

LYTTTELTON REVIEW

APRIL 2019 • ISSUE: 228

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



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Next Issue print date: Issue 229, 16th April 2019.

Content Deadline: 5pm 12th April 2019.

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 former 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

Mobile: 021 047 6144

Email: review@lytteltoninfocentre.nz

Content Deadline: 5pm Friday

Jenny-Lee Love

Email: review@lytteltoninfocentre.nz

Content Deadline: 5pm Friday

Lyttelton Information Centre

Office: 328 9093

Email: office@lytteltoninfocentre.nz

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 2019 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:

The Lyttelton Arms

Lyttelton Bakery

Leslies Bookshop

Lyttelton Community House

Lyttelton Harbour Information Centre

Lyttelton Health Centre

Lyttelton Library

Lyttelton Top Club

Back Copies Available to Download:

www.lytteltonharbour.info



A NOTE FROM US

To the Lyttelton Harbour Community, the wider Christchurch community and in particular to our friends and neighbours who have been deeply affected by the event on March 15th. The Review team sends our deepest sympathy, well wishes and aroha.

We have been sent some helpful resources and we trust if you need some extra support they may be useful to you. Much love Wendy and Jenny-Lee.

CITY NATURE CHALLENGE 2019: CHRISTCHURCH

Hey, Christchurch! Let's show off our unique biodiversity and take on the world in a friendly, global competition! Everyone can contribute, whether you know heaps about biodiversity or are a nature newbie, and no matter where you are in Christchurch.

From April 26-29, we will make observations of as many species as we can from the Christchurch District (including the central city, suburbs, and Banks Peninsula), and upload them to iNaturalist.NZ. It's our opportunity to fly the flag for New Zealand as one of the more than 100 cities on all seven continents taking part in the challenge.

Participation is easy and free! Download the iNaturalist app to your mobile device. From April 26-29, use the app to upload photos of organisms to iNaturalist NZ, and our friendly iNaturalist NZ community will help you identify them. It's as simple as that! You can also add observations straight to iNaturalist.NZ if you prefer.

Results will be announced Monday, May 6, so be sure to upload your observations by then.

Article iNaturalist
NZ

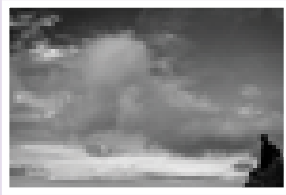


ARE YOU INTERESTED IN OUR HARBOUR?



- Are you keen to learn more and share this with visitors and the harbour community?
- Do you enjoy meeting new people?
- Do you have 3 hours a week or every 2 weeks to volunteer your time?

Then I would love to hear from you to become a part of our passionate team of volunteers at the Lyttelton Harbour information centre. Feel free to pop in and see me at 20 Oxford street, or call 03 3289093 or email office@lytteltoninfocentre.nz



Wonder.

By Sarah Harper, Diamond Harbour Writers Group
One day things will be understood

We will know more about this great trial

Will the sun, the moon the truth all be there?

Will all turbulence end with kind eyes?

I wonder about this day.

Will it be like a bolt from the heavens

Shedding light into our closed off corners?

Or simply a gentle wave of warmth over our cold bodies?

Sending joy to all that must be forgiven.

I wonder about this day

When all knowing becomes known

Searching ceases and calm envelopes us

No questions, nor begging

Pure light and understanding.

I wonder about this day

Fresh eyes on stale air

No order of ranks, for we are all one

Swines whispering nuggets of gold

Whispers so quiet, white face to the ground

I wonder about this day

Locked in fitful hope

Standing strong in untamed truth

Listening for those murmurs that might just set us free

What is the purpose of these grey clouds?



LYTTELTON ART AUCTION 2019

We're raising \$40,000 for the school!

Every other year, for nearly 20 years, a committed group of school parents has coordinated the Peninsula Art Auction.

The auction raises around \$40,000 for the school as well as supporting other educational institutions in port.

Never heard of it?

Life has been pretty busy the past several years and the school community has merged and grown. Internal communication has been a bit lost – but we're back! And this year the Art Auction – with its gallery weekend, live auction night and the new "Art Week" at school, promises to be the best one yet.

A few facts: Established: ages ago

What: A showcase of established and emerging artists (you, maybe??) with a strong connection to the Banks Peninsula. Mind blowing.

The weekend has three parts:

- enjoy the artworks anytime over the weekend for a gold coin donation. Be curious. It's worth it.
- get in on the excitement and place a silent bid on any art that takes your fancy (more here)
- attend the live auction. It's a ticketed, little bit fancy, licensed night with nibbles, hilarity and the excitement of live bidding (the night always has its surprises)

Where: Upstairs at school. Rakanui is literally transformed into an art space for the weekend. You won't recognise it!

When: The weekend of 17-19 May with the live auction on Sunday 19 May at 7pm.

Interested: The Auction committee is always looking for helpers – either on the night, or to complete small tasks here or there before the main event. If you're at all interested, chat to Claire Warren (Totara) or Taff Gilvray (Harakeke/Kowhai). Or perhaps you're an artist or have experience in curation? There's nothing to lose – submit your art for consideration.

Be curious link: <https://www.peninsula-art.co.nz/>

About the event link: <https://www.peninsula-art.co.nz/event>

Artists link: <https://www.peninsula-art.co.nz/info-for-artists>

Article Rita Norris Lyttelton Primary School Newsletter



DITCH THE PLASTIC MAKE A BEES WAX WRAP

“It’s so simple to make a bees wax wrap”, said Timebank coordinator Jill Larking. At the recent Creative Sampler hosted by the Lyttelton Harbour Timebank participants were instructed how to make the wraps by Governors Bay resident Will.

This is what you need:

Bees wax – available from Sheehan Apiaries at the Lyttelton Farmers Market

Olive Oil

A square or circle of cotton material

Greased paper

Ironing board

Towel

Iron

Grater

Lay a towel over the ironing board and then cover with a piece of greased paper. Place your square or circle of cotton on top and then sprinkle with grated bees wax and drizzle with olive oil. Place the other sheet of greased paper over the top and with a heated iron melt the beeswax and gradually iron the liquid mixture over the cotton until the entire cloth is wet. Peel off the paper and hang the wrap in your hands until it is dry. Only takes a minute at most.

The wrap is now ready to be used. It can be used over and over and only requires a wipe over before it’s reused again. They are really cheap to make. A couple of dollars and you are there! Give it a go and do your bit to stop the use of plastic wrap as a food covering.

Article Lyttelton Harbour Timebank



EV'S IN THE SPOTLIGHT, BUY OR HIRE?

The EV (Electric Vehicle) South Island road show is coming to Lyttelton on Sunday April 14th. This is a great opportunity to learn more about EV's and find out what places they have visited in the South Island and to get a greater idea of the range they can travel and how they work. The gathering is going to be in Albion Square from 2.30pm in the afternoon.

Prior to the visit you may know that Lyttelton has access to an EV car share scheme. Yoogo Share scheme is located at the rear of the Lyttelton Recreation Centre. A Hyundai IONIQ is available for hire.

To take a good look at the system I decided to join the scheme. A smart phone or a computer is really the only thing that you must have to join up plus be over 21 years of age. Everything is done online. Signing up involves creating your own account. For this you need to:

- Submit your driver licence details and upload a copy of the front and back of your licence for verification via your phone
- Let the Yoogo team run a check that your licence is valid with the NZTA and once complete they send out your Yoogo Share access card via mail (this should take 5-9 working days)
- Once you receive your Yoogo Share access card, you're good to go. This card is your key to drive Yoogo Share cars.
- It's then recommended to download the Yoogo Car Share App on your phone so that you can reserve the vehicles when required.

After all that is complete the only other requirement is a driving lesson in an EV car, Training is offered every Friday morning at 9am and the second Saturday of the month. Driving an EV is slightly different to a conventional car.

Battery power is also generated from the braking system. This requires a slightly

different driving technique when using the brakes. You also learn how to charge the car, book the car and how to dock it to the charging station.

Hiring an EV is a great opportunity to test drive these cars as well. If you are thinking of purchasing an EV you can get the feel of them this way. You can book the car over the weekend and overnight. There have been financial incentives to do that. As of April 1st I'm not exactly sure what those rates are. You need to keep an eye on <https://www.yoogoshare.co.nz/ratesandstuff>

Another great bonus at the moment is that Meridian are paying half the hire rate. With the generous subsidy the cost per hour is \$14.50 an hour. Prices are subject to change so best to keep an eye on the website for prices. You can hire by the minute, hour, day, weekend etc.

Car hire places are dotted all over Christchurch. At the moment if you hire a car from one location you have to return it to the place of hire. There are plans to change this. The possibilities become more exciting now. For example if you could hire the car in Lyttelton and return it to the airport this would be very attractive to Lyttelton residents who currently leave cars at the airport or hire a taxi to get there.

To sign up to this scheme costs nothing. I suggest it's worth a membership. It offers the possibility of only having one car rather than two, therefore saving money and lowering your family CO2 emissions. If you are like me most of the time I don't need a car. It's the odd meeting, country trip or shopping journey that you do need a vehicle for. I say give Yoogo Share a go and help reduce your reliance of fossil fuels.

Article Lyttelton Review



SS4C – SCHOOLS STRIKE FOR CLIMATE CHANGE

On March 15, a group containing students from all four classes went to the school strike for climate rally at Cathedral Square.

It felt amazing to stand there with children like me who want a good future and get our point through to media and politicians.

The speeches given at the rally were extremely motivational and well prepared.

When the rally had almost finished a police officer came up and asked us to evacuate immediately, quickly and quietly and we all know what happened then :

At some schools teachers weren't happy about the strike but they strike for more money often which is fair but we were striking for our and the planets future, I don't see why that should be stopped.

Orry Cockburn Lyttelton Primary
School Newsletter







LYTTELTON'S SHOP OF SHOPS, EVOLVING DAY BY DAY

Spooky Boogie continues to transform. This quirky shop since inception has been following a new business model. It's not about owning a building and filling it solely with your business. It's about seeking other partners and working together as a team to create a unique customer experience. Tessa and Oscar have created this great space over the last couple of years and actively want others to share the visual experience with them.

"Our aim has been to keep the space fresh and evolving" said Tessa. "Many of the neat ideas we have are driven by our customers", she said.

Keeping things fresh means that "pop up's" are a feature of the space. On Saturday mornings you'll see Adam Jones's food van park out the front. That means on a Saturday morning breakfast is available.

Shortly Oscar's mum Cristina plans to open a ceramic business meanwhile the pop up shoe sale run by Maria and Lucy is run on weekends and Lady Bird – recycled and new clothing has just opened.

The coffee shop space has been expanded. That means more space for art exhibitions and possibilities for after-hours meeting space for groups. You might see the local Greens branch having a meeting or locals learning Te Reo. Check out the Te Reo word cards on the tables! The whole shop feels bigger with more spaces open to the general public both inside and out.

"In the beginning we hadn't anticipated people would want to sit around and chat but within a very short period of time our customers just kept staying," said Tessa. The new seating areas reflect this customer trend.

Oscar's latest idea to add to the mix is roasting their own coffee, aptly named "Spook Haus".

That's now available to buy in store and they will supply a couple of specialty shops.

Former café owner Kate McRae has been part of the place since its inception. In the beginning she was supplying yummy sweet treats to have with coffee but now she's tenanting the space next door trading as Lady Bird. She's open five days a week. Her business is a mixture of old and new clothing. "I'm really keen about repurposing things". Keep an eye in store to see what this creative comes up with.

Lady Bird has some lovely children's and adults clothing at affordable prices. There are also hats and shoes and Kate's own card range. Kate's artistic skills are also put to good use in store. Check out her desk where she's creating a book and designing cards in between customers!

Kate really likes the opportunity provided at Spooky. "Lyttelton needs small retail spaces which are affordable for small businesses because small interesting businesses are what people are looking for when they visit here" she said.

Spooky Boogie is constantly evolving. Make sure you pop in and check out what's happening in all its nooks and crannies and at the same time enjoy a great cup of coffee. Don't forget bring your own mug. This space is all about behaving more sustainably.

Spooky Boogie is open seven days a week:

Monday to Friday 7am -4pm Saturday 8am – 4pm Sunday 9am -4pm

Lady Bird is open Wed to Friday 9.30-4pm Saturday - Sunday 10-4pm

Article Lyttelton Review



NATURE'S BEAUTY - LANDSCAPE, FLORA, FAUNA

Stoddart Cottage Gallery, Diamond Harbour

5 to 28 April 2019

An exhibition of work by two related artists will be on show at Stoddart Cottage Gallery throughout April.

Paul Brocklebank graduated with a Diploma of Fine Arts from the Ilam School of Fine Arts in Christchurch. He worked as a scenery painter for some of the great London theatre art studios including Covent Garden Opera House and he also worked for many years as a production artist for the Australian Broadcasting Commission. There his work varied from painting huge back cloths with rollers to picking out detail with a fine sable brush on tiny miniatures, and included carving and sculpture as required.

Paul Brocklebank has always enjoyed painting outdoors. He comes regularly to Purau for holidays where he paints local scenes with watercolour, pastel, oil and acrylic. Recent original works are included in this months exhibition.

Jo Ewing studied at the Design School in Wellington and has since become one of New Zealand's best known botanical artists. Recently she expanded into natural history painting to record the vital relationships between native plants and insects.

Working with a botanist and an entomologist, Jo Ewing seeks to encourage people to really look at and value the sometimes tiny and overlooked treasures of our endemic flora and fauna. A variety of works, including original watercolours, are included in the April exhibition.



Both artists will be at the Stoddart Cottage Gallery on Sunday 28th April from 1pm where you can meet them and watch them at work. Or join them for drinks and nibbles from 4pm to 5.30pm to end the show. Anyone is welcome.

Historic Stoddart Cottage is the oldest dwelling in Diamond Harbour and birthplace of well known Canterbury painter Margaret Stoddart (1865-1935). The gallery is open every Friday, Saturday and Sunday from 10am to 4pm, and will also be open on the public holidays over Easter.

Artist contact:

Jo Ewing 03 322 220 027 253 7834
jgewing99@gmail.com

Article Paula Smith, Stoddart Cottage Trust



MARINA'S REMNANT PILES TO DISAPPEAR

Lyttelton's popular Naval Point will become safer for water sports enthusiasts following the removal of remnant piles in Magazine Bay.

Fifty-two remnant concrete piles from the planned Magazine Bay Marina that was devastated by a storm in 2000 are being removed to improve navigation and public safety at the well-used recreational spot.

Work is set to start in early April and is being carried out with assistance from Lyttelton Port Company to keep costs down. The port company has a barge owned by Smiths Crane and Construction in Lyttelton Harbour currently completing navigational signals work, which will be used for the pile removal.

The removed piles will become part of the port company's reclamation work, saving on disposal costs.

The removal is exciting news for the many groups that use the area, as well as the wider community, with them all identifying the piles as a significant navigation and public safety hazard.

Harbourmaster Ian Fox says it's great to see development work starting at Naval Point.

"This will create a safer more open space leading to the boat ramps that will significantly improve access for boaties."

The change is also being welcomed by the members of Naval Point Club Lyttelton.

"This work, along with the recent improvements to the parking area adjacent to the public slipway, are tangible evidence of the Council's commitment to improving the only access to open water boating in

the Christchurch area. It's great for our members and for the wider boating community of the greater Christchurch region," club Commodore Colin Lock says.

The pile removal should take around a month to complete and precedes a wider piece of work being carried out by the Council to develop Naval Point, which will involve public consultation.

Article CCC Newsline



VOLUNTEER RECOGNITION AWARDS

Volunteering Canterbury is now calling for nominations for this year's Volunteer Recognition Awards. Nomination forms are available from Volunteering Canterbury's office in Christchurch Community House, 301 Tuam Street or from their website.

Nominations close 4pm, Friday 17 May. Awards will be presented at Civic Offices on Monday 17 June.

STRENGTH, BALANCE AND A GOOD YARN – STARTS SOON!

A new class designed to support your fitness, strength and balance will be starting at the Lyttelton Recreation Centre, Trinity Hall on Tuesday 30th April from 10.30 - 11.30am

This is a class supported by ACC, Green Prescription and Christchurch City Council.

The class will be led by a qualified instructor to help you retain your mobility, whilst increasing muscle and bone strength.

The movements will be simple, easy to follow and fun! The class will include a chat and a cuppa afterwards.

Cost is a gold coin donation.

If you would like further information please call 03-373-5037 otherwise we will see you there!

LYTTELTON COMMUNITY HOUSE – MONTHLY MORNING COFFEE

All are welcome to come along to Lyttelton Community House's monthly morning coffee held at the Fire Station on the last Thursday of the month from 10am-12pm. The next coffee is on Thursday 28 February, we look forward to seeing you there!

CHARITY HOSPITAL FREE POST-STRESS COUNSELLING



This service is provided free of charge at the Canterbury Charity Hospital to provide "psychological first aid" for people who are needing extra support to help with their grief and with regaining their "life balance" following the major traumatic event.

All counsellors hold recognised national qualifications.

Those seeking help can self-refer or be referred by you by contacting the Charity Hospital on 03 360 2266 (8am until 5pm) or 020 4098 0750 (after hours) or by emailing reception@charityhospital.org.nz.

LHBA MONTHLY MEETINGS

Did you know that the LHBA has regular monthly meetings? Any LHBA member may join the monthly meetings by emailing Anne at admin@lhba.co.nz

We have regular visitors who come to talk to the group, as well as regular reports within the group such as a Farmer's Market report, Art Committee report, and a general round table report that normally includes reports from LPC, the information centre, and Project Lyttelton among others.

If you are interested in what is happening in the business scene in Lyttelton, feel free to join us for our next meeting (space allowing), second Tuesday evenings of each month.

TAUTOKO NETWORK – ARE YOU ALLRIGHT?

Shakti is providing counselling support for individuals affected by Friday's events who would prefer to talk to a woman from the Muslim community. If you know of anyone needing such assistance, please feel free to ask them to be in touch with our office at 0800 742 584/ 039409416 or mojch@shakti.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 organisation.

To be a permanently listed business in the directory and have articles written about your business we have a yearly membership fee of \$115 including GST. If you would like to have a yearly listing please contact us office@lytteltoninfocentre.nz and we will forward our membership application.

FORUM ON DECISION-MAKING FOR THE WELLBEING BUDGET

1st April, 7pm – 9pm, Environment Canterbury (car park access off St Asaph Street). New Zealand is about to implement its first Wellbeing Budget. Adie Gray will present for around 30 minutes on Challenging Tokenism Toward Decision-making for Wellbeing. Participants will then break into the four wellbeings and workshop responses.

For further information on:

- The Forum - email tsovoices@gmail.com
- OVTRK - see onevoicetereokotahi.blogspot.co.nz

AFFORDABLE FRUIT AND VEGETABLES

Coordinated by the Timebank Lyttelton locals have access to a fabulous weekly supply of fresh fruit and vegetables. Bags are \$6 or \$12. Each week is a lucky dip but more and more people are finding out that this is such good value for money and good for your health.

Now located at the Lyttelton Recreation Centre – 25

Winchester Street Lyttelton it's much easier to collect your produce. Jan Cooper looks forward to seeing you Wednesday afternoon from 12.30. Vegetables can be collected Wednesday 12- 4pm and Thursday 10-4pm. Veggies are paid in advance weekly. If you would like to sign up please get in touch with Jill Larking 0272374960.

CULTURAL AWARENESS AND THE TREATY OF WAITANGI

Thursday 18 April, 1 5pm, Quaker Centre, cnr Ferry Road and Nursery Road.

Increase your understanding of how the Treaty is relevant to your workplace. Introductory/refresher level. Experienced tutor and positive learning environment. \$60, certificate provided. Enquiries to Cathy Sweet, 027 256 8908, csweet@xtra.co.nz

COMMUNITY BOARD NEWSLETTER

Every month the Banks Peninsula Community Board report on what is happening in our ward with local events, work being undertaken by the Council, updates and issues in the community relevant to the Peninsula. The newsletter is emailed out to anyone who would like to receive it. If you would like to receive the monthly Banks Peninsula Community Board newsletter email amy.hart@ccc.govt.nz and we will add you to the list.

LECTURE BY DR JAMES BLAKE, CARDIOLOGIST

Wednesday 3rd April, 11.45am – 12.45pm, 878 Avonside Drive. Dr James Blake from CDHB will give a lecture on heart attacks, anxiety attacks, broken heart syndrome and heart health. Entry gold coin donation. All welcome. Enquiries ph Betty Chapman on 03 389 2285 or 027 727 8277, or email wainoni.wacst@xtra.co.nz.

HIGH FIRE ALERT

Canterbury firefighters are on high alert with warm, windy weather forecast for the next couple of days, ahead of some forecast rain.

The past two weeks have been drier than normal, with only 30 per cent of the expected rainfall, and parts of the region remain tinder dry.

Fire and Emergency New Zealand (FENZ) Integrated Risk Manager Darrin Woods says the weather conditions over the next few days will push up the potential for fires.

A total fire ban is in place across Christchurch and Banks Peninsula.

A restricted fire season is in place in Selwyn, Waimakariri and Hurunui districts.



"We will not see any significant widespread reduction in the fire risk until we get some decent rainfall and the grass becomes greener," Mr Woods says. "We need to remain vigilant for some time yet, and hope that the unusually dry conditions experienced to date this year will change in due course."

If anyone sees smoke or fire they should dial 111 immediately.

LYTTELTON HARBOUR NETWORK MEETINGS

All are welcome to come along to the Lyttelton Harbour Network meetings, where you can network with others working and living in the area and hear about new projects and events.

The next meeting will be on 11 April at 12pm at the Lyttelton Community Boardroom, 25 Canterbury Street. Staff from the Graffiti Team will be present at this meeting to discuss the recent surge of tagging as highlighted in the Bay Harbour News, published on the 13/02/19. Reporting graffiti vandalism incidents can be made to the Council via:

Phone: 9418999 Email: info@ccc.govt.nz

Website: www.ccc.govt.nz

App: Snap Send Solve

The Graffiti Team has a goal to "reduce the impact of graffiti vandalism on residents of and visitors to Christchurch city" and is supported by our wonderful team of Off the Wall volunteers. For further information on the Off the Wall programme, presentations, community graffiti art projects, or information and advice on how we may be able to assist you with the provision of paint and other resources, please contact us: Phone: 9418999 or graffitiprogramme@ccc.govt.nz

STRENGTHENING COMMUNITIES FUND

Open from 4 March to 9 April

The Council's 2019/20 Strengthening Communities Fund will be open for applications from Monday 4 March and will close at midnight Tuesday 9 April.

The Strengthening Communities Fund accepts applications for all levels of funding, there is no minimum request limit on this fund. Organisations may make one application to the Strengthening Communities Fund at metropolitan level and/or one application per community board area.

Applications can be for both operating and/or project costs. Operating costs may include salaries and general overheads such as power, rent and administration costs. Project costs may include the costs of community programmes, events, activities and equipment.

Please ensure you read the information on our website carefully before making your application. If you have any questions please contact a Grants Advisor on (03) 941 8999, your local Community Development Advisors or Recreation Advisor or attend one of our grants information sessions (dates to be confirmed).

LEVEL THREE WATER RESTRICTIONS

Water restrictions have been introduced across Christchurch to help keep water use down while critical work is done to upgrade the city's well heads.

Christchurch City Council has agreed to introduce the restrictions after receiving advice from Water Supply Improvement Programme Manager Helen Beaumont that it will help the Council meet its May deadline for removing chlorine from the city's water supply.

Water restrictions come into effect from **Monday 4 March** until **Friday 31 May 2019**.

During that time, you will be allowed to water lawns and gardens on alternate days only, using hand-held hoses. Unattended hoses, sprinklers or garden irrigation systems cannot be used.

If you live in an odd-numbered property, you will be able to water your garden on odd dates (1st, 3rd, 5th etc) of the month.

If you live in an even-numbered property, you can water your garden on even dates (2nd, 4th, 6th etc) of the month.



NZ ARMY MILITARY EXERCISE

25 March-12 April 2019

The public is advised that a NZ army exercise will be taking place in the Lyttelton Harbour and surrounding area from 8am, 25 March to 4pm, 12 April 2019. The exercise will involve up to 60 personnel of 3rd Field Squadron, 2nd Engineer Regiment, from Burnham Military Camp. Training will involve the movement of soldiers, vehicles and boats by day and night. The exercise will include boating navigation and watermanship skills training with soldiers in and around the Cass Bay and Lyttelton Harbour area.

HARBOUR CO-OP

We're always looking for new members to become part of the Harbour Co-op family. Call in to 12 London Street to see us for more information about this. We have 5L and 20L containers from our bulk liquids to giveaway. Call in if you have a use for these. A shout out to our Harbour Co-op community...we are on the look out for an oven and a vacuum cleaner...please come and see us if you can lend or gift either of these!! Thank you.

ARE YOU A HOMEOWNER?

*You could be missing out
on insulation subsidies!*

Up to
92%

**OFF the costs
of ceiling and
underfloor
insulation.***

*Criteria applies - call **0800 GET WARM**

To be eligible for the subsidy, you will need to:

- ☒ be the homeowner (owner-occupier) of a home built before 2008, **AND**
- ☒ have a Community Services Card (CSC) or SuperGold combo card, **OR**
- ☒ own and be living in a home in an area identified as lower-income.
Contact CEA to find out if your address qualifies.



community
energy action
charitable trust

0800 GET WARM

SIGH STORY BY CHATS DUNCAN

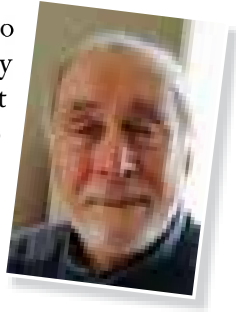
Emily thought, my only option is to leave, and now. Escape from this lovely Governor's Bay retirement complex. It was a mistake coming here, merely to avoid being lonely when Kauri died. Mind made up she packed the bare minimum. Underwear, toiletries and lipstick, her remaining concession to femininity. She was sixty-three but looked younger. Kauri, gone twelve months now, reckoned he had cradle-snatched her, giving that deep laugh of his. She missed that laugh, life was more impoverished without it. She met him at a party after qualifying at St Guy's Hospital in London. Where he appeared, a Maori overflowing with love and affection. They blended like coffee and cream. Wooing her with tales of his homeland, New Zealand. She tried to resist but couldn't help tumbling into his arms. Their life together had been idyllic. Their only disappointment was her infertility. They agonised over the situation for weeks until deciding to live entirely without children.

It was a right decision as doctor Emily soon made her mark in Kauri's growing empire, and would never have fitted children into her busy work schedule. His grandfather had established a New Zealand forestry company which his son expanded, without losing its respect for the trees or the dedicated teams who worked them. Kauri expanded it even further, and not only into new locations. Right from the start, he changed the company's name to reflect that new direction. Emily stood with him in an Alberta forest block, Kauri had recently purchased. Springtime, with a gentle breeze swaying the trees. 'Happy?' Emily asked. 'Yes, very. I think the forest is pleased too. Listen to the wind sighing in the trees, they approve.'

So, SIGH was launched as the new international company name, as they had operations in Canada, Brazil and four other locations besides New Zealand. SIGH, Sustainable Indigenous Global Holdings, said it all. The aim was to work for the good of the local people as well as bottom line profits. Their company policy replaced every felled tree with two new plantings, ensuring the forests grew. Emily improved welfare conditions for their employees; medical centres and schools were built to support their people on the ground. SIGH was seen as the model to follow within the forestry industry. Their safety record was outstanding with very few accidents. In thirty-six years of globe-trotting marriage, they never spent a single night apart. They were a devoted couple determined to achieve their joint goals. But of all the international awards they were given they treasured most a letter from a young Bolivian engineer.

Senor y Senora,

I feel the need to thank you for your kindness in opening the school in my village. I studied hard, and with the financial support of the SIGH Foundation, I moved on to graduate



in mechanical engineering in La Paz. I have been offered a responsible position with SIGH in Brazil, working to coordinate the machinery requirements and maintenance programmes involved. Please be assured I shall carry out my work with diligence and gratitude.

Your faithful servant, Julio Garcia, engineer.

'I'm so tired,' Emily remarked, yawning as the pair headed towards their hotel room in Rotorua. Another exhausting day but tomorrow they had scheduled in a rest day. Emily woke with a start, immediately wide awake from the loud bang and screamed as their car rose up and somersaulted. Impacting a tree with a crunching sound as Emily's airbag deployed into her face. The crash noise was both deafening and terrifying; the windscreen shattered from a thick branch entering. Emily passed out. She awoke in pain, an agonising pain she had never experienced before. It was strangely silent, the whole world was hushed. The only sound came from the car's engine clicking as it cooled down. Kauri, where was he? Emily tried to turn towards him, but the pain from her left shoulder held her fast, like a straight-jacket. The pain was acute, radiating out. Pulsing, throbbing pain that made her feel light-headed and nauseous. Emily so wanted to hear his voice. 'Kauri, are you there, Love.' No reply, possibly unconscious. Time passed in a daze. Then a deep voice, very nearby shouted, 'hello, anyone in there?'

The road to recovery took Emily longer than she had expected. Her broken shoulder healed, as did the facial damage from the airbag contact. But mentally she was wrecked, her whole life had revolved around Kauri. He had been her anchor. Now she was drifting helpless and alone. She briefly thought of seeking help through religion but was no believer. Finally, she decided to revisit that forest spot in Canada, where SIGH was born. But this time with their prodigy, fellow board member Bolivian engineer, Julio Garcia. She shrugged determined to celebrate, not mourn her marriage.





Info Sheet: Coping after a serious event

Many people in Christchurch and across New Zealand (and even the world) will experience distress such as acute stress reactions and horror following the fatalities in Christchurch - this is a normal reaction to an abnormal situation.

Most people will manage, and the distress will subside over time.

Psychological distress is a normal response to this situation. Distress is not only experienced by people directly impacted, it is also experienced by people witnessing injuries and distress to others.

However, there will be some people that will have more profound reactions, particularly later on some time after the event, and will require assistance.

Sharing video footage or images on social media and irresponsible media reporting can be extremely unhelpful for vulnerable people, not just in New Zealand, but all around the world. It may trigger previous trauma for them, or if they are directly impacted and have had loved ones harmed or killed, may experience a more intense trauma response. Merely viewing this material and discussing it with people who are vulnerable can also be unhelpful.

How you are feeling

People react in different ways – there is no right or wrong way to feel. You may experience fear, confusion, shock and disbelief, which is a normal reaction to this situation.

Many people in Christchurch and Canterbury may remember previous events such as the Pike River Mine Tragedy, the Christchurch Earthquakes, and Kaikoura Earthquake and feel overwhelmed.

If you are feeling distressed, stay with people you trust, or if others are distressed make sure they are not left alone and try to keep safe until the reaction passes or until you can find help from a professional.

Over time, in days, weeks or even months after an event like this, some people realise the extent of the loss or damage and may respond in other ways:

- emotional reactions - guilt, crying spells, sadness, apathy
- cognitive reactions – nightmares, poor concentration, intrusive thoughts and memories, self-blame, confusion, disorientation, indecisiveness, worry, revenge
- physical reactions – difficulty sleeping, upset stomach, exaggerated startle response, 'jumpy', tension, fatigue, aches and pains, nausea, change in appetite, loss of concentration, breathlessness, shakiness, muscle weakness
- interpersonal reactions – distrust, conflict, withdrawal, irritability, on edge
- anger and blame is common and some may become angry at God or other deities or groups.
- children may show similar reactions as well as become clingy or angry. They may appear to return to regress to earlier younger behaviour.

Keep Yourself and Children and Young People Safe

Protect yourself and especially children and young people, as well as our elderly, from being exposed to any shocking images on TV or social media, like any footage from the event or even following the event (e.g. injured people). Even hearing stories about the event can upset children young people or vulnerable adults so be careful around any discussions that young children can overhear.

If children are already aware of what happened, simple explanations can help them. Reassurance of their safety is also important. Answer any of their questions as honestly and generally as you can but without any distressing details. Be aware that some young people may have different levels of exposure to media material and talk about the situation. As caregivers it is important that you are aware of what your child or young person is exposed to best help them through this time.

If you are helping others, look after yourself

Helping responsibly also means taking care of your own wellbeing.

As a helper, you may be affected by what you experience in a crisis situation, or you or your family may be directly affected by the event. It is important to pay extra attention to your own wellbeing and be sure that you are physically and emotionally able to help others.

Take care of yourself so that you can best care for others. If working in a team, be aware of the wellbeing of your fellow helpers as well.¹

Positive ways of coping

At times like this we have an enhanced appreciation that family and friends are precious and important, so spend time with them. Some helpful tips...

- Connect with friends and whanau: Face to face connections are best, but even picking up the phone or making a video call can help.
- Look after your health and the health of your family: get adequate sleep, eat healthy meals and avoid alcohol or other drugs.
- Encourage children or young people to talk to you or use drawings to express their feelings.
- Return to your normal daily routines and activities as much as possible, particularly for children.
- Take time out: schedule tension and anxiety-reducing activities into your day, such as going for a walk, listening to music, praying, meditating or breathing exercises.
- For more advice, visit the online wellbeing websites and support provided this factsheet.

When to ask for extra help

For some people, trauma and stress can be ongoing and affect their physical and mental health and wellbeing. It's important to ask for help if you:

- are not getting enough sleep, or are having difficulty falling or staying asleep
- feel very distressed, irritable, on edge, panicky, experience angry outbursts or are agitated much of the time
- feel hopeless, in despair, miserable or that you can't go on
- have trouble concentrating, are distracted and cannot do your usual tasks
- feel your health is not so good
- have new symptoms.

For children, withdrawal, aggressive behaviours, difficulties at school, problems separating from parents or going to sleep may indicate the need for help if these behaviours continue for more than a couple of weeks.

¹ World Health Organisation, 2011. *Psychological First Aid: Guide for Fieldworkers*. World Health Organisation https://apps.who.int/iris/bitstream/handle/10665/44615/9789241548205_eng.pdf;jsessionid=82C5EA151FC70877BDCB1E5953EFA10C?sequence=1



Where to get help for wellbeing

You can text or freephone 1737, New Zealand's free support service with qualified and confidential counsellors. Let them know what's going on for you or the person you are concerned about, and they can support you.



Other free helplines

Youthline	0800 376 633, free text 234, webchat at www.youthline.co.nz (7pm – 11pm)
What's UP	0800 942 8787 - Advice & counselling support for 5-18-year old's; 1pm to 11pm.
Kidsline	0800 54 37 54 (0800 KIDSLINE) - Advice & counselling support up to 14 years; 4pm to 6pm weekdays.
Youth Law	0800 884529 (0800 UTHLAW) - Free legal help for children and young people.
OUTLine NZ	0800 688 5463 - Support for sexuality or gender identity issues.
Safe to talk	txt 4334 or online chat to someone - Confidential advice for sexual harm issues.
Samaritans	0800 726 666 - Counselling advice and support.
Healthline	0800 611 116 - General health advice and information from a registered nurse.
Lifeline	0800 543 354 or Text 'Help' to 4357 - Counselling advice and support.



Free online tools & info

Click on the logo to link to the website.



Education & support to look after your mental health, with free web-chat 24/7.



For when life sucks, Aunty Dee can help you solve your problems.



Locally led info for mental wellbeing of Cantabrians.



Online community & support for young people.



Information & resources to support mental health.



Support and advice for managing online safety.



Culturally based tools to support Pacific young people to unleash their full potential.



Support for young people experiencing depression or anxiety.



A step-by-step approach for working through anxiety & depression.

Fact sheets are for general information only. They should not be a substitute for medical or health advice. While every effort is taken to ensure the information is accurate & up to date, Le Va gives no warranties that this information is correct, current, or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.

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LeVa



NATURE'S BEAUTY

LANDSCAPE, FLORA, FAUNA

An Exhibition by

PAUL BROCKLEBANK
ICONIC LOCAL LANDSCAPES

JO EWING – SMALL WORKS
BOTANICAL & NATURAL HISTORY

At

STODDART COTTAGE
DIAMOND HARBOUR

April

ON EACH
FRIDAY, SATURDAY AND SUNDAY
FROM 10AM TO 4 PM

JO & PAUL WILL BE AT THE COTTAGE
SUNDAY 28TH APRIL IN THE AFTERNOON
JOIN THEM FOR DRINKS AND NIBBLES
AT THE CLOSE OF EXHIBITION
FROM 4 – 5.30



Hauora Health Collective

Invite **YOU** to our

FREE Hauora Health Hub

18 Oxford St

Lyttelton.

Saturday, 6 April, 2019

10am – 12pm

“Ma tini, ma mano, ka rapa te whai”

By many thousands the object will be attained. By joining together we will succeed! A great number will easily accomplish what few cannot.

Services

Screen South, Community Energy Action,
Smokefree, Kidney Org, Pegasus □ Appetite for Life,
Cancer Support, Arthritis NZ, **Whanau Whanake**, Bikes,
Mobile Pharmacist, *Presbyterian Support Services*,

NURSE MAUDE, **Podiatrist**, Rapuora Nurse and **Oral Hygienist**.

Contact: Christina Henderson – christina.henderson@cdhb.health.nz

Dates for the rest of the 2019 year are:

May 4, June 1st, July 6, Aug 3, Sept 7, Oct 5, Nov 2 and Dec 1st.

EVENTS

TUESDAY APRIL 2ND

Lyttelton Club 7pm
Tuesday Evening Housie

WEDNESDAY APRIL 3RD

Lyttelton Arms 5-7pm
Happy Hour

THURSDAY APRIL 4TH

Lyttelton Arms 5-7pm
Happy Hour

Lyttelton Club 5-6 7-8pm
Happy Hour

Wunder Bar 8pm
Ben Hurly and Friends Comedy

FRIDAY APRIL 5TH

Linwood High Farewell Celebrations

Lyttelton Arms 5-7pm
Happy Hour

Lyttelton Club 4-6pm
Happy Hour

Wunder Bar 8pm
Orpheus

SATURDAY APRIL 6TH

Linwood High Farewell Celebrations

Lyttelton Arms 5-7pm
Happy Hour

Lyttelton Crafts & Treasure 9-1pm
Collets Corner

Lyttelton Farmers Market 10-1pm

Lyttelton's Retro Art and Craft Bazaar 9-1pm

SUNDAY APRIL 7TH

Lyttelton Arms 5-7pm
Happy Hour

TUESDAY APRIL 9TH

Lyttelton Arms 5-7pm
Happy Hour

Naval Point Club 12pm
Old Salts Lunch

WEDNESDAY APRIL 10TH

Lyttelton Arms 5-7pm
Happy Hour

Wunder Bar 7pm
Harry Potter Quiz Night

THURSDAY APRIL 11TH

Lyttelton Arms 5-7pm
Happy Hour

Lyttelton Club 5-6 7-8pm
Happy Hour

FRIDAY APRIL 12TH

Lyttelton Arms 5-7pm
Happy Hour

Lyttelton Club 4-6pm
Happy Hour

SATURDAY APRIL 13TH

Lyttelton Arms 5-7pm
Happy Hour

Lyttelton Crafts & Treasure 9-1pm
Collets Corner

Lyttelton Farmers Market 10-1pm

Lyttelton's Retro Art and Craft Bazaar 9-1pm

Wunder Bar 9pm
Rhomboid Psychedelic David Bowie Night

SUNDAY APRIL 14TH

Lyttelton Arms 5-7pm
Happy Hour

Albion Square 2.30pm
Great EV Road Trip

GALLERIES:

Lyttelton Information Centre

Open Monday to Saturday 10-4pm Sunday 11-3pm

Stoddart Cottage Diamond Harbour

Open Friday, Saturday and Sunday 10am - 4pm



LINWOOD

HIGH SCHOOL : COLLEGE

FAREWELL CELEBRATION WEEKEND

5th and 6th
APRIL 2019

CONVERSAZIONE
TICKETED EVENT

Friday night 7.30pm-11pm

Linwood College School Hall

Tickets: <https://bit.ly/2GkmNnU>

Tickets also available at LC
payments office cash only

NO cheques or eftpos

FURTHER INFO AND PRE-REGISTRATION

email: registration@linwoodcollege.school.nz

FULL PROGRAMME

www.linwoodcollege.school.nz

Linwood College



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 Rotary Club

7pm on the 2nd and 4th Monday of each month
Lyttelton St John's station London St. New members welcome. Contact Brian Reeve 0274320743 for details.

Lyttelton Scouts

Every second Monday 6.30-8pm
Contact Ruth Targus 021 259 3086

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 Joseph the Worker R.C.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 Community Garden

10am Every Wednesday. Meet at the garden behind the Lyttelton Pool in Oxford Street. For more information 328 9243

Lyttelton Cubs

6.30pm Contact Ruth Targus 021 259 3086

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
The Lyttelton Recreation Centre,
25 Winchester, Street Lyttelton
Contact Jill Larking for more info 027 237 4960

Lyttelton Library Wednesdays Knit and Yarn

10.00-12.00pm

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 Start
Contact Hannah Sylvester. Ph: 741 1427

Diamond Harbour Yoga

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

Diamond Harbour Tai Chi Group

11am start
Diamond Harbour Community Hall.
For more details, please email to 88daruma@gmail.com
and we will send you our information letter.

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

Stoddart Cottage Gallery Craft Co-op

Meets monthly on the third Thursday 4pm at Stoddart Cottage. For more information contact Secretary Ann Skelton shed21@extra.co.nz. See also our Facebook page.

COMMUNITY ACTIVITIES IN AND AROUND THE HARBOUR THIS WEEK

FRIDAY

Diamond Harbour Yoga

6am - 7am

Gentle Class

Diamond Harbour Rugby Rooms

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

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

Harbour Yoga

9am Trinity Hall, Lyttelton Rec Centre

SUNDAY

St Saviour's at Holy Trinity

17 Winchester Street

4pm Service with Holy Communion

All Welcome

GROUPS

Banks Peninsula Community Board

10am First 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

For more information contact: admin@lhba.co.nz

Lyttelton Museum Historical Society

Contact Wendy McKay

info@lytteltonmuseum.co.nz

Lyttelton Netball Club

Contact Flo McGregor flomac@extra.co.nz

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

1-4pm Wednesday, 10-4pm Thursday, 1-4pm Friday

Lyttelton Recreation Centre 25 Winchester St Lyttelton

328 9243 www.lyttelton.net.nz

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.

6.30 Thursday

25 Canterbury Street

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

EAT, DRINK, DINE

Coffee Culture 18 London Street, Lyttelton 8082	033 287 080 Contact: Leona & Marten Cooper	Talk@Coffeeculture.co.nz www.coffeeculture.co.nz
Fisherman Wharf 39 Norwhich Quay, Lyttelton 8082	033 287 530 Contact: Pj Gemmel	Contact@Fishermanswharf.nz www.fishermanswharf.nz
Governors Bay Hotel 52 Main Road, Lyttelton 8971	03 3299433 or 0275 329160 Contact: Jeremy Dyer	info@governorsbayhotel.co.nz www.governorsbayhotel.co.nz
Lyttelton Arms 17A London Street, Lyttelton 8082	03 328 8085 Contact: Caroline & John Quinn	caroline@lytteltonarms.co.nz www.thelytteltonarms.co.uk
Top Club 23 Dublin street, Lyttelton 8082	03 328 8740 or 0273 668 007 Contact: Trudi Marshall	lytteltontopclub@gmail.com www.facebook.com/lytteltontopclub/

HEALTH & BEAUTY

Lyttel Beauty 32 Voelas Road, Lyttelton	0212973885 Contact: Emma Chambers	Lyttelbeauty@Hotmail.co.nz
Nu Dawn Oils	Contact: Dawn Cowan	dawncowan025@gmail.com52

THINGS TO DO

Black Cat Cruises Level 2, 5 Norwich Quay, Lyttelton 8082	0800 436 574 Paul Milligan	sales@blackcat.co.nz www.blackcat.co.nz
Christchurch Attractions Shop 13 Cathedral Junction, 109 Worcester Street	03 366 7830 Contact: Emma Thomson	emma@christchurchattractions.nz www.christchurchattractions.nz
Hassel-Free Tours 296 Prestons Road, Marshlands, Christchurch	03 385 5775 Contact: Raina Roberts	bookings@hasslefree.co.nz www.hasslefree.co.nz
Ohinetahi House & Gardens 31 Governors Bay Teddington Road	3299 852 Contact: Ross Booker	info@ohinetahi.co.nz www.ohinetahi.co.nz

PLACES TO STAY

Dockside Accommodation

22 Sumner Road, Lyttelton 8082

021 152 3083

Contact: Julian Cross

dockside@fastmail.com

www.lytteltonaccomodation.co.nz

Governors Bay B&B

851 Governors Bay Road, Lyttelton 8082

329 9727

Contact: Eva Mason

eva@gbbbedandbreakfast.co.nz

www.gbbbedandbreakfast.co.nz

Governors Bay Hotel

52 Main Road, Lyttelton 8971

03 3299433 or 0275 329160

Contact: Jeremy Dyer

info@governorsbayhotel.co.nz

www.governorsbayhotel.co.nz

The Rookery

9 Ross Terrace, Lyttelton 8082

03 328 8038

Contact: Rene Macpherson

rene@amma.co.nz

www.therookery.co.nz

LOCAL EXPORTS

Ausmic Electrical

9, Governors Bay Rd, Cass Bay, Lyttelton 8082

021 156 3436

Contact: Mick Bennett

Mick@Ausmicelectrical.co.nz

www.facebook.com/Ausmicelectrical/

Lyttelton Port Company

Waterfront House, 37-39 Gladstone Quay, Lyttelton 8082

03 328 8198

allreceptionists@lpc.co.nz

www.lpc.co.nz

Lyttelsoft

7 Hyllton Heights, Lyttelton 8082

03 328 8671 or 021 137 4103

Contact: Penny Mercer

penny@lyttelsoft.co.nz

www.lyttelsoft.co.nz

Printable Solutions

92 Division Street, Riccarton

0278 160 126

Contact: Ange hodgson

operations@printable.co.nz

www.printable.global

Project Lyttelton

033289243

www.lyttelton.net.nz

Following the Sumner Road

An exhibition in two parts and two places

**Lyttelton Library
16 March–27 April**

**Matuku Takotako:
Sumner Centre
16 March–28 April**



**Christchurch
City Council**



■ Detail from CCL-KPCD1-IMG0020