INSPIRATION FOR FITNESS AT STUDIO RED

When Jill Kennedy decided to close her Waipapa Ave gym, she approached her most enthusiastic client to carry on providing a venue for Diamond Harbour folk to enhance their physical health and fitness. The outcome was the advent of Studio Red. Dave and Lou Heath renovated a section of their large Ranui Crescent home to accommodate the gym, installed a range of high quality training equipment, and opened for business in December 2009.

In the ensuing three years Studio Red has flourished; and it is not hard to explain why.

For Dave (right), a qualified personal trainer, the individual needs of each client is pivotal. Each begins with a one-on-one interview to assess fitness levels, expectations and limitations. Dave then designs a personal programme, and personally monitors each session. With the aid of a comprehensive computer database to keep track of individual progress, he can make ongoing modifications at any time to meet each client’s needs.

The gym can cater for up to four people at once, and Dave prefers to place each client into a regular training group with three others of similar age, needs and ability, thus adding an important social element to the gym experience. Also being part of a group is for many an added incentive to attend and look forward to the activity.

For Dave (right), a qualified personal trainer, the individual needs of each client is pivotal. Each begins with a one-on-one interview to assess fitness levels, expectations and limitations. Dave then designs a personal programme, and personally monitors each session. With the aid of a comprehensive computer database to keep track of individual progress, he can make ongoing modifications at any time to meet each client’s needs.

Open weekdays from 6am to 8pm, Studio Red caters for everyone from teenagers to pensioners and a wide range of fitness level. Perhaps surprisingly, the majority of clients are not avid athletes or fitness freaks, but rather ordinary people who just appreciate that a reasonable level of fitness is of great benefit for better coping with both the trials and pleasures that ordinary life brings.

As at all gyms, a workout at Studio Red will include both aerobic (heart and lungs) and anaerobic (strengthening etc) activities, but Dave recognises that many people enjoy a little more emphasis on aerobic work, and to this end he has recently introduced two weekly group classes in Fitness Boxing at St Andrew’s Church Hall and the Community Hall on Tuesday and Thursday evenings respectively. Fitness Boxing is not an aggressive activity, but a type of circuit training, in which two people work together alternately with focus pads and gloves to improve stamina and core fitness.

Dave is also a great advocate of the value of sports participation for children. He is also a football enthusiast and for the last two seasons has coached the Diamond Harbour School soccer team and will be running soccer coaching sessions next term on Saturday mornings at the school for 5 - 13 year olds.

For more information about Studio Red Gym, Fitness Boxing and/or soccer training, contact Dave on Ph. 3293061 or email studioredfitness@xtra.co.nz (See pages 12 and 13)
**The Ghost Bird**

My Diamond Harbour neighbour called me over one sunny morning and said he had something to show me. He knew I was interested in photography and belonged to the Diamond Harbour Camera Club.

What he had to show me was an amazing imprint of a New Zealand native pigeon, the Kereru, in full flight on his kitchen window. The bird had been heading for what it thought was a patch of native bush but unfortunately it was merely a reflection of the bush in the low early morning sun. The pigeon had hit the window in full flight and knocked itself out in the process. It had recovered and flown off leaving its ghostly image behind before I got there. The wax and dust in its feathers had left a near perfect image on the outside of the kitchen window. Even the eye could be seen as the head was knocked sideways in the impact and the fine detail of the feathers right out to the tips of its outstretched wings was imprinted on the window pane.

I rushed back to get my trusty Nikon SLR 801 film camera, as this was a few years back, before digital, and while the light was right I managed to get a few shots of this ghostly image from inside the kitchen looking out to that reflected bush, which gave a good contrasting background.

When the film was developed a few weeks later this great image appeared. I had the print scanned at the photo lab with the only touch up being to remove the odd dishwash splatter and wipe marks on the inside of the window.

Interesting photographs are usually the result of finding a suitable subject, waiting for the right lighting conditions, setting the camera parameters and composing the shot. Others appear out of the blue, literally, as in this case.

If you want to see the original coloured image come along to the Orton Bradley Spring Fair on Labour weekend and visit the Diamond Harbour Camera Club display.

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**Godley House Memorial Walkway Opening Soon**

While the Godley House site stands sadly barren and empty – for the time being, at least – the old place, etched so deeply in our collective memories, has not entirely vanished. Dennis Collins has been quietly creating a Godley House Memorial Walkway in Ashley Reserve, from bricks and other demolition materials salvaged from Godley House – including signs and other memorabilia.

Some may know Ashley Reserve as the site of the mini-golf course. It runs from the Cliff Track up to Marine Drive (between the eastern end of Ranui Cres and the western end of Te Ara Cres). It can also be reached by a stairway between 23 and 27 Te Ara Cres (see map).

The walkway will be officially opened on the afternoon of November 11 with much fanfare, food and fun for the whole community. Look for further details in the Diamond Harbour Herald.

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**DH Men’s Shed ready to go**

After only a half dozen meetings, a few funding applications and some accommodation discussions, the local Men’s Shed group Shedheads are ready to move into a temporary home. The Stoddart Cottage Trust chairman Adrian Te Patu says a special meeting decided to offer the cottage garage as a temporary Men’s Shed home until they are able to secure a larger permanent place. Men’s Shed chair, Paul Pritchett, says they are keen to get cracking and are grateful for the $500 Community Board grant to help set up the shed and also $500 from the Under 20 Trust for whom the Shedheads have offered to run skills training for local youth.

Men’s Shed is a garden-shed-flavoured meeting place to share practical skills and abilities in areas such as woodworking, gardening, building and metal work. Discussion sessions about health and social issues may also be in the mix. It allows older and retired men to mix with younger in the sharing of skills. It encourages participation and reduces social isolation. Community-run Men’s Sheds have recently developed and proliferated, with over 800 across Australia and 60 in New Zealand, including 25 in Canterbury.

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Diamond Harbour Herald - Established 1953

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No 161 October 2012
**Quando, Quando, Quando Godley Café?**

For more than three months, the sign at the Triangle has been telling us it’s coming, and proprietors-in-waiting, Michelle Anderton and Jill Martin, have been constantly hearing echoes of the words of Pat Boone et al – When, when, when.......? and I can’t wait ........ from members of the community. Thus, after numerous delays and complications, it was a big step forward and a great relief to the pair when Godley Café actually arrived a couple of weeks ago.

We had the date, but I refused to believe it until I heard the trucks rumbling past my gate, said Jill.

As we go to print, services are being connected and the finishing touches are underway with Jill and Michelle meticulously working towards opening within a month. The official launch will take place on a Saturday afternoon with an invitation to all the community to drop in for a first look and wine and nibbles. In the evening a formal invitation-only event will be held for sponsors, suppliers and others who have helped in making Godley Café happen. The exact date will be advertised around the village and on the Diamond Harbour website www.diamondharbour.info, so keep your eyes peeled – you won’t want to miss this occasion!  

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**Technology Problems?**

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**Tree and Garden Services**

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OSCAR's Car Scavenger Hunt

Cars flocked to the school grounds on Saturday September 8 to participate in our Car Scavenger Hunt. With 11 entries plus generous donations we managed to raise $541 for our OSCAR After School Programme. Prizes were given out to the top three teams with the most items collected within the given time.

The grand prize went to The Baby Bloomers led by Adrian Te Patu. Thanks to She Cafe for their generous gift voucher. Simone’s group of Real Horse Power provided horse rides and won the prize for the Best Dressed Team.

Many thanks to all our helpers and especially to our sponsors - She Cafe, Chalfont Cafe, Leslie’s Bookshop, Governors Bay Hotel, Himalaya, Bells Pharmacy and Harbour Coop - we couldn’t have done it without you.

This will be an annual event, so keep an eye out for the next one.

Christine Turner

An Afternoon with the Mayor

To get a visit from Mayor Bob Parker is out of the ordinary, to get a whole afternoon with him is exceptional and to be able to show him the local initiatives and present him with our hopes and aspirations is an opportunity not to be missed.

If the City Council had not run out of time for submissions and Pete Simpson had not been ready to present the SPRIG presentation of Diamond Harbour aspirations, it may never have happened. But Pete seized the moment and instead of handing over the presentation to be read later, he invited the Mayor to come and have a look at the Godley House site and surrounding area and hear the presentation in Diamond Harbour.

So on Sunday September 9 the Mayor arrived with his wife and John Bullock, the council community liaison officer by ferry to a small welcoming party on the wharf.

If the Mayor had no idea of the local initiatives when he arrived, he had a very good idea by the end of the walk to the Hall. We walked up to the Godley House site via the domain where the sculpture exhibition is planned for the summer, looked at the Godley House site and the foundations, Jill Martin and Michelle Anderton talked of their plans for the Godley Cafe, Fiona O’Neill showed the planned Art Gallery site and the Mayor was served coffee on the new deck behind Chalfont Cafe.

After arriving at the Committee Room and introductions by Adrian Te Patu, Pete Simpson finally got to give the SPRIG presentation which is based on the community consultations of the last year. By this stage the audience had swelled, and representatives from Port Levy, Purau, Charteris Bay, Orton Bradley Park and the DH School were present, along with Community Board chair, Paula Smith, Eugene Sage MP and several local business representatives.

The Mayor was attentive, fielded questions and understood our needs and hopes. He made suggestions and identified people in his organisation who could support us.

Within days there was a flurry of activity. We were contacted by the Council’s Business Development Manager at Canterbury Tourism, Caroline Blanchfield, who plans to visit and discuss wider regional programmes and initiatives. Site clearance and the restoration of power to enable us to stage this summer’s Music at the Point series at the site, is being considered.

The General Manager of City Environment is also taking an interest in the Stoddart Point Management Plan. Chalfont Cafe put on a fantastic afternoon tea which apparently out-did the customary City Council fare!

The day was a success and achieved what we hoped for: Gaining the ear of the Mayor and providing an opportunity to form a positive working relationship with the Council to move plans forward... all in typical Diamond Harbour fashion – relaxed, low key, with good weather, lots of community spirit and great food.

Christine Turner

Annie’s Coming Back

For one more Victorian Afternoon Tea

Many Diamond Harbour residents will have fond memories of Annie’s sumptuous Victorian Afternoon Tea at Stoddart’s Cottage. Those who have travelled south through Oamaru may have been able to reunite their taste buds with Annie’s delectable delights.

News Flash: Annie will be returning to Diamond Harbour in November to serve her legendary Victorian Afternoon Teas – for one day only! Check for the date and more details next month in the Herald and at www.diamondharbour.info.

Simonne Boele

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No 161 October 2012
**Algal Bloom in Harbour**

Ecan’s Marine Oil Pollution Response Team received reports in September of large oil spills in Lyttelton Harbour.

Regional On Scene Commander for Ecan, Jim Dilley, has reassured the public that this has been investigated and samples taken have revealed it to be algal bloom, not oil. The algal bloom looks just like an oil spill when viewed from a distance but once you get closer you can see that the coloured particles are under the surface of the water, rather than on the top where oil would float.

Ecan’s Senior Water Quality Scientist Coastal, Dr Lesley Bolton-Ritchie, says that the algal bloom, *Mesodinium rubrum*, is a very common ciliate. The discolouration of the water, which looks like oil, is due to the large amount of bloom that can change the seawater colour to brick red, brown or rusty red which it is known for.

The reason for this outbreak of algal bloom could be a combination of sunny days and the water warming up mixed with recent rainfall causing the addition of nutrients into the water from rivers and streams.

Dr Bolton-Ritchie says that the bloom is non-toxic and the public has nothing to worry about. Anyone seeing an oil spill can report it to the Pollution Hotline on 0800 76 55 88.

For more information contact Dr Lesley Bolton-Ritchie at Ecan on 027 281 0822.

**The Greening of the Lower Levels of the Cemetery**

A proposal for developing the lower levels of the Diamond Harbour Memorial Garden into a garden-like setting.

People visiting our local Memorial Garden Cemetery here in Diamond Harbour frequently comment on its wonderful setting. A group of local residents have recently been working on the idea of enhancing this by asking the CCC to consider implementing a landscape garden plan for the lower two levels of the cemetery.

Currently, the top level where ashes are interred and the second level where bodies are buried are mown grass areas with concrete berms for memorials to be erected on. Our vision is that the lower two, as yet unused, levels be developed as garden environments according to an appropriate low maintenance landscape plan. The plan would also incorporate paths, seating and various natural features combining to create a tranquil, inspirational environment.

Along with this, we are advocating for these two levels to be dedicated areas for green burial. This is a form of the increasingly popular natural burial option which a growing number of New Zealand councils, including the CCC, are providing or intend to make provision for soon. The green burial option provides for the burial at a shallow depth of unembalmed bodies, in biodegradable shrouds or coffins resulting in unpolluted soil suitable for supporting a garden landscape and is appropriate in an area such as our own which is not large enough for the preferred option of natural burial, which is a regenerating native forest.

Our group, through a series of workshops, to which nearly 20 people have contributed, has now produced a draft landscape plan. Our planning is being done in such a way as to be sensitive to the existing vegetation and to the plans for the development of the adjacent Stoddart Weir area as being promoted by the Diamond Harbour and Districts Historical Association submission to the Stoddart Point Reserve and Coastal Reserves Management Plan.

We are keen that this Greening of the Memorial Garden project be regarded as a community project with anyone who wishes to do so contributing ideas and comments. A community meeting on Thursday October 11 at 7.45pm in the Committee Room at the Hall will provide an opportunity to view the landscape plan and contribute ideas and comments.

For further information contact Ann Thornton on 329 4943 or thornton@snap.net.nz.

**Now on our Community Noticeboard:**

**For sale:** Mushroom Compost, Laptops, Printer, Dining Table & Chairs, Plants, Bed Settee, Lawn Mower, Acupressure Cups, Firewood, Garage Sales (2)

**Available:** Housesitters, Housekeeper/Cleaner

**Wanted:** Lawn Mower, Cleaner, Handyman, Photographer, Labourer, House to buy

**Lost:** Camera, Yellow Bin  **Found:** Book, Key

**Free Stuff:** TV, Video Player, Cats, Bunnies, Roosters, Seedlings, Meals for New Mums

Below: Ongoing working party on the lower level of the Memorial Garden sharing ideas for a gardenlike green burial landscape plan.

Ann Thornton
Henry Thoreau’s Mornings

After waking up, the author Henry David Thoreau would lie in bed for a while and recount to himself all the good things he could think of. He would then get out of bed full of positivity and good feelings, starting the day feeling motivated, happy and full of enthusiasm.

Imagine how doing this each morning would change each day. Even simple activities would be done with pleasure. Minor obstacles would be breezed past effortlessly, interactions would be full of smiles and laughter, and people could not help but be affected by your positive attitude towards life.

Our unconscious minds have a huge capacity to process information. They keep our bodies operating well, store a vast amount of information and memories, allow us to think and create, and interact with the world in meaningful ways. In fact, our unconscious minds are processing more than 2 million pieces of information every second. In contrast, our conscious minds can only keep hold of an average of 7 things at one time.

This means our unconscious minds are like a massive library full of books, with our conscious minds walking through it, carrying only a small torch, able to see just the few books lit up by its beam. There are millions of books we could be shining our torches on, and shining our torches in different places would enable us to see different books, different themes, different genres even. Taking control of that torch beam, and shining it in areas you want to shine it, will therefore change what you see, and therefore your experience of your world.

Henry David Thoreau deliberately chose where to shine his torch. He spent a few minutes each morning thinking of good things, ensuring that his torch saw the best books in the best light possible, making his day, and the day of those around him, much better.

Robyn Bosh representative, Owen Cotty, holds the new sabre saw which Bosch Ltd has donated to the DH Fire Service. This highly efficient and reliable battery-powered tool will be a real asset in the event of the Service’s first response team attending a situation in which victims are trapped in a vehicle. The sabre saw is capable of quickly cutting through metal. In contrast, Fire Chief, Don Cameron, holds the old style can-opener which the team have previously had to use, along with a hawksaw and a crowbar, to gain access to crashed vehicles. The sabre saw could well be a life-saver, commented Don, as he thanked Owen and Bosch for their generosity.

Elaine

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Henry David Thoreau deliberately chose where to shine his torch. He spent a few minutes each morning thinking of good things, ensuring that his torch saw the best books in the best light possible, making his day, and the day of those around him, much better.

Robyn
Keen readers amongst you would have sorely missed my last column whilst I was away, but I’m back with some sensibly priced wines to enjoy as spring takes hold around us! The current release 2011 Church Road McDonald Series Pinot Gris is a lovely little deck quaffer, often on special under $19. Pure linear pear and stone-fruit flavours with a nod into the medium spectrum on the back palate but still not as sweet as the 2009. Even better for its richness is the drier styled 2011 Stoneleigh Rapaura Series Pinot Gris for under $22. I get a baked pear in crust flavour with this one and good length on the finish that beckons pork for mine. As an oaked white alternative, the 2011 Stoneleigh Rapaura Series Chardonnay is also good for the same price. Citrus and stonefruit flavours on an elegant mineral spine but you get subtle toasty oak through the palate especially with food.

It’s to Hawke’s Bay we go now for sub-$15 reds (on special) celebrating what seems to be a cracker 2010 vintage. The 2010 Church Road Merlot Cabernet Sauvignon is sweet fruited, featuring plum and spice, has lovely palate weight and cedar chocolate on the ride out. The 2010 Esk Valley Gimblett Gravels Merlot Cabernet Sauvignon Malbec is denser with spicier oak, and if blackcurrant and plum is your bag then this is for you! My favourite though, is the 2010 Villa Maria Cellar Selection Merlot Cabernet Sauvignon. It opens with sweet plum on the nose and the mouth-feel is plump and rich but is contrasted nicely with cedar and a savoury herbal finish on the back palate. Pair any of these with spring lamb and enjoy!

Recipe

Simple Vegetarian Supper
I am always searching for easy, appetising recipes, which you can play about with, adding other ingredients that are available or take your fancy. An example is crepselle alla fiorentina, a lovely simple supper, where I replace some of the spinach with either kale or silver beet – or even dandelion leaves, which are so plentiful in spring. Crepe alla fiorentina is an omelette filled with greens and baked in a ceramic dish in a simple white sauce. It makes a healthy, appetising meal on a budget.

Omelette ingredients
120g whole grain flour 3 eggs 300ml milk
40g of butter, melted salt and pepper

Filling ingredients
300g greens (spinach/kale/silverbeet/dandelion leaves) 250g fresh cheese (Philadelphia, quark or cream cheese)
Nutmeg Pepper

Sauce ingredients
40g butter 30g flour 300ml milk
100ml cream whipped salt and pepper

Method
Omelettes: Gently mix the omelette ingredients together and leave for 30mins.

Filling: Blanch the greens in very little water till soft, then chop roughly, add fresh cheese and spices. Bake thin omelettes from the mixture, fill with greens mixture and roll up.

Sauce: Melt butter in a heavy saucepan over medium low heat. Stir in flour. Using a wire whisk, stir the butter-flour mixture until it bubbles. This is called a roux. Cook and stir the roux for 1-2 minutes. Remove from heat. Slowly add the milk to the roux, stirring vigorously with whisk.

Return saucepan to heat. Cook and stir over medium heat until the sauce thickens (around 5 mins). Add the whipped cream.

Pour sauce into a buttered baking dish, cut the omelette rolls into 30mm thick slices and place them into the sauce. Bake in a preheated oven (200°C) for 20 mins. Buon appetito.

Franziska
Why is My Computer so Slow?
This is a common question from owners of older computers, who remember how much faster it was when it was new, and wonder what can be slowing it down.

Over time, computers can develop hardware faults which might cause them to fail entirely, or become noisier (worn fan bearings); but they do not become worn and slow down like mechanical devices such as car engines, lawn mowers, etc.

People often think that all the accumulated stuff on their hard drive must be slowing their computer down; but as long as a hard drive is less than 90% full performance will not be degraded. However, de-fragmenting every few months can give some performance boost.

There are two main reasons an older computer might seem to have slowed down.

The first is that every year or two the performance of new computers roughly doubles due to technical advances. So a computer you bought 6 years ago will have approximately a quarter the overall performance of one you might buy today.

But hey, you say, how does that affect the performance of my old computer? The answer is simple. Software developers in their quest to outdo their competitors, with impressive graphics and heaps of features, target modern computers with hardware powerful enough to run resource hungry programs with ease; but for which older computers may simply not have the required grunt.

If your computer was still running the same software it ran when it was new, it would not be an issue. But you are obliged (often for security reasons) to update to new versions of just about everything: your web browser (Internet Explorer/Firefox/Chrome), Adobe Reader, Anti-virus software, Skype, Nero, your email client, etc.

While updating is pretty much unavoidable, if your computer is old, consider using lightweight software alternatives that are less resource hungry.


What about upgrading your computer hardware to make it run faster? With one exception, this is usually not a cost-effective option – and if you have a laptop, all but impossible.

The one exception is memory. It is relatively easy and fairly cheap to increase the amount of memory in a PC or laptop, and it can have quite a dramatic effect. If you are running Windows XP with 256Mb or 512Mb of memory you will get a significant performance improvement by upgrading to 1Gb (or even 2Gb if you run several resource hungry programs concurrently).

The second thing that slows down old computers (and new ones too) is having lots of programs run automatically (and unbeknownst to you) when your computer starts up. While there are certain programs that need to do this (such as anti-virus and hardware related processes) many are not really necessary and do nothing but slow your computer down.

If you know how (and feel confident) to find and disable unnecessary start-up processes, this can speed up your computer noticeably – especially at starts up.

Ron
Additions and Changes for insertion into the back of the Diamond Harbour Service Directory & Phone Book

1 = RD1 Lyttelton 8971

Add
Anthony Amanda 13 Whero Avenue DH 1 .......................... 022 628 0538
Aram Shannon 13 Whero Avenue DH 1 .......................... 021 206 3911
Ball Graham & Terena 47 James Drive Chu 1 ....................... 4479
Barlow Rebecca 4 Stoddart Terrace Chu 1 .......................... 4806
Bradley Diana 2A Kura Lane DH 1 .......................... 021 708 4700
Bradley Richard 2A Kura Lane DH 1 .......................... 021 709 4700
Clementina Tony 45a Waipapa Avenue DH 2 ...................... 3376
Cunningham Holly & Mania 150 Marine Drive Chu 1. 550 1718
Dennis Louise & Paul 2 Emmerson Crescent Chu 1 ............. 4489
de Ruter Yolanda 45a Waipapa Avenue DH 2 ...................... 3376
Dickinson Margie & Nic 76 Waipapa Avenue DH 2 .............. 3331
Drummond Jennifer 16 Te Papau Crescent DH 2 .................. 4988
Farmer Ramon & Patricia 133 Marine Drive DH 1 ................. 4989
Gilmore Craig & Jo 39 Andersons Road Cha 1 .................... 338 6653
Gladwyn Joan & John 10 Marama Terrace DH 1 .................. 4255
Haynes Len & Shirley 6 Taimana Lane Chu 1 ....................... 4553
Hitchings Julie & Rob 61 James Drive Chu 1 .......................... 0275 234567
Kennard P H 50 James Drive Chu 1 .................................. 3020
Macleod Ian 93 Waipapa Avenue DH 2 ............................. 3110
McQueen Diane 46 Ranui Crescent DH 1 .......................... 4884
Maddox Lorretta & Steve 4 Ngaoi Lane Cha 1 .................... 3029
Martin Lee 9 Ngaoi Lane Cha 1 ....................................... 3181
Pedlow Joanna 9 Ngaoi Lane Cha 1 .................................. 3181
Pritchett, Sarah 2/166 Marine Drive Chu 1 .......................... 3344
Ross Colin & Veronica 199 Purau Avenue Pu 2 .................... 3303
Smith J P 170 Pa Road PL 2 .......................... 4704
Smith Kathie 9 Muriwai Drive Chu 1 ................................. 4274
Stiles 5 Marama Terrace DH 1 ........................................ 4894
Swallow, Phil 2/166 Marine Drive Chu 1 ............................ 3344

3 = RD2 Diamond Harbour 8972

Diamond Harbour & Districts Service Directory

Taylor Stephen & Margaret 37 Ranui Crescent DH 1 .................. 4993
Tonkin Lois 93 Waipapa Avenue DH 2 ................................. 3110
Turner Christine 64 Marine Drive DH 1 ............................ 3033
Turner M C 12 Camp Bay Road Puaru 2 ............................ 4461

Corrections

Community Quiz
Heather Watson .......................................................... 4464

 Held last Friday of the month.

Clever B J  Tau Crescent DH 2 .......................... 4224
Currie Sue 409 Marine Drive Cha 1 ............................. 4846
Powell J & L 73 Marine Drive DH 1 .......................... 4404
Sanders D L E 2A Marine Drive DH 1 .................. 4233
Turner M C 12 Camp Bay Road Puaru 2 ........................ 4461
Wells H 12 Marama Terrace DH 1 .............................. 4394

Update

Diamond Harbour Playcentre ................................ 4515
Contact: Kate Leech ......................................................... 4924
Session times: Monday, Wednesday, Thursday, all 9.15am - 11.45am.

Harbourside Bed and Breakfast 63 Purau Ave DH 2 .................. 3229
Thompson Frances Flat 1 43B Waipapa Ave DH 2 .................. 4666

Remove

Cornish Wendy 17 Whero Avenue DH ............................... 027 221 3999
Davidson Peter 3 Waipapa Ave, DH PO ............................. 4871
Gimson Tony 17 Whero Avenue DH ............................... 027 221 3999

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  * PH: Louise 329 4489 (txt)

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HAPPY TO BE STUCK WITH YOU

The Eco Gardener’s Patch

How to pot up seedlings

Do try this at home. You will need:
- a work bench you can get dirty
- pots
- potting mix
- water
- seedlings

I sowed tomato, cucumber, broccoli and many other vegetable seeds in punnets and pots in my lean-to glasshouse in August. The glasshouse is not heated, but sunshine is stored in large black plastic containers of water kept under the bench which heat up during the day and release heat slowly after dark. Vegetable seeds and seedlings don’t need a lot of heat to germinate and grow (15°C is the minimum required) but they do better if the temperature is kept as even as possible.

One month later some of the baby seedlings had their first true leaves (the ones that look like the leaves of the adult plant). They were therefore ready for potting into larger pots where they can grow to the size they need to be for planting out in the garden (or sharing with friends, family, neighbours and good causes).

There is only one thing you really need to know to pot up seedlings successfully – don’t squeeze the stalk! The stalk is the main trunk line carrying water, nutrients and energy between the roots and the leaves. If you crush or bend its delicate tissues during potting up it will not be able to do its job properly, and the seedling will not flourish.

So hold the seedling by one of its seed leaves, lower the plant delicately on to the damp potting mix in the pot, shake more potting mix carefully around the roots and stalk until the plant can stand up unaided, then gently tamp the potting mix around the plant before watering it. That’s it. Keep the potted-up plants warm and well-watered, and within 3 or 4 weeks they will be ready for planting out in the garden.

More photos of how to pot up seedlings are on Christine’s blog – www.ecogardenernz.blogspot.co.nz.

Christine Dann
You can come too — Local Events and Community Activities

Our Library
It’s school holiday time again 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. These are all free.
You are always welcome to come down to the Library and have a browse, or colour in one of our colouring in pictures.
Remember our Pre-School Storytimes is on the third Tuesday of each month at 2pm.
This month’s Storytime is on Tuesday October 16 - come and join in the fun - all welcome. Christine Turner

Come and celebrate
International Ivy + Bean Day

Where: Diamond Harbour Library
When: Friday 12 October 3-4pm
Bring a friend along and enjoy activities, games, give-aways and a reading of the latest Ivy + Bean story
Free ~ Suitable for ages 7-12 ~ No bookings required
Contact Christine at Diamond Harbour Library for more information

MEN’S BREAKFAST
St Andrew’s Church Hall
Saturday, October 27th
at 7.45am for 8am start
Speaker: Bill Cotton
Bill is a Christchurch trained accountant who has been in practice in NZ and the UK, although most of his career has been in education with 8 years at the University of Canterbury, then 18 years as Professor of Accountancy and Finance at the State University of New York. He is currently Treasurer of the Canterbury Jockey Club and was recently elected to NZ Thoroughbred Racing's National Members’ Council.
Bill’s Topic:
The Racing Industry in New Zealand
For catering purposes please contact:
Ross Fountain 329 4202
John Somerville 329 4713
Errol Walker 329 4477
John Willis 329 4243

Diamond Harbour & Districts Historical Assn
Next meeting: Tuesday October 9 at 8pm in the Stage Room. Pat Unger’s talk is entitled The landscapes of WA Sutton. All welcome. Jan Studholme

Diamond Harbour Ukulele Band
The Diamond Harbour Ukulele Band will be meeting for a strum along on Monday October 15 at 7.30pm. Please call Christine 329 3033 for more information. Everyone welcome. Christine

orton Bradley Park Spring Fair
Sunday, Labour Weekend, October 21
10am - 4pm
A fantastic day out for the whole family
Food, coffee, wine, beer, arts & crafts, white elephants, plants, rhododendron walks, old machinery demonstrations, vintage car display, bouncy castle, pony rides, water walkers.
Live music all day. Eftpos on site
Normal park entry fee applies - $5 adult, $1 child
Visit www.ortonbradley.co.nz for full list of stalls
Fair made possible with the generous support of Bell, Lamb & Trotter, Lyttelton Port Company, John Leech Architecture Ltd and Brendon Leech & Co Ltd.

Soccer
For school-age kids, once a week in Term 4 with Coach Dave. 40 mins of ball aptitude, physical, social and technical development….and plenty of fun too!
• Diamond Harbour School grounds
  • $65 per child per term
• Saturdays, 27th Oct - 15th Dec
  • 9.15 am start for ages 5 - 8
  • 10.00 am start for ages 9 - 13
Contact Dave Heath: 3293061 or 02102741167
email: studioredfitness@xtra.co.nz
Or leave your name & phone number at school reception.
Edible Garden Workshops

Following on from the very successful local food resilience workshop held in August, Project Lyttelton is now inviting gardeners to enhance their food production skills by participating in two Edible Garden Design And Soil Fertility workshops. Both workshops will be facilitated by Robina McCurdy and take place at Orton Bradley Park. The Edible Garden Design workshop will be on Saturday 6 and Sunday 7 of October. The Soil Fertility workshop will be on Sunday October 14. Through these workshops participants will learn how to design and establish their garden for abundant food production using organic and permaculture principles. For further information and to register please RSVP to nina@lyttelton.net.nz. This is a free of charge event with a limited number of spaces available, so get in quick.

Woolfun Day at Bergli

Next Woolfun Day is Saturday October 13. Enjoy a relaxed day working with wool, with like-minded people in a small group, in a beautiful log house with wonderful views. Koha. Morning and afternoon tea provided. Bring your lunch, your woolcraft gear, and if felting, a table if possible. Bergli B&B, 265 Charteris Bay Rd, Teddington. Ph 329 9118. Rowena MacGill

Road Cycling Group

Meets weekly in Diamond Harbour. To join a ride ph Mike 329 4647 or mikecatton@mac.com.

Free Running Group

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

Diamond Harbour Camera Club

Next meeting: Tuesday October 16 at 7.30pm in the Stage Room. There will be presentations by 2 club members. Everyone welcome. Visitors: $3 donation. Rouke Bakker

Fitness Boxing Classes

High-energy, stress-busting classes that feature boxing with gloves and focus pads, core work and circuit-training exercises. Designed to help tone and sculpt the body whilst improving strength, co-ordination, aerobic and anaerobic fitness and stamina. Suitable for men, women and teenagers of all fitness levels.

Tuesday classes: 23 Oct - 11 Dec, 7 - 7.45pm
St Andrew's Church Hall

Thursday classes: 25 Oct - 13 Dec, 7 - 7.45pm
Diamond Harbour Community Hall

Contact Dave Heath
Phone 03 3293061 / 02102741167
studiredfitness@xtra.co.nz

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.
**Community Welcome Packs**

Church Bay and Diamond Harbour welcome packs for new arrivals are available from Pat Pritchett (for the Church Bay Area) and Heather Watson from Snowdrop Cottage (for Diamond Harbour and other bays on the south side of the Harbour). Please contact them to arrange for a pack to be gifted to any newcomers you learn of.

The Church Bay packs have a picture of a local child’s artwork on the front pocket. (Otis’s art work can be seen in the photo below).

Any children wishing to draw a picture on fabric to be sewn onto a bag can contact Pat (329 4826) or Heather (329 4464). Carol King, assisted by Pat, makes the bags for Church Bay. The bags for Diamond Harbour and other bays were made by Wanda Stowell. The packs provide newcomers with local information and make them feel welcome.

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**Had Your EQC Experience Yet?**

Or are you still waiting—perhaps a tad apprehensively, given the number of horror stories we hear about inadequate workmanship? If so, take heart from our recent experience.

The damage to our home was minor, the repairs involving a lot of repainting and a bit of plumbing. We opted for EQC-appointed tradesmen because we didn’t know any painters. Paul, from Fletcher’s Lyttelton hub, listened sincerely to our concerns and negotiated with EQC on our behalf about a couple of omissions from the repairs plan.

Serg, of SN Painting Ltd, lives in Diamond Harbour and is similarly pleasant and helpful. He and his team duly completed the painting and we are delighted with their excellent workmanship.

When an unanticipated problem occurred with the plumbing repair, we were impressed with Serg’s response. He apologised for the inconvenience to us and without delay, cheerfully set about rectifying the issue despite no doubt considerable inconvenience and cost to himself. He did not hesitate to engage Tas from Lyttelton Plumbing, who had not previously been involved. Together Tas and Serg solved the problem efficiently and effectively.

If your EQC Experience is still to come, we would certainly suggest that Paul, Serg and Tas are three people whose workmanship you can rely on.

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**DIAMOND HARBOUR**

**Rugby Club**

**2013 PLAYING SEASON**

**PLAYERS - ALL GRADES**

**SENIOR & JUNIOR CLUB CAPTAINS**

**COACHING POSITIONS - ALL GRADES**

**TEAM MANAGEMENT - ALL GRADES**

**FIRST AID/STRAPPER**

**COMMITTEE**

**GROUNDSMAN/CLUB CUSTODIAN**

**CLEANER**

**EXPRESSIONS OF INTEREST TO:**

Post: Secretary, DHRFC, P O Box 37, Diamond Harbour 8941

Email: dhrugby@gmail.com

Clubrooms: 1 Waipapa Avenue, Diamond Harbour

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**Chiropractic, Acupuncture & Nutritional Medicine**

Truly integrated healthcare offered by caring practitioners with a wealth of training and over 40 years of clinical experience

Help with:

- Neck, back and joint pain
- Muscular aches and pains
- Sports injuries, headaches
- Digestive, circulatory and respiratory complaints
- Anxiety, stress, insomnia
- Food intolerances and more

Mark and Lou Warren

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- Back and neck problems
- Post operative rehabilitation
- Exercise programs
- Pilates
- Acupuncture
- Massage
- Small gym for rehabilitation and for fitness programs or weight loss

- Available Monday to Friday 8am - 7pm
- Can make appointments to suit ferry times - Gold cardholders travel free
- ACC Endorsed Provider
- No Doctor's referral necessary

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Driver: Colin Craig

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Shannon Aram
Director
mobile: 021 206 3911
email: shannonarampainting@gmail.com


**Church Notices**

**Regular Services**
Catholic
Catholic Mass - First Sunday of the month at 5:30pm.

Anglican - Methodist - Presbyterian
Sunday 10:30am Communion
Wednesday @ 9am (see below)

**Wednesday @ 9**
Wednesday mornings 9-9:30am: A great place to drop into after the kids are at school or after 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 children welcome. Sun 10:30—11:30am.

**Home Groups**
Two home 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 are welcome. $3 for one child or $4 per family. Rainbow Music is 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.
Inquiries can be made to the Parish office on 329 4790.

**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 10am to 12 noon. Please ring Wendy Coles 329 4483 - Babies or Kate Leech 329 4924 - Toddlers. Oct 2, 16 & 30, Nov 13 & 27, Dec 11.

**City Shopping Van**
The fortnightly shopping van to South City will be running on: Oct 3, 17 & 31, Nov 14 & 28, Dec 12.
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.

**Men’s Breakfast**
Mt Herbert Parish Community Men’s Breakfast, 8am on Saturday October 27. The speaker will be Bill Cotton and the topic, *The Racing Industry in New Zealand* (see page 12).

**Points to Ponder**
This past month I have been reminded of how important friends are. Some of us have many friends and only one or maybe two very close friends with whom we share our deeper thoughts and concerns. Others have a number of close friends who share our life’s journey on many levels. However you are wired, appreciate your friends – all of them – realize that some friends are there for a season, others are special for a number of years and some are only around for the good times.
When we are frustrated with our friends it is important that we clear the air with them. If they know nothing of our frustration then we need to be careful, they may not even realize their behaviour is causing us grief.
When I was at primary school there was a girl in my class who sang incessantly; everywhere she went she was always singing – it did my head in!
Many years later as an adult in my thirties, I met her again and she was singing in a band. I was reminded of my stink attitude to her as a youngster. I spoke to her and – introduced myself. I also apologized for my treatment of her and how much her singing annoyed me when I was much younger but how much I appreciated it now.
She had a lovely voice and I certainly hadn’t appreciated it many years before! She was very surprised as she didn’t realize this is how I had felt. I obviously didn’t voice my annoyance at that time even though I thought that I had! I wondered if I did more harm than good by raising this with her.
Someone once said to me that before speaking we must ask ourselves, *Is it true? Is it kind? Is it necessary?* If the answer to all three questions is yes then proceed. If not, rethink what you are going to say.
Oh dear, it is such a shame that most of us need to learn by our mistakes – over the years I certainly have!
Life is a journey, not a destination! Anna Pickersgill-Brown

**My Mountains**
Like most people I consider Monday as the first day of the week; it is actually the second like the calendar says, but of course Sunday is observed as a day of rest, a faux holiday, a 24 hour vacation to be devoted to worship, a big meal and chilling out and recharging one’s batteries.
The kids are gone, the house is quiet, so I am here about to pour out my thoughts before I face my mountains.
It takes a while to craft the words together, preparing like a sorcerer’s incantation, a spell to bind us closer.
I don’t have a lot of Mount Time Out or Mount Rest and I certainly need Mount Strength to help me carry on.
But I always have Mount Of Prayers when I have Mount of Tears.
express our gratitude to all those who contributed prizes
Group and the Cancer Society. We would also like to
Thank you to you all for your ongoing support of our
third prize of a bo-

lle prize for the painting was Hanna Martin and the massage
dolls and Jan Studholme won the photograph album. First
basket Lois and Peter Butcher, Nancy Lei won the pair of

The winners of the ra-
ns for the Cancer Society on Da-

ffl
We raised $650 for the Cancer Society on Da-
ner. What a great result for the local Cancer Support Group
This includes putting up signs, maybe helping with parking,
setting up the stage area etc. If you have a few hours to
spare we would love to hear from you. Please call Brian
on 329 4381 to put you name on the list and tell us what
days/hours you can do.

Janet

Catering and Housekeeping Staff
Have you had experience in the hospitality industry and
are you looking for some casual work over the next few
months?

Living Springs Camp and Conference Centre is looking
for enthusiastic and capable team members to work in
catering and housekeeping during our busy season.
The hours are flexible and will include some evenings and
weekends.

Please contact Jon Ward 329 9788 for more info.

ACUPUNCTURE

Neck/back pains  Sports injuries
Musculo-skeletal problems
Insomnia & depression
Digestive problems
Menstrual/ menopause
Headaches, migraines

Acupuncture could help these problems

Enquiries & appointments ring
Vida Watson  Ph. 329 4663
Registered acupuncturist  ACC approved

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Civil Defence Update

Tsunami Drills
On Sunday September 30, the new tsunami warning
system was tested. The Council will test these sirens twice
yearly on the Sundays that Daylight Saving begins and
ends. Sirens have been sited along the coastline from
Waimairi Beach to Sumner. These are the areas, so far,
within the evacuation zone. The system is not designed to
be heard inland from those areas. As funds become
available more sirens will be sited in the harbour basin.

Until then, we will be warned by radio of tsunamis
originating from far away. In the case of a more regional
one (eg an eruption of an underwater volcano in the
Kermadec Trench, north of NZ) the 1 to 3 hour travel time
will also allow NZ to prepare. Should this event occur
during sleeping hours, our local Fire Chief will have been
immediately warned and will arrange for the fire siren to
go continuously. He will also advise Civil Defence and the
Neighbourhood Support networks so that they can spread
the warning. Then we will need to listen to the radio.

Local tsunamis - those generated very close to shore - are
the most dangerous because we may have only a few
minutes warning. Knowing the natural signs that precede
such tsunamis may help. If you are at the coast, move
immediately to the nearest high ground, or as far inland
as possible if you experience any of the following:
a. A strong earthquake that makes it hard to stand up or a
weak rolling earthquake that lasts a minute or more.
b. A sudden rise or fall in the sea level.
c. Loud and unusual noises from the sea.

If there is sufficient time and you have been warned to
evacuate, here are some useful tips:

1. Take your getaway kit with you if possible. (But do not
take tickets, cakes and sausages!
2. Take your pets with you if you can do so safely.
3. Move immediately to the nearest high ground, or as far
inland as possible.
4. Walk or bike if possible and drive only if essential. If
   driving, keep going once you are well outside the
   evacuation zone to allow room for others behind you.
5. If you cannot escape, go to an upper storey of a sturdy
   building, or climb onto a roof or up a tree, or grab a
   floating object.
6. Boats are usually safer in water deeper than 20 metres
   than closer to shore. Move boats out to sea only if there is
   time and it is safe to do so.
7. Never go to the shore to watch for a tsunami. Stay
   away from at-risk areas until the official all-clear is given.
8. Listen to your local radio station to keep aware of the
   latest situation.

If you haven’t already developed an evacuation plan for
your family, do so. And, as added insurance, make sure
you are in an up-to-date Neighbourhood Support group!

Elaine

Catering and Housekeeping Staff
Have you had experience in the hospitality industry and
are you looking for some casual work over the next few
months?

Living Springs Camp and Conference Centre is looking
for enthusiastic and capable team members to work in
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ACUPUNCTURE

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Insomnia & depression
Digestive problems
Menstrual/ menopause
Headaches, migraines

Acupuncture could help these problems

Enquiries & appointments ring
Vida Watson  Ph. 329 4663
Registered acupuncturist  ACC approved

Diamond Harbour Herald - Established 1953                  Page 16                                               No 161 October 2012
Meeting held Monday September 17

Natural burial site

The committee was given a report on progress with the Natural Burial proposal. Three on site meetings have been held to look at the bottom two layers at the memorial gardens. A plan has been drawn up suggesting that the second to bottom level could have natural burial of bodies and the bottom layer scattering of “green ashes” (unembalmed bodies cremated in natural material shrouds or coffins). A submission will be made to the Draft Cemetery Plan in November. This will include succinct proposals on what, where and how, along with a landscape plan and indications of community support. This will be elicited with a petition and an open meeting for the community is to be held on October 11. It was suggested input to the Stoddart Point Plan could be a good idea also. See report on page 5.

Detailed Engineering Evaluation Meeting

Council staff facilitated a useful meeting on Friday 14 attended by about 30 people. Explanations were given about the processes taking place to ensure community buildings are up to standard. A Community Board meeting will be held on October 23 to prioritise work on community buildings. Another meeting will probably be held later in the year for interested locals to be updated.

Community Board Report

Paula reported on the Mayor’s visit (see report on page 4) and said that the Mayor has committed to seeing that fencing and power to the Godley House site is speeded up to allow for summer events. He has undertaken to talk to Tim Hunter of Canterbury Tourism on opportunities for tourism.

The Community Board has made a submission to Ecan about transport, stressing the importance of the bus and ferry service to residents on this side of the harbour. Governors Bay has also made a submission to have their bus service reinstated. Those hearing the submissions accepted that the ferry-port-connections etc have been an intractable problem for many years. (The Lyttelton Plan ignored transport and also the museum.) Paula also talked about the Water Management Committee and the Zone Implementation Plan on sedimentation (see Ecan notice below).

Local Earthquake Recovery Advocates have been appointed to assist the Community Board. There are issues that need to be pursued with CCC such as getting pools reopened.

Turners

David and Nan Turner will be a loss to the committee when they move to Nelson. We wish them well and thank them for their contributions. Members will attempt to suggest people who could be co-opted to restore numbers.

Next meeting 7.30 pm, October 15.

Karen
**Classifieds**

**Playcentre seeks volunteer handyman**
DH Playcentre is looking for a handyman to help out with small maintenance jobs and toy repairs. If you have some spare time and would like to help please ph 329 4474.

**Lawn Mower wanted**
Do you have a lawn mower you are willing to donate to the DH Playcentre? Must be in good working condition. Please ph 329 4474.

**Mushroom Compost**
Miss out? The DH Fire Brigade still has a small amount left. Ph Don 329 4868.

**Garage Sale - Combined Households**
Toys, clothes, books, games, household goods and more. Sat Oct 20, 9.30am. Corner Whero Ave & Kura Lane.

**Acer Aspire 3620 Laptop for sale**
Clean Windows XP install, MSE Antivirus, LibreOffice (MS Office compatible) etc. 14” screen, 34Gb hard drive, 1Gb memory, WiFi. $175. Ph 329 3032.

**Compaq Presario C300 Laptop for sale**
Clean Windows XP install, MSE Antivirus, LibreOffice (MS Office compatible) etc. 15.4” screen, 56Gb hard drive, 1Gb memory, WiFi. $125. Ph 329 3032.

**Dining Table and chairs for sale**
Extension dining room table with 6 matching blue corded velvet chairs in good condition. $130. Ph Anne 329 4463.

**Yellow Bin Missing**
Yellow rubbish bin, number 0651007 has gone missing from 133 Marine Dr. If you inadvertently have 007, or know of its fate, please phone Trish on 329 4989.

**Beachview Accommodation**
Self contained one/two bedroom unit in Church Bay. Phone Ian 027 242 9300.

**Motorcycle Repairs and Servicing**
Also small welding repairs. Jon 329 3236 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.

**Cleaners**
Orton Bradley Park requires a cleaner (paid position approx 5 hours/week. Hours flexible. Ph Ian 027 242 9300.

**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.

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**Herald Calendar**

**Annie’s Victorian Teas Return**
Nov date TBA. p4

**Art Group**
Wed, 9.30am-12noon, Church Hall

**Bridge Club**
Wed, 7pm, DH Bowling Club, 3294094

**Camera Club**
Tue, Oct 16, 7.30pm. Stage room See p13

**Church Activities**
See page 15

**Croquet Club**
Wed 2pm, Sat 10am

**Classic Cars**
Sun Oct 7, 9.30am. Church Bay Services

**Diamond Harbour Singers**
Wed, 7.45pm, Stage Room

**DH Community Assn**
Mon Oct 15, 7.30pm Comm Room

**Ecan Meeting in DH**
Thu Nov 1, 5.30pm, Com Hall. p17

**Edible Garden Workshops**
Oct 6, 7 & 14. OB Park. p13

**Film Society**
Thurs, 7.45pm, Stage Room

**Fitness Boxing**
Tues, Church Hall, Then Com Hall. p13

**Garage Sale**
Sat Oct 6, 9am. James DrROW. See p13

**Godley Cafe Opening**
TBA. See page 3

**Godley House Memorial Walkway Grand Opening**
Sunday Nov 11, afternoon. See page 2

**Green Burials**
Thu Oct 11, 7.45pm Com Meeting, See p5

**Historical Assoc**
Tue Oct 9, 8pm Stage Room. p12

**Insight Meditation**
Tues, 6.30pm, 7A Whero Ave

**Ivy + Bean Day**
Fri Oct 12, 3pm. DH Library. See page 12

**Ladies Probus**
Mon Oct 8, 10am. Church Hall

**Library Story Time**
Tue Oct 16, 2pm. See p12

**Mens Breakfast**
Sat Oct 27, 7.45am. Church Hall. See p12

**Mens Probus**
Thu Nov 1, 10am, DH Rugby Club

**Orton Bradley Spring Fair**
Sun Oct 21, 10am. See p12

**Purau Valley Market**
Sats Oct 6 & 20, 9am. Village. p13

**Quilting Group**
Mon Oct 29, Ph Rosie 329 4646

**Rugby Club Bar Open**
Fris & Sats evenings

**Running Group**
Suns 8am. See page 13.

**Shoppers Van**
Wed Oct 3, 17 & 31. See p15

**Soccer Coaching Starts**
Oct 27, DH School. See p12

**String Players**
Tues, 7pm. Ph 329 4536.

**Tai Chi**
Thurs 11-12noon Sun 5-6pm, Com Hall. 329 4835

**Tennis Club**
Suns, 9.30am. Waipapa Ave Courts

**Toy Library**
Sats 10am-11am, Community Hall

**Ukulele Band**
Mon, Oct 15, 7.30pm. see p12

**Woolfun at Bergli**
Sat Oct 13. see p13

**Yoga Classes**
Suns & Mons, 7pm, Ph Adrian 329 3395

**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.

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**To view or place Community Notices go to www.diamondharbour.info**