Diamond Harbour Ferry Service Unchanged

The apparent suggestion of possible reductions in our ferry service in E-Can’s Draft Regional Public Transport Plan 2012 caused considerable concern in Diamond Harbour recently, but Paul Milligan, Lyttelton manager of Black Cat Cruises, assures us that this is a mis-interpretation. He says, In this document, eCan have grouped all public transport into categories. Each of these categories comes with a minimum service level, and just because the Ferry is categorised as a “Link Service” does not mean it will automatically be reduced to the minimum service level. There are no planned changes for the Ferry Service. If anyone is still worried about future cuts, we are not discouraging them from submitting to eCan on the Draft Plan, but want to reassure the rest that it’s service as normal!

Our community’s initial strong response to this matter prompted us to take a look back in history (courtesy of Mary Stapylton-Smith, Adderley to Bradley and Black Cat Cruises) at the role of the ferry to Diamond Harbour folk. This service is more than 160 years old. Just who manned the oars across Lyttelton Harbour in 1851 for the first recorded passenger trip is not clear as there were several row-boats available to transport goods, especially milk, between Purau and Lyttelton, but word soon spread around the peninsula and people would ride for hours or even days to take advantage of the service. Horses were left for up to months at a time in Godley House grounds, and not always with the permission of the proprietor, Walter de Thier. By the end of the century there were services to Port Levy and Diamond Harbour, the latter becoming a popular venue for the elaborate Victorian picnics of the time. When land on the sunny side of the harbour was opened up for settlement in 1913, Lyttelton Borough Council established a launch service to Diamond Harbour. For the next 40 years the ferries, contracted to various operators, thrived as our main link with Lyttelton and indeed with the city beyond. There were also regular services to Corsair Bay and Quail Island. In the early 1950’s the improvement and sealing of the formerly corrugated winding road around the bays meant that buses and cars vied for passengers and ferry usage dwindled. Eventually, however, the addition of charter and tourism work increased the viability of maintaining the service. Not surprisingly, patrons were apprehensive when the Council ended its near 90 years management of the ferry service by selling it to the Black Cat Group in 2000.

Built by QWest (Wanganui) in 2001, the sleek Black Diamond, (above) is an aluminium alloy catamaran, 12m long, and 4m wide. Powered by two 225hp Perkins engines, Black Diamond can whizz up to 45 passengers across the 2km of harbour in just under 10 minutes. As well as the two well-known full-time skippers, John and Don, there are four part-timers filling gaps as needed.

The back-up ferry, Fiordlander I, affectionately known as FI, began life in 1963, and as the name suggests, was originally in use on the Southern Lakes where one of her notable passengers was Queen Elizabeth II. Black Cat acquired her in 2009 to replace the faithful Oneua which had served 82 years on Lyttelton Harbour, and which is now in private ownership in Picton. Like just about everything else, the ferry service has been affected by the earthquakes. Nevertheless, just a couple of hours after the shaking stopped on February 22nd, the company was on hand to transport those who could make it to Lyttelton back to Diamond Harbour, and just one week later was operating an hourly service free of charge.

Although passenger numbers plummeted initially, there has been a steady improvement with an estimated 100 regular users at present. Tourist and weekend numbers are still down on pre-quake figures but it is hoped that summer weather will bring more people through the tunnel to visit both sides of the harbour.

Manager Paul asserts, I am not able to say that there will never be changes, but as long as the service is used to its current level - or higher, I cannot see that it will be reduced.

Elaine
AGM: This was held on June 14. The following officers were elected: President: Pam Clarke; Vice President: Ross Fountain; Secretary: Maureen Hunter; Treasurer: Pauline Smith; Green Superintendent: Ian Boyd; Match Committee Convenor: Miriam Stace; Executive Committee: John Laminan, Errol Walker, Sandy Guy, Terena Ball and Jane Soons.

Life Membership Award: Stan Cretney was appointed a life member for his contribution to our club as a coach and greenkeeper and in recognition of his service as an executive member of the Canterbury Bowling Association and also of the Sumner Bowling Club before he moved to Diamond Harbour.

Stan Cretney thought of himself as a golfer until he moved to Wellington where a friend insisted he try his hand at bowls at the nearby Hataitai Club. The sport appealed, Stan was hooked and with his usual determination and commitment, his skills improved rapidly. A few years later his work necessitated a move to Christchurch, where first the Elmwood and then the Sumner Bowling Clubs benefited from his enthusiasm. At the latter he was a member of the Match Committee and then Club President, and also held office at the Canterbury Bowling Association for several years. During this period Australia Pacific Touring were involved with Canterbury Women’s Bowling and Stan was frequently their representative at club presentations. His wife Shirley, ever supportive, had the task of making up the prizes which consisted of a basket of goodies and wine. Shirley recalls with a chuckle that she wrapped dozens of gifts for Stan to give to other women!

Since the couple’s move to their present home in Te Papau Crescent, Stan has been very involved with our local bowling club. As well as having been President, Greenkeeper and Match Committee Member, he made a very positive contribution as a coach. Several members having credited much of their enjoyment of the sport to the improvement Stan’s advice bought to their skill level. The receipt of his Life Membership badge at the Club’s recent AGM was a very proud occasion for both Stan and Shirley.

Members will be playing on a new green as at the start of the coming season. The top 20cm of old soil has been removed and replaced with fresh new soil and the green resown, thanks to the members, including some ladies, who manned the shovels and wheelbarrows – it was a big job.

Ian Boyd

our website

The place to find details of local COMMUNITY SERVICES
Church * Civil Defence * Community Assoc
Emergency Drivers * Fire Service * JPs
Health Centre * Library * Post Centre
Marriage Celebrants * Neighbourhood Support
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To find the website with all the up-to-date local community information remember to put the .info on the end — and bookmark us!

www.diamondharbour.info

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Rugby Club Day

Diamond Harbour Rugby’s Club Day on July 21 - when all our teams played at home — was deemed a great success, with both the U8½ team and the Seniors (below) celebrating wins against Springston.

Even though Prebbleton dominated our U10s and U7s, the Rippers (below) all seemed to enjoy themselves.

Thanks to all the parents and supporters!
Remembering Peter Davidson

Dear Peter,

You and Rudyard Kipling’s M’Andrew have much in common. The fictional Scottish ship’s engineer shares the bonds which have linked every practical, pragmatic man since the first engineer walked through the world with the firm belief that everything under heaven can be defined, explained and repaired to ensure that it goes better, smoother.

Much of your adult life was absorbed with what Dickens described as the mechanicals of the world; the wheels, valves, cogs and pipes designed to improve and assist our lives. In the engine room, like M’Andrew, you were the lord of a hot, confined, noisy realm. Nothing escaped your sharp eye while your ears were perfectly attuned to the slightest sound of a potential problem.

Now you know that your own physical engine is in difficulty. It’s borne you through life, now you sense that it is faltering. But your enquiring, practical mind insists that you want to know why and what will happen. But beyond the science, we can’t tell you - and that it the most difficult thing as we - your family and friends - watch and wait with you as your complex engine slows down.

When I first saw you soon after the diagnosis was known, you were sitting as the household activities swirled around you. I delivered a salute before you delivered your usual crisp reposte. How many times do I have to tell you that you don’t when you are not wearing your cap. It was an old joke that we’d shared many times. The other came when I enquired after your health. The normal reply was a snort and a ‘It’s bearing up well’.

Words are my profession. They were your abiding passion. It was appropriate that we shared a mutual love of language. You’d often ring with a phrase or quotation you had encountered in your reading, enquiring whether you had heard of it. If not, I was politely encouraged to discover the answer to the conundrum and report back. You distrusted politicians, pomposity, false emotion, large crowds and funerals, which makes things somewhat ticklish for many of us who suspect that, if we put a foot wrong, you will register strong disapproval in your best M’Andrewish manner.

You distrusted politicians, pomposity, false emotion, large crowds and funerals, which makes things somewhat ticklish for many of us who suspect that, if we put a foot wrong, you will register strong disapproval in your best M’Andrewish manner.

You could forecast the weather to the first raindrop or fog. You displayed Victorian gallantry towards women and feared amongst some. You inspired loyalty and friendship amongst many, and fear amongst some.

When I finally stopped. My reply was that I honestly did not know. That’s quite alright, you said. Honesty is a fine virtue.

Chris Moore

With Gratitude

We extend our heartfelt gratitude to all of the people in this community who supported, fed, advised, organised, arranged, accommodated, and provided for our father and our family in his last months with us; and who helped make the sharing of stories and celebration of his life possible on Friday 6 July in the Rugby Club Rooms.

Thank you Diamond Harbour Community for your love and care.

Helen and Sally Davidson
Wine speak

Still on the theme of quality over quantity here’s a small selection of gems to track, or dare I say, hunt down if you’re after some really good stuff to enjoy over winter.

First up is the 2011 Stanley Estates Pinot Gris. For under $20 you get pear and peach aromas, the flavours and texture are just lovely in mouth and perfectly rounded out by citrus acidity. For a step up (near $30) the Man O’War Valhalla Chardonnay from Waiheke Island, not the 2010 but the 2009 vintage. Maybe that extra year in bottle with food unleashed the oatmeal, butterscotch and nutty oak flavours that I really like? However for the absolute splurge try the 2010 Shaw & Smith M3 Chardonnay from the Adelaide Hills. I reckon this gives NZ greats like Elston, Craigahall and Mate’s a run for their money especially at under $38. It’s all of the above but with even more flavour (add toast and fig), balance and seamless integration. How they get the wine to traverse your palate in waves and not in a single line (what the experts call complexity) I’ll never know!

For reds, venturing to the Yarra Valley in Victoria this time is the Yering Station Shiraz Viognier. I recently tried the 2007 for under $20 but I doubt any vintage will disappoint. The appeal is the softening of the typical Shiraz grunt with the aromatic Viognier that allows the peppered savoury quality of the wine to shine in concert with, and not instead of, the dark ripe berry fruit. Finally a surprise packet was the 2010 Greystone Pinot Noir, not from Central Otago but Waipara for around $25! This has real cherry and plum oomph in the palate, and just letting it sit and bottle and enjoy with food (to deal to that that youthful acid element) really delivers a silky textured wine of impressive weight. Cheers!

OB Park Planting Day

Trees For Canterbury is planting over 500 native plants at Orton Bradley Park on Sunday August 5 beginning at 10am as part of their continuing community revegetation and biodiversity enhancement project. The planting will start near the main buildings. Park by the historic school house. This key event is part of an ongoing partnership between the community, Trees for Canterbury and the Orton Bradley Park Board.

Come and make a day of it.
There is plenty to see and do in the Park
Orton Bradley died in 1943 leaving the Park for the benefit and enjoyment of the people. It is to Orton we owe the beauty and splendour of over 50 years planting of many varieties of trees.
Come and contribute to your grandchildren’s enjoyment.

When: Sunday August 5th at 10am
Bring: A spade, a picnic lunch, and lots of family and friends
A different kind of Re-Start!
At last, my house is almost my own, and I can once again offer some comments on the weather. The thermometer is back in its usual place (on one of the few walls that doesn’t get direct sunlight at some time of the year) and I can reach my rain gauge which seems to have been functioning normally during all the disruption of earthquake damage repair, but for part of the time I wasn’t able to reach it. Consequently there is a big and irrecoverable gap in my climate records for May and June. July’s reading is currently incomplete, but that will be fixed at the end of the month. The temperature value I have for the month to date is 12°C. That is well out of line with those I’ve recorded for July since 2001. In two previous years, 2005 and 2011, the average for July was just over 8°C. In all other years it has been around 6.5°C. So, is the explanation that my thermometer is seriously malfunctioning, or has July really been much milder than usual? Can anyone help?
Thermometers that depend simply on the expansion and contraction of mercury in a narrow glass tube have very little to go wrong. I wouldn’t like to guarantee the accuracy of mine to the nearest degree C, but I’m sure it isn’t so inaccurate as to record consistently temperatures as much as 4°C out of the usual range. So, taking the record with a small pinch of salt, it nevertheless appears that July has been unusually mild. There have been some nights of low temperatures, down to 3°C, and some people have had frost in their gardens. There was certainly frost on the ground at Charteris Bay and in one or two other places as I drove into town one morning.
Maximum temperatures in July have not been warm, but neither have they been as cool as we would regard as normal for the time of year. There was a nor’west day when the daytime temperature reached 17°C, and the night-time value was also the highest for the month at 9°C, but generally values have been what might be termed moderate, minima hovering around 5°C, and maxima at 11-12°C. Global warming, or just one more variation within the normal range of values? Probably the latter.
Even though I couldn’t always get to the rain gauge, it seems to have been faithfully recording such precipitation as we have had. June had three significant falls, but the measured 91mm must again be taken with a small grain of salt. Approximately one third of the total was snow, which fell over a three day period, and on at least one occasion the rain gauge was wearing a small cap of snow which effectively prevented more from being added to the total. This month we have had much lower rainfall than has been recorded over at the Airport. There the total to date, according to The Press, has been 46.8mm, while my gauge has registered only 17mm. I am inclined to accept this difference. There have been days when I have left Diamond Harbour in sunshine, to be greeted with a panorama of low cloud as I came over Dyers Pass. There were also a couple of days when the harbour was filled with fog, but it was shallow, and there was brilliant sunshine above it. All in all, a period which has included some unusual weather - and no doubt there will be further examples! That, after all, is what weather in so-called temperate regions is all about - constant variability!

Jane Soons
This month we look at free software (freebies) offered by companies whose payback is in tempting you to upgrade to their fully-featured paid version or downloading some other non-free software; or installing a browser search bar you don’t need (which biases results in favour of sites who pay them for the service). For those with older computers (running Windows XP) some of the freebies on offer are simply too demanding of system resources and will either run slowly or fill limited disk space. Examples are Adobe Reader, Nero Multimedia Suite, and many of the popular anti-virus packages – including free ones like AVG. While I will not be recommending any resource-hungry software, if your computer is new and fast enough to handle them you may wish to consider those alternatives.

We will begin with the single most important software that every Windows computer needs: Anti-virus. Microsoft Security Essentials (MSE) is free, and unlike all the other anti-virus freebies there are no gotchas - none of those pesky pop-ups trying to scare you into downloading the full version (which you will eventually end up paying a subscription for, and will slow down your old PC even more). MSE provides real-time protection – it checks everything you download and save to your hard drive or attempt to open or run. It can also do a periodic scan for any malware that might have made it through to your hard drive.

No anti-virus software is 100% bullet-proof and what one package misses another will find, so it makes sense to use a different package to scan your hard drive. Malwarebytes Anti-Malware does not do real-time protection, it just scans and it picks up what many of the others miss. If you suspect you have a virus, this is the tool you need to find and remove it. Gotcha: During the installation you need to clear the tick box to Enable free trial of the Pro version – which you will end up paying for.

Everyone needs a PDF reader. If you have an older machine rather than Adobe Reader try Foxit Reader – it is faster and a lot less resource hungry. Gotcha: During the installation you need to clear the 2 tick boxes offering to install a Foxit Toolbar and set Ask.com as your homepage (the classic homepage hijack).

If you want to make music discs, data backups, video DVDs or do just about anything with a CD, DVD, Bluray or HD-DVD disc, then download ImgBurn. Gotcha: During the installation you need to clear the 3 tick boxes offering to install the Ask Toolbar.

If you are looking for a music player, Winamp is one of the most popular ones around. It includes built-in internet radio, support for a wide variety of audio and video formats and can even sync with an iPod. Gotcha: You will be tempted to download the Pro version instead – just select the free download.

One final word of caution: When googling for free software, make sure you pick the right software from the search results. Often non-free software is deliberately named to look like a popular freebie – and if you have one of those custom search bars, or search engines it is likely to be right at the top. Make sure your search engine is set to Google (or Bing or Yahoo) for an non-skewered search. It also pays to check the link before you click on it. In most cases, it should contain the name of the product – eg www.imgur.com or www.winamp.com.

Ron
Living Well

Do Affirmations Work?

There has been a lot of talk about affirmations in recent years, with people recommending them so you can feel good about yourself and improve your life. Research also tells us that affirmations don’t always work for everyone, and I’d like to explain a little more about how affirmations can work for you.

To work well, affirmations must be realistic and believable to the person using them. Affirmations such as “I am a relaxed person” tend to work really well for people who are indeed relaxed, as it affirms their knowledge about themselves and makes them feel good about it. For someone who is anxious however, this affirmation simply makes them feel worse every time they repeat it to themselves as they know it is simply not true.

In order to prevent affirmations from being rejected by the mind, or from making you feel bad, they can be turned into a process, or a capability. Therefore, an appropriate affirmation for the anxious person could be as follows – “I am capable of becoming happy and relaxed or I am becoming more relaxed as time passes.”

General affirmations are always good too – things like “I am getting better and better in every way every day” can be interpreted in a number of ways and therefore is accepted easily by the mind.

Affirmations can be really effective in being a guide for how you want to live your life, and for guiding where you’re going in your life. To make yours really effective, make sure they’re realistic, believable, and focused on processes and capabilities.

Robyn Woodham
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A Mother’s Moment

Having children is not a bed of roses, it’s actually more a bed of nails and thorns. Children are the reason for my jelly belly, saggy boobs, stretch marks, grey hairs, premature wrinkles and eye bags. They’re the reason I’m forever yelling, losing my sanity and having short term memory loss. They’re the reason the carpet is filthy, the floors are sticky and the toilet stinks. They’re the reason I haven’t got much of a social life, tied at home, the unpaid slave, cleaner, cook, laundry, washer, and all-around maid.

But Mother Nature is a lot more intelligent than she probably gets credit for. When I’m feeling like the Monster of all mothers, losing it and wondering why I ever had children, she makes me stop and think. My children give me lots of hugs and kisses and tell me they love me all the time. A special kiss or a hug makes my heart melt and all sins and naughtiness disappear and they already know how to make heartfelt cards during birthdays, Christmases, Valentines or just any special day. And when I take a peek at them after a long hard day, all I see is perfection - sleeping angels for whom I would do anything.

Tomorrow will be another lovely day after all. A day at a time is now my motto...

Zylla Green
Pathology and Blood Testing
Pathology literally means the study of disease. At vet school we studied this for 4 years, from 3rd to 6th year. At first it was a nightmare subject for me, learning about inflammatory cascades involving complicated biochemistry, but with time and as we studied the same disease processes in other disciplines like medicine, parasitology and microbiology, it made more and more sense until I came to see it as a great overview of the various conditions we are called on to diagnose and treat.

So why blood testing? Often this gives us information that a history and clinical examination alone cannot. Blood circulates throughout the body and can be analysed for clues to unseen changes. There are three main times we’d advise blood testing your animal, and in this article I’d like to look at these.

Diagnosing Disease
In combination with history (what you’ve observed), clinical exam (what we can see wrong with your pet), and possibly other tests eg urinalysis or x-rays, blood tests tell us what your pet can’t. They can indicate whether a condition is inflammatory or in some cases cancerous, and also sometimes point to specific organs being diseased.

Senior Health Check
When your pet reaches the age of 6-8 depending on breed and size, they are considered senior. Large breeds like Great Danes and Bull mastiffs are senior at 6 years old, cats and small dog breeds are senior at 8. As well as changing the diet at this point, an annual health check and blood test can detect changes early, as well as providing a baseline reference if all is normal. Heart and kidney conditions can be successfully managed for long periods if detected early.

Pre-Anaesthetic Testing
This is always recommended for senior pets needing to undergo an anaesthetic, but is also a very good idea for younger animals too, even for elective procedures like desexing. The liver and kidneys break down and excrete anaesthetic drugs, so we can change our protocol, or even postpone or cancel the anaesthetic if we detect a problem. Up till now I haven’t been able to offer in house blood testing, but the good news is Little River Vets now have an Idexx serum chemistry machine. This means we can obtain blood results in around 15 minutes, and no longer have to courier blood samples to Christchurch, and wait until the next day, or even after the weekend, for results.

To celebrate our new machine, and to help let clients know this service is available, we are offering free pre-anaesthetic blood testing with all dentistry done in August.
You can come too — Local Events and Community Activities

Diamond Harbour & Districts Historical Assn
Tuesday August 14 at 8pm in the Stage Room.
Starting life at the head of the harbour:
- a history of the Manson family.
Speaker: Max Manson
All welcome. Jan Studholme

DIAMOND HARBOUR RUGBY CLUB

End of Season - Prize Giving
at our Club Rooms,
Saturday 25th August.

- 12.00 noon: Marrieds v Singles Match
- 12 – 1pm: Juniors’ Entertainment
- 2pm: Prize Giving
- 4 – 8pm: Elvis *Gus* Presley entertains.

Come along and share in our celebration of the 2012 season.
All Welcome

Club President: Lindy Pickering, Ph. 3204338
Club Captain: Adrian Te Pulu, Ph. 021982982

Diamond Harbour Toy Library AGM
Wednesday September 12, 8pm at Toy Library.
Come and join us for a glass of wine and see what is happening at your toy library.
All welcome. Sarah Nicholl

Diamond Harbour Camera Club
Presentations of own work by Camera Club members at 7.30pm on Tuesday August 21 in the Stage Room.
Everyone welcome. Visitors: $3 donation. Rouke Bakker

Diamond Harbour Ukulele Band
Calling all ukulele players and anyone interested in learning to play. Next practice Monday August 13 at 7.30pm. If you are interested in coming please call Christine on 329 3033. Christine

Woollun Day at Church Bay
Next Woollun Day is Saturday August 11. Enjoy a relaxed day working with wool, with like-minded people in a small group, in a beautiful house with wonderful views. Koha. Morning and afternoon tea provided. Bring your lunch, woolcraft gear, and if felting, a table if possible.
Note: Rowena is away sailing in the islands for winter, but woolly people agreed they’d like to keep it going, so on Aug 11 and Sept 8 Woollun Days are at 73 Bayview Rd, Church Bay with Mary Ogilvie, 329 4040. Mary Ogilvie

Our Library
During the school holidays we had a craft activity with snowflakes to colour in or glitter. These are on display around the issue desk.

New Zealand International Film Festival booklets are in the Library if you would like to come down and get one.
This month’s library display is a tribute to Margaret Mahy who passed away recently.
You are always welcome to come down to the Library and have a browse. You might like to borrow a book, CD, magazine or DVD? Jigsaw puzzles are available to swap.
Pre-School Storytime is Tuesday August 21 @ 2pm. Christine Turner

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

Diamond Harbour Timebank presents The Localisation Film Series

Thursday 2nd August: The Economics Of Happiness
Describes a world on the one hand, government and big business continue to promote globalization and at the same time, communities are coming together to re-build more human scale, ecological economies based on a new paradigm – an economics of localization.

Thursday 16th August: Our Seeds:
Blong Yumi (57 min) Celebrating traditional food plants and the people that grow them. Partly set in the Pacific.
Vandana Shiva The Future of Food and Seed (60 min)

Thursday 30th August:
Schooling The World
Takes a challenging, sometimes funny, ultimately deeply disturbing look at the effects of modern education on the world’s last sustainable indigenous cultures in Ladakh.

Thursday 13th September: Money As Debt
Say no more!

Thursday 27 September: Queen of the Sun—What Are The Bees Telling Us
A profound, alternative look at the global bee crisis from Taggart Siegel, director of The Real Dirt on Farmer John. Jacinda
Local Food Resilience Workshop  
Building knowledge and networks to nourish ourselves better and more locally.  

Project Lyttelton will host a Local Food Resilience workshop run by Robina McCurdy on August 25 and 26. Robina says, “The intended outcome of this workshop is for participants to leave with a sound integrated strategy for community scale food self-reliance, with immediate action steps towards achieving this individually and collectively, starting at their own back door and within their own neighbourhood.”  

Leading up to the workshop, Robina will pass on her knowledge through public slideshow presentations covering topics such as global food insecurity, successful international and NZ local food systems initiatives and a bioregional-scale permaculture design approach to diversifying and sustaining organic food availability.  

Biography: Robina is co-founder of Tui Land Trust & Community and a trustee of the Institute for Earthcare Education Aotearoa. Over the past 25 years she has been engaged in permaculture design and tutoring, organic growing and the development of environmental education resources. Her work is recognised nationally as well as internationally.  

Further details to come in local media.  
If you are interested in attending please RSVP to: nina@lyttelton.net.nz

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SPRING Concert — Sunday August 26  
Diamond Harbour Community Hall 3-6 pm  
As part of the Nationwide ‘Lyttelton RoughHouse Revival Tour’, two of the tours main acts The Eastern and Lindon Puffin will stop off in Diamond Harbour for a one off special matinee show.  
The show will traverse three hours of roof raisin’, floor shakin’, folk singin goodtimes… at a special price of just $15 or $10 presales (available online from Monday July 30).  
The show will be family friendly - kids under 12 free!  
The Eastern probably need little introduction to kiwi fans of songwriting, foot stomping folk music, and barrooms. The relentless string band is continually described as NZ’s hardest working band and by the Dominion Post as “the first new Zealand band in a long time to do things the good old fashioned way”.  
Three albums in (the latest ‘Hope & Wire’ entered the national charts at #11 and peaking at #2 on the NZ charts and number #1 on iTunes as well as gathering killer reviews everywhere it landed including 4 stars from the UK’s Q magazine and 5 from the NZ Herald), and with a reputation as a fierce and heart swelling live draw 2012 has seen the band already ticking off four months of touring around NZ and Australia.  
They’ve supported and toured with the likes of Fleetwood Mac, Steve Earle, Old Crow Medicine Show, Jimmy Barnes, Trinity Roots, The Warratahs and Louisiana’s own lil band o gold. Their song ‘State Houses By the River’ has also just made the shortlist for this year’s Apra Silver Scroll NZ song of the year. Closing the show every night The Eastern promise to put it down as hard and as heartfelt as they possibly can.  

Ably putting the weight of his fifteen years of touring and singing round these Isles behind the revival, will be Lindon Puffin, also a fellow Apra Silver Scroll nominated writer and singer. With his latest record ‘Hope Holiday’ gathering critical and commercial praise (4.5 stars NZ Herald), Lindon is well known as an engaging, anarchic and heartfelt presence on the highways and byways of NZ. His two previous records ‘Show Pony’ and ‘Stuff Like That’ found him touring NZ and the world harder and longer than most and his documentary ‘Figure 8000’ was a constant presence on Sky TV’s doco channel and in cinemas and halls alike.”
Yogawoman: A global movement

Yoga is one of the most politically subversive practices that any person, male or female could do in our time says Donna Farhi of Rangiora, yoga teacher of international renown and author of Bringing yoga to life. Donna is one of a number of yoga women from around the globe starring in the recently released award-winning movie - Yogawoman. Increasingly, our planet is coming under enormous stress from human influences. Climate change; air, land, freshwater and sea contamination; threatened species; and displaced peoples due to extreme weather events, population growth, collapse of financial systems, poverty, and conflicts between and within states. We question the certainties of our future and it’s hard to feel safe and grounded, especially here in Christchurch after the seismic events we have lived through. We need a better way of living if our planet is going to continue to provide for us its beauty and life giving resources. Yoga is one way to connect with our own nature and so become more attuned with the nature of our planet. Yoga is for everyone. It is more than just a health modality – it can bring us to a state of well-being and completeness in our daily lives. Yoga puts the mind back in the body, and thus we become a sharper witness to ourselves and our connection with all that surrounds us. In yoga there is no focus on problems. Instead problems fade to the background as yoga enables you to focus on and move towards your vision of positive health and wellbeing. You become more aligned with your true self and more aware of your connection with other beings and our planet. I believe this way of viewing the world revolutionises how we respect and live on our planet.

In India, about 3000 years ago, the Brahman culture forbade women from practicing yoga. Only 50 years ago it was still almost entirely men who practised yoga, even here in New Zealand. Today, a new generation of women are leading the way. They’re strong, they’re inspiring, and they’re radically changing people’s lives. From the busy streets of Manhattan to the dusty slums of Kenya. Today, more than 85 percent of yoga practitioners are women. In the USA alone there are some 18 million yoga woman practitioners. That’s more than 6 percent of the US population and it’s a global phenomenon that is changing the face of yoga forever. The movie Yogawoman is awesome and inspiring to women, but its messages apply equally to men. In the film, women from nine different countries tell how yoga has changed their lives. Working mothers, cancer survivors, prison inmates, women young and old describe why they practice yoga and how it has improved their mental and physical health, their confidence, their ability to relate to others, and how it has given them meaning. In their yoga practice these women are living the Mahatma Ghandi quote to Be the change you wish to see in the world. By changing themselves through yoga they are part of creating a healthy and sustainable future for themselves, those they interact with, and our planet. See the movie trailer of Yogawoman at www.youtube.com/watch?v=QIYIO1R83A8. To see a free full screening of the movie (venue to be confirmed); or for a 5-week beginner’s yoga course; or to come to a regular class - Yoga for Seniors class, Gentle Yoga class (for those new to yoga or wanting less physical challenge), or Monday evening class (intermediate level) phone 329 3395 or email diamondyoga@slingshot.co.nz to register your interest in any of the above. Namaste, Adrian
**Church Notices**

**Catholic**
Catholic Mass - First Sunday of the month. August 5 at 6:30pm. From September 2 onwards at the new time of 5:30pm.

**Anglican - Methodist - Presbyterian**

Regular Services
Sun: 10:30am Communion; Wednesday @ 9am (see below)

**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 for you have had 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 10:30-11:30am.

**Home Groups**
Two groups meet alternate Monday evenings 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 are welcome.

$3 for one child or $4 per family. Inquiries can be made to the Parish office on 329 4790.

Rainbow Music is now being led by parents/caregivers on a roster basis. There is a single session 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 care givers is held at the Diamond Harbour Church Hall on Tuesdays fortnightly 10 to 12noon.

Please ring Wendy Coles 329 4483 - Babies or Kate Leech 329 4924 - Toddlers. Aug 7 & 21; Sep 4 & 18.

**City Shopping Van**
The fortiethly shopping van to South City will be running on: Aug 8 & 22; Sep 5 & 19

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**
All welcome. Come and share soup, bread and a friendly chat. 12noon at St Andrew’s Church Hall. Small donation welcome. Wednesdays: Aug 1, 15 & 29.

**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.

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**DH Community Association**

**Meeting Monday July 16**

**Welcome bags**
The Committee is still investigating the possibility of offering welcome bags to new arrivals in Diamond Harbour, following Church Bay’s fine example. Sample bags may be viewed at the next meeting.

**Weir planting**
A hole has been dug to investigate water table near the weir site and the area for planting more clearly defined.

**Changes to bus and ferry timetables**
Discussion took place concerning conflicting information about possible changes to bus and ferry timetables. Lyttelton 28 bus times have already been altered to half hourly but after a call to Black Cat’s Paul Bingham, we were assured no change has been made to ferry sailing times. Nevertheless, a submission to Ecan has been prepared in support of existing transport.

**SPRIG**
Illness caused the Sprig meeting to be postponed. The Sprig website has been updated. Work is underway for a Sculpture at the Point project in the Domain. Funds have been requested from the Strengthening Communities Fund. It is planned that an exhibition will alternate with the Sculpture in the Garden at Teddington.

**Grant for outdoor furniture**
The Community Board’s discretionary Response Fund has granted $5000 for outdoor furniture on the grassy area opposite Chalfont Cafe. Funding for a picnic table in the playground area may also be applied for.

**Next meeting** Monday August 20 at 7.30pm.

Karen

Correction: In last month’s DHCA Report it was stated that the Toy Library thanked the committee for the recent installation of a new heater in the veranda room. In fact it was the other way around - the Toy Library had installed the heater and were thanked by the Community Association.

**SPRIG Report**
SPRIG will be making a deputation to the Christchurch City Council on 16th August at their regular monthly community earthquake meetings.

We will explain our need for short-term lease on the Godley House site and try to get one step closer to removing the fences. Currently, we are waiting for a CCC decision to be made in regards to the totara stumps in the foundations.

**Sculpture on the Point**
Sculpture on the Point is the latest project SPRIG has been working on… with 5 great local sculptors to display their work over the summer! We will keep you up to date once more details become available.

**SPRIG Concert**
On 26th August, The Eastern and Lindon Puffin will put on a concert at the Diamond Harbour Hall from 3-6pm. Tickets are $15 each or $10 presale (available on-line from Monday 30 July). See page 11.

**Monthly Public Meetings**
SPRIG will start monthly public meetings on the 2nd Monday of every month at 7.30pm in the Committee Room (Community Hall) to keep the ball rolling. It is open to anyone who is interested. Check our website for meeting dates. The next meeting is on Monday 13 August. Any queries, please contact Tracey Ower (329 4611).

**Website**
The SPRIG website www.sprig.org.nz has been updated, so check in regularly for what we are up to! We are currently seeking anyone interested in helping with Sublime Sounds at the Point this summer or our campaign for funding!

Amanda Anthony
Community Notices

Do You Have One of Phyl’s Paintings?
Mrs Phyl Samuels is probably the oldest living life-long Diamond Harbour resident. Nearing 100 years of age, she is now in care in Christchurch.
Phyl was a founding member of the local Anglican Church, of the Art Group, and of the Town and Country Society of Artists.
The latter organisation is celebrating its Golden Jubilee this October with an exhibition at St Andrew’s College, Christchurch. Along with current members’ work, will be work by the founding members of the society. Where possible, two works from each artist will be shown.
I know that many of Phyl’s paintings hang in homes in Diamond Harbour. I am seeking the loan of two for hanging on October 4, 5, 6 and 7. I will be seeking the best from those available. The organisers need to know the details by 10 August.
If you can help, please phone 3294 422, or email bruce.becke@xtra.co.nz. With thanks, Bruce Beckett

Civil Defence Update

Storms
The risks posed by New Zealand’s natural hazards are a fact of life. It is important that we all know what to do before we have to do it and we are able to look after ourselves and loved ones. Over the past few months we have predominantly looked at earthquakes and last time it was tsunamis.
This issue we focus on storms – another one of Mother Nature’s natural disasters! Damaging wind is caused by deep depressions (very low pressure air) or by cyclones or tornadoes. A strong wind warning is issued by the MetService when winds of more than 87km/h are expected over land. Although some places up north are more prone to this type of disaster we never know exactly where we may be when a storm may strike.
It is a good idea to make regular checks on your roof and guttering, every couple of years, to make sure it is strong and secure. Keep on hand materials for repairing windows such as tarpaulins, duct tape, boards etc. If renovating or building make sure all work complies with the NZ Building Code which has specific standards to minimise storm damage.
If a strong wind warning is issued
Listen to the radio for information.
Bring pets inside and move stock to shelter.
Pick up rubbish and put rubbish bins indoors.
Secure outdoor furniture and lightweight sheds and pick up any debris outside that might become airborne.
Put tape in a X across large windows to prevent them from shattering.

Earthquake Mediation Service
As the two year anniversary of the September 2010 earthquake approaches, it is welcome news that EQC is launching a free mediation service designed to help those in dispute with the Commission. This service will provide independent mediation where divergent views about, for example, valuations or options for remediation. It is likely to be operational by August.
The evolving nature of the rebuild challenges and the responses and systems put in place to facilitate the process are a clear indication that we are all working together to achieve the same outcome for our region.
For more information on this service please contact Amy Adams selwyn.office@parliament.govt.nz or 03 344 0418.
Useful contacts:
Fletcher Earthquake Recovery, Lyttelton: 341 9956.
Face-to-face with an EQC Claims Advisor – If you need assistance understanding your claim, or have questions you’d like resolved, call 0800 DAMAGE (0800 326 243) to make an appointment to meet face-to-face with one of their experienced Claim Advisors.

More Herald Subscribers — Thank you...
Snowdrop Cottage, Philip Manger, Anon, Rosie Morrison, Peter Keap, Joanna Pedlow & Martin Lee, Craig & Jo Gilmore, Jenny & Chris Fowler, Philippa Drayton, Sarah Pritchett & Phil Swallow, Anne & Wally, Annie Baxter, Ian Gall.

Annual Update
There are still a number of groups and individuals which have not been updated for more than 12 months. We have the facility to be prepared for the next emergency—don’t wait until it happens—UPDATE YOUR INFORMATION NOW! Contact your group leader or Elaine: 329 4512 or dhns@xtra.co.nz.

Neighbourhood Week Grants
Christchurch Neighbourhood Week which aims to encourage local residents to get to know the people who live close to them, returns 27 October to 4 November.
CCC is offering a small subsidy to those who want to run community events.

The Orton Bradley Park Spring Fair
This year’s fair will again held on the Sunday of Labour Weekend – October 21.
There are still a few spaces left for stalls. Anyone interested, please phone Robyn on 329 4005.

Disclaimer – Views expressed in the Diamond Harbour Herald are not necessarily those of the Editor. While due care is taken to ensure the contents of the Herald are accurate the Editor and Printer cannot accept liability for omissions and errors.
Rabbits to give away
Two fluffy white rabbits to give away to a good home, cages included. Phone Amanda 022 628 0538 or email amanda.anthony85@gmail.com.

Labourer Wanted
Deccan Landscape Construction Ltd seeks a landscape labourer to join our team. Experience preferable. Contact Paul on 021 321 460 for further information.

Flat Wanted
Quiet living couple urgently require an apartment for around $200-230 pw. We have immaculate references. Quiet living around $200-230 pw. We have immaculate references.

Orton Bradley Firewood for sale
3m3 pine delivered (Purau to Governors Bay) $195. 3m3 pine delivered (Purau to Governors Bay) $195.

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. Other services offered:
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Herald Calendar
Art Group: Weds, 9.30am-12noon, Church Hall
Baby/Toddlers Grp: Tue Aug 7 & 21; Sep 4 & 18. See p13
Badminton: Weds, 7.30pm, Community Hall
Bridge Club: Weds, 7pm, DH Bowling Club. Ph 329 4094
Camera Club: Tue Aug 21, 7.30pm. Stage Room. See p10
Choral Concert: Sun Aug 19, 3pm, Community Hall. p11
Choral Workshop: Sat & Sun Aug 18 & 19, Com Hall. p11
Church Activities: p13
Classic Car Sunday: Sun Aug 5, 9.30 onwards. Meet CBS.
Diamond Harbour Singers: Weds, 7.45pm, Stage Room
DH Community Assn Mtg: Mon Aug 20, Committee Rm
DH Historical Society: Tue Aug 14, 8pm Stage Room. p10
Film Society: Thus, 7.45pm, Stage Room
Food Resilience Workshop: Sat & Sun Aug 25 & 26. p11
Harbourside Car Scavenger Hunt: Sat Sep 8, 2pm. p12
Indoor Bowls: Thus 2-4pm, Community Hall
Insight Meditation: Tues, 6.30pm, 7A Whero Ave
Ladies Probus: Mon Aug 13, 10am, Church Hall
Library Story Time: Tues Aug 21, 2pm See 10
Mens Probus: Thu Sept 6, 10am, DH Rugby Club
Neighbourhood Sup Week: Funding apps by Aug 31. p14
Orton Bradley Park Tree Planting: Sun Aug 5, 10am. p5
Orton Bradley Spring Fair: Sun Oct 21, 10am. p14
Quilting Group: Fris, 1pm. Ph Rosie 329 4646
Rugby Club: Bar Open Fris & Sat from 5pm
Rugby Club Prize Giving: Aug 25, 12noon onwards. p10
Running Group: Sundays 8am. See p10
Scrap Metal Collection: Aug 10-12, DH School. See p3
Soup Lunches: Weds Aug 1, 15 & 29. Church Hall, p13
SPRIG Concert: Sun Aug 26 3pm, Community Hall, P11
SPRIG Public Mtg: Mon Aug 12 7.30pm, Comm Rm. p13
String Players: Tues, 7pm. Ph 329 4536.
Table Tennis: Thus 7.30pm, Church Hall
Tai Chi: Thus 11-12, Sun 5-6pm, Com Hall. Ph 329 4835
Time Bank Films: 7pm Aug 2, 16 & 30; Sep 13 & 27. p10
Toy Library AGM: Wed Sep 12, 8pm. See 10
Toy Library: Sat 10am-11am, Community Hall
UKulele Band: Mon Aug 13, 7.30pm. See p10
Woolfun at Bayview Rd: Sat Aug 11, 10am. See p10
Yoga Classes: Mons, 7pm, Stage Room. See p12

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.
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National

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