tsunami threat is a distant-course tsunami generated off the coast of South America or Alaska. We would have between 12-15 hours warning of this type of tsunami. The areas most at risk from distant source tsunamis are coastal areas from Brooklands/Kainga to Sumner, and low-lying areas of Banks Peninsula. Tsunami wave heights are likely to be higher in the bays and harbours of Banks Peninsula than on the Pegasus Bay coastline due to the funnelling affect of the narrow inlets. Distant source tsunamis are unlikely to be greater than five metres above normal sea level on arrival at the coast.

In the event of a distant source tsunami being generated, there will be time to issue an official warning, and when installed, the tsunami warning sirens will be activated.

**Regional source tsunamis** are created between one and three hours from the Canterbury coast. For the Pegasus Bay coast and Banks Peninsula that means tsunamis created from the east and north of the North Island and off the Fiordland coast.

The most likely source for Pegasus Bay is the Hikurangi subduction zone fault, off the Wairarapa/Hawkes Bay/ East Coast coast. Earthquakes are thought to happen here roughly every one to two thousand years but we don’t know when the last one was. A tsunami from this fault would take between one to two hours to reach the Christchurch and Banks Peninsula coast. It is unlikely to be large, but it may flood low-lying areas.

**Local source tsunamis** are created less than one hour away from the coast. In Canterbury the only known potential local sources big enough to generate a damaging tsunami are off the Kaikoura coast. These include active faults on the sea floor, and a possible underwater landslide into the Kaikoura Canyon.

A tsunami from one of these sources would reach the Kaikoura coastline within minutes and could be very damaging. Scientists have discovered some earthquake faults in Pegasus Bay during surveys undertaken after the February 2011 earthquake. These faults are thought to move very infrequently (once every several thousand years) and are not thought to be big enough to generate significant tsunamis.

For both a regional and local tsunami, if you are at or near the coast, and feel a strong earthquake or a moderate earthquake that lasts for one minute or more, quickly move to high ground, at least 4 metres above sea level or up to the second story of your house, or as far inland as you can immediately – at least two blocks away from the coast, estuary or river mouth.

It is more likely that the earthquake is on land and hasn’t generated a tsunami, but there is a small chance that it was beneath the sea floor and has created one. You would only have 5-30 minutes to react, so don’t delay. There may not be time to sound the tsunami warning sirens so do not wait for an official warning to evacuate.

After a tsunami do not return to coastal areas and river mouths until a tsunami warning is cancelled. The first tsunami surge is often not the biggest, and surges can continue for several hours after the arrival of the first surge. It is recommended that you remain inland for at least 2-3 hours.

CCC has confirmed a budget to install stage 1 tsunami sirens. These are to be operational by the end of June; 22 sirens will be installed from Waimairi Beach to Sumner. Note: these only give warnings of distant source tsunamis.

There will be a test run of these sirens on Sunday July 22 at 11am for 1 minute. Please make note of this as it is not an evacuation procedure but a test. Subsequently, the sirens will be tested twice a year on the Sundays following those on which Daylight Saving begins and ends.

Meeting of Monday June 18

Public Forum

Denissa Hora and Kirsten McKay from the Toy Library thanked the committee for the recent installation of a new heater in the veranda room. They also spoke about the way they wish to change the room to create more usable space. The committee gave strong endorsement to their plans.

Ann Thornton reported that she had noticed a path being built across a protected area of the weir. Dave Hammond offered to follow it up and invite the person responsible to the Public Forum to discuss the issue.

General Business

The Hall windows have been cleaned by Nu Look. Heather advised that a local person is starting up a window cleaning service in Diamond Harbour.

The heat pump in the Stage Room has been secured.

Correspondence

The Community Facilities Team invites representatives to a Meet and Greet on July 19 at 6pm. 8-10 will be attending. Submissions may be lodged regarding the Brothel Areas Draft Plan (which includes London St, Lyttelton) on the CCC website, www.ccc.govt.nz.

Welcome Packs

Church Bay are providing newcomers with welcome packs (including maps, directory, Assn info, baking etc) in a cloth bag. Seven have given out so far this year. It was agreed that the DHCA should institute similar packs.

Community Board Report

Applications for funding will be considered at the next meeting which will be followed by the Water Management Committee meeting. The Lyttelton Plan is written and should be on the CCC website soon.

Next DHCA Meeting is on Monday July16.

Joy

• Neighbourhood Support
  Diamond Harbour

The annual update of the database is well underway at last. All group leaders have been contacted and asked to check on properties for which we have no email contact. Those with email have all been contacted and asked to check/update their personal details, and many have already done this – thank you! The deadline for updating is July 31, and new lists will be circulated to everyone, including block and sector leaders during August and September.

The annual update is a big job which will be done around the middle of each year, but individual updates at other times are always welcome, as it is important to keep the database relevant and ready for any emergency.

The 100 groups potentially cover every property from Manson’s Point (near Allandale) to Port Levy, although there is no formal contact as yet with the Black Point group, and a handful of groups were not updated during 2011. Hopefully these leaders will complete their task for this update.

As stated before, email is proving to be the best form of non-emergency contact, so members with computers are urged to give their email address, keeping to a minimum the number of phone calls each leader needs to make.

There are a few residents and property owners who choose not to supply any information for our database, and while this is of course their right, it should be noted that the database is seen by local Civil Defence as their biggest asset and in the event of an emergency people or properties unlisted or with incorrect information could be at a serious disadvantage. Please make sure you are part of Diamond Harbour Neighbourhood Support.

Elaine

ANZAC Day

Thank you to all those who took part in the Diamond Harbour ANZAC Day. For those who catered in the kitchen for lunch, to the Fire Brigade who dressed the Memorial Hall a big thank you. The attendance at the Service far exceeded our expectations – it seems each year we have more attendees on this special day of remembrance and this year was no exception; with the added pleasure of the platoon of American servicemen.

For the first time this year we held a breakfast for ex-servicemen and their partners in the Church Hall, and would like to continue to do so each year. However, for catering and planning purposes we need to have a register of attendees, so if you are interested would you please advise John Barry on 329 4545 ASAP.

Don Cameron, Jean Burford and John Barry
ANZAC Service Organisers

DH Health Support Group thanks the many people who have subscribed this year—and also the DH Community Assn and the Herald for instigating the Subscription Envelope. A great idea, thank you.

Classifieds

2 Mature Cats to give away to a good home
House trained feline siblings, Bloke and Shrimp, are in need of quiet, sunny digs where they may carry on sleeping, eating and receiving lots of TLC. Please phone John Watson 329 4663 during week, or 329 4871 Sat/Sun morns.

House Cleaner wanted
Church Bay resident requires a housekeeper for 3 hours per week. Please phone 329 3008.

Flat Wanted
Quiet living couple require an apartment around $200-230 per week. We have immaculate references. Please phone NW Thomas (Enrolled Barrister) 329 4706.

Motorcycle Repairs and Servicing
Also small welding repairs. Phone Jon 329 3256 or 021 0278 4453.

Orton Bradley Firewood for sale
3m3 pine delivered (Purau to Governors Bay) $195. All proceeds to Park maintenance. Ph 329 4730.

Outdoor Fitness
Outdoor Boot Camp Fitness with Mike at 6:30am Mon, Wed and Fri, all year round. Ph 329 4647 or mikecatton@mac.com.

Yoga Classes
Contact Adrian 329 3395 or diamondyoga@slingshot.co.nz

Hairdressing
Experienced hairdresser and Reiki practitioner working from home. If you have mobility problems, I can come to you. Ph 329 4224 or 021 152 3937 or email indigo-barb@hotmail.com.

Services offered
Handyman home services are offered on the sunny side of the harbour. Home maintenance, building repairs, painting, fencing and some plumbing as well as section tidying. Affordable rates. Ph Jim 328 8274 or 027 226 4548.

Mushroom compost
Fundraiser for the Fire Brigade. Compost will be available in sack or trailer lots on Saturday 1 September. Ring Don Cameron 329 4868 to book.

Herald Calendar

Art Group: Weds, 9.30am-12noon, Church Hall
Badminton: Weds, 7.30pm, Community Hall
Bridge Club: Weds, 7pm, DH Bowling Club, ph 329 4094
Camera Club: Tue Jul 17, 7.30pm. See p9
Church Activities: See p10
Classic Cars: 1st Sun of month, 9.30 onwards. See p9
Diamond Harbour Singers: Weds, 7.45pm, Stage Room
DHCA Meeting: Mon Jul 16, 7.30pm, Comm Room, Hall
Film Society: Thurs, 7.45pm, Stage Room
Indoor Bowls: Thurs 2-4pm, Community Hall
Ladies Probus: Mon Jul 9, 10am, Church Hall. See p3
Library Story Time: Tue July 17, 2pm. See p9
Mens Probus: Thu Aug 2, 10am, DH Rugby Club
Neighbourhood Support Update: Deadline July 31. p12
Pasta-Making Workshop: Sat Jul 29, 11am, school. See p9
Quilting Group: Fris, 1pm. Ph Rosie 329 4646
Quiz: Fri Jul 27, 7.30pm, Community Hall. See p9
Road Cycling Group: Ph 329 4647. See p9
Rugby Club: Bar Open Fris & Sats from 5pm
Running Group: Suns 8am. Ph 329 4647. See p9
Soup Lunches: Wed Jul 4 & 18; Aug 1 & 15 Church. p10
String Players: Mon, July 9, 7.30pm. See p9
Tennis: Thus 7.30pm, Church Hall
Tasman: Thus 11-12noon, Sun 5-6pm, Hall. 329 4835
Toy Library: Sats 10-11am, Community Hall
Tsunami Siren Test: Sun July 22, 11am. See p 11
Ukulele Band: Wed, July 9, 7,30pm. See p9
Woolfun at Bergli: Sat Jul 14, Bergli Farmstay. See p9
Yoga Classes: Ph Adrian 329 3395

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VETERINARY SERVICES

NOW IN DIAMOND HARBOUR
Vetlife will be holding weekly clinics in the Community Center from 2pm on Wednesday afternoons.
We look forward to seeing you and your pet!
Large animal calls and house calls can also be arranged.
Please phone 3251006 to book an appointment.

Technology Problems?
I can help with: setting up a new computer or upgrading your old one, removing viruses, setting up or resolving issues with wireless and/or wired networks, configuring your flat screen TV, Hi-Fi, Ipod, Ipod or mobile phone.
I can make your computer into a media player making your entire CD collection available at the touch of a button.
I can transfer your personal VHS tapes to DVD or a computer file.
I love technology, so if you have a problem, give me a call.
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