

“lyttelton review”

lyttelton harbour community update

www.lytteltonharbour.info

08 October 2012
E59

Lyttelton Harbour: Festival of Walking Returns

Book Early for Two Special Events for Harbour Residents

To celebrate the return of the Festival of Walking, residents are going to be treated to some new family friendly events. Running over the first two weekends of November [3rd, 4th and 10th, 11th] the 2012 program is full of exiting walks for all ages, abilities and interests!

Local resident Mark Brabyn has organized a family camp at Quail Island for the weekend of November 10 and 11. An amazing opportunity to take your family over to the Island to camp for the weekend. Limited to forty people, you will be treated a return boat trip to the Island by the Coastguard and then a member of the Quail Island Trust will come over on Sunday to tell you all about the Island and walk you around. Children are free and adults are \$25. Proceeds will go to the Information Centre and the Coastguard. Tents are available for hire if you do not have one. Book early to avoid disappointment.

Another new event will be a family Treasure Hunt on Saturday November 3. This is a three hour event in the morning where family teams of up to four people will be treated to a series of activities and discoveries around Lyttelton township. Cost \$5.00 per team. Registration open now. More information to follow in the next weeks Lyttelton Review.

In total there are 38 walks to choose from over the two weekends. Most walks will cost just five dollars [children free], with the proceeds going to the Lyttelton Information and Resource Centre Trust.

If you are keen to participate please book early. Spaces are limited on most of the walks. Reservations will be taken at the Lyttelton Harbour Information Centre either by phone 328 9093 or email infocentre@lyttelton.net.nz.

Some walks will qualify for TimeBank credits.

The festival is brought to you by Project Lyttelton and sponsored by Christchurch City Council, Canterbury Community Trust, Hiking New Zealand, and the Rod Donald Banks Peninsula Trust.

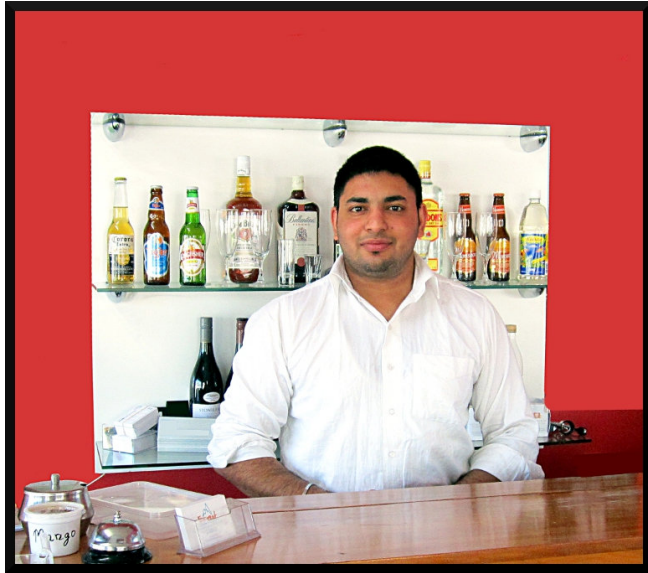
Look out for the flyer and posters which will be out soon or you can find more information at www.lyttelton.net.nz and on Facebook look for *Lyttelton Harbour Festival of Walking*.

Article: Lyttelton Harbour Information Centre
Graphic: Supplied Project Lyttelton, with thanks



Everest Indian Restaurant

In a Flash Number Two London Street Changes



A chance conversation on London Street and we learn that we have new owners at the Indian Restaurant.

Parminder Singh is the new manager and the business is now Everest Indian Restaurant. He is originally from "Its Indi" and luckily he has transferred to the new business. Parminder comes from a back ground in hospitality so this venture isn't new to him.

We wanted to know what differentiates this business from the former. Parminder says "our biggest draw card is the new chef. He is Nepalese so the food will reflect that style of cooking". "One of our signature dishes is Everest Chicken Curry".

Other dishes that Parminder recommends includes the Chicken Jhal Frezi, Dal Makhani and Aloo Sagh.

The editorial team at the Lyttelton Review have also sampled some of the dishes and can confirm they were all delicious.

"For something that isn't available anywhere else in Christchurch try our Indian Chilli Chicken" Parminder adds.

All food tastes are catered for. Everest Indian Restaurant can cater for dairy free, gluten free, and vegetarian taste buds. You just need to ask and they can cater for you. Another great attribute is they are a BYO wine restaurant. With corkage at only \$6 per bottle, this is an attractive way to have your selected wine with your meal. Everest Indian Restaurant are also fully licensed but we think its great to have the choice.

Everest Indian Restaurant are hoping to expand the dining area with more tables outside, and now they are also offering a lunch menu. You can get a great lunch curry special for just \$10. In the near future they hope to have special deals midweek.

Everest Indian Restaurant and takeaway is open seven days a week. Dinner is served from 4.30pm until late Monday to Sunday and lunch 11.30am to 2.00pm Tuesday to Sunday. For reservations call 328 8185.

Article and Image: Lyttelton Harbour Information Centre

Lyttelton Port Company Advisory Notice

Maintenance Dredging of Berth Pocket



Maintenance dredging of Cashin Quay 1 berth pocket to return it back to its pre-earthquake levels will commence today Friday 05 October.

Two methods were investigated and the chosen option is a crawler crane with a clam shell mounted on a barge to perform the work.

The team are working around shipping schedules and It is envisaged that this will take ten days to complete. They will work 12 hours per day until completed.

This berth pocket dredging is part of our current Maintenance Dredging consent. If you have any questions regarding this process, please email enquiries@lpc.co.nz

Article: LPC Advisory Notice | 05 October 2012

Image: www.lpc.co.nz



Providing Quality Local and Visitor Information

65 London Street, Lyttelton 8082
P: 03 328 9093

E: infocentre@lyttelton.net.nz
W: www.lytteltonharbour.info

Ortho-Bionomy® Comes to Lyttelton

Meet Janet Taylor



Janet Taylor a Lyttelton resident for fourteen years has discovered Ortho-Bionomy. But what is Ortho-Bionomy? This week the Lyttelton Review chats to Janet Taylor to find out.

A quick look at the natural therapy web page: www.naturaltherapypages.co.nz and we find that: "Ortho-Bionomy is a system of bodywork that was developed by Dr Arthur Lincoln Pauls in the 1970s in Britain. This therapy is used to promote wellbeing, and to assist the relieving of pain and restrictions that may be caused by injuries, poor posture, stress-related problems and structural problems."

"Ortho-Bionomy is based on techniques found in judo, homeopathy and osteopathy and is designed to be gentle. In addition to practitioner-based exercises and corrections, a person can also practice some self-help techniques to assist in the everyday management of their condition. Ortho-Bionomy is suitable for both the novice and the professional and, because it is so gentle, it is suitable for all age groups."

What Ortho-Bionomy is About:

Ortho-Bionomy is about re-educating the body, so that it is able to maintain balance and function as well as possible. Some techniques used in this therapy include joint compressions, gentle movements and the use of preferred positions. These are all designed to stimulate the body's natural healing functions and self-balancing reflexes."

Janet came to this therapy after years of experiencing pain in her knee and the problem was traced and fixed by a practitioner of Ortho-Bionomy. This led Janet to explore all the ins and outs of the treatment, and resulted in her beginning the training course for this therapy. To date there is only one other person working in this field in Christchurch. When Janet qualifies shortly she will boost the numbers. She has almost completed the training and would love to share her new found skills with the Lyttelton community. "I think this treatment is just perfect for earthquake therapy, it's so relaxing and holistic" Janet said.

To date Janet has been helping a few children with increased anxiety as a result of the earthquakes. Because she has had such a positive experience herself and the friends she has helped have also benefited she would like to extend her knowledge and skills with the wider Lyttelton community. If you are interested to find out more Janet would love to hear from you.

The Mindful Body - Janet Taylor

Phone: 03 328 9923 or Mobile: 027 368 6515

Article and Image: Lyttelton Harbour Information Centre

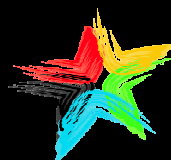
Rumour Has It

Irish Bar Opening Late October

That the Irish Bar is re-opening Labour Weekend. After various flurries of activities over many months it seems everything has now finally fallen into place. Owners Ross, Janet, Roger and Sandy are all set to go. The Lyttelton Review had a quick peak inside the other day and were impressed by all the hard work being done to get things ready for opening. The facility is much improved. The kitchen is amazing and they have thought of everything to make it a really safe working environment. Loos, a much talked about topic in Lyttelton have all been upgraded and a proper disabled toilet is a new feature! The entire space flows more easily with indoor and outdoor entertainment areas. Fingers crossed that everything falls into place and Lyttelton will have another new venue to frequent come Labour Weekend.

Lynnette Baird Licensed Real Estate Agent
P: 03 328 7707 M: 021 224 6637

E: lynnette@realhomes.co.nz
W: www.realhomes.co.nz



Professionals

Kennard Real Estate Limited MREINZ
www.kre.co.nz

about the lyttelton review

Lyttelton Review is a community newsletter initiative developed by local Professionals real estate agent Lynnette Baird and Lyttelton Harbour Information Centre chairperson Wendy Everingham. The objective of the Lyttelton Review is to help keep local residents informed with what is going on in the wider Lyttelton Harbour community. Each week readers can read about community groups; businesses; events; and everything in between. If you have an event, topic, cause, or other, that you would like to share with the harbour community, then we would love to hear from you. Be heard, be seen, be informed - read it or offer it here.

Lyttelton Farmers Market Corner

Seasonal New Produce | New Vendors Delight



Caddie Gardens: Chilies

Last year the Caddie Gardens Serrano chili crop was very successful. Plants produced well and the chilies were of a good heat and flavour! The Caddie Gardens team recommends them for the home gardener for glasshouse or warm sheltered spot. They grow well in five litre pots and are ready for planting now.

If you prefer something that packs a slightly smaller punch, Caddie Gardens also has available:

- Anch St Luis – a chili that's not hot but rich in flavor and great for sauces
- Mulato – mild to medium, ripens to dark brown, an essential ingredient for mole sauce
- Anaheim – mild, pungent, ideal for stuffing
- Hungarian Hot Wax – mild to medium heat, banana shape, adds flavor without excessive heat



Ground Gourmet Innovation

Jenny is a constant innovator, with new delicious recipes and ideas ever flowing to the Ground market stall. This month Jenny has house cured Salmon gravlax - sold pre-sliced and packaged. Also for those that simply can't wait to get it home - a gravlax sandwich with saffron aioli and salad. Also, look out for sweet spiced meringues and rosemary pesto with pistachios. So good!



Volcano Gives Barbeque Advice

Do you want to be the most popular person at the barbeque this season? Then read through Sue's tips and advice. Two ways of using Volcano sweet chili sauce:

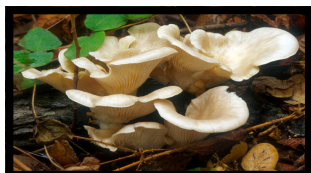
1. Mix up equal quantities of sweet chili and natural yoghurt slather it all over a butterfly shoulder of lamb left over night is ideal but four hours would do. Then barbeque or bake on a high heat on a rack with a dish underneath to catch the drippy goodness, and cook until still pink in the middle – simply delicious!
2. Volcano sweet chili sauce also makes the perfect Satay sauce just add peanut butter and coconut milk to your chili sauce heat slowly in a pan serve with your favourite kebabs.

Volcano also have a new salad dressing that Lois discovered on her travels in Ireland from a Michelin star restaurant called Cliff House in Ardmore Cork - it is an organic apple vinaigrette which they used as their house dressing - really nice.



Freeman's Fresh Pasta

It is wonderful to have Dave and the team at the Lyttelton Farmers Market selling beautiful fresh pasta. Seasonal ravioli and cannelloni, beautiful fresh pasta sauces and made to measure tagliatelle. They even have gluten free pasta! Watch them spinning the pasta machine and sample something out of the ordinary - the squid ink tagliatelle is incredible!



Oyster Mushrooms

Andrew brings to Lyttelton Farmers Market his wonderful mushrooms; sample a tasty morsel sautéed in garlic butter if you need convincing of this great product!

contact the lyttelton review

The team at the Lyttelton Review would love to spread the word about your community group, fundraising efforts, local heroes, business promotions, events and anything else that the local community would like to share. Deadline for any content: Friday before Monday publication date. Phone, Email, or Post: Lyttelton Review, PO Box 94, Lyttelton 8841.

Lynnette Baird	03 328 7707	021 224 6637	lynnette@realhomes.co.nz
Wendy Everingham	03 328 9093	021 047 6144	infocentre@lyttelton.net.nz

Naval Point Club News

New Season | Sunday Racing | Twilight Racing

Another Season Begins

Activity around the Club is picking up as the new season's programme gets into gear. Saturday racing is under way. Preliminary meetings have been held with the junior parents and their coaching programme will commence in the next couple of weeks. Next week's school holiday learn to sail programme is fully subscribed and kicks off on Monday morning. We are seeing strong growth in Waka participation with an increasing youth component.

Sunday Racing

Summer sailing in Lyttelton has traditionally been on Saturdays. However the Winter Series, April to June, has been very well supported on Sundays. The question has been asked; with the change in peoples' lifestyles, would sailing on Sundays during the Summer be popular? Now's the chance to find out. Next Sunday there will be a the first race of a series occurring over the coming season. They won't necessarily be the same format as traditional Saturday races, we plan to mix things up a bit. Sundays event will start at the Start box but, weather permitting will finish at a destination, probably Diamond Harbour.

Twilight Racing Time

The popular Wednesday twilight races are back again this season. Starting at 6.30 pm, boats race around a small triangular course until 7.45pm when the whole thing stops. The challenge is to get as many laps in as possible. With everyone finishing at the same time, the after-race prize giving at 9pm is always well attended. Prizes are allocated by a draw so everyone gets a chance. \$5.00 entry fee per race. The pre-Christmas series has a different sponsor for each race. First up next week is Willies Electrical.

Woolfun Day at Bergli

Saturday October 13

Enjoy a relaxed day with like-minded people in a small group, in a beautiful log house with wonderful views. Koha appreciated for morning and afternoon tea. Bring your lunch, your wool craft gear, and if felting, a table if possible. Bergli Bed and Breakfast is at Teddington, Lyttelton Harbour - which is between Governors Bay and Diamond Harbour. Just thirty minutes from central Christchurch. Find a map with GPS co-ordinates at: <http://www.bergli.co.nz/en/home/map>

Date: Saturday 13 October | Saturday 10 November | Saturday 8 December

Time: Anytime between 10am and 4pm

Community Food Resilience Evening

With Robina McCurdy

An inspirational slideshow which takes us around Aotearoa/New Zealand and the world, to neighbourhoods and bioregions, which are working towards local food self-reliance, whilst strengthening community and slashing household food bills. An overview of the outcomes of Project Lyttelton's recent 'Local Food Resilience' workshop, featuring a map of food sources within the Harbour Basin, local food economy opportunities, and a local planting and harvesting calendar. Followed by enlivened discussion!

When: Thursday 18 October, 7pm to 9.30pm

Where: The Portal, 54a Oxford Street, Lyttelton

Entry: Free: Event sponsored by Project Lyttelton

subscribe to the lyttelton review

The Lyttelton Review is published every Monday and can be delivered straight to your email inbox. Just send an email with the words "subscribe me" in the subject line, then sit back and wait for the next instalment of local news, events and reviews. If you do not have access to email, but would like read about our local events, Professional Real Estate print hard copies that are available from Thursdays at the Lyttelton Club; Samo Coffee, Fisherman's Wharf or the Lyttelton Harbour Information Centre on London Street. Or a copy can be delivered to your door, if you live in within the Lyttelton township: Contact Lynnette on 03 328 7707.

LIFT Library Film Evening

Monday 8 October

Have you caught up with the fact that the LIFT Film Evenings in October are now on MONDAY evenings, not Wednesdays? We had a good attendance at the last weeks film "Edible Cities", which was well received. A special thanks to the new folk who came along to join us. As it is springtime, and people are getting into gardening, I was asked to show more on this topic, so this week will include two shorter films:

"Permaculture Soils: realigning with Nature's plan for sustainable abundance" featuring Geoff Lawton, the Australian leader in the field; this film is easy to follow, and inspiring – I got outside after watching it, and dealt with my compost, to my immense satisfaction! Many practical examples of what we can do.

"Think global: eat local: a diet for a sustainable society" which has examples from round the world, of community actions to raise and share food. Some done here, some could be done here.

When: Monday 8 October, 7.15pm film begins
Where: The Portal, 54a Oxford Street [behind the swimming pool]

Article: LIFT Library
<http://www.facebook.com/pages/LIFT-Library/334943396599142?ref=ts&fref=ts>

If you wanted to see our August screening of the movie "Thrive", but couldn't get to it, it is going to be shown again at She Chocolat in Governors Bay, in their series of events this month. Phone: 03 329 9825 Live @ She Events: Friday 25th October: Evolutionary Movie Night - showing the amazing movie - Thrive \$15.00

LIFT Library

L=Living Economies, I=Inspiration, F=Facts, T=Transition

Some really good news is that last Saturday was LIFT's day at the Garage Sale, and we now have money with which to buy more good books and DVD's. If you know of something really suitable for the LIFT Library [up-to-date, easy to read, not too heavy, preferably about ideas for New Zealand] please tell me soon, before I spend it all! Also, if you have books or DVD's of your own that you would like to either donate or lend to LIFT, I'd love to hear from you. You might like to borrow a new addition to the library, when it comes back to me. I couldn't resist buying this one straight away! And a member couldn't resist borrowing it straight away.

Food@home | Christine Dann 2012

The author is well known around here, so it's great to have this book at last. Her chapter headings give you the idea of her content and style: Culinary Confusion; Growing@Home; Community@Garden; Dining@Home; Cooking@Home; Almost@Home; Food@Large; Alimentary Action. There are masses of examples of New Zealand initiatives, foods, recipes, people, gardening methods... and photos. An easy-to-read encyclopedia in 200 pages!

Healing our History: the Challenge of the Treaty of Waitangi | Robert & Joanna Consedine 2001

This book challenges all New Zealanders to accept responsibility for learning the colonial history of their country in order to become better informed, and support change that values all people, regardless of their cultural background. There are multitudes of ways people can respond to the challenge. The book addresses the questions: Why do we need to understand our colonial history? What can the Treaty of Waitangi teach us 160 years later? Why is it so vital that we discover and claim our own stories? It's an easy read, with lots of clear examples of action taken.

And here's today's quote:

Every good movement passes through five stages: indifference, ridicule, abuse, repression, and respect - Mahatma Gandhi

pass it on, spread the word

Not everyone receives these news letters, so please pass them onto anyone you think would be interested. We can also arrange printed copies for interested parties - just let us know. A big thank you to everyone who emails us with what is happening in their part of Lyttelton Harbour paradise. If you have news, or belong to a community group, own a business - get in contact with us, we would love to promote or share your story with the Lyttelton Harbour district. Errors, Omissions and Typos are all part and parcel of a volunteer service. These quirky additions are offered free for your amusement. But, if we have "got it wrong" - please just let us know.

An Idea About Combined Research

Project Lyttelton in recent years has attracted a lot of interest from researchers. The range of the level of research has been wide. As a result, about a year ago the Project Lyttelton Board decided that I would follow up and get some guidelines onto our website so that potential researchers could be self-filtering. The people I approached to help me with this task had other things happening in their lives and so this idea slipped down my list of priorities.

However, recently I spent some time with Marjo Lips Wiersma from the Management Department at Canterbury talking about this issue. Marjo is a Lyttelton resident. Out of that discussion came three points:

1. Different projects can be linked to each other where useful for research purposes
2. Project Lyttelton could more proactively invite research that would forward its aims rather than accepting or not research offers that come in
3. People who are about to do or who have done research co-create a plan with PL about how they will disseminate their research so it benefits the community and Project Lyttelton as well as their own "careers".

The idea of a Research Day was mooted. We discussed the important role that research can play in the development of an organisation, business or community. We realised that if a wide range of organisations/businesses/community groups came together we could take a big picture view and see what we need to have researched within this whole community. More of a planned approach. I have noticed since the earthquake there is much duplication of research which is inefficient. I think it is better that as a collective we work out what we need to know and advertise that need amongst the research community.

So I am sending this message to as wide a group as I can think of - organisations, businesses and community groups - to see what other people's responses are to the idea of collectively working out what research we need. This could possibly be done via a Research Day. Generally how we work in Project Lyttelton is that if an idea fits within our vision statement - and this does AND we have a champion to run with this then we go ahead. We have the idea which fits the vision, but I am not the person who would/could champion the project.

I know that research has the potential to unlock amazing innovative developments. Are you attracted to the idea of getting our big picture clear and then identifying all that we want researched? Please let me know what you think. Feel free to pass this message on to others. I'll give you a couple of weeks to think about this idea and get back to me.

Margaret Jefferies | Chairperson Project Lyttelton
03 328 9260 or mobile 021 737 448 or email margaret.jefferies@clear.net.nz

Port Hills Geotech Seminar

Just a quick reminder that the Christchurch City Council is working with the University of Canterbury and GNS Science to present a geotechnical information seminar next Saturday 13 October 2012 from 9.00am.

This is to help explain the complex and technical information in the GNS Science reports which were prepared for the Council in response to the Canterbury earthquakes and contain information on the life-safety risks from rock fall or boulder roll and cliff collapse on the Port Hills.

Details of the day are being finalised and will be sent through to us on Tuesday 9 October 2012. The seminar will be held at the University of Canterbury and you will need to register for the sessions, either online [details to be announced on 9 October 2012] or by phoning the Christchurch City Council on 941 8999.

It is important to understand the sessions are about explaining the information contained within the reports to help understand the science behind the life-safety risks from rock fall or boulder roll and cliff collapse on the Port Hills. The sessions will not cover the CERA zoning decisions or review, the criteria for the placement of section 124 notices or options for mitigation.

what did you hear

Here at the Lyttelton Review we love receiving your stories and notices about events. Keeping it local and keeping it relevant has resulted in the growth of the Lyttelton Review. One page at a time we are all working together to help connect residents around the Lyttelton Harbour. We couldn't produce the Lyttelton Review each week with your contribution. So here's a big Thank You from the editorial team to everyone who receives and continues to contribute to the success of the Lyttelton Review - your views, ideas and stories are appreciated and always welcomed.

Spring Garden Education Series

Lyttelton Timebank and Lyttelton Community Garden Event

Get yourself to the community garden and learn all sorts of fun and useful things. Everyone is welcome to participate, no gardening experience necessary. Pay one TimeBank credit or \$15.00 to the Community Garden. Contact 328 9423.

How to Create Hanging Baskets

Option One: Monday 8 October, 5.00pm to 6.00pm

Option Two: Wednesday 10 October, 11am to Noon

How to Make Crazy Planters

Option One: Monday 15 October, 5.00pm to 6.00pm

Option Two: Wednesday 17 October, 11am to Noon

Foraging with Darren, for funghi and other delicious morsels

Option One: Saturday 20 October, 1.30pm

How to Build a Vertical Growing Wall – Out of Pallets!

Option One: Monday 22 October, 5.00pm to 6.00pm

Option Two: Wednesday 24 October, 11am to Noon

Available to Rent

Lyttelton: Modern four year hold home located on Simeon Quay available for rent. Three large bedrooms, two bathrooms, and easy to keep with no lawns or garden to worry about. This would make a great home for someone short term while repairs are being done on their own home. Pets will be considered. \$550 per week. For more details contact Fiona via email at blythefamily@hotmail.com

Governors Bay: Beautiful three bedroom, two bathroom cottage available to rent in Governor's Bay. Open plan living and large easy care section. Comes fully furnished for \$900; or \$480 without furniture. Negotiable for long term tenants. Will be available from 1st December 2012. For further information, please contact Thoje 03 329 9922 mobile 021 997 833 or email thoje@roc.co.nz

Wanted to Rent

Bonnie says: My story goes like this. Before the February earthquake I worked at a Tattoo shop called Southern Ink on Colombo street, you may have heard it fell down on me and my work mate Matti. Matti did not survive and I fractured seven vertebrae in my back and neck and suffered a brain injury. I am doing much better and have slowly built myself up ready to go back to work so me and my two other female artists are opening an all female tattoo/ boutique on London Street thanks to the support and advice from a friend Robin Kerr who I have been receiving acupuncture from since the accident. This shop is a great part of healing for us and also a tribute to our beautiful boy that we miss so much and we very much want to invite the community to come celebrate, share get involved with our opening day, which we are hoping for mid October. In the mean time we are going to rent our own Halswell home out and are wanting to re-school our daughter in Lyttelton. We have a beautiful four bedroom home with a two bedroom sleep out on a large section with trees and shrubs. We would be happy to swap houses with someone if there would be anyone wanting to move to Halswell? If you can help Bonnie, please email her at bonniebooink@gmail.com

suburban papers available

Do you know that each week at the Lyttelton Information Centre you can collect most of your local newspapers? We get all the editions of The Star, Bay Harbour News, generally the Akaroa Mail and sometimes the Christchurch Mail. Every Thursday we also have hard copies of our own Lyttelton Review. We also have local events advertised in our windows plus many brochures for events happening in the greater area.

Red Cross Talks

Understanding the Stresses of Recovery

New Zealand Red Cross is presenting a series of talks by consultant psychologist Rob Gordon who has more than 25 years' experience from more than 30 disasters in Australia and New Zealand. Dr Gordon has provided support to bereaved family members from Port Arthur, The Bali bombings, the Asian tsunami, Black Saturday bushfires, cyclones Larry and Yasi, and the Queensland and Victorian floods of 2011-2012. Combining research findings and his extensive experience working with survivors of bushfires, cyclones, road accidents, terrorist attacks and other traumatic experiences, Rob Gordon has developed a specialist understanding of how to work effectively with people affected by mass trauma. "After I heard Rob talk on the radio for five minutes I felt I understood more what was happening to me, and I felt as though I would be able to get through this." "When Rob described the stress of recovery it was as if he was inside my head looking at what was going on."

What: Presentation by New Zealand Red Cross
Who: Dr. Rob Gordon – clinical psychologist from Australia and expert on mass trauma
Where: Grace Vineyard Church, 111 Seaview Road, Brighton, Christchurch,
When: Thursday 11 October 2012, 6.30pm to 8.30pm
Topic: Understanding stresses of recovery in the second and third years: protecting health, lifestyle and relationships.

All welcome. Light supper, tea and coffee provided. Please RSVP by 5pm, Wednesday 10 October for catering purposes to julie.gaudin@redcross.org.nz

Have your say on local water management



The Banks Peninsula Zone Committee wants feedback on its draft Zone Implementation Programme [ZIP] for water management.

The committee is hosting four community meetings for local people, groups and organisations to provide feedback on the recommendations made in the draft ZIP.

How we manage water is a key factor influencing our quality of life and prosperity both now and for future generations. Community input is vital to ensuring our water resource is managed sustainably.

Once community feedback has been considered the ZIP will be updated and presented to councils as the basis for work programmes and for drafting regional plans.

The draft ZIP includes seven chapters, each focusing on a different priority area for water management.

The seven chapters are:

- Water Supply
- Biodiversity
- Lake Wairewa
- Waste Water
- Run-Off | Contamination | Waterways
- Coastal
- Education | Communication

Local Meeting Times | Venues

MON 29 OCT	6.00pm	Lyttelton Club 23 Dublin Street, Lyttelton
THU 01 NOV	5.30pm	Diamond Harbour Community Hall Waipapa Avenue, DHarbour



Copies of the draft ZIP and feedback form will be available at the community meetings and at www.ecan.govt.nz/canterburywater

The Banks Peninsula Zone committee was set up under the Canterbury Water Management Strategy and had its launch in September. The committee consists of five community members, four ruanga representatives, and appointees from Environment Canterbury and Christchurch City Council.

“c'mon get involved”

October 2012

Lyttelton Harbour

Community Garage Sale

All donations of good used, or new, household items greatly accepted at Project Lyttelton 54a Oxford Street. Please do not donate items that cannot be sold, as this increases our costs trying to take unwanted items to the charity barn, or worse still the rubbish depot.

Lyttelton Community Association

New members welcome. As an issues based organisation, we do not hold regular meetings. If you would like to be advised of when the next meeting will be held, or have an issue to discuss, please email us at LCAssn@vodafone.co.nz or phone Ken Maynard 03 328 9553.

Lyttelton Community House

Meals for the elderly continue to be prepared and delivered daily. If you know of any elderly residents who need this service, or would like to volunteer to assist, please contact Christine or Courtenay 03 741 1427.

Lyttelton Harbour Basin COMMUNITY Civil Defence

New members welcome. Meet second Monday of every month, 7.00pm St Johns Ambulance Station, London Street. To become involved contact the Area Co-ordinator Julie Lee on 03 328 7779 or 027 739 1832.

Lyttelton Harbour Business Association

For more details visit: www.lytteltonharbour.co.nz

Lyttelton Harbour Information Centre

Monday to Friday 11.00am to 3.00pm; Saturday 10.00am to 1.00pm; Sunday 11.00am - 2.00pm.

Lyttelton Harbour/Whakaraupo Issues Group

New members welcome. Initiatives and successes for improving the harbour environment and water quality continue. Main group meetings are six times a year. Contact Claire Findlay 03 328 8930 or Melanie Dixon 03 329 9908.

Lyttelton Lions

Meet on the 2nd Tuesday of each month at Community House at 7.30pm. Anyone interested in becoming involved, or anyone who would like to learn more about this organisation, is most welcome. Contact Mary Jamieson 03 328 8523.

Lyttelton Historical Museum Society

Lyttelton Museum committee is developing a concept plan for the re-building of Lyttelton Museum. Meetings held once a month. New members, donations or any other support is welcomed. Lyttelton Museum, PO Box 95, Lyttelton. 328 8972 lytteltonmuseum@xtra.co.nz

Lyttelton Reserves Management Committee

Reserves Committee meets on a regular basis to make decisions about the management of the reserves. It organises weed control and planting programmes that include public and schools planting days. To be involved email the group at reserves@lyttelton.net.nz.

Lyttelton Time Bank

Either Bettina, Lisa or Lottie will be at the Lyttelton Harbour Information Centre every Tuesday, Wednesday, Thursday, and Friday 9.00am to 11.00am. Phone: 021 806 406 or email the team at timebank@lyttelton.net.nz

Lyttelton Volunteer Fire Brigade

Meets for training and maintenance every Thursday night from 7.00pm at the temporary station in the Lyttelton Port Company admin building car park, 56 Norwich Quay. If you are interested in joining, then pop on in. Russ Barron, Brigade Secretary.

Lyttelton Youth Centre

Youth Centre/Community House, 7 Dublin Street, Lyttelton. Contact Christine 03 741 1427 for further details.

Plunket Playgroup

The Plunket Playgroup can be found at Lyttelton Main School, every Monday and Wednesday, 10.00am to 12noon. 50 cents donation and everyone is welcome. Contact Lisa York-Jones 03 328 8918 for more information.

Project Lyttelton

The Portal, 54a Oxford Street, Lyttelton [located behind the Swimming Pool]. Office 03 328 9243.

Toy Library

The Lyttelton Toy Library is now at 25 Canterbury Street. Sessions are every second Saturday 9.00am to 11.00am. \$42.00 per year to join. Provides children 0-5 years with toys, puzzles, games, dress-ups to loan. Contact Toy Librarian: Roz Jenkins 328 8552.

Volcano Radio

Currently - Off Air. Fundraising t-shirts available from Portico, 48 London Street.

“business directory”

support our local businesses

October 2012

Lyttelton

Abbraccia Bellydance	41 Voelas Road [West School]	03 328 8883	Paige 021 999 848
Acupuncture Therapy	18 Oxford Street	03 328 9053	Robin Kerr
Alexander Technique	Private Address	03 328 8968	Belinda Walker
Bank of New Zealand	56 London Street	0800 80 04 68	Trish, Kelly, Donna
Banks Peninsula Accounting	PO Box 83, Lyttelton	03 328 7231	Chris 021 280 0086
Beauty by Carly	Private Address	Private No.	Carly 021 294 5676
Bells Pharmacy	50 London Street	03 328 8314	
Body Kinetics - Gym Fitness	Oxford Street	03 328 7002	Jen 027 204 1224
Choice Take Home Dinners	20 London Street	03 328 8784	Available 5.00 - 6.00pm
Christchurch Council Service Centre	35 London Street	03 941 8999	Debbie/Patricia
Christchurch Yoga	Private Address	03 328 8889	Rebecca 021 071 0336
Coastal Living / Picture Framers	34 London Street	03 328 7350	
Coffee Culture	18 London Street	03 328 7080	
Dandy Designs - Web Business Develop	Private Address	03 328 8646	dana@dandydesigns.co.nz
Diamond Harbour Ferry	B Jetty, Lyttelton Wharf	03 328 9078	
Dockside Apartments	22 Sumner Road	03 325 5707	Grant / Kathy
Everest Indian Restaurant	2 London Street	03 328 8185	Parminder Singh
Fishermans Wharf	39 Norwich Quay	03 328 7530	
Freemans Restaurant	47 London Street	03 328 7517	
Frog Web Works	14 Winchester Street	Private No.	Graeme 027 473 5018
Four Seas Restaurant	23 Dublin Street	03 328 8740	
Ground Gourmet Foods, Catering	Lyttelton Farmers Market	Private No.	Jenny 022 476 8633
Harbour Co-Op	12 London Street	03 328 8544	
Hands on Health Nutrition Massage	Private Address	Private No.	Rebecca 027 494 6349
Himalaya Design	20 London Street	03 328 7600	Wed-Sun 10.00am - 4.00pm
Home Based Child Care	Private Address	03 328 7217	Marcia 021 236 1682
Irish Pub	17a London Street	03 328 8085	Ross, Janet, Roger and Sandy
Jack Tar Sailing	West Side, No.7 Wharf	03 389 9259	Mike Rossouw
Land Arch Landscape Architects	13 Exeter Street	03 328 8882	dan@landarch.co.nz
London Fish and Chips	34 London Street	03 328 8819	
London Street Books	48 London Street	03 328 8088	Thurs-Sun
London Street Dairy	34 London Street	03 328 7358	Open 7 Days
Leslies Bookshop	18 Oxford Street	03 328 8292	
Lyttel Beauty	32 Voelas Road	03 328 7093	www.lyttelbeauty.co.nz
Lyttelton Bakery	34 Norwich Quay	03 328 9004	
Lyttelton Builders Limited - Office and Yard	16 Canterbury Street	03 328 9305	Peter Tocker 021 862 537
Lyttelton Harbour Information Centre	65 London Street	03 328 9093	
Lyttelton Library	35 London Street	03 941 7923	
Lyttelton Health Centre	18 Oxford Street	03 328 7309	
Lyttelton Physiotherapy	18 Oxford Street	03 328 8111	
Lyttelton Recreation Centre	25 Winchester Street	03 941 5656	
Lyttelton Sea Foods	26 Norwich Quay	03 328 7628	
Lyttelton Service Station	1 Canterbury Street	03 328 8749	
Lyttelton Shuttle	Airport, Tours, Anywhere	Private No.	Linda 021 254 4986

.../ Continued

“business directory”

support our local businesses

October 2012

Lyttelton [continued]

Lyttelton 'Top' Club	23 Dublin Street	03 328 8740	
Mac Todd Solicitors	50 London Street	03 328 9992	Ray Blake 021 43 66 50
Min Sarginson Real Estate	53 London Street	03 328 7273	Min Sarginson 027 432 0327
Mondo Vino	42 Norwich Quay	03 328 7744	
PedalOn Bicycle Service	2 Exeter Street	03 328 9246	021 055 6865
Port Electric	Private Address	03 328 8099	Ken 021 117 6848
Port Hills Auto Centre	42a Norwich Quay	03 328 9980	
Porthole Bar	40 London Street	Private No.	Mike 021 328 977 [Tue-Sun]
Portico	48 London Street	03 328 8088	Tue-Sun 10am - 4pm
Professionals Real Estate	36 London Street	03 328 7707	Lynnette 021 224 6637
Project Lyttelton Office	54a Oxford Street	03 328 9243	Sue-Ellen
Pynenburg and Collins Architects	PO Box 80, Lyttelton	Private No.	Simon 021 163 7193
Ray White Real Estate	47 London Street	03 331 6757	Marie Daisy
Roots	Private Address	Private No.	Christy Guilio 021 120 8083
Rossouw Window Cleaning	Private Address	03 389 9259	Mike 0274 355 239
SAMO Coffee	3 Canterbury Street	Private No.	Open 7 Days
Sno Clothes and Milly May	8a London Street	03 328 8584	Heather
Special Branch NZ Arborist	Private Address	Private No.	Tim 022 091 9202
Storm Hairdressing	34 London Street	03 328 8859	Sally Kat
Thea Mickell Services Ltd Fundraising	Private Address	03 384 7547	Thea 027 607 7282
The Mindful Body	Private Address	03 328 9923	Janet 027 368 6515
The Rookery	Ross Terrace	03 328 8038	Angus Rene
Time to Resolve Mediation Service	Private Address	03 328 8219	Chantal 022 618 8532
View Hairdressing	Private Address	Private No.	Megan 027 488 5173
Volcano Radio	Private Address	03 328 8566	
World Organics Skincare	Private Address	03 328 7446	Nicki 027 423 9455

Diamond Harbour

Bronwen Jones– Writing and PR Services	Rawhiti Street	03 329 4303	www.bronwen-jones.com
Chalfont Cafe D.Harbour Country Store	2 Waipapa Avenue	03 329 4854	Open 7 Days till 5.30pm
Diamond Harbour Ferry	Waipapa Avenue	03 328 9078	
Diamond Harbour Medical Centre	2a Waipapa Avenue	03 329 4402	
Orton Bradley Park	Marine Drive	03 329 4730	
Snowdrop Cottage Children's Store	Waipapa Avenue	03 329 4464	Open 7 Days 9.00am - 5.00pm
Shunyata Retreat Day Spa	10 Rawhiti Street	03 329 4773	Contact Paru
Thrive: Chiropractic, Acupuncture, Nutrition	Private Address	03 329 3254	Mark and Lou Warren
For news, events, and what is open or closed in Diamond Harbour, visit: www.diamondharbour.info			

Governors Bay

At Home Childcare Limited	18 Bay Heights	03 329 9970	Neave Ross-Wallace
Governors Bay Hotel	52 Main Road	03 329 9433	
She Chocolat	79 Main Road	03 329 9825	
Living Springs	Bamfords Road	03 329 9788	
For news, events, and what is open or closed in Governors Bay, visit: www.governorsbay.net.nz			

“accommodation”

places to stay around the harbour

October 2012

Lyttelton

- **Dockside Apartments.** Three private apartments enjoying harbour views, now open and available for casual holiday or short term occupancy. Scenic and so close to London Street, this is an ideal option for friends or family to stay. Options range from studio; one bedroom or two bedroom apartment. Tariff from \$90 - \$120 per night. Phone Grant or Kathy on 03 325 5707 or view more details online www.dockside.co.nz.
- **No.1 Apartment.** Warm two bedroom apartment with magnificent harbour views available for holiday or short term accommodation. Undercover parking. Tariff \$120 per night with minimum three night stay. Longer rates available on enquiry. Phone Linda 03 328 9128 or 021 254 4986.
- **Randolph Apartment.** Private two bedroom modern apartment with superb views across Lyttelton and inner harbour is now available for holiday or short term accommodation. Apartment features private spa, bar-b-que area, off street parking for one vehicle, and all the mod-cons including WIFI and MySky television. Tariff from \$120.00 per day, with minimum three night stay. Longer term rates available. Phone Heather 03 328 8585 or 03 328 8584.
- **The Rookery.** Built in 1866 The Rookery Bed and Breakfast is one of the oldest surviving local cottages, with wonderful panoramic views of the historic port town of Lyttelton, the main harbour, Quail Island, surrounding hills and volcanic cliffs. Three beautifully renovated rooms are available; one with ensuite facilities. Tariff from \$115 - \$160 per night. Phone Angus or Rene Macpherson on 03 328 8038 or view more details on line www.therookery.co.nz.

Diamond Harbour

- **Diamond Harbour Lodge** is the perfect place to relax, enjoy and unwind. Offering harbour sea views, spacious rooms, TV/DVD, CD player, large selection of books, board games, free wireless internet, fridge, toaster, jug, microwave, sink, selection of tea, complimentary cookies, electric blankets, underfloor heating in bathroom, heated towel rail, linden leaves toiletries, towelling bath robes. Robyn and Pete Hedges 3 329 4005 or visit www.diamondharbourlodge.co.nz
- **Manaaki Eco Farmstay Purau** offers self contained ensuite accommodation. One or two bedrooms with spacious fully equipped kitchen/living in a beautiful rural setting overlooking Purau Bay. Holiday (min 2 nights) or longer term rates available. Contact Wendy ph 329 3202 or view us online www.ecofarmstaypurau.co.nz
- **Mt Evans Bed and Breakfast** offers accommodation in two self contained cottages. Quiet rural setting only 500m from the beach. For further information contact Pauline 03 329 4414 or visit www.mtevansbnb.co.nz
- **The Old Exchange Bed and Breakfast** right in the heart of the Village at 2 Waipapa Avenue. Two queen sized bedrooms with ensuite bathrooms, own private entrance, sea views and within walking distance of the Ferry. Contact Jill 03 329 4275 or 027 482 6014.
- **Orton Bradley Park** offer self contained camper van sites for overnight stays. Services include 15 powered sites; treated drinking water; toilet blocks and dump site, with the golf club and tennis court next door. Fees start from \$15.00 per night for two persons, with additional adults at \$6.00 per night. Contact 03 329 4730.

Governors Bay

- **Governors Bay Bed and Breakfast** offers a place to relax and rejuvenate on nine acres to bush side paradise beside the harbour. Enjoy breakfast on the deck while listening to the native bird song. Furnished room with ensuite bathroom and separate sitting area also available for short term rent for those seeking emergency accommodation. For more details contact Eva on 03 329 9727, or view on line www.gbbbedandbreakfast.co.nz.
- **Governors Bay Hotel** has been restored to it's former glory and offers six guest rooms located on the first floor level. All rooms recently renovated with 32 inch flat screen televisions, queen size beds, free wifi broadband, heaters, electric blankets and vanities. Four of the rooms have direct verandah access through French doors opening out onto a balcony with wonderful views over the Lyttelton harbour. Contact the Governors Bay Hotel on 03 329 9433 or view more details on line: www.governorsbayhotel.co.nz.
- **Living Springs** offer an array of accommodation options from fully service private rooms, studios, twin rooms, shared bunkrooms to outdoor camping. Also available are some powered caravan sites. All rooms are clean, comfortable and well maintained for your relaxation. Contact Living Springs on 03 329 9788 or view more details on line: www.livingsprings.co.nz.

“harbourvibe”

what's on around the harbour this week

October 2012

08 Monday

Community Garden	5.30pm	The Portal, 54a Oxford Street	Make new friends, enjoy the fresh air
How to Create Hanging Baskets w/shop	5.00pm	The Portal, 54a Oxford Street	TimeBank 2 Credits or \$15 to Com.Garden
LIFT Library - Film Evening	7.15pm	The Portal, 54a Oxford Street	Thought Provoking Film Series

09 Tuesday

University of Canterbury Quake Box	10.00am	Cnr London and Canterbury	Share Your Story: 10am to 3pm
Community House Lunch	12.00pm	Upstairs: 7 Dublin Street	Everyone welcome, meet new friends
Lyttelton St John Youth Division	6.00pm	St John Ambulance Station	Training Room New Members Welcome
Lyttelton Lions	7.30pm	Comm.House, 7 Dublin Street	All Welcome. Mary 03 328 8523
Tuesday Night Live Music	7.30pm	Wunderbar, London Street	Open Mic Night Musicians Showcase
Diamond Harbour Historical Assoc.	8.00pm	DHarbour Community Hall	Speaker Pat Unger. All Welcome.

10 Wednesday

Creativity Meet	10.00am	Lyttelton Library, London St	Knit, Crochet or Bring Another Hand Craft
Community Garden	10.00am	The Portal, 54a Oxford Street	Shared lunch from 12.00pm
University of Canterbury Quake Box	10.00am	Cnr London and Canterbury	Share Your Story: 10am to 3pm
How to Create Hanging Baskets w/shop	11.00am	The Portal, 54a Oxford Street	TimeBank 2 Credits or \$15 to Comm.Garden
Plenty to Share	3.00pm	Cnr London and Canterbury	Bring, Exchange and Share Food
Sharing the Light	7.30pm	The Portal, 54a Oxford Street	Free Fun event for Lyttelton residents
Marlon Williams Live Music	8.00pm	Porthole Bar, London Street	Live Music Wednesday Free

11 Thursday

University of Canterbury Quake Box	10.00am	Cnr London and Canterbury	Share Your Story: 10am to 3pm
LMH Community Board	5.00pm	Lyttelton Library, London Street	General Chat and Meet. All welcome.
Lyttelton Volunteer Fire Brigade	7.00pm	LPC Building, 56 Norwich Quay	Weekly training etc New members welcome
Contra Dance Night	7.30pm	Private Address, Cass Bay	Contact Bill 03 328 8985 \$5
Al Park Live Music Thursday	8.00pm	Porthole Bar, London Street	Live Music Thursday Free

12 Friday

University of Canterbury Quake Box	10.00am	Cnr London and Canterbury	Share Your Story: 10am to 3pm
Senior Exercise Class	10.30am	Lyttelton Main School Hall	All welcome. \$5.00 per session
Live @ She Chocolat	6.00pm	79 Main Road, Governors Bay	Spiritual teacher Bernie Prior, Part 1 \$25.00

13 Saturday

Lyttelton Farmers Market	10.00am	Lyttelton Main School	Fresh produce direct to you
Lyttelton Garage Sale	10.00am	The Portal, 54a Oxford Street	Second Hand Bargains and More
Grassy Market	10.00am	The Grassy, Oxford Street	Art, Craft and Bric-a-Brac
University of Canterbury Quake Box	10.00am	Cnr London and Canterbury	Share Your Story: 10am to 3pm
Wool Fun Day at Bergli	10.00am	265 Charteris Bay Road, Teddington	Open 'till 4pm

14 Sunday

Combined Church Service	10.00am	St Josephs Parish Centre	21 Exeter Street All welcome
Soil Fertility Workshop		Orton Bradley Park	Book Project Lyttelton 03 328 9243
Live Jazz Sundays	3.00pm	Freemans, London Street	Carmel Courtney Live Free
Cross Dressing Sunday Sundae Beats	8.30pm	Wunderbar, London Street	Pop on a Frock Visit Ms Candy Applebottom

Lyttelton Review is proudly sponsored by:



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