

LYTTELTON REVIEW

August 2017 • Issue: 195

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



Cover image kindly supplied by LPC

IN THIS EDITION:

- Urumau Reserve
- The Lyttel Kiwi
- Chefs of the Future

Next Issue print date: Issue 196, 5th September 2017.

Content Deadline: 5pm 1st September 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 Committee 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 necessary.

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



Review Cover Photo

Lyttelton Port Company is kindly sharing some of their staff photos with the Review team for our front cover. Hope you like the first of many close-up port shots that they are sharing. This one is called Gateway to the World.

What's Your Vision? Urumau Reserve

We are lucky to have Reserve Management Committees on the Banks Peninsula. These committees are sub committees of our Community Board. The philosophy behind them is that the community knows how to manage these assets in the best interest of the local community. This worked well for some years.

The existing community developed plan from 2008 for Urumau Reserve envisaged just a couple of walking trails and one shared use path. The plan presented now reflects what has actually happened over the last couple of years. Mountain bike tracks have been constructed within the plantation area under the guidance of Council staff and local volunteers from the Lyttelton Mountain Bike Club. This has been contentious.

What do you think about this? This is your chance to have a say and make it clear what your vision for the reserve is. Do you want a Mountain Bike Park, something more passive as originally proposed, a mix of the two or maybe something altogether different?

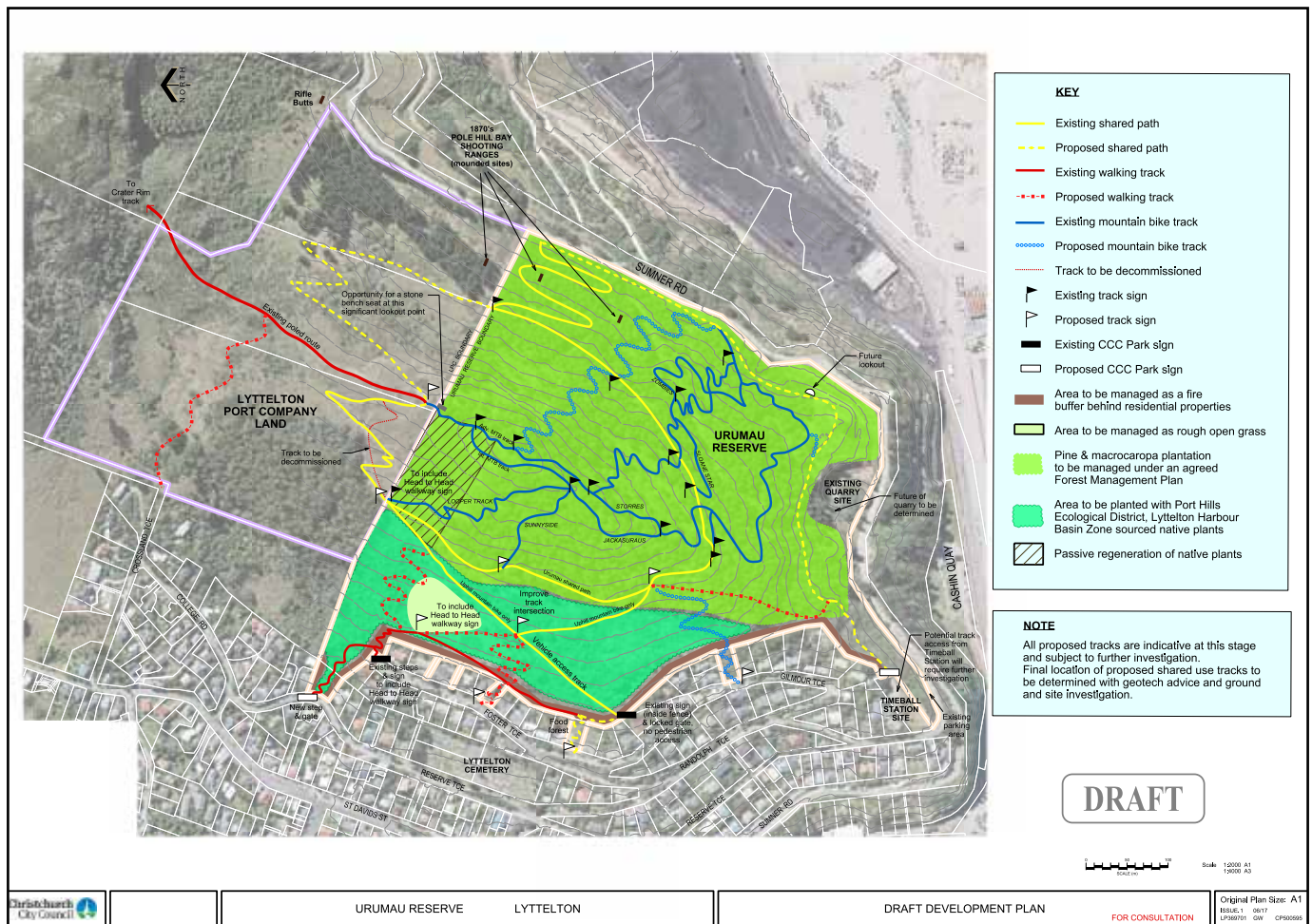
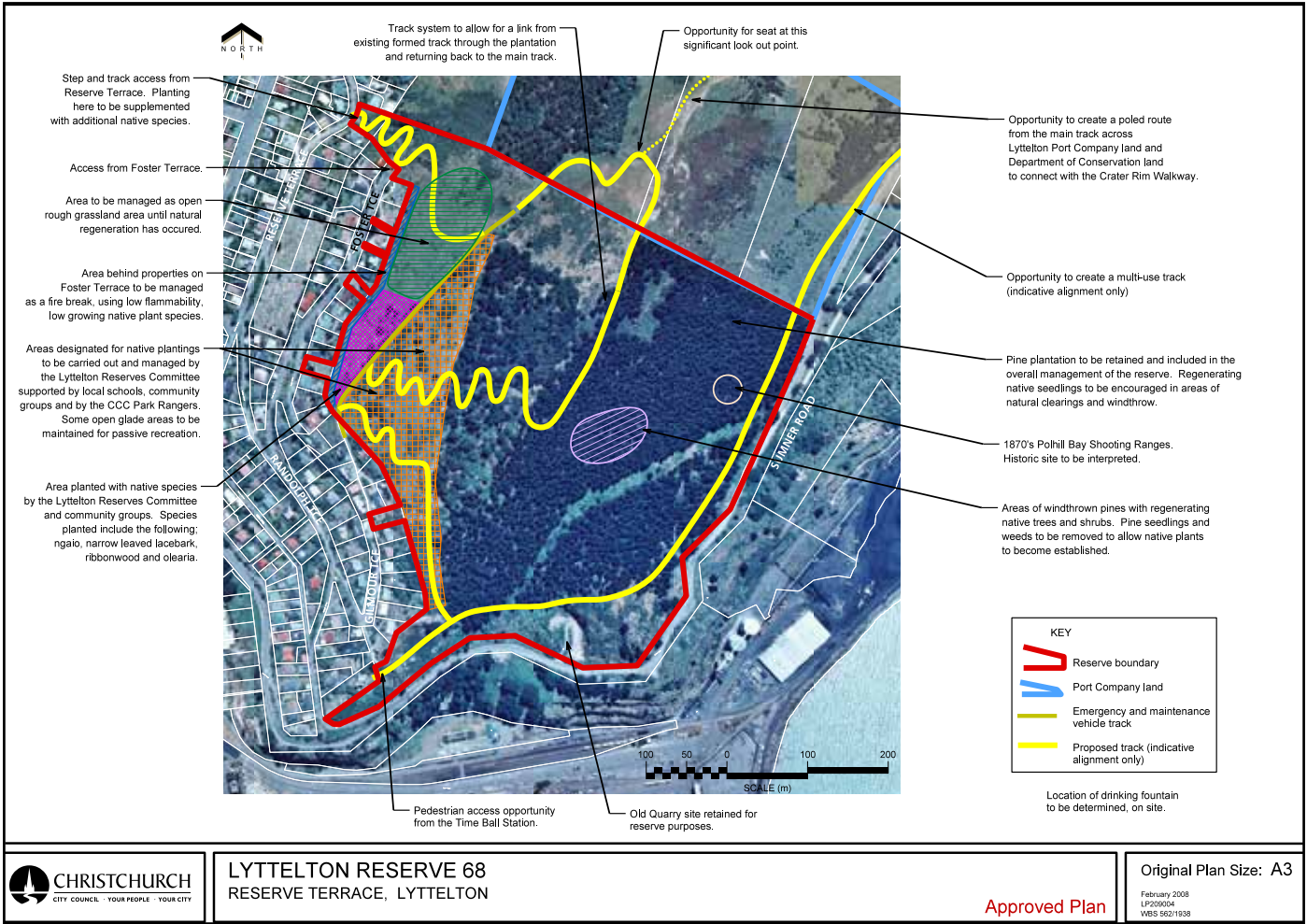
The council is consulting the wider community from now until 5pm September 4th.

To find out more visit www.ccc.govt.nz/haveyoursay or pop into the CCC run drop in session on Monday August 28th 7-9pm at the Lyttelton Community Boardroom at 25 Canterbury Street.

Alternatively, for local information you can drop into the Lyttelton Information Centre most days until 6pm. Brian Downey will be available to chat to. There are also consultation forms to collect and maps that you can look at.

It's really important that you have your say and get the reserve heading in a community led direction again.

Article Lyttelton Information Centre



Urumau Reserve Development Plan

Plan for consultation



The Council is seeking your feedback.
Go to ccc.govt.nz/haveyoursay

Please make sure your comments reach us by 5pm, Monday 4 September 2017.

For more information call into the
Info Centre any day 10am – 6pm
until September 4th



LYTTELTON HARBOUR
INFORMATION CENTRE
20 Oxford Street, Lyttelton
infocentre@lyttelton.net.nz • 03 328 9093
www.lytteltonharbour.info



haveyoursay
www.ccc.govt.nz/haveyoursay

Christchurch
City Council



The Lyttel Kiwi

Another exciting new business has opened in Lyttelton. Called "The Lyttel Kiwi", it's another example of an interesting new business model for the town.

The brain child of Huia Rei Couch, this shop is a Craft Collective. Located in the former Bundy Real Estate Building it is now the home to 15 small craft producers who are members of the collective. Demand for craft retailing spaces has also seen a further ten people involved who sell on commission only.

"I am the main organizer of this initiative. How it works is there are fourteen other people who are co-op members. Together we share the costs of the business and individually we earn from the sales that we make. Prices are very reasonable because each member commits to volunteer for a four hour shift each week" she said.

Huia-Rei has lived in Rapaki most of her life. Apart from a period in Ashburton after the earthquakes Rapaki has been her home. It was this brief period away from Lyttelton where she got the idea to have a craft co-op. It was also at this time that she really got into craft. She was home based schooling her children and being creative

"I originally dreamed of a shop called Vintage Daisy but when I thought about it more and talking with my sister the name needed to be something that resonated with Lyttelton. In the end I chose Lyttel Kiwi. The emblem of the feather stems from my love of birds" she said.

With a business name chosen and Huia Rei at the stage in her life where her youngest child is 15 and more independent she thought it was time to pursue her dream. "I decided to just do it. This shop was available and here we are now" she said. Her intuition that the time was right has been validated by the number of people who were and are keen to be part of this venture. Huia Rei already has people on a waiting list for the opportunity to be part of the shop!

Utilising facebook posts and her association with the Lyttelton Harbour Bazaar she sourced all the co crafters. Her dream has come together nicely. "Now that I have opened I'm also amazed at how many people have popped in. It's been a very positive start for all of us involved" she said.

There are many beautiful things in the



new co-op - upcycled clothes and objects, cute owls, crocheted items, jewelry, kiwiana cards plus more. This is another lovely shop adding to the unique shopping experience that you can get in our Lyttel town.

The Lyttel Kiwi

15 London Street 021 0318 226

Open: Monday 12-4, Tues-Friday 10-4, Saturday 9.30-3 and Sunday 10-3

Article Lyttelton Information Centre





judging panel and a second plate to the student sampling table, they then another 45 minutes to complete and present their main dish.

Garden to Table South Island programme co-ordinator Victoria Biddick believes the competition will help to instil food education as a positive part of our children's lives. "For any adult, it's fairly easy to create a good meal by walking into a supermarket and buying ingredients, but our Cooking Challenge encourages students to be resourceful by using seasonal produce sourced direct from their school, community and family gardens." The competition finalists had their dishes judged by a panel of seven food experts, including Catherine Bell who co-founded the Garden to Table Trust, Christchurch chef Alesha Bilbrough-Collins from Bearlion Foods, Alex Davies of Gatherings Restaurant and New Zealand chef Jonny Schwass.

Chefs of the Future

Congratulations Otis @ Noah

The Root to Tip School Cooking Challenge took place recently, the competition was open to all Canterbury students in years 7 and 8. The Root to Tip philosophy encouraged cooks to be resourceful with seasonal produce, using as much from each plant as possible e.g. leaf and root, fruit and peel creating delicious food with minimum waste. The challenge was run by the Garden to Table Trust and Christchurch City Council's Love Food Hate Waste team.

Students created a 2-course vegetarian menu that met challenge criteria including nutrition, reduced waste and at least 80% garden produce and four finalist schools were selected. Two students from each selected school then cooked their menu in a cooking challenge against other finalists with judges watching. The finalists had one hour to have their entree cooked, plated and presented to the

The winning team was Otis Swallow and Noah Cobby who are year 7 students at Diamond Harbour School. The pair cooked roasted baby carrots with carrot top, walnut & parsley pesto as an entrée, and a potato and basil pizza with pumpkin base served with fresh ricotta cheese and ground pumpkin seeds as a main.

The winners received a Garden to Table online membership for their school, lunch for two and behind the scenes tour at Bear Lion Foods and a knife from Southern Hospitality.

Diamond Harbour School Principal, Jill Pears, said she is "impressed with the effort that Noah, Otis and Maria Lee, the Kitchen Specialist, put into this completion and the success certainly demonstrates the benefit of the school wide cooking and gardening programme". Ms Pears also said that the entire school is very proud of this achievement and would like to thank the parents and volunteers who come along every week to help with cooking and gardening.

Article Lyttelton Timebank

Appetite for Life, Coming to Lyttelton

An initiative funded by the Canterbury DHB and Canterbury PHO's is being run in Lyttelton shortly. Hosted by local Frances Young you have the opportunity to learn about food in a fun and relaxing way. Fifteen lucky people are being offered places for this course. The sessions are for 2 hours, first hour is education, then there is food tasting, which encourages you to try foods you may not have had before. The course will demonstrate how easy it can be to buy/grow and eat food that is cheaper and healthy.

"What we really try to encourage is not what is bad and unhealthy for you, more what we can add to food that can make it healthier" said course promoter Chris Johns.

Here is the programme.

Session 1

Promoting food that looks after your health and weight
Why diets don't work.

Food tasting: Breakfast

Session 2

Eating for health and a healthy weight – reducing fat
Why we eat – hungry and non-hungry reasons

Food Tasting: lunches – healthy sandwiches

Session 3

Carbohydrates and their role in promoting health and a healthy weight – fibre, vegetables, sugar
Label reading

Food tasting: Lunches – soups and salads

Session 4

Moving more

Wider determinants of weight

Food tasting: lentils and other legumes

Session 5

Healthy meal patterns and habits

Mindful eating

Recipe modification

Changing habits

Food tasting: Dinners – vegetables, salad and simple desserts

Session 6

Drinks – alcoholic and non-alcoholic

How to be healthy in a hurry

Expected pattern of fat loss

Staying motivated

Food tasting: Celebration

Course details

Where: St Johns, 52 London Street, Lyttelton.

When: Thursday 24 August to 28 September. (6 x 2 hour sessions)

Time: 10am – 12 noon

To register please call 353 7896 or 027 312 4187.



The Story of Lyttelton Community Garden: part two

Once upon a time there was a beautiful piece of land overlooking the harbour. People in the village thought let's get together and make a garden, a garden for the whole community to come and grow food to share with everyone. The Community garden flourished with many voluntary hours spent in the garden by a small group of people and prospered as others came into the garden to help and be involved in the activities. Then one day the ground shook and although many houses came down or were damaged around the garden the garden stood, the plants grew but the people had other things to think about so stopped coming. After a while the children started to come back into the garden, to grow and cook for themselves, their school and their community, parents started returning and the garden began to grow again..... then the Council decided to rebuild the swimming pool and the fairy tale ended.

It may seem a little trite to start our story as a fairy tale but Grimm's fairy tales also had a dark side and so too does our story.

Lyttelton Community garden mark two was started in 2004 by a small group of volunteers who worked incredibly hard to get the steep section clear and operating as a community garden. It flourished for many years until the Christchurch earthquakes when many of the people involved had other major issues in their lives to deal with and as with other organisations the gardens saw a drop-off of volunteers and community energy. Project Lyttelton, amongst many other initiatives, started the Grow Harbour Kids project and school and early childhood classes started to garden, to meet, to sing and to cook again in the community garden.

During the rebuild of the earthquake damaged Lyttelton Swimming Pool, Christchurch City Council carried out routine soil testing and our story goes from fairy tale to nightmare. Out of the blue we were informed that contamination had been found in the soil adjacent to the garden and the garden was to be shut. At this stage it was not known what sort of contamination it was or how widespread. Notices were issued by the Council around not eating anything from the garden and further detailed testing of the garden was carried out. A 70-page report on the testing was forwarded to the City Council for review. At this stage we had no idea of what was going on other than the garden was contaminated with lead and arsenic. Project Lyttelton was finally provided with a copy of the report and then began our journey down the rabbit hole as we tried to work out what the highly scientific data actually told us about the soil we were growing in and what if anything there was that we could do about it. We also began to appreciate that the Council representatives themselves were also having difficulty interpreting the data as there is a confusion of information around what constitutes a safe level of lead in the soil. The measurements used in the Report revolved around an agreed level for residential use - that is to say the

level of lead that would be considered safe if 10% of your total diet was to come out of the garden. Whilst we were ploughing through the literature and looking at studies around remediation the main issue for everyone associated with the garden was guilt. Whilst trying to encourage what was perceived as healthy behaviour had we inadvertently exposed people to possible contamination. This took many weeks if not months to come to terms with, before we could look at the garden and not feel dirty, guilty or in some way stupid for not having tested sooner. It had never occurred to anyone that the great looking soil that had been lovingly cultivate under organic principles for many years could not be good for us. It seemed that the ground had come up and hit us again.



We started to get a feel for the data and looked at the levels and began to understand that the garden was not radioactive, it did not glow green in the dark. In fact whilst some levels were raised they were in most places only just above the levels deemed safe for 10% of your diet, were probably the same as many backyards and considering that nobody ate even close to 10% of their diet, or gardened enough to be exposed to the enormous quantities of dirt, dust or produce required to cause a problem we began to settle, the guilt started to take a back seat in the story and we started to look forward at what we could do.

What in fact we had was historic soil, reflecting the practices of the past and in this case the likely residential use of lead paint - it was previously a house and gaol site - as well as the use of painted timber in the garden and is probably the same as soil in any backyard in NZ where the house had in the past used lead paint. The garden had no trace of pesticide or other containments that might be present from the use of DDT, copper sprays and other weed and insect killers of the past.

Remediation was the first thing on our minds - how could we clean the soil? Well with lead the jury is still out about what is practical both in terms of timeframe and field trials rather than results obtained in a controlled environment. And the really big question is if we are successful and get the lead out of the soil what do we do with it?? Move it on for someone else to deal with, this just doesn't sit right. So, we needed

to find a way of living with lead, and the small amount of arsenic contamination that by most standards was very small. We sought advice and the feedback we received was that the levels we were experiencing were very low with the benefits of growing and being outdoors outweighing the negligible risk posed by the lead.

So, our initial plan was to build a series of raised beds in one half of the garden so we would be able to open again. With little resources but generous donations from the Community Board, assistance from Living Earth, Lyttelton Port company, South City Community garden, Fulton Hogan Department of Probation workers, and others the garden has again taken shape. We researched soil options, bed design and are experimenting with ways to grow anywhere regardless of soil condition or even if there was no soil.

There is so much talk about food miles, urban farming, lack of space, the inefficiency of small scale growing if we have people growing even a small percentage of produce this really starts taking sustainability to where it needs to be - in every neighbourhood. Be it on a balcony or a small local communal garden growing in your backyard will be an essential skill for the future and one that is truly essential for schools and childhood centres and for us all to start to tackle the generational gap in food knowledge.

Growing in the cities is nothing new and certainly not rocket science but from our experience has to be approached sensibly with an appreciation and understanding of the historic environment and what the soil might contain. We do not want to be tagged the contaminated community garden rather the garden that's looking at how to grow good food in a historic backyard environment and finding or developing ideas that could be accessible to every situation regardless of the health, state or even if there is no soil.

In terms of our lead we are looking to continue this journey and to be able to share our experiences, both good and bad, and to continue to learn and grow. We would like to do more work around what and how lead is absorbed to find out what can be grown in soil with higher lead concentrations, what safe guards are necessary, is fruit involved?, how about chickens and their eggs are they safe?, is there a way we can lock the lead into the soil using pH levels or over amendments? etc etc.

This story still has some time before we get to the "and they lived happily ever after..." but with a bit more work we could be looking at ways to ensure that whilst we can't guarantee happiness we might be able to look at ways that we can live with lead.





Aaron Carpenter & The Revelators W/ Harry Lyon (Hello Sailor)

Wunderbar, Lyttleton - Sat Aug 26th 8.30Pm

Aaron Carpenter & The Revelators delve into their new-found swamp sound with their grinding and gritty debut album, 'Pretty Lies'. Recorded in a barn on Waiheke Island with producer Nick Abbott (The Subways, Robert Plant, The Datsuns), the tracks conjure up a raw rock incarnation of their deep-seated country and blues sound that's part The Bad Seeds, Tom Waits and The Cruel Sea as it is Steve Earle.

From fleeting romance kept secret and the effect of decisions made in the heat of the moment, *Pretty Lies* is an album that explores the frustrations of love's fragility and much more.

Aaron Carpenter has a strong history in country and blues music since sneaking into famed Ponsonby venue The Glue Pot and nestling himself on stage with local blues legends like Midge Marsden. It wasn't until he returned to New Zealand after traveling the world as a vagabond musician that Aaron began exploring his love of music and creating his own material for the first time, leading to the formation of his band The Revelators, made up of drinking buddies and fellow Waiheke Musicians, Derek Solomon, Lee Catlin, Nikki Ngatai and Miles Gillett.

Since their formation, Aaron Carpenter & The Revelators have become an integral part of New Zealand's steadily growing Americana scene and has seen the band perform at Spark Arena's Southern Fork Americana Festival alongside names such as Robert Ellis, Hayes Carll and Blind Boy Paxton.

Support: Harry Lyon (Hello Sailor)

Outside of MAINZ Harry is probably best known as the guitar player and songwriter with Hello Sailor who were inducted into the NZ Hall of Fame in 2011. He was the artist representative on the PPNZ board for a number of years and is a trustee for The Stage Challenge Foundation. Prior to working at MAINZ he managed a major recording studio, worked as a freelance writer and producer of radio and television commercials, appeared in several television series and as lead male in a feature film and is still busy with voice work for commercials and documentaries.

Ticket Price includes a copy of the album *Pretty Lies* to collect from the door.

The first two people to email infocentre@lyttelton.net.nz will get two free tickets to the show.

History of the Lyttelton Wellington Ferry Service Part 2

Between 1907 and 1976 the Lyttelton-Wellington service was served by two ships named Maori, two named Wahine and two named Rangatira plus a solitary Hinemoa. These became household names in New Zealand, but how were they chosen? The Maori recycled the name of an original member of the Union Steam Ship Company's fleet of 1875. Her consort of 1913 took the name Wahine (woman) to partner the (assumed male) Maori. The next ship, the Rangatira, was their "chief".

The Hinemoa was the "daughter" of the ferry family since she used the Rangatira's hull plans to speed up construction.

In 1907 the Maori (that is Maori number two), the first purpose-built Lyttelton-Wellington ferry was delivered. She was ordered in 1906 from the Union Steam Ship Company's favourite builder, Wm Denny Bros of Dumbarton, Scotland. The Maori was big – 3399 tons gross and 107 metres long. However, instead of the traditional triple or quadruple expansion steam plant, the Maori sported new-style steam turbines.

At a cost of 108,848 pounds, the first purpose built vessel for the inter-island passenger service, the Maori was launched in the presence of the Premier of New Zealand, Sir Joseph Ward. She crashed in to the opposite bank of the river and on her trials, she ran aground on the tidal ledge of Dunbarton Rock and had to go into dry-dock for repairs. At the time, there was a strong westerly wind and as the tugs started to tow her out of the Leven into the Clyde the ropes parted.

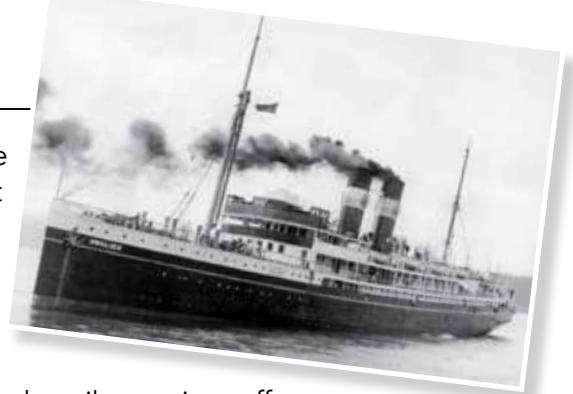
On her second trial run she collided with and sank the Kintyre, a small coaster, with the Maori going back into the dry-dock for more repairs. At the start of her delivery voyage to New Zealand the vessel ran aground again, this time without suffering damage.

After a rather unfortunate start to her career the Maori turned out to be a very successful ship. She carried 423 saloons and 130 second class passengers. The spacious music room was a veritable symphony in gold and blue. Softly-yielding lounges invited contemplative inactivity. The dining room reached by a noble staircase of handsome wood, was of special magnificence, upholstered in crimson and decorated in subdued artistic tints of green, white and gold. A lordly dome pierced and garnished with stained glass rose through the upper promenade deck, and could be lifted to increase ventilation if required. Such was the grandeur of this fine ship.

During her regular service, she would arrive at Lyttelton at 6.40am on alternate days, departing for Wellington at 8.30pm the same evening. If the Invercargill express

was late arriving at Christchurch, then she would wait for the arrival of the

passengers and mails, setting off at high speed for Wellington, where she would always arrive at 7.00am the following morning. Here she would wait all day for the passengers from the South bound express train from Auckland. She sailed from Lyttelton Heads to Wellington Heads in eight hours and eighteen minutes.



A brief record of her history is as follows:

- 1907 November arrived at Port Chalmers New Zealand
- 1916 June 7 Maori first berthed at the newly transformed Wool Jetty, from then on to be known as the Lyttelton Ferry Wharf.
- 1916 A war crew shortage caused the cancellation of sailings.
- 1922 A maritime strike caused the vessel to be withdrawn from service
- 1923 Converted from coal to oil fired boilers.
- 1931 Maori became the relief ship when the Rangatira entered service.
- 1936 February Hastily recommissioned when the Rangatira spent eighty days in the floating dock at Wellington after striking rocks near the entrance to the Harbour in a southerly gale.
- 1940 December 29 She was again called on to resume the inter-island service when Rangatira with 750 passengers aboard and Captain George B. Morgan in command ran into a fog bank and went aground at Pigeon Bay near the entrance to Lyttelton Harbour. Rangatira was subsequently sent to Port Chalmers for repairs.
- 1944 January Laid up again at wellington.
- 1946 June. After two and half years idle, she was sold for 100,000 pounds to the United Corporation of China Ltd and renamed Hwa Lien.
- 1950 Sold to the Chung Lien Steam Ship Company and laid up in Keelung Harbour.
- 1951 January 13. During a hurricane she dragged her anchors, grounded and then sank.
- 1951 May. Raised and sold to ship breakers. However, a section of the hull was converted into a barge and had an 80-ton crane fitted, serving Keelung Harbour for many more years

Article Ship's Telegraph No 9



Would you like to become a volunteer at the Harbour Co-op?

Drop in or give us a ring or email to enquire about a role from the list below and way you go...one the of family! Plus it's always more fun to work with friends and it's an opportunity for Owners and the greater community to contribute to the daily running of the shop. 1-2 hour shifts are most productive, though basically any amount of time, no matter how small is helpful.

There are always little things to do behind the scenes to make the shop run smoothly. Things like packing of bulk items, stocking shelves, filling up bulk bins and containers, cleaning or research new products. Do you have other skills such as marketing/ IT / admin etc, please let us know.

A regular weekly time is a big benefit to the consistence of the business and the customers. You can talk over a time and day that you suits you and the co-op with the Store Manager. For every 15 minutes you work in the shop, you'll receive a stamp on a card. Once you have 8 stamps you receive 15% off your next purchase up to \$250. So basically for every 2hrs, you receive a great discount.

Good time volunteer. Here are some specific days and times for help....

- **Mon – Fri...**11 am - 1pm Help set up the shop and unpack deliveries.
- **Monday...** What needs ordering; help with the fruit & veg delivery, clear out crates & boxes.
- **Tuesday...**12– 2 pm clean store, rubbish, tidy store room.
- **Wednesday...** 2-6 pm to refill bulk containers and jars.

- **Thursday...** Free Flow - get random jobs done, see job board.
- **Friday...** Stock up store for market; snack mixes and mix up muesli.
- **Saturdays...**2-4 pm to help clean up and tidy store from the market.
- **Sundays...**1-5 pm topping up shelves, clean re-usable containers & shop utensils.

Below are some of the key roles we are looking for involvement in.

Board members – We currently have 6 board members however with 2 overseas and only 1 living in Lyttelton we need more local hands on Directors....1 meeting per month plus negotiable additional responsibilities.

Shop volunteers – Store assistant to help the day to day running of the store....2 or more hours per week. We are seeking people for each day of the week.

Retail – Anyone with retail experience to provide advice to improve our customer experience... One off or ongoing – as available.

Induction team – We're looking for experienced Co-op'ers who would feel comfortable running induction sessions for our new members. Each one would

involve a tour of the Co-op plus an explanation of how we operate, and how to use the shop.

Volunteer Support – Our growing band of volunteers need someone to help organise them.... Co-ordinating volunteer roster. Hours to be confirmed.

Baking – If you love baking or making raw desserts this job is for you. We're looking for some ace bakers to prepare some baked and raw snacks for us to sell at the store. You'll get use of our kitchen and the choice of our whole range of products.

Cleaners – A great way to earn energy points and help keep our co-op shiny and food safe. We are looking for volunteers who have a passion for health and a commitment to food safety to give the co-op a "deep clean".

Handy Person – A handy person is often required for little odd jobs around the co-op – from fixing leaks to drilling holes. If you think you can help out please let us know.

Data Entry – If you are super reliable, have excellent attention to detail, are skilled in data entry and can confidently pick up and learn our POS system, then we want to hear from you! We are looking for a committed volunteer to input data. This role is central to co-op operations.

Buyers Club – Are you a great communicator and have a passion for organic products? We're looking for volunteers to join our purchasing team to liaise with our suppliers and staff to ensure we have the optimal mix of products in store.

Marketing & Comms - Help us better communicate with customers, owners, and supporters (existing and potential)... Flexible. Ideally we would like a marketing/communications business to commit to supporting us.

IT - Troubleshooting with Totalpos, website maintenance, and computer issues.

Website Administrator – Our website is in need of updating and maintenance. If you are an experienced web designer or have any fresh ideas please get on board!

Newsletter – Keen to develop your skills or improve ours, in email marketing, creating our e-news (with input and help from others!) and help inspire and connect with our members?

Content Contributors – If you're an avid writer and are keen to either share or build knowledge about our products, please get in touch. Your content contributions will be used newsletter, online & in store.

Product Research – We have some wonderful products here at the Co-op unfortunately our customers do not always know of the nutritional benefits of these items, or how best to use them. We are starting up a product research team to provide shoppers with general information and recipes for all of our products... Also to new product research, specialist and local products plus what are the trends of present.

Promo Team – The Promo team is vital to drawing new and old members alike to the organic produce and communal atmosphere of the Co-op. If you have marketing experience, have some fun ideas to involve people, or just want to lend a hand we're more than happy to have you on board.

Event person – The Harbour Co-op would like to have a presence at all sustainability, environmental, and food fairs and other events in the region intermittently. If you'd like to represent and promote the co-op at events such as these please let us know and we will contact you when they come up.

Community Weaver – Someone to help us connect with and build networks within our community.

Legal – If you have legal experience we occasionally need some sound legal advice. If you feel as though you can provide this advice please let us know.

Accounting advice – If you are in any way qualified in accounting, particularly in the areas of auditing, tax, tracking, and you are willing to offer your help we will happily take it.

Finance – Anyone to provide support backup to our finance operations.

Grant writing – We are hoping to apply for grants and other types of funding options, to help maintain the shop and get some projects off the ground. If you are experienced and or confident in grant writing we could really use your help!

Flyer drops – As part of our marketing campaign we distribute Food Co-op flyers from time to time.

Other... How else could you help us with your time?

Jump on board and help grow a community for the future of Food Sovereignty and People Power.

Contact us: Phone: (03) 3288 544 General enquires: shop@harbourcoop.co.nz

Article Harbour Co-op

Lyttelton Harbour Network Survey

In addition to these notices which are circulated around the Lyttelton Harbour, there are bi-monthly Lyttelton Harbour Network (LHN) meetings which are held. To ensure that this meeting best serves the community, we would appreciate your feedback on it's form and function. The survey is super quick and easy to do, and we will keep it open until the 31st August. The survey can be accessed here: <https://www.surveymonkey.com/r/FV3DPN6>

Urumau Reserve Development Plan Community Consultation

Please note that the Christchurch City Council is currently taking feedback on the Urumau Reserve Development Plan. To have your say visit: <https://ccc.govt.nz/the-council/consultations-and-submissions/haveyoursay/show/71>

Overnight closure of Summit Road Community Consultation

Please note that the Christchurch City Council is currently taking feedback on the potential closure of Summit Road on Thursday to Mondays 10pm – 5am and on public holidays. To have your say visit: www.ccc.govt.nz/the-council/consultations-and-submissions/haveyoursay/show/56

Zumba Gold® Fitness

Tuesday: 1.30pm – 2.30pm, Lyttelton Recreation Centre, Lyttelton (25 Winchester Street) • • Friday: 11.30am – 12.30pm, Lyttelton Recreation Centre, Lyttelton (25 Winchester Street)

Lyttelton Community House

Meals programme

This service provides five cooked meals a week. On Monday & Wednesday recipients will receive two hot meals (to cover Mon/Tues & Wed/Thurs). On Friday one hot meal plus a dessert is delivered. These meals are delivered between approximately 3-4pm, and cost \$8.50 each. If you are interested in this service, please get in touch with Hannah at hannah@lytteltoncommunityhouse.org.nz

Lyttelton Sit / Stand & Be Fit Class - Tai Chi / Qi Gong

A chance to get out of the house and warm up in an easy to learn social setting. Increase your flexibility, balance and coordination whilst healing and relaxing your body. Classes begin on Monday 7 August from

11am – 12pm at the Trinity Hall, Lyttelton Recreation Centre, 25 Winchester Street. The cost is \$6 per class. For further details contact Geraldine 027-644-4455

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.

Parenting Week

Parenting Week is here from the 21-31 August. There are heaps of different seminars, workshops and talks which are being held around Christchurch which will be helpful for families and those involved in supporting them. For further information about the speakers, workshops, and what seminars are on take a look on <http://www.nht.org.nz/parentingweek>. Bookings and ticket sales are now live on <http://www.dashtickets.co.nz/tour/916>

Concrete Repairs To Half Bridge

Hunter Civil have a contract with NZTA to complete concrete repairs to the half bridge which sits between Norwich and Sutton Quay.

Repair works are scheduled to commence on Monday 21st August and are expected to take three to five weeks depending on the final repair scope which will be confirmed upon the project commencing.

During this time the shoulder parking bay above the bridge on Norwich Quay will be closed to traffic, just west of the HCV escort bay for the tunnel, and a lane shift/priority give way for Sutton Quay will be in place depending on the phase of construction – refer to picture below.

There will be no impact on the railway corridor or track while works are taking place.



For any queries please contact LPC Civil Asset & Project Manager, Tristan Williams on 3 328 7812 or tristan.williams@lpc.co.nz.

Citizens Advice Bureau

Is open at The Loft Eastgate Mall on Tuesdays

Citizens Advice Bureau (CAB) operates a satellite service at The Loft in Eastgate mall every Tuesday from 11am- 2pm. There is a meet and greet desk in the Linwood Library, where clients can informally meet our volunteers and have a chat. For those people with sensitive or difficult issues needing privacy, Citizens Advice has an interview room in The Loft.

Since CAB has opened we have dealt with a wide range of questions from simple problems, right through to complex difficult situations. Some of the topics we have helped people with include: mental health, access to advocacy support with WINZ, tenancy, neighbourhood disputes and accessing food banks. There's heaps of great information to help on our website www.cab.org.nz, or call 0800 FOR CAB (0800 367 222) and we can help you work through your options.

Merchant Navy Day.

September 3rd. is now the officially recognized date to commemorate Merchant Navy Day. On that date in 1939, Britain declared war on Germany. That evening, a German submarine, obviously instructed and prepared, torpedoed and sank the SS Athenia, a British passenger vessel. Consequently the first British casualties of the Second World War were Merchant Seafarers and Civilians, this set the pattern for the vicious, and no holds barred, Battle of the Atlantic, which raged for the whole war. Worldwide, merchant vessels were "fair game" for bombs, torpedoes, shells and mines. Even in far off New Zealand, ships were sunk by enemy action.

The Canterbury branch of The Merchant Navy Association, as per usual custom, will be gathering at 2pm. Sunday 3rd. September at the Cenotaph in Lyttelton's Albion Square. Members of the public are welcome to join this commemoration.

To merchant seafarers, present and past, "our day" is of equal importance as Anzac Day. We remember all those Men Women and Boys who have served, or are serving, in merchant ships and fishing fleets of the world. Race, or Creed, has little bearing on seafarers shared, fascination with, and love of, the ocean's allure.

The service will be held in the Lyttelton Club if the weather is too inclement.



Red Cross Funding Grants

Available for neighbourhood and community events via Methodist Mission up to May 2018. (\$300, \$500, and \$1,000). Next proposal deadline Friday 1 September 2017. Advisable to let Community Response worker Tineke Tuiletufunga know about your plans: tineke@mmsi.org.nz 389 6232 or 027 818 7117. Find out more on facebook.com/communityconnectionsgrants

Semi-furnished house available in Lyttelton

- 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, coffee tables, sky dish 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. It has steps.
- Suit a couple, or a small family.
- No smokers and no pets thank you.
- \$470 per week.

Phone Michelle 3288020 or 0274160625

House for Rent

3 bedroom house with sheltered off street parking. Fully insulated, double glazed with a heat pump. Spacious deck, neutral décor plus outdoor storage. Quiet location with mature easy care surrounds. \$375 pw. Call Roy 03 281 7533

Volunteer for 'Lyttel Tumblers'

Plunket "Lyttel Tumblers" are looking for a volunteer to help set up the Lyttelton gym on a Thursday morning during school term time. The time is flexible, either an 8am or 8.30am start for 30 minutes. The role would involve helping to get all the equipment in place before the class starts at 9.30am. For more information please get in touch with Lynda on 021-061-5096.

Room for Rental

Beautiful double room in Historic Villa in Lyttelton available. Short term or relatives visiting? This would be perfect. Comfortable, clean, warm and peaceful place to come and relax or live. Please contact Janette on 021 252 1256

Please Mr Lawyer

Seven years wasted and I am almost retired.
My father has died and my mother is tired.
And my children (darling little pets)
Need assistance with their debts.

Now Mr lawyer, whom I trust,
Are you to make me wham bam bust?
I need your help in this bad situation,
The insurance company's creation.

Around my neck is a yolk:
A house that is earthquake-broke.
I have tried six years to sort it out:
Insurance want to fill and grout.

The earth cracked open and has slumped.
The house moved down and got dumped.
The earthquakes hit, cracked the foundation.
I fight for it and for the Nation.

But all I get is 'jack and pack
Cosmetic paint and fill the cracks'.
I paid for full investigations
Countered by insurance ablation.

Action less then demolition
Leaves the house in crap condition.
The concrete slab is now on voids
Tell the underwriter Lloyds.

Now Mr lawyer you need to know
I've been through hell with nought to show.
Insurance tried to throw me crumbs.
Advocates spent my retirement funds.

I argue and I fight and fret.
What happened to my safety net?
Insurance cover surely lacks.
Minimal offers are very slack.

No more bullies, no more lies;
Corrupt systems boosting pies.
I'm tired of all their macho men,
Their greedy gardens do they tend.

Please Mr Lawyer, you're better than them
And you know strategies one to ten.
I need your assistance with justice rules,
I need explanations to keep my head cool.

With your ethics and consistence,
Despite insurance company resistance,
We will be the end game winners
And we will beat the shady sinners.

Justice and fairness will prevail
And you, my hero, I will hail.
House reinstatement is to come.
My limbo ends, job well done.

Michelle Parkes

It's said that....

by Bryan Fowler Diamond Harbour Writers Group.

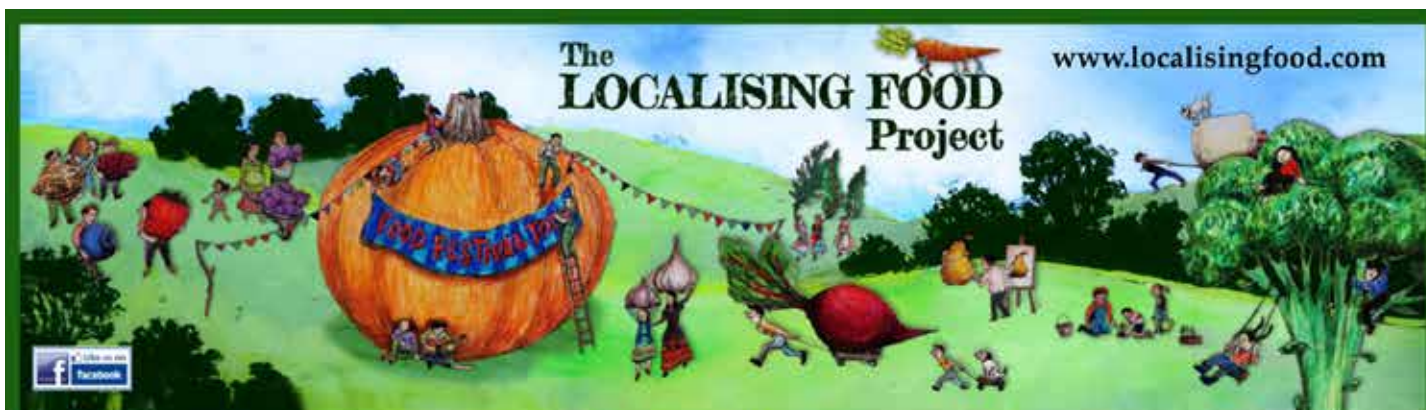
"It's often said" remarked P'murt the Old, Tribes elder and Shaman
"that truth is what I say it is, and there is indeed a truth in this,
for am I not all-knowing and important? Am I not the person who
tells you when to go forth and hunt, and do I not tell thee who your
enemies are and how you may best defeat them"?

And his tribes-people nodded their heads and waved their arms, for
there was a great and obvious truth in what their leader stated.

P'murt the Old must have articulated a great truth, for through
the millennia that followed, his ideas served as a guiding light for
many who have assumed the mantle of power, in groups from the
miniscule to the truly national. Our human history is littered with,
and in no small way shaped by, the detritus of P'murt's teaching.

And so, in the years of "post truth" a leader of a great nation
has emerged, and he has refined the teachings of P'murt, for he
has said to his legions of followers, that not only that which he
says is the truth but he, and he alone, has the ability to state that
that which was once the truth (and it must have been true for he
enunciated it) is now no longer the truth, and now you have a new
and brighter truth to guide your ways.

And his tribes-people nodded their heads and waved their arms, for
there was a great and obvious truth in what their leader stated.



You are invited to the LAUNCH of our new film:

PERENNIAL PARADISE:

the Creation of Food Forests & Community Orchards in New Zealand



7pm Sunday 3rd SEPT

6 – 7pm Pot-luck dinner

XCHC - Exchange

376 Wilsons Rd, Waltham

CHRISTCHURCH



EVISIONZ.TV

This film tells the inspirational story of communities in action planting fruit and nut trees in a wide variety of public spaces and degraded landscapes.

Journey with us across the country, experiencing heritage harvest festivals and open orchards in the Deep South, through edible urban landscapes in earthquake damaged Canterbury to lush sub-tropical food forests in the Far North.

Learn how this movement is seeding multi-generational solutions for our food and preserving heritage fruit varieties that connect our past with future generations.



Entry by Koha

Bring food to share for potluck dinner.
Drinks available for purchase from the bar.

Info & Booking
on facebook page
@localisingfoodproject

Botanical Wanderings in Urumau Reserve 2017



**Discover the amazing plant life in
Urumau Reserve.**

**Guided walks with
Brian Downey.**

July 29, August 5, 12, 19, 26 and September 2.



**Cost \$5 per person or Time credits
accepted.**

**Eight people per session. 1-3pm.
Good footwear essential.**

**Meet at the far end of Foster Terrace
at 1pm.**

Registration essential: Phone 328 9093 or
email: infocentre@lyttelton.net.nz

If raining Saturday postponed to Sunday.





NEIGHBOURHOOD WEEK

#SUMMERWITHYOURNEIGHBOURS

CRANK UP THE BBQ FOR THE NEIGHBOURS,
CHALLENGE YOUR MATES TO A BACKYARD CRICKET
TOURNAMENT, OR MAKE YOUR COMMUNITY
A BETTER LOOKING PLACE WITH A CLEAN-UP
DURING NEIGHBOURHOOD WEEK 2017!

APPLICATIONS FOR FUNDING CLOSE
FRIDAY 1 SEPTEMBER 2017 AT 5PM.

Get to know your community during
Neighbourhood Week (27 Oct 2017–31 March 2018)
and you could receive a small subsidy to go towards
your event* thanks to Christchurch City Council's
Community Boards.

*Terms and conditions apply.

For more information, application forms and
great ideas visit ccc.govt.nz/neighbourhoodweek

Christchurch
City Council 

Work Notice: Lyttelton to Cass Bay, power upgrade

What	Upgrade to the overhead lines that power Lyttelton
Where	Lyttelton, Corsair Bay, Cass Bay will be placed on alternative generation
When	Wednesday 13 September, from 8.30am until 4.30pm

What are we doing?

Orion is in the process of upgrading the power network servicing Lyttelton, Corsair Bay and Cass Bay to improve resilience and reliability for the area. Lyttelton's power supply comes from the Heathcote substation and is fed on two overhead lines on one common set of poles traversing the Port Hills. The reliability of these lines has been an issue in the past due to a combination of exposure to the environment and the proximity of the lines.

Essentially, our upgrade will involve spacing the lines on separate poles at the junction points in Heathcote and Lyttelton, so that when a fault occurs on one line, it can be safely repaired while the other line keeps the network operational.

How will this affect me?

To complete the upgrade and switch the lines onto their new poles, the mains power will need to be switched off in Lyttelton, Corsair Bay and Cass Bay for around eight hours, between 8.30am and 4.30pm, on Wednesday 13 September. Please note, our contingency date is Wednesday 20 September.

Orion is committed to keeping the township of Lyttelton and the adjacent bays operational. With the assistance of the Lyttelton Port Company, two container sized, 40ft 2500 kVA generators will be relocated to Lyttelton to continue to supply the more than 500 businesses, essential services, education centres and residents in this community with an alternative power supply for the day.

Generated power can be less stable than mains power. We ask the community to please bear with us if the supply fluctuates during the day, and conserve power where possible to help us remain within the capacity of our generators. Please turn over to find tips on how you can lower your consumption.

There will still be one brief outage around 4.30pm on Wednesday 13 September to switch the community over on to the upgraded network.

How can I get more information?

If you would like to be emailed more information as it becomes available regarding this upgrade, please email us at info@oriongroup.co.nz with *Lyttelton updates* in the subject line. If there is anything we need to be made aware of, such as your reliance on power for medical or other important reasons, please email us or call 03 363 9898 to be put through to our **Contact Centre** which operates 24/7.

See the **Latest News** section on Orion's website for up to date information about this upgrade project, delays or change of dates oriongroup.co.nz



Above: In Heathcote, one set of poles will soon become two

Orion

Please lower your power consumption

We would like the whole community to benefit from the alternative generation on Wednesday 13 September, but to ensure this is possible there's a few things you can do to help not just us out, but also your neighbours.

- Charge cell phones and any battery powered devices the night before.
- Switch off unused appliances at the wall
- Turn off lights where possible
- Take shorter showers, and if possible the night before instead
- Avoid doing tasks like using a dryer or washing machine, plan to do this another day that week
- Turn your heaters off where you don't need them
- Turn heated towel rails off
- **Businesses:** Please plan your business activities around this date, undertaking tasks which require heavy power consumption could put the community's power supply at risk.



Above: One of the two 40ft, 2500 kVA generators being temporarily relocated to the Lyttelton Port Company to supply generation during the upgrade

Be prepared

In the unlikely event that the generation supply is overused and there is an outage during the day, we will work very hard to get everyone's lights back on. Please take some precautions in the case of an outage, and **remember there will be one brief outage around 4.30pm** to transfer the community on to the new upgraded network.

- Make sure any battery powered devices that you need, such as laptops and cell phones are charged the night before
- Know where the manual release lever of your electric garage door is and how to operate it
- Purchase ice to help keep food cold during a temporary power outage
- If you need to use your car to re-charge devices, do NOT keep the car running in a garage, partially enclosed space, or close to a home
- If you rely on anything that is power dependant like a medical device, determine a backup plan, and contact your electricity retailer for more information
- Only use flashlights for emergency lighting, candles can cause fires
- During an outage, turn off or disconnect appliances in case of a momentary power 'surge' that can damage computers or other devices

Thank you!

We understand the power supply to Lyttelton hasn't been as reliable as it needs to be. This project will provide a more resilient power supply to Lyttelton and fewer outages in the future. This upgrade is part of a long-term programme of work to ensure greater surety of service to Lyttelton and the adjacent bays.

Contact us:

Phone: 03 363 9898
Email: info@oriongroup.co.nz
Website: oriongroup.co.nz
Address: 565 Wairakei Road, PO Box 13896, Christchurch, 8141

Orion

Events

WEDNESDAY AUGUST 23RD

Fat Tony's 5-7pm
Happy Hour

Wunder Bar 8pm
Al Park and his pals

THURSDAY AUGUST 24TH

Appetite for Life 10am
St John's Lyttelton

Fat Tony's 5-7pm
Happy Hour

Lyttelton Club 5-6 7-8pm
Happy Hour

FRIDAY AUGUST 25TH

Fat Tony's 5-7pm
Happy Hour

Lyttelton Arts Factory 7.30-9pm
Dayle Hunt Life Mechanic

Lyttelton Club 4-6pm
Happy Hour

SATURDAY AUGUST 26TH

Fat Tony's 5-7pm
Happy Hour

Lyttelton Seafarers 6.30pm
Ceilidh, Rec Centre Door Sales Only

Naval Point Club 9-5.30pm
Learn to Sail

Wunder Bar 8pm
Aaron Carpenter & The Revelators

SUNDAY AUGUST 27TH

Fat Tony's 5-7pm
Happy Hour

Freemans 3.30-6.30pm
Carmel Courtney and Friends

TUESDAY AUGUST 29TH

Lyttelton Club 7pm
Evening Housie

Tribal Diva Belly Dance 6.30pm

Wunder Bar 7.30pm
Open mic and showcase

WEDNESDAY AUGUST 30TH

Fat Tony's 5-7pm
Happy Hour

Wunder Bar 8pm
Al Park and his pals

THURSDAY AUGUST 31ST

Appetite for Life 10am
St John's Lyttelton

Fat Tony's 5-7pm
Happy Hour

Lyttelton Club 5-6 7-8pm
Happy Hour

FRIDAY SEPTEMBER 1ST

Fat Tony's 5-7pm
Happy Hour

Hell Fire Club
Shagfile Nosittap

Lyttelton Club 4-6pm
Happy Hour

SATURDAY SEPTEMBER 2ND

Fat Tony's 5-7pm
Happy Hour

Naval Point Club 9-5.30pm
Learn to Sail

SUNDAY SEPTEMBER 3RD

Civil and Naval 8pm
Out of the Closet – A Night of Music and Poetry

Fat Tony's 5-7pm
Happy Hour

Freemans 3.30-6.30pm
Carmel Courtney and Friends

Merchant Navy Day 2pm
Cenotaph Albion Square

Coming Up:

Garage **Sale** **Fashion** **Show**
September 15th

Exhibitions:

Lytel Gallery
Allison Hussey – Private Collection
20 Oxford St Lyttelton Mon-Sat 10-4pm Sun 11-3pm

Spooky Boogie
Work by Robert Scott until Aug 26th

Stoddart Cottage Gallery
Our Land – Hamish Anderson
"Self- taught artist, Hamish Anderson, uses paint and coloured pencils to capture the evocative light and colour of the New Zealand landscape. His work is informed by New Zealand landscape artists such as Rita Angus, Michael Smither, Rata Lovell-Smith and Leo Benseman, but still maintains an individual voice.

This Land features works in acrylic and oil paint and pencil from 2000 to the present."

Opening Hours Saturday and Sunday 10-4pm.

DAYLE HUNT

— LIFE MECHANIC —

— LIFTING PEOPLE UP —

— FEATURING —

AUNT MARJORIE

AGONY AUNT EXTRAORDINAIRE

— ALSO STARRING —

RONNIE

TEENAGE WRANGLER

— AT —

LYTTELTON ARTS FACTORY

LYTTELTON, CHRISTCHURCH
ON
25th OF AUGUST 7:30PM
BOOKINGS ONLINE AT LAF.CO.NZ



EVENTS



THE LYTTTEL KIWI
HAND-MADE ARTS & CRAFTS
NEW GIFT SHOP
OPENING 9th AUGUST
WEDNESDAY from 10am
15 London Street
LYTTELTON
FACEBOOK: THE LYTTTEL KIWI



- FRESH FLOWERS • HAND - MADE GIFTS • CLOTHING • SOAPS •
- RARANGA • HAND MADE CANDLES & SOY MELTS • UP CYCLED GOODS •
- LOCAL ARTIST'S PRINTS • GREETING CARDS • POUNAMU • JEWELLERY •
- KNITTING • TOYS • COMMISSIONED ITEMS AVAILABLE & MUCH MORE!



otamahua / Quail Island ECOLOGICAL RESTORATION TRUST



ŌTAMAHUA / QUAIL ISLAND 2017 PLANTING DAYS

Spaces available on Sunday August 6, August 13, August 20, August 27

9:00 am to 3:30 pm, bookings essential

Phone Ian on 384 5338 or 0273 928 047 or e mail: volunteers@quailisland.org.nz

Website: www.quailisland.org.nz

Lyttelton Seafarers Centre



Ceilidh Scottish Barn dance



Saturday
26th August
6.30pm to
10pm

Come along and support your local Seafarers Centre

\$10 Adults

\$5 Children

\$25 Family

Gold Coin donation for Supper and raffle tickets

Cash Sales available at the door (Cash only/no EFTPOS)

Lyttelton
Recreation
Centre

25 Winchester St,
Lyttelton 8082

A fun family night for everyone!

*Music by The Rice Paddies – Christchurch's
Celtic Ceilidh Band*

**Scottish dancing for all - full instructions
provided and no experience required.**

Irish Dancing Performances by the Gaelic Dancers



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

Harbour Yoga Vinyasa

9.15am-10.30am. 021 882 403
General Class, Trinity Hall

Lyttelton Health Qigong for Seniors

11am – Noon
Lyttelton Recreation Centre \$5
Geraldine Parkes 03 328 7284 or 027 644 4455

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 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

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

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

10.30am 54a Oxford Street, Lyttelton
Second Hand Bargains and more.

Lyttelton Harbour Fruit and Vegetable Collective

Trading between 12.30 and 2.45pm at the Lyttelton Information Centre 20 Oxford Street 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

Harbour Yoga Vinyasa

6pm-7.15pm. 021 882 403
Gentle Class, Trinity Hall

THURSDAY

Community House Flat Walking Group.

10am
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

10.30am 54a Oxford Street, Lyttelton
Second Hand Bargains and more.

Lyttelton Volunteer Fire Brigade

7.00pm Lyttelton Fire Station
Weekly Training, New Members Welcome

FRIDAY

Diamond Harbour Yoga

6am - 7am
Gentle Class
Diamond Harbour Rugby Rooms

Community Activities in and around the Harbour this Month

Lyttelton Garage Sale

10.30am 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 Lions

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

Lyttelton Museum Historical Society

Contact Wendy McKay
info@lytteltonmuseum.co.nz

Lyttelton Netball Club

Contact Flo McGregor flomac@xtra.co.nz

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 Trinity

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

Banks Peninsula Community Board

1pm Second Monday Each Month
Meetings Open to the Public

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 Harbour Business Association

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

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 Lyttelton Toy Library or email
lytteltontoylibrary@gmail.com or call Helen 021 075
4826

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 Monday 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

PLACES TO STAY

B@B Settlers Retreat 153 Main Road	021 186 3220 021 144 2979	thackergj@slingshot.co.nz Hosts: John and Gaynor Thacker
Black Kiwi Apartment, Reserve Terrace, 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
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
The Rookery 9 Ross Terrace, Lyttelton	03 328 8038	therookery.co.nz Host: Rene and Angus

EAT, DRINK, DINE

Dark Star Ale House and Cafe Waipapa Avenue Diamond Harbour	03 329 3245	darkstarbrewing@yahoo.com Host: Donna and Martin
Fishermans Wharf Norwich Quay, Lyttelton	03 328 7530	www.fishermanswharf.co.nz Host: PJ
Lyttelton Top Club 21 Dublin Street, Lyttelton	03 328 8740	www.lytteltontopclub.co.nz
Roots Restaurant 8 London Street, Lyttelton	03 328 7658	rootsrestaurant.co.nz Meet: Giulio and Christy

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

Damper 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

Peter O'Brien Plastering Limited

153 Port Hills Road.

384 2574
027 221 4066

pmobrien@snap.net.nz

HEALTH, BEAUTY, FITNESS

Christchurch Yoga

Scout Den, Charlotte Quay, Lyttelton

021 071 0336

Christchuryoga.co.nz
Instructor: Rebecca Boot

Honey Comb

34 London Street Lyttelton

03 328 8859

honeycombhair@extra.co.nz
or see our facebook page

Krayzie K's Trail Races

17th & 18th November 2017

Orton Bradley Park
Charteris Bay, Christchurch

Distances:	100Miles	...	100KMS	...	50KMS	...	25KMS	...	12.5KMS	...	6KMS
Altitude:	7610M	...	4680M	...	2340M	...	1170M	...	580M	...	260M



Trail running events to suit all abilities
from introductory to experienced ultra runners

Open to ages 10 years & over



Single track, stream crossings, farm tracks, hills and valleys

Made up of 12.5km laps ... the 6km is half a lap

The longer the distance the more laps

Return to base every half lap for support,
nourishment and frivolity.

Altitude & Attitude ... a real trail running challenge
that's also fun and achievable

A day for the whole family

Bring a picnic lunch, wade in the stream,
playground for the children, cafe nearby for the adults

Are You Krayzie Enough?

For more information and to Enter go to:

www.krayziekapers.net

Follow us on Facebook.

Krayzie Kapers