LYTTELTON REVIEW

Feburary 2017 • Issue: 182

PURAU · DIAMOND HARBOUR · CHURCH BAY · CHARTERIS BAY · GOVERNORS BAY · RAPAKI · CASS BAY · CORSAIR BAY · LYTTELTON



Next Issue print date: Issue 183, 28th February 2017.

Content Deadline: 24th February 2017.

Review Creators

Lyttelton Harbour Review is a 100% voluntary community newsletter initiative developed after the February 2011 earthquake. It's a Lyttelton Harbour Information Centre initiative produced by Chairperson Wendy Everingham and Committe Member Jenny-Lee Love.

The objective of the Lyttelton Harbour Review is to help keep local residents informed with what is going on in the wider Lyttelton Harbour community. Of course the success of the Lyttelton Harbour Review could not be possible without the ongoing support and enthusiasm from the wider community.

A big thank you goes out to everyone who sends information; is willing to be interviewed or lets us know what might be happening in the neighbourhood. The Lyttelton Harbour Review project would not be possible without you all.

If you have an event, topic, sport announcement, fundraiser or cause that you would like to share with the harbour community, then Wendy or Jenny-Lee would love to hear from you:

Wendy Everingham Office: 328 9093 Mobile: 021 047 6144

Email: infocentre@lyttelton.net.nz Content Deadline: 5pm Friday

Jenny-Lee Love

Email: lytteltonreview328@gmail.com

Subscribe to the Review:

Email either Wendy or Jenny-Lee with the words "Subscribe Me" in the subject line and the Lyttelton Harbour Review will be delivered to your inbox.

In 2017 the Lyttelton Harbour Review is produced fortnightly. Any important information between times will be emailed as a Lyttel Broadcast if neccessary.

Hard Copies of the Review are available at:

Council Service Centre
Fat Tony's
Lyttelton Bakery
Leslies Bookshop
Lyttelton Community House
Lyttelton Harbour Information Centre
Lyttelton Library
Lyttelton Top Club

Back Copies Available to Download: www.lytteltonharbour.info

Cover image kindly supplied by John McLister



John Thacker and Andrea King from the Canterbury Pilgrims and Early Settlers Association celebrating the arrival of the first four ships.

Library Gearing Up to Move

Your Help Would Be Appreciated

The long awaited re-furbished Lyttelton Library is due to open on Monday March 13th at 10am.

"We're busy planning the move back to London Street and are hoping again for some assistance from the Lyttelton community, including members of the Timebank" said team leader Annette Williams.

Rebuild work at the new site is almost finished and Annette anticipated that the final building work will conclude week ending February 17th.

'This will enable the contractors who fit out the library to erect all the new shelving and install all the furniture shortly after" she said. For the temporary library in Winchester Street plans are underway to transfer the collection back to the former site. This library will close on Saturday February 25th at 1pm. There will be a two week shut down at that point and then the new facility will open to the public on Monday March 13th.

To enable a smooth transition to the new library community support of the library move is required again. This time the library at Winchester Street will be packed up fully by contractors so your help will only be required setting up at the new site. Sounds like a great deal for the community as this is by far the more of the fun side of the shift.

If you have some spare time week beginning March 6th this is what is needed.

"It would be wonderful to have community and

Timebank helpers on Tuesday 7th and Wednesday 8th. We envisage having two shifts of 2-3 hours per day, with 3 helpers per shift, so a total of 12 slots" Annette said. Like last time you just need to be physically fit, able to lift light to medium weights and be happy to put books back on shelves.

If you are keen to help, please get in touch with Annette Williams at the temporary library in the Recreation Centre. If you are a Timebank member please let her know when you register. Time credits are payable by the City Council for your assistance.

Please note there will be no library services available for the two weeks while books, furniture and equipment are moved from the temporary library to the refurbished library. Customers can return library items they have borrowed to the returns slot in front of the library on London Street. Holds will be available for pick up at the Linwood Library at Eastgate unless requested otherwise.

When the new facility opens you will find a new entrance on the corner of Canterbury and London Streets and a refreshed interior with new carpets and paint. The refurbished Lyttelton Library and Customer Services will have a larger children's area, a magazine bay overlooking the Lyttelton Harbour, and a bookable meeting room for use by the public.

The Christchurch City Council Customer Services will also be re-located to this facility. This will be the new place for you to make your rates and dog license payments and make any other council service enquiries.

To register your help for the move please contact:

Annette Williams, Lyttelton Library Lyttelton Recreation Centre 25 Winchester Street, Lyttelton

Article Lyttelton Information Centre





Last year a campaign began in Lyttelton to eliminate plastic shopping bags. This year in 2017 organiser Juliet Neill says,"There will be no plastic shopping bags in Lyttelton by the end of the year".

A team of volunteers are busily sewing cloth bags. The immediate project is to get rid of all plastic from the weekly fruit and vegetable co-op delivery scheme. In 2016 the smaller \$6 bags were all converted to material. Sue-Ellen Sandilands leads a small team who are now making 50 larger bags for the \$12 weekly fruit and vegetable deliveries. "This small effort takes approximately 100 bags out of the waste stream each week" she said.

A sewing bee is planned shortly to produce a larger supply of the bags. If you are keen please get in touch with Sue-Ellen. "We are always after more people to help sew and donate the fabrics needed to make the bags" she said. Currently the team has nine willing volunteers. These bags are also made to support the Lyttelton Welcome Bag Project.

To date the group are making an impact. They have worked in collaboration with the Waste Matters team and have influenced many of the stalls at the Farmers Market to not use plastic bags. Some market days they are at the community stall selling their hand made bags. All bags sold help produce new ones. They also have stickers and information that is useful. Small stickers have been produced as reminders to pack your bag. Juliet say" this idea came from a local who was always forgetting her bag. The sticker can be placed at your front door as a reminder to get your

bag". These useful stickers are also available for free at Harbour Co-op.

Wendy Everingham recently returned from a trip to Victoria. The coastal town of Point Lonsdale is a very similar size to Lyttelton. She said they have one community supermarket and a series of cafes and specialty shops just like Lyttelton. This village has been plastic bag free for many years. "The IGA supermarket hands out boxes to pack your supplies in. If you really want a bag they will sell you one" she said. Interestingly she highlighted that all the other small shops have taken part in the project. They all sell great bags. Some are handmade and others support interesting causes. She purchased one called a Justice Bag. Proceeds supported refugees etc.

Meanwhile Juliet has ideas for more projects in Lyttelton. The next challenge is a Green Labour Community Beach Cleanup to rid the shore of plastic.

To participate meet at 10am Naval Point Club on March 12th

Plastic Shopping bag free Lyttelton is achievable. Help the team reach this goal.

For more information contact Juliet Neill neillj@ snap.net.nz or call Sue-Ellen Sandilands 328 9243.

Article Lyttelton Information Centre





Haere Mai

Lyttelton Primary

Lyttelton Primary School welcomed the new principal and students with a mihi whakatau on Friday 3 February. Ian Rees from the Board of Trustees spoke, along with our Deputy Principal Jeremy Orczy to welcome Brendan Wright and new students. In a reflection of the school mission 'He waka eke noa - A canoe of which we are all on', the children, parents, board of trustees, staff and family hub were in attendance. There is a positive and supportive atmosphere in the school as it continues to build the necessary partnerships so all children can learn and succeed. 'Our Learning Place - Thriving today, ready for tomorrow.'

Article and photo Lyttelton Primary



Creative Communities Fund – Open now!

The Creative Communities Fund is open for applications and closes Wednesday 24th February 2017.

The Creative Communities Fund supports and encourages local communities to create and present diverse opportunities for accessing and participating in arts activities in Christchurch.

This Fund is available to both Community Groups and Individuals and is for all forms of creative and interpretative expression and can be based around a place, a cultural tradition, or commonly held interests or experiences.

For further information visit: http://www.ccc.govt.nz/culture-and-community/communityfunding/community-arts/the-creative-communities-christchurch-scheme/

Any queries please contact the Community Funding Team on 941 6288.

Legal Education Day

Date and time: 22nd of February 2017, from 9:30am – 3:30pm

Community Law Canterbury would like to invite you to our first legal education day of the year, on the 22nd of February. The focus of our first education day is youth rights with talks focused on youth courts, human rights, family law and rights with the police. This is an excellent opportunity for you or your organisation to gain useful legal knowledge about the rights and processes available for youth in New Zealand.

Price: \$15 for half a day or \$20 for a full day. Payment can be made on the day by cash or eftpos or we can invoice your organization directly.

Morning and afternoon tea provided. Car parking is limited, however there will be plenty of time in between speakers to check parks or refill meters. The building is wheelchair accessible, if you need sign language interpreters please let us know as soon as possible.

RSVP: penny.arthur@canlaw.org.nz or call 595 0507

Have your Say...

Intersection Change – Bridle Path – St Andrews Hill Road

The intersection is where Bridle Path Rd meets St Andrews Hill and at present people are being asked to submit to council their thoughts around some different options. One of the options (Option 3) would mean no right hand turn from Bridle Path Rd heading east towards Sumner/Redcliffs. If this is of concern to you let the council know online

https://ccc.govt.nz/the-council/have-your-say/whats-happening-now/consultations

Cultural awareness & the treaty of waitang

1-5pm, Wednesday 22nd March 2016 Increase your understanding of how the Treaty is relevant to your workplace. - Introductory/refresher level. -Experienced tutor and positive learning environment. Venue: Quaker Centre, cnr Ferry Rd and Nursery Rd

Cost: \$50. Certificate provided. Enquiries: Cathy Sweet 0272568908 csweet@xtra.co.nz

Living Economies Expo

31 March – 2 April 2017 The Living Economies Expo is an event recognising the interconnection of all major global issues around the driving force of our debt based money system. The event will highlight examples where people are doing things differently, creating healthy solutions, demonstrating what is possible, what gives hope and direction to our communities and country. Through the momentum of this event we want to seed systemic change.

This event is being co-created, it is not your usual conference event! If you'd like to be part of its creation your contribution is welcome. Contact Margaret Jefferies, margaret@lyttelton.net.nz for more information

Better Boards

Get the Governance your Not-for-Profit Deserve A Workshop with Garth Nowland-Foreman, who for 25 years has led a consulting business working with not-forprofits, especially on governance, strategy and evaluation. Garth has taught in a graduate programme on notfor-profit management for the last 18 years and is currently a director of LEaD Centre for Not for Profit Leadership. As not-for-profits we need our boards to be high performing and adding real value to the organisation. Garth will share practical insider's tips, and draw on his own considerable practical experience as a not-for-profit board member in this interactive workshop. Wednesday 22 March 2017, 9am – 12 noon Meeting Room Two, Christchurch Community House Te Whakaruruhau ki Otautahi, 301 Tuam Street (please note there is no on-site parking - nearest parking site corner Barbadoes/Tuam Streets) Fee: \$90 first

attendee (Volunteering Canterbury member); \$120 first attendee (non-Volunteering Canterbury member). Additional attendees from same organisation SAVE at just \$30 per person. Registration forms available online soon (www.volcan.org.nz) or email outreach@volcan.org.nz

Advertising in the Review

Since the inception of the Lyttelton Review we have been very generous with advertising. Any one off advertisements for businesses have generally been published free. Advertisers are encouraged to make a donation to our volunteer organisation.

To be a permanently listed business in the directory and have articles written about your business we have a yearly membership fee of \$165 including GST. If you would like to have a yearly listing please contact us infocentre@lyttelton.net.nz and we will forward our membership application.

Half Price Pool Keys

With the pool season well underway the Council is now offering pool keys from February 1 for half price. For an amazing \$70 your household will have access to the pool between 7am-8pm each day of the week until March 26th. To register, please fill in an application form. These are available from the Council Service Centre in London Street or the Information Centre. Alternatively email infocentre@lyttelton.net. nz and we can send one to you. Please note that from February 6th the only way to access the pool is via the key system. There will be no Council Lifeguards on duty from this point until the end of the season.

ECO Canterbury Regional Hub

For environment and conservation interested organisations. Discussion forum afternoon of Saturday 18 February 2017 Venue WEA, 59 Gloucester St, Christchurch

Fill in the Doodle poll "ECO Cant Regional Hub - discussion forum" if you can or cannot attend. Please fill your name and response and don't forget to "save". The link to the poll is: http://doodle.com/poll/y5qbvqyk6bfahhqz

PROPOSED AGENDA Saturday for mid - late afternoon 18 February 2017

Hub activities

- (i) Calendar of Environmental Activities: the format and action on this?
- (ii) Need for a physical Environment Centre?
- (iii) Research: needs for this or what is being done

(iv)What do we want from the local government "network offer"

Opportunity for Networking Action -Seven Rivers Seven Weeks - Walk for the Planet

https://www.facebook.com/walk4theplanet/

Panel discussion

- (i) Democratic Consultation and representation... there is strong concern of how organisations are being manipulated in so-called consultations Democracy is being lost...there is corruption of the democratic process.
- (ii) Urban and Red Zone issues What is really happening with Regenerate Christchurch and environment conservation organisation issues? And other urban issues.
- (iii) Ecologic economics we need a systems change we cannot go on the way we are.
- (iv) Water issues in Canterbury overview/update

Edible Garden Awards

Nominations for the Lyttelton and Mt Herbert Edible Gardens are now open! These awards are a celebration – recognising gardens which serve to enrich the wellbeing of this community.

So have a think whether there's a garden – a friend's, your schools, an organisation, or even your own – that should be nominated. We would love to hear about it. To nominate someone fill out the attached form, and then scan and email it back to us, or post it or drop it in to:

Lyttelton Service Centre, 15 London Street PO Box 73027, Christchurch

Semi-furnished house

Available in Lyttelton end of February 2017

- Solid modernised 1960s house with 3 large bedrooms, one bathroom and separate toilet.
- On the sunny East side of Lyttelton.
- Sunny and warm with two heat pumps, gas fire, double glazing and insulated.
- Semi-Furnished has a queen bed, table and chairs, sofa etc.
- Incredible views as all the house is on an upstairs level.
- Large sunny deck. Beautiful garden and large flat recreational area with amazing views.
- Suit a couple, or a small family. Not suitable for toddlers or children under 7 years. It has steps and a high deck.
- No smokers and no pets thank you.
- \$470 per week.

Phone Michelle 3288020 or 0274160625

Car for Sale

\$450 WOFF/Reg call 0220866358

Maritime Flags including Race Signals

Learn the International maritime signal flags used to communicate with ships. The principal system of flags and associated codes is the International Code of Signals. Each flag spells an alphabetic message, letter by letter. Individual flags have specific and standard meanings. In yacht racing and dinghy racing, flags have special meanings for race signals.

Welcome to Memrise!

Join millions of people who are already learning for free on Memrise! It's fast, it's fun and it's mindbogglingly effective.

Start learning now!

http://www.memrise.com/course/1372595/maritime-flags-including-race-signals/



Afternoon Tea

You are invited to an afternoon tea on the lawn at St Saviour's at Trinity Church. Wednesday 15th February 1-3pm. Please RSVP to Kathy or Hannah ay Community House 08 741 1427. If raining the event will be held the following week, February 22nd

Lyttelton Top Club

Our second quiz is planned for Friday 17th February (from 6:30pm) - teams of 4-6 welcome, with the entry list on the bar from this week. We want to make this a regular event too, so the more support we get, the more we know it's something you guys want to do. **AND IT'S FREE!!!**



54a Oxford St

Lyttelton - just behind the pool
Open Wednesday to Friday 10-4pm

Saturday 10-1pm EFTPOS now available

ACCOMMODATION

ROOM FOR RENT: FLATMATE WANTED

01 LYTTELTON

Available bedroom with own lounge. Great view and only a 10min walk to shops and cafés. Inclusive Power, firewood, and broadband \$220p.w.

Beautiful and sunny 2 storey house with wonderful harbour views with sunny balconies and great garden space. Share with 2 humans, 2 dogs and 2 cats. Must be neat, tidy & clean. Ph 021 251 7839.











Favourite Places John Howie

John Howie is the current exhibitor at the Lytel Gallery. John lives in Lyttelton and was originally from Dunedin. "I have lived in New Zealand all my life. In my early years, we shifted around the country many times from the West Coast of the South Island to Te Puke in the North Island" he said.

John's father was in the railways and the family settled in Christchurch in 1953. Growing up in a railway family it was John's ambition to do the same. Things transpired and that didn't eventuate. John ended up doing a building and joinery apprenticeship and that led to him establishing and owning his own building company.

John retired at 67 and since then he's been busy with some work and many hobbies. "My involvement with minature railways, sailing in Lyttelton Harbour and working part time at the Naval Point Haul-out yard keeps me occupied".

John also is involved in some volunteer activities as well. He's the Chair of Cressy Trust and is involved in the local Civil Defence Group.

Ten years ago, he became a member of Aotea Probus and after some time he joined their art class. He's been attending recently every Friday morning for two hours and has attended with some really good artists.

"I have always been interested in drawing and two years ago, I began working in acrylic and found that a great medium to work with". Viewing the exhibition, you will see that John likes to paint real things and with his interest in buildings and rail he has plenty of subjects to choose from.

Favourite Places – John Howie Lytel Gallery 20 Oxford St Mon- Sat 10-4pm Sun 11-3pm







Seconds, minutes, hours they all tick by, one after another in sequence and linear or so we often think.

Is time an it, without a care for the speed of its passage? or a man on the prowl? Is it old man time who casually lures us into dreaming of tomorrow when today slips slowly away? When we wait with apprehension for a future moment

When, in anticipation we can hardly wait for a future event to arise. the seconds are slower to

arrive and pass by.

the seconds tick by

even faster it seems.

Time is so large it spans eternity and also so small even a micro second contains lots of time.

Though we can't do without it time is not always our friend. It marches on and on and even flies faster the older we get.

The most relaxing way to live in time is to ignore its passage completely. But to ensure you are protected (from that sneaky 'deadline' attack) it is recommended to be mindful of the passing moments, of each day.

Take great care as you live alongside old man time. He is small and large and fast and slow. So build up your own sense of sneaky awareness and always watch out for his movements ... especially from the corner of your eye.

Then ... you will learn to be careful with the moments that count while still keeping a healthy number of those lazy days filled with bliss.

Sandy Constable Jan 2017 Diamond Harbour Writers Group



'A rare opportunity to explore the Korean Icebreaker ARAON, a state-of-theart research ship operating in polar waters. There will be Korean guides on board to explain the vessel's purpose and facilities including the bridge and helideck. Photo opportunities available.

TICKETS: Free but must be booked in advance. Check-in is 20 minutes before entry; no latecomers.

Photo i.D required and sensible footwear must be worn

Children welcome with adult supervision (photo I.D for children not required). No pushchairs.

ACCESS AND PARKING: From Lyttelton tunnel turn right down Simeon Quay then first left down Godley Quay. Follow signs to parking and check-in.

ACCESSIBILITY: Unfortunately there wheelchair access. Those with restricted mobility are advised that there is a 5 minute walk to the ship and a steep gang plank. Contact Julia.Cox@ccc. govt.nz for further information.'







A DAY OF SHORT CREATIVE WORKSHOPS



Sunday 19 February

11am - 4pm

Sports Hall, Lyttelton Recreation Centre

Pay by TimeBank credits and/or koha

www.lyttelton.net.nz









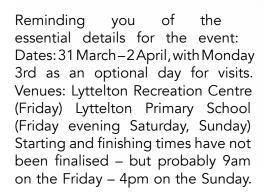
Sunday February 19th

This is the amazing array of workshops available at the Creative Sampler. Anyone can attend and you can pay either by koha or time credits. There is no booking system. Just come to the Recreation Centre and follow the signs to the activity that you are interested in.

		CORNER 1	CORNER 2	CORNER 3	CORNER 4	MEZZANINE
	11:00 – 11:45	Colour to Black & White Digital Photo editing in Adobe Lightroom with Jaya (15)	Beading Intro with Rita (10) 10+	Learn to hand stitch a veggie bag with Ruth (8) Any age	Upcycling - Gift Tags from Golden Books with Sarah (10)	Tea Rooms and Creative Collage
	12noon – 12:45	Is it a cake?- Cake Decorating with Liliana (5)	Origami lotus flower with Annthalina (8) 12+	The Art of Japanese mending with Sue-Ellen (8) 12+	Learn to Crochet with Jan (10)	Tea Rooms and Creative Collage
ADMINISTRATION OF THE PERSON NAMED IN	1:00 – 1:45	Belly dancing with Tracey	Create a Soul/Spirit/ Dream Doll with Bettina (10)	Let's sketch a house- sketching with Mario (5)	Surrealist writing games with Lucette	Tea Rooms and Creative Collage
	2:00 – 2:45	Painted dialogue with Karen (8) 10+	Painting Gourds with Jacq (8)12+	Clowning with Greg	Vocal Improv Singing -with Jillie	Tea Rooms and Creative Collage
	3:00 – 3:45	Creative Writing - the short story with Jane (8)	Shadow puppet making with Juliet (10) 8+	Introduction to Spinning Wool with Jan (6)	Kokadama Ball with Sue- Ellen (8)	Tea Rooms and Creative Collage

LIVING ECONOMIES

31 March - 2 April 2017



I am hopeful that I will be able to tell you that the website for the Expo will be live next week. Then you can register!

The Living Economies Expo is a co-created event. Check out the facebook page https://www.facebook. com/Livingeconomieschch/

Building up to the Living Economies Expo... Juliet Adams will be running film evenings... All film evenings will be held at Project Lyttelton's The Portal, 54A Oxford St, up the drive between playground swimming and the The programmes will start at 7.15, and include several videos, with plenty of time for discussion over a cuppa. For details, contact Juliet at LIFT Library, 03 328 8139 or lift@lyttelton.net.nz Entry Koha, or Timebank credits. Relevant LIFT books will display.

Fri 10th February

"MONEY & LIFE" - documentary on what money

is, its negative effects and what positive actions are being taken. And short films on alternatives, including Lucie Ozanne's TED talk on Timebank and the quakes, and Gary Flomenhoft on reclaiming the wealth of the commons both speakers at the LE EXPO.

Fri 24th Feb

Several short videos, on alternative approaches to using money focus more on the economics of community and social health; featuring Michael Shuman, Verity, Raf Manji, and two participants at the EXPO - Gar Alperovitz and Stephanie Rearick.

Fri 3rd March

"TRUE PROSPERITY" - featuring Tim Jackson (speaking in ChCh on February 17th) - and several short videos on localization, and the power of people being connected by their actions rather than by money, including savings pools and transition towns. These are among the themes of "The Next System Project".

Fri 24th March

What's real democracy? Consider NZ's inequality, with Bryan Bruce, and the current unhelpful focus on what's wrong with the world. Several short videos on bringing back real democracy in society and in economics.

Article Living Economies

Seaweek Seminar:

Whitebait, Undaria and a curious seaweed

Tuesday 28th February 2017

Sponsored by NZAEE Christchurch

Contact: Jocelyn Papprill chchnzaee@gmail.com 027 7030 772

Gold coin donation

Venue: Mt Pleasant Centre, 3 McCormacks Bay Road

Time: 7.30-9.30pm





"Whitebait, the bits we know, the bits we think we know and everything in between".

Dr Mike Hickford, research associate in the Marine Ecology Research Group (MERG) at the University of Canterbury. Mike will speak about aspects of his work on whitebait over the last 15 years. From restoring spawning habitat to the effects of the whitebait fishery and everything else in between.



"Undaria in Lyttelton harbour: horror story, fairy tale or something else altogether?"

Dr Tommaso Alestra, recent graduate from MERG. Tommaso will speak about some of his more recent research on the effects of the invasive seaweed Undaria in Lyttelton harbour.

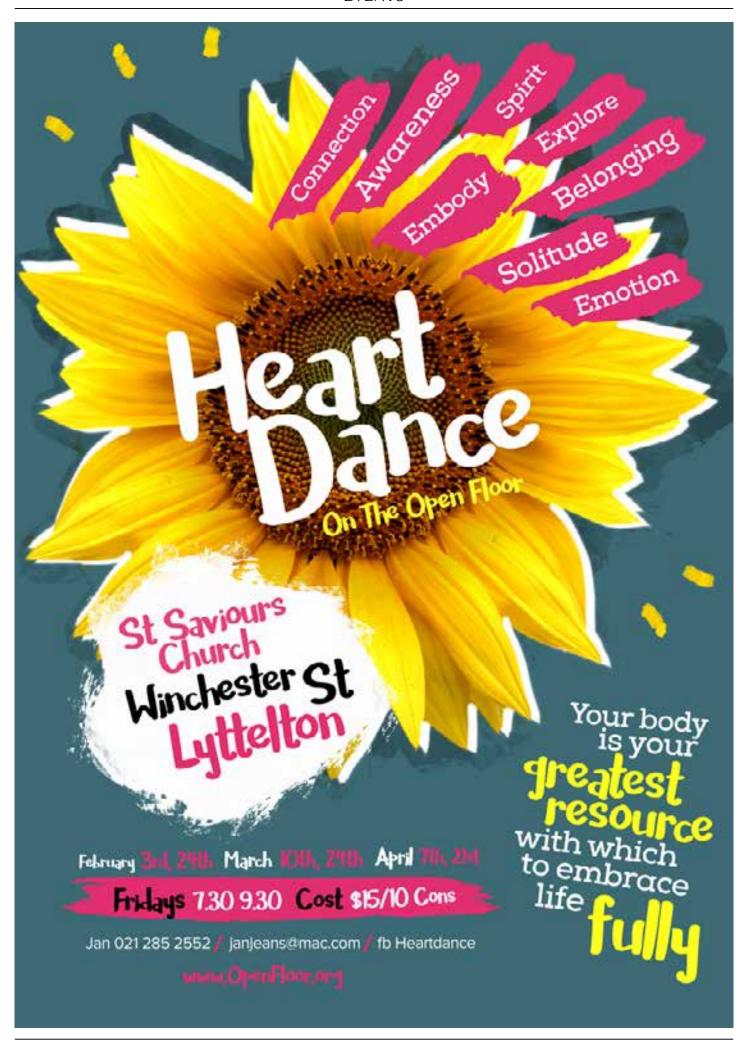


Notheia anomala - find out about this unique seaweed species.

Isis Metcalfe, MSc candidate in MERG. Isis will speak about her ongoing research on a truly unique seaweed species, Notheia anomala. This obligate epiphyte is only found attached to another species of macroalgae. What are the benefits of this limiting and risky strategy?









Lyttelton Rugby Club

Family Fun Day.

Sunday 12th February 2017

11:00 - 2:00

At the Lyttelton Rugby grounds.

I child \$45. Or \$80. For 2 or more children from the same family.

If subs are paid before 6th May you will receive a discount

1 child \$40. Or \$60. For 2 or more children from the same family

Under 6's - Under 18's

2nd Registration with two crusaders 21st Feb 5:00-6:00

3rd Registration 26th February 12:00-2:00

4th Registration 18th March 12:00-2:00

New members will receive a Gear Bag, Beanie, Shorts, Jacket & Socks.

Any questions please contact Linda 0273859392

Competitions:



DOC Seaweek Drawing Competition

Marine mammals and marine reserves are something very special that we have in and around Banks Peninsula. Draw your best picture of these including other interesting sea themes, and be in with the chance to win! Entries close 4.00pm, Friday 17th February 2017

- · Akaroa Dolphins, 65 Beach Road, Akaroa
- Little River Craft Station
 Posted (no folds) to P.O. Box 166, Akaroa 7542

For details of criteria visit: http://www.akaroa.com/seaweek-akaroa or http://seaweek.org.nz/competitions/

Seaweek Poetry Competition

There's something about being a New Zealander.... we're drawn to the seal The ocean, its moods and the life it nurtures have been themes of poetry for many. Write a poem that reflects the theme of Seaweek and be in to win fabulous sea-themed prizes.

There are four categories:

All entries must be 400 words or less. Please submit by 4pm Tuesday 21st Feb. For details & entry form visit **www.ecan.govt.nz/poetrycomp**

Resources

Environment Canterbury

The education team has a great deal of interesting material available FREE to educators. For example

- Canterbury's Spectacular Coast booklet
- Canterbury's Marine and Coastal Animals booklet
 Teaching units for primary schools: Rocky Shore, Coastal Wetlands, Dunes
- Fact sheets on local coastal issues and unique features and animals of Canterbury's coast

Visit www.ecan.govt.nz/ search Seaweek or contact: Jocelyn Papprill, Environment Canterbury Phone: 027 7030 772 or email: jocelyn.papprill.gecan.govt.nz

Christchurch City Council

The Learning through action team offers two free coastal programmes 'Searching the shoreline' and 'Saving the sand dunes'. Coastal Management - Taku tai, takutai

Find out more by visiting their website: https://ccc.govt.nz/culture-and-community/learning-resources/learning-through-action/list-of-programmes/

Starters & Strategies

Term 4 2016 has devoted 4 pages to Seaweek; check them out for activity ideas. www.starters.co.nz/uploads/teachers-magazines/t4-2016-flip,

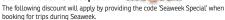
Beach Clean-up how tos

Love Your Coast – http://www.loveyourcoast.org/assets/Uploads/How-to Organise-a-clean-up.pdf

Sir Peter Blake Trust - http://www.mariagill.co.nz/pdf/care_for_our_coast.pdf

Deals:

Seaweek Harbour Cruise Special with



Harbour Adventure Cruise Daily 2.30pm, between 25th February - 5th March 10% off for their Harbour Adventure Cruise when booked directly with them over the phone. To book, or for more information, please contact ecoSEAker on 0800 326 794.

Akaroa Sea Week Special

Akaroa Seaweek Special 50% off their 3.40pm Akaroa Harbour Nature Cruise every day during Seaweek, when booking direct by phone 0800 4 DOLPHINS

Lyttelton Sea Week Special

Enjoy a 90 minute cruise of Lyttelton Harbour with Black Cat Cruises. Available over both weekends (25-26 Feb and 4-5th Mar) of Seaweek.

Costs: \$30 adult and \$15 child

Time: 1.30-3pm Sat and Sun. To book: email lyttelton@blackcat.co.nz Ph: 03 328 9078 to reserve space with payment taken on the day. No deals can be used in conjunction with any other offer.

Coming up



22-24 March 2017 **Dune Restoration Trust of New Zealand, National Conference**, in Christchurch, (New Brighton WMC)

The theme is "Diverse coastal environments in a time of change". It will show-case the wide variety of coastal landscapes in and around Christchurch/ North Canterbury and discuss local and national issues and challenges faced in coastal restoration and management. Include field-trips around the Christchurch urban beaches and the North Canterbury coast.

For details and registration see http://www.dunestrust.org.nz/news-and-events/ annual-conference/christchurch-2017/ or contact Rodney Chambers, Coastal/Plains Area Head Ranger, rodney.chambers.gccc.govt.nz

ዀ The Mother of All Clean Ups, Saturday 13 May

For information or to register for participation contact Tanya Jenkins on info@estuary.org.nz





local supporting organisation





Toiora te Moana - Toiora te Tangata

Healthy Seas -Healthy People

Seaweek 2017 around Canterbury

For more details of events and updates please visit: http://seaweek.org.nz/events/ or http://www.eventfinda.co.nz/ and search Seaweek.





Seaweek is New Zealand's annual national week about the sea. Hosted by the NZ Association for Environmental Education (NZAEE), Seaweek focuses on learning from the sea. It's about exciting and inspiring all New Zealanders to renew their connections with the sea!



Toiora te Moana - Toiora te Tangata **Healthy Seas - Healthy People**

Big shout out to all **Canterbury poets!**



Enter the 2017 Seaweek **Poetry Competition**



Please submit by 4pm Tuesday 21st **February 2017** using the official form.

There's something about being a New Zealander... we're drawn to the sea! Not hard to see why when you look at a map of our long, skinny islands surrounded by a beautiful deep ocean. The movement of waves on the sand and rocks can be mesmerising or inspiring, as can the play of Hector's Dolphins in Akaroa harbour. The ocean, its moods and the life it nurtures have been themes of poetry for many...

what poetry does it inspire in you?

Write a poem that reflects the theme of Seaweek and be in to win fabulous Sea-themed prizes.

There are four categories:

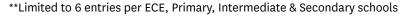
- ECE an acrostic poem* · Schools** · Adult open category
- Te Reo (Open to all ages but if you are at school please state your age.)

All entries must be 400 words or less.

Great prizes to be won!



*Write an acrostic poem using the phrase 'Healthy Seas' or 'Toiora te moana' and draw a picture to go with the poem. Begin by reading stories about the sea and/or taking a walk along a beach. At home/school, think of different words together that fit the theme of your acrostic before sitting down to write and draw.





Christchurch City Council

Lyttelton & Mt Herbert Edible Garden ominations close 5pm Monday Awards 2017



For more information or to download a nomination form: ccc.govt.nz/ediblegardensLMH





Waitangi Day

Have you ever read the Treaty? Thanks to Network Waitangi Otautahi they provide many useful resources to enable greater understanding of the Treaty. As Waitangi Day has just past we thought we would publish their Treaty Posters. For more information see http://www.nwo.org.nz/

HE WAKAPUTANGA O TE RANGATIRATANGA O NU TIRENI THE DECLARATION OF INDEPENDENCE OF NEW ZEALAND

28 OCTOBER 1835

- is an international declaration
- recognises the sovereignty of the Independent Tribes of N.Z.
 - was signed on 28 October 1835
 - was witnessed by the Crown Resident
- 1. Ko matou, ko nga Tino Rangatira o nga iwi o Nu Tireni i raro mai o Hauraki kua oti nei te huihui i Waitangi i Tokerau i te ra 28 o Oketopa 1835, ka wakaputa i te Rangatiratanga o to matou wenua, a, ka meatia ka wakaputaia e matou he Wenua Rangatira, kia huaina ko te Wakaminenga o nga Hapu o Nu Tireni.
- 2. Ko te Kingitanga ko te mana i te wenua o te wakaminenga o Nu Tireni ka meatia nei kei nga Tino Rangatira anake i to matou huihuinga. A, ka mea hoki e kore e tukua e matou te wakarite ture ki te tahi hunga ke atu, me te tahi Kawanatanga hoki kia meatia i te wenua o te wakaminenga o Nu Tireni. Ko nga tangata anake e meatia nei e matou e wakarite ana ki te ritenga o o matou ture e meatia nei e matou i to matou huihuinga.
- 3. Ko matou ko nga Tino Rangatira ka mea nei kia huihui ki te runanga ki Waitangi a te ngahuru i tenei tau i tenei tau ki te wakarite ture, kia tika ai te wakawakanga, kia mau ki te rongo, kia mutu te he, kia tika te hokohoko. A, ka mea hoki ki nga tauiwi o runga, kia wakarerea te wawai, kia mahara ai ki te wakaoranga o to matou wenua, a, kia uru ratou ki te wakaminenga o Nu Tireni.
- 4. Ka mea matou kia tuhituhia he pukapuka ki te ritenga o tenei o to matou wakaputanga nei ki te Kingi o Ingarani hei kawe atu i to matou aroha nana hoki i wakaae ki te Kara mo matou. A, no te mea ka atawai matou, ka tiaki i nga pakeha e noho nei i uta, e rere mai ana ki te hokohoko, koia ka mea ai matou ki te Kingi kia waiho hei matua ki a matou i to matou Tamarikitanga kei wakakahoretia to matou Rangatiratanga.

Kua wakaaetia katoatia e matou i tenei ra, i te 28 Oketopa 1835, ki te aroaro o te Reireneti o te Kingi o Ingarani.

- 1. We the hereditary chiefs and heads of the tribes of the Northern parts of New Zealand, being assembled at Waitangi in the Bay of Islands, on this 28th day of October, 1835, declare the independence of our country which is hereby constituted and declared to be an Independent State under the designation of **the United Tribes of New Zealand.**
- 2. All sovereign power and authority within the territories of the united tribes of New Zealand is hereby declared to reside entirely and exclusively in the hereditary chiefs and heads of tribes in their collective capacity, who also declare that they will not permit any legislative authority separate from themselves in their collective capacity, nor any function of government to be exercised within the said territories, unless by persons appointed by them and acting under the authority of laws regularly enacted by them in Congress assembled.
- 3. The hereditary chiefs and heads of tribes agree to meet in Congress at Waitangi in the autumn of each year for the purpose of framing laws for the dispensation of justice, the preservation of peace and good order, and the regulation of trade. They also cordially invite the southern tribes to lay aside their private animosities and to consult the safety and welfare of our common country by joining the Confederation of the United Tribes.
- 4. They also agree to send a copy of this Declaration to His Majesty the King of England to thank him for his acknowledgement of their flag. In return for the friendship and protection that they have shown and are prepared to show to such of his subjects as have settled in their country or resorted to its shores for the purposes of trade, they entreat that he will continue to be the parent of their infant State, to protect it from all attempts upon its independence.

Agreed to in its entirety by us on this 28th day of October, 1835, in the presence of His Britannic Majesty's Resident.

- was the forerunner of the Treaty of Waitangi
- has a flag to symbolise tribal rights to trade as independent nations
 - has been ignored by NZ governments and the education system

TE TIRITI O WAITANGI

HE KUPU WHAKATAKI,

Ko Wikitoria, te Kuini o Ingarani, i tana mahara atawai ki nga Rangatira me nga Hapu o Nu Tirani, i tana hiahia hoki kia tohungia ki a ratou o ratou rangatiratanga, me to ratou wenua, a kia mau tonu hoki te Rongo ki a ratou me te ata noho hoki, kua waka(a)ro ia he mea tika kia tukua mai tetahi Rangatira hei kaiwakarite ki nga tangata Maori o Nu Tirani. Kia wakaaetia e nga Rangatira Maori te Kawanatanga o te Kuini ki nga wahi katoa o te wenua nei me nga motu. Na te mea hoki he tokomaha ke nga tangata o tona iwi kua noho ki tenei wenua, a e haere mai nei.

Na ko te Kuini e hiahia ana kia wakaritea te Kawanatanga, kia kaua ai nga kino e puta mai ki te tangata Maori ki te Pakeha e noho ture kore ana.

Na kua pai te Kuini kia tukua ahau, a Wiremu Hopihana, he Kapitana i te Roiara Nawi, hei Kawana mo nga wahi katoa o Nu Tirani i tukua aianei a mua atu ki te Kuini; e mea atu ana ia ki nga Rangatira o te Wakaminenga o nga Hapu o Nu Tirani, me era Rangatira atu enei ture ka korerotia nei.

KO TE TUATAHI,

Ko nga Rangatira o te Wakaminenga, me nga Rangatira katoa hoki, kihai i uru ki taua Wakaminenga, ka tuku rawa atu ki te Kuini o Ingarani ake tonu atu te Kawanatanga katoa o o ratou wenua.

KO TE TUARUA,

Ko te Kuini o Ingarani ka wakarite ka wakaae ki nga Rangatira, ki nga Hapu, ki nga tangata katoa o Nu Tirani, te tino Rangatiratanga o o ratou wenua o ratou kainga me o ratou taonga katoa. Otiia ko nga Rangatira o te Wakaminenga, me nga Rangatira katoa atu ka tuku ki te Kuini te hokonga o era wahi wenua e pai ai te tangata nona te wenua ki te ritenga o te utu e wakaritea ai e ratou, ko te kaihoko e meatia nei e te Kuini hei kaihoko mona.

KO TE TUATORU.

Hei wakaritenga mai hoki tenei mo te wakaaetanga ki te Kawanatanga o te Kuini. Ka tiakina e te Kuini o Ingarani nga tangata Maori katoa o Nu Tirani. Ka tukua ki a ratou nga tikanga katoa rite tahi ki ana mea, ki nga tangata a Ingarani.

KO TE TUAWA

E mea ana te Kawana ko nga wakapono katoa o Ingarani, o nga Weteriana, o Roma, me te ritenga Maori hoki e tiakina ngatahitia e ia.

Na, ko matou, ko nga Rangatira o te Wakaminenga o nga Hapu o Nu Tirani, ka huihui nei ki Waitangi. Ko matou hoki ko nga Rangatira o Nu Tirani, ka kite nei i te ritenga o enei kupu ka tangohia, ka wakaaetia katoatia e matou. Koia ka tohungia ai o matou ingoa o matou tohu.

Ka meatia tenei ki Waitangi, i te ono o nga ra o Pepueri, i te tau kotahi mano, e waru, e wa tekau o to tatou Ariki.



THE TREATY OF WAITANGI

AN EXPRESSION IN ENGLISH OF THE TEXT IN TE REO

Text supplied by Network Waitangi Otautahi, www.nwo.org.nz, November 2015

Signed at Waitangi on the 6th February 1840, and afterwards by over 500 Rangatira around the country

Victoria, the Queen of England, in her gracious thoughtfulness to the Rangatira and Hapu of New Zealand, and in her desire to record her recognition that they retain their authority and their lands, so that all may live in peace and good order, has thought it right to send an officer to negotiate with the Maori people of New Zealand. Let the Rangatira accept the Kawanatanga (governorship – the duty to govern Pakeha and other non-Maori) of the Queen over all parts of this country and its islands. This is to be done because a great number of her people have settled in this country, and others will come.

The Queen desires to arrange Kawanatanga lest evils should come to the Maori people, or to the Pakeha who are living here outside any law.

Now, the Queen has been pleased to send me, William Hobson, a Captain in the Royal Navy, to be the Kawana for all the parts of New Zealand which have been granted, or shall be granted, to the Queen. And she says to the Rangatira of the Confederation of the Hapu of New Zealand and the other Rangatira, these are the laws spoken of:

THIS IS THE FIRST

The Rangatira of the Confederation and all the other Rangatira who have not joined that Confederation, grant Kawanatanga exclusively to the Queen of England forever.

THIS IS THE SECOND

The Queen of England acknowledges and agrees to Tino Rangatiratanga (retained authority, which includes sovereignty) of the Rangatira, Hapu and all the people of New Zealand over their lands, villages and everything else that is held precious. But the Rangatira of the Confederation and all the other Rangatira grant to the Queen the right to purchase those pieces of land that the owners are willing to sell, subject to agreement over payment which will be agreed to by the Rangatira and an agent who will be appointed by the Queen.

THIS IS THE THIRD

This is the arrangement for the consent to the Queen's Kawanatanga. The Queen will protect all the Maori people of New Zealand and ensure that they have the same rights as the people of England.

THIS IS THE FOURTH

The Kawana says that all faiths - those of England, of the Wesleyans, of Rome, and also Maori custom and religion - shall all alike be protected by him.

(This fourth article was agreed to before any of the Rangatira had signed the Treaty. It came about when the Catholic Bishop Pompallier asked Hobson that there be a guarantee of freedom of religion. The Anglican missionary William Colenso subsequently worded the article, then Hobson and the Rangatira agreed to it.)

Now we, the Rangatira of the Confederation of the Hapu of New Zealand, assembled here at Waitangi, and we, the other Rangatira of New Zealand, affirm these words and agree to their entirety, and so we put here our names and our marks.

Done at Waitangi on the 6th day of February in the year of our Lord 1840

An English Version

PREAMBLE

Her Majesty, Victoria, Queen of the United Kingdom of Great Britain and Ireland, regarding with Her Royal Favour the Native Chiefs and Tribes of New Zealand, and anxious to protect their just Rights and Property, and to secure to them the enjoyment of Peace and Good Order, has deemed it necessary, in consequence of the great number of Her Majesty's Subjects who have already settled in New Zealand, and the rapid extension of Emigration both from Europe and Australia which is still in progress, to constitute and appoint a functionary properly authorised to treat with the Aborigines of New Zealand for the recognition of Her Majesty's Sovereign authority over the whole or any part of these islands. Her Majesty therefore being desirous to establish a settled form of Civil Government with a view to avert the evil consequences which must result from the absence of the necessary Laws and Institutions alike to the native population and to Her subjects has been graciously pleased to empower and to authorise me William Hobson, a captain in Her Majesty's Royal Navy, Consul, and Lieutenant-Governor of such parts of New Zealand as may be or hereafter shall be ceded to Her Majesty, to invite the confederated and independent Chiefs of New Zealand to concur in the following Articles and Conditions.

ARTICLE THE FIRST

The chiefs of the Confederation of the United Tribes of New Zealand and the separate and independent Chiefs who have not become members of the Confederation, cede to Her Majesty the Queen of England, absolutely and without reservation, all the rights and powers of Sovereignty which the said Confederation or Individual Chiefs respectively exercise or possess, or may be supposed to exercise or to possess over their respective Territories as the sole Sovereigns thereof.

ARTICLE THE SECOND

Her Majesty the Queen of England confirms and guarantees to the Chiefs and Tribes of New Zealand and to the respective families and individuals thereof, the full exclusive and undisturbed possession of their Lands and Estates, Forest, Fisheries, and other properties which they may collectively or individually possess, so long as it is their wish and desire to maintain the same in their possession; but the Chiefs of the United Tribes and the Individual Chiefs yield to Her Majesty the exclusive right of Pre-emption over such lands as the proprietors thereof may be disposed to alienate, at such prices as may be agreed upon between the respective Proprietors and persons appointed by Her Majesty to treat with them in that behalf.

ARTICLE THE THIRD

In consideration thereof, Her Majesty the Queen of England extends to the Natives of New Zealand Her royal protection and imparts to them all the Rights and Privileges of British Subjects.

Now therefore, We the Chiefs of the Confederation of the United Tribes of New Zealand being assembled in Congress at Victoria, in Waitangi and We the Separate and Independent Chiefs of New Zealand claiming authority over the Tribes and Territories which are specified after our respective names, having been made fully to understand the Provisions of the foregoing Treaty, accept and enter into the same in the full spirit and meaning thereof. In witness of which, we have attached our signatures or marks at the places and the dates respectively specified.

Done at Waitangi, this Sixth day of February in the year of Our Lord, one thousand eight hundred and forty.

NOTE: There was no record on the English version of the agreement on the protection of religious freedom and customary law. (The Fourth Article).



AS YOU CAN SEE THERE ARE TWO DOCUMENTS: THE TREATY IN TE REO

(INCLUDING ITS EXPRESSION INTO ENGLISH)

AND THE ENGLISH VERSION.

The Treaty in the Maori language was signed by Captain Hobson and over 500 Rangatira, over 40 of them at Waitangi on February 6th 1840.

The English version, only written after February 6th, was signed at Port Waikato/Manukau, where the discussion would have been of the content of the Maori text, but the English version was signed (by approximately 40 Rangatira).

WHEN TWO DOCUMENTS CONFLICT

In International Law where there is any ambiguity

- the contra proferentem principle applies, which means that a decision is made against the party that drafts the document
- the indigenous language text takes preference.

In oral cultures such as Maori, verbal agreements take preference over what is written.

This means that for the Treaty of Waitangi the text in te reo takes precedence on all these counts

IN NOVEMBER 2014 THE WAITANGI TRIBUNAL SUMMARISED THEIR CONCLUSIONS ON THE NGA PUHI CLAIM (WAI 1040):

- The rangatira who signed te Tiriti o Waitangi in February 1840 did not cede their sovereignty to Britain. That is, they did not cede authority to make and enforce law over their people or their territories
- The rangatira agreed to share power and authority with Britain. They agreed to the Governor having authority to control British subjects in New Zealand, and thereby keep the peace and protect Maori interests.
- The rangatira consented to the treaty on the basis that they and the Governor were to be equals, though they were to have different roles and different spheres of influence. The detail of how this relationship would work in practice, especially where the Maori and European populations intermingled, remained to be negotiated over time on a case-by-case basis.
- The rangatira agreed to enter into land transactions with the Crown, and the Crown promised to investigate pre-treaty land transactions and to return any land that had not been properly acquired from Maori.
- The rangatira appear to have agreed that the Crown would protect them from foreign threats and represent them in international affairs, where that was necessary.

THE TREATY

is an instrument of the Declaration of Independence of New Zealand – He Wakaputanga o te Rangatiratanga o Nu Tireni – which was made on 28 October 1835. It is between the Crown and the many Hapu.

- Tino Rangatiratanga was retained by Maori in Article Two of the Treaty.
- Kawanatanga was granted to the Crown in Article One.
- Article Three assured to Maori the same rights as the people of England.
- The Fourth Article guaranteed Crown protection of religious freedom for all.

It established a relationship with Maori, giving Pakeha and other settlers a place - if it is honoured.

In 1840 'Pakeha' referred to all those who were not Maori - now often referred to as 'tangata Tiriti.'

Network Waitangi Otautahi

www.nwo.org.nz

November 2015



Spend a day in Heaven*

Interested in learning how a marae and local residents work together to protect a large harbour?

The Koukourarata mātaitai was the second to be established in the South Island. Members of the local marae and residents together created a mātaitai committee to protect the precious harbour.

Cost is \$35 per person. This price includes food and transport.

Your host will be Manaia Cunningham, project coordinator of Te Runanga o Koukourarata.

Below is the itinerary for this awesome learning opportunity.

9.00am: Meet at Environment Canterbury

9.15am: Begin the journey.

First stop: Orton Bradley Park to meet Laura who owns

an organic milk farm

11.00am: Arrive at Tütehuarewa for a powhiri

11.30am: A light lunch

12.30pm: An insight into Māori values regarding land and water Local farmers and other members of the Koukourarata 1.30pm:

Mātaitai committee tell their story

2.30pm: Closing comments and head back to ECan 3.30pm: Arrive back at Environment Canterbury

Kaitiakitanga, journey with us to Tūtehuarewa Marae on Sunday 26th February.

Please reserve your space by Monday 20th February by contacting Manaia either by email: Manaia.Cunningham@ngaitahu.iwi.nz or by mobile: 027 819 3840

* The people of Koukourarata (Port Levy) think of their beautiful little bay as heaven and "once you've found heaven, you never want to leave," they say.....and it's true!



New Subsidies Available for Landlords

As many of you are aware, recent changes to the residential tenancy act requires all rental properties to be insulated by mid-2019.

CEA is offering a 50% insulation subsidy on any private rental property built before 2000 that is tenanted by a community services card holder*.

A seasonal 25% discount applies to all other rentals and homeowners.

These subsidies are likely to decrease in years to come. Insulation checks are free, with no obligation to proceed. Please refer any clients to us who may fit this criteria – we are able to facilitate the conversation with landlords about obligations, assessments and subsidies.

*conditions apply.

Free Build Back Smarter Assessments Available

We currently have funding to provide free home energy assessments ("Build Back Smarter") for Greater Christchurch residents. These assessments provide tailored advice on how to make your home warmer, drier, healthier, and cheaper to run. Our trained assessor looks at insulation, heating, ventilation, hot water settings, electricity usage, plan and provider, draught stopping, appliances, curtains and more.

Included is a detailed report, outlining steps and priorities to make your home more energy efficient in a cost-effective way, taking lifestyle and income into account. Suitable for tenants and homeowners. Our energy assessors are among the highest qualified assessors in the country.

Discretionary funding may be provided for those outside the Christchurch area, on a case by case basis. To book one of these assessments, contact us today.

Curtain Bank's quiet time

Summer is generally quieter at our Curtain Bank, which means clients can receive their custom sewn, lined, recycled curtains much faster than they can in winter.

We urge anyone in need of good curtains to get through the winter to get in touch now.

We now also have an online measurement form.

Boxes?

We are in the process of assisting the set-up of a new curtain bank on the West Coast. We need large cardboard boxes (dimensions around 510x380x580) to package up curtains so we can send them over. If anyone has any that they would be willing to donate, please call Gayle on 03 374 7225

Article Community Energy Action
299 Tuam Street Christchurch Ph 374 7222

Appetite for life.

This a free service to help people achieve and maintain a healthy weight, through eating healthy foods. This is not a diet programme. Food tasting at each session, recipes and ideas. For more info www.appetitelife.org.nz

appetite for life

AFL is a non-diet 'whole of life' approach to weight management. Our focus is on health gain rather than weight loss. AFL will support you to make small changes to eating, activity and behaviour by promoting loods that look after your health and weight leading to a big difference in you!

Learn about:

- Why diets don't work
- Why we eat
- Eating for health
- How small changes add up to a big change in health
- Mindful eating and habits
- Staying motivated

AFL is suitable for people who are:

- Interested in achieving and maintaining a healthy weight
- Fed up with dieting and wanting a healthy relationship. with food
- At risk of/or who have existing diet related health problems e.g. high cholesterol, type 2 diabetes
- With family or whanau who have diet related health issues

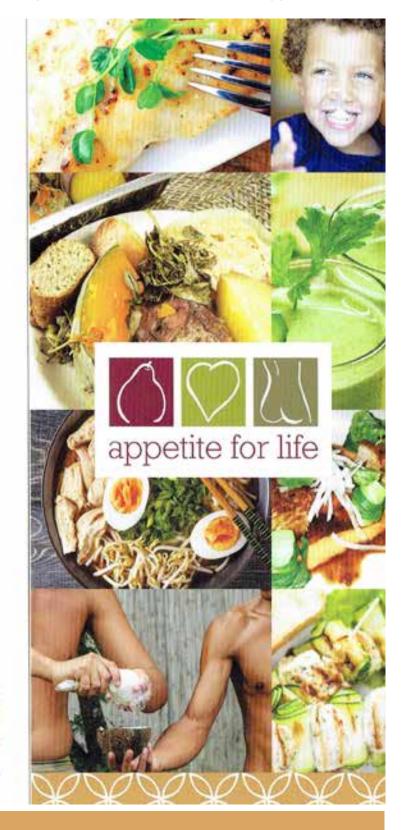
Small changes to daily habits lead to a big

- 6 x 2 hour sessions
- Food tasting each session
- Great resources to take home and share

To register, get in contact with us, it's free!

- P 353 7896 or 021 512 807
- Like us on facebook
- e appetiteforlife@pegasus.org.nz

www.appetiteforlife.org.nz



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Events				
WEDNESDAY FEBRUARY 15 TH		Wunder Bar	8pm	
Fat Tony's Happy Hour	5-7pm	Al Park and his pals. THURSDAY FEBRUARY 23RD		
Wunder Bar Al Park and his pals.	8pm	Fat Tony's Happy Hour	5-7pm	
THURSDAY FEBRUARY 16TH		Top Club	5-6 7-8pm	
Fat Tony's Happy Hour	5-7pm	Happy Hour FRIDAY FEBRUARY 24 TH		
Top Club Happy Hour	5-6 7-8pm	Fat Tony's Happy Hour	5-7pm	
Wunder Bar Allanah Elleen, Holly Arrowsmith and Lost	8pm d the Lucky	Top Club Happy Hour	4-6pm	
FRIDAY FEBRUARY 17 TH		SATURDAY FEBRUARY 25 TH		
Civil and Naval Stone Cold Stirling		Fat Tony's Happy Hour	5-7pm	
Fat Tony's	5-7pm	SUNDAY FEBRUARY 26 TH		
Happy Hour	·	Fat Tony's Happy Hour	5-7pm	
Top Club Happy Hour	4-6pm	Freemans	3.30-6.30pm	
Quiz	6.30pm	Carmel Courtney and Friends	1 20 4 20	
SATURDAY FEBRUARY 18 TH		Live at the Point The Brooms	1.30-4.30pm	
Fat Tony's Happy Hour	5-7pm	Lyttelton Arts Factory Strange Bedfellows	7.30pm	
SUNDAY FEBRUARY 19 TH		Naval Point Club	9-5.30pm	
Fat Tony's Happy Hour	5-7pm	Learn to Sail		
Freemans Carmel Courtney and Friends	3.30-6.30pm	Galleries:		
Live at the Point	1.30-4.30pm	50 Works Gallery: Edwards + Joha 'Double agents – a network that nev		
Naval Point Club Learn to Sail	9-5.30pm	Friday, February 17, 2017 - Saturday, March 25 50 London St Lyttelton Thurs- Fri 2-4pm Sat 1 Lytel Gallery: John Howie 20 Oxford St Ly Monday to Saturday 10-4pm Sun 11-3pm Lyttelton Redux: Art Trail Collect the map		
Summerfest Sampler, Rec Centre	11-4pm			
Wunder Bar Nation	7.30pm			
TUESDAY FEBRUARY 21 ST		Lyttelton Information Centre for the portrait wall		
Fat Tony's Happy Hour	5-7pm	around Lyttelton town centre to visit notable chara- from the past modelled by current day Lytt notables. There is now some audio added as		
Wunder Bar Open Mic and Showcase		Visit https://izi.travel/en/new-zealand/city-guides-in lyttelton and download to app at https://izi.travel/en		
WEDNESDAY FEBRUARY 22 ND		app Artist Julia Holden		
Fat Tony's	5-7pm	Oxford Art: 13a Oxford St Lyttelto	n Wednesday t	

Sunday 11-5pm

Happy Hour

Summer Events:

Summertimes

February 2016-March 2017 for more information see summertimes.co.nz

Lyttelton Summerfest

Dec -March 10 see http://lyttelton.net.nz/festivals/ summer-festival

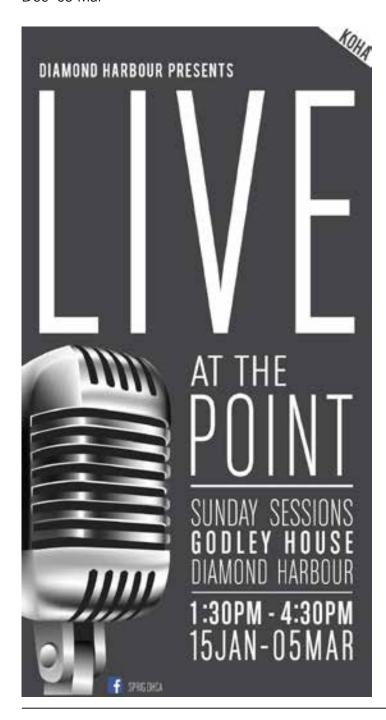
Live at the Point

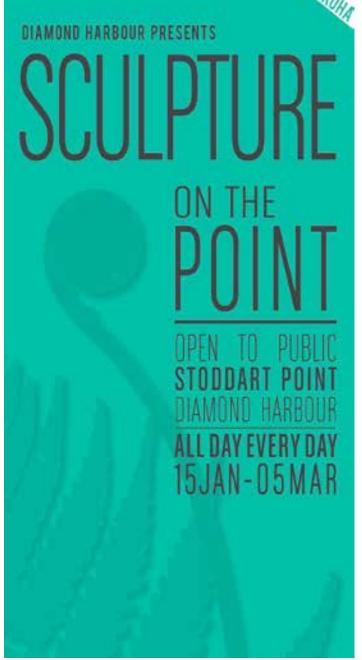
Godley House Diamond Harbour 15 January to 05 March 1.30-4.30pm

Sculpture on the Point

Stoddart Point Diamond Harbour All day every day 10 Dec -05 Mar







Community Activities in and around the Harbour this Week

MONDAY

Community Choir

7.30pm Union Chapel, Winchester Street, Lyttelton. All welcome. Jillie 021 152 8068

Diamond Harbour Yoga

6.30pm - 8pm General Class Diamond Harbour Rugby Rooms

Lyttelton Youth Centre

3-7pm Drop in 10-20years 4-6.30pm Carving Course 7-9pm Boys Group 10-13 7 Dublin St Lyttelton 328 7427

TUESDAY

Community House

Shared Lunch 12.00pm 7 Dublin Street Make new friends

Diamond Harbour Yoga

6am - 7am Early Bird Class Diamond Harbour Stage Rooms

Lyttelton Health Qigong for Seniors

9.30am – 10.30am Union Church, Winchester Street \$5 Geraldine Parkes 03 328 7284 or 027 644 4455

Lyttelton Library Storytimes

11.00-11.30am

Lyttelton Yoga

9.30am - 10.45am 6.30pm - 8pm Scouts Den Lyttelton Contact Rebecca Boot 021 071 0336

Diamond Harbour Bridge Club

1.20pm for 1.30pm start Diamond Harbour Football Club Rooms. \$4 table For more information call 329 4868 or 329 4149

Lyttelton St John Youth Division

6.00pm St John Ambulance Station 52 London St, Lyttelton

Lyttelton Youth Centre

2-8pm Drop In 10-20 years 7-9pm Girls Group 10-13 years 7 Dublin St Lyttelton 328 7427

St Josephs Worker Catholic Church

9am Mass 21 Exeter Street, Lyttelton All Welcome More information call 384 1600

WEDNESDAY

Diamond Harbour Bridge Club

Bowling Club Rooms 6.40pm for a 6.50 start Partner finder - Carolyn Craw. Ph 329 4684 All welcome

Diamond Harbour Singers

7.30 - 9.00pm

Every Wednesday in Stage Room of Community Hall. All welcome. Contact Margie 329 3331

Diamond Harbour Yoga

6am - 7am Early Bird Class Diamond Harbour Stage Rooms

Lyttelton Cubs

6.30pm Contact Mark Brabyn 027 281 6180

Lyttelton Garage Sale

10am 54a Oxford Street, Lyttelton Second Hand Bargains and more.

Lyttelton Harbour Fruit and Vegetable Collective

Trading between 12.30 and 2.45pm at the Garage Sale 54a Oxford St Lyttelton Contact Jill Larking for more info 027 237 4960

Lyttelton Library Wednesdays Knit and Yarn

10.00-12.00pm

Lyttelton Play Group

Lyttelton Playgroup At Kidsfirst Lyttelton 12,30pm-2.30pm 33 Winchester St Lyttelton Call 03 328 8689 for more information

Lyttelton Youth Centre

3-6pm Underage Drop In 7-9 years 6-8pm Drop in 7 Dublin St Lyttelton 328 7427

THURSDAY

Community House Flat Walking Group.

Contact Hannah Sylvester. Ph: 741 1427

Diamond Harbour Yoga

6am - 7am Early Bird Class Diamond Harbour Stage Rooms

Governors Bay Volunteer Fire Brigade

7.00pm Governors Bay Fire Station Weekly Training, New Members Welcome

Lyttelton Garage Sale

10am 54a Oxford Street, Lyttelton Second Hand Bargains and more.

Lyttelton Volunteer Fire Brigade

7.00pm Lyttelton Fire Station Weekly Training, New Members Welcome

Lyttelton Youth Centre

2-7pm Drop In 7-9 Girls Group 10-13 years 7 Dublin St Lyttelton 328 7427

Community Activities in and around the Harbour this Month

FRIDAY

Diamond Harbour Yoga

6am - 7am Gentle Class Diamond Harbour Rugby Rooms

Lyttelton Harbour Business Association

Networking Meeting 9.30-10.30 Fat Tony's 17 London St More Info call 021 027 05450

Lyttelton Garage Sale

10am 54a Oxford Street, Lyttelton Second Hand Bargains and more.

Lyttelton Library Fridays Babytimes

10.30-11.00am

Lyttelton Yoga

9.30am - 10.45am Scouts Den Lyttelton Contact Rebecca Boot 021 071 0336

Lyttelton Youth Centre

2-7pm Drop In 7-9 Girls Group 10-13 years 7 Dublin St Lyttelton 328 7427

SATURDAY

Lyttelton Farmers Market

10.00am London Street, Lyttelton Fresh produce, Live Music, Buskers and More

Lyttelton Garage Sale

10.00am 54a Oxford Street, Lyttelton Second Hand Bargains and more.

Lyttelton Harbour Bazaar Market

10.00am No 6 London St. Artists, Bric a Brac and More

SUNDAY

St Saviour's at Holy Trinty

17 Winchester Street 10.00am Service with Holy Communion 2nd Sunday of every month only Port Hills Uniting Church Service 10am Sunday Worship. All Welcome

GROUPS

Bay Harbour Toastmasters

6.30pm. Every 2nd and 4th Wednesday of the month Lyttelton Community Board Room, 25 Canterbury St Contact: Jann Meehan, 021 263 1040

Diamond Harbour Civil Defence

7.00pm Third Wednesday of the month. Community Church Diamond Harbour Contact: Wendy Coles 0211541434

Governors Bay Civil Defence

7.00pm Third Wednesday of the month. Governors Bay Fire Station Contact Contact: Ian Palmer 3299 160

Lyttelton Civil Defence

7.00pm Third Wednesday of the month. Lyttelton Information Centre Contact: Wendy Everingham 021 047 6144

Lyttelton Lions

7.30pm Second Tuesday Each Month Lyttelton Community House Contact: Mary 03 328 8523

Lyttelton Museum Historical Society

Contact Liza Rossie 021 211 0832

Lyttelton Netball Club

Contact Flo McGregor flomac@xtra.co.nz

Lyttelton Mt Herbert Community Board

9.30am Third Wednesday Each Month Meetings Open to the Public

Lyttelton Rugby Club

For details visit the club Facebook Page or contact the club's Rugby Manager Nathan.mauger@gmail.com 021 111 6069

Little Ship Club Canterbury

We meet on the 3rd Thursday of the month usually at Naval Point Club Lyttelton from 7.00pm. The club has regular guest speakers and undertakes a large range of activities that increase the knowledge and skills and enjoyment of its members and for the benefit of yachting generally. All welcome www.littleshipclubcanterbury.wordpress.com

Lyttelton Time Bank

10-4pm Tuesday to Friday. 20 Oxford St Lyttelton 328 9093 www.lyttelton.net.nz/timebank

Lyttelton Toy Library

Located at the Lyttelton Rec Centre Squash Court 25 Winchester St. Open each fortnight on Saturday morning 10-12 noon. For more information see Facebook Lytttelton Toy Library or email lytteltontoylibrary@gmail.com or call Helen 021 075

Naval Point Old Salts Lunch

The Old Salts Lunch is being held on the 2nd Tuesday of every 2nd month with the next one being held next Tuesday, 10th February starting @ 12:00 with 2 course lunch commencing @ 12:45. Contact Barry Bowater 329 4828 or 0272743520

Narcotics Anonymous Lyttelton Meeting

6:30 Thursday Community House. 5 Dublin St. www nzna.org

St Joseph the Worker R.C.Church

5.30pm Mass 3rd Sunday of the month. Parish House 21 Exeter Street Lyttelton. Ph: 384 1600

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PLACES TO STAY

B@B Settlers Retreat 153 Governors Bay Road	021 186 3220 021 144 2979	thackergj@slingshot.co.nz Hosts: John and Gaynor Thacker
Black Kiwi Apartment, Reserve Teccace, Lyttelton	022 0541954	blackkiwibnb@gmail.com Host: Sasha
Dockside Accommodation 22 Sumner Road, Lyttelton	021 152 3083	lytteltonaccommodation.co.nz
Governors Bay Bed and Breakfast Governors Bay Road, Governors Bay	03 329 9727	gbbedandbreakfast.co.nz Host: Eva
Governors Bay Hotel 52 Main Road, Governors Bay	03 329 9433 021 611 820	governorsbayhotel.co.nz Host: Jeremy and Clare
Harbour Lodge 1 Selwyn Road, Lyttelton	027 242 7886	info@harbourlodge.co.nz www.harbourlodge.co.nz
Il Sogno Bed & Breakfast 58 Koromiko Cresent Church Bay		ilsogno@snap.net.nz Host: Graeme and Angela
Little River Camping Ground 287 Okuti Valley, Little River	03 325 1014 021 611 820	littlerivercampground.co.nz Host: Marcus
Orton Bradley Park Camper Van Stay Marine Drive, Charteris Bay	03 329 4730	ortonbradley.co.nz Host: Ian
Out Of The Window Bach Diamond Harbour	03 328 7677 027 8774691	Min 2 nights
The Rookery 9 Ross Terrace, Lyttelton	03 328 8038	therookery.co.nz Host: Rene and Angus

EAT, DRINK, DINE

Roots Restaurant 8 London Street, Lyttelton	03 328 7658	rootsrestaurant.co.nz Meet: Giulio and Christy
Lyttelton Top Club 21 Dublin Street, Lyttelton	03 328 8740	www.lytteltontopclub.co.nz

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THINGS TO DO

Black Cat Cruises Quail Island Adventure B-Jetty, Lyttelton Wharf [Below Oxford Street]	03 328 9078 0800 436 574	blackcat.co.nz
Christchurch Gondola 10 Bridle path Road, Heathcote valley	03 384 0310	welcomeaboard.co.nz
International Antarctic Centre 38 Orchard Road, Christchurch Airport	0508 736 4846	iceberg.co.nz
Jack Tar Sailing Dampler Bay Marina, Lyttelton	03 389 9259 027 435 5239	jacktarsailing.co.nz Skipper: Mike Rossouw
Orton Bradley Park Marine Drive, Charteris Bay	03 329 4730	ortonbradley.co.nz
Naval Point Club Our Ocean Water Sports Club	03 328 7029 027 379 9212	www.navalpoint.co.nz

LOCAL EXPORTS

Lyttelsoft Specialising in Accounting Software	03 328 8671	lyttelsoft.co.nz Meet: Penny Mercer
Real Homes New Zealand Limited PO Box 94, Lyttelton	03 390 3393 021 224 6637	realhomes.co.nz Real Estate Agent: Lynnette Baird
Saunders & Co 1063 Ferry Road, Ferrymead	03 940 2435 022 133 6963	saunders.co.nz
All Clear Chimney Cleaning Local chimney sweep and difficult access jobs.	03 329 4772 0224 010203	allclearchimneycleaning.co.nz brunoallclear@gmail.com
Furnishscene Specialising in curtains, blinds, shutters, interior de	03 977 4630 esign and color consul	furnishscene.co.nz tancy. Meet Laura, Karen and Bridget
Peter O'Brien Plastering Limited 153 Port Hills Road.	384 2574 027 221 4066	pmobrien@snap.net.nz

HEALTH, BEAUTY, FITNESS

Christchurch Yoga		Christchurchyoga.co.nz
Scout Den, Charlotte Quay, Lyttelton	021 071 0336	Instructor: Rebecca Boot

