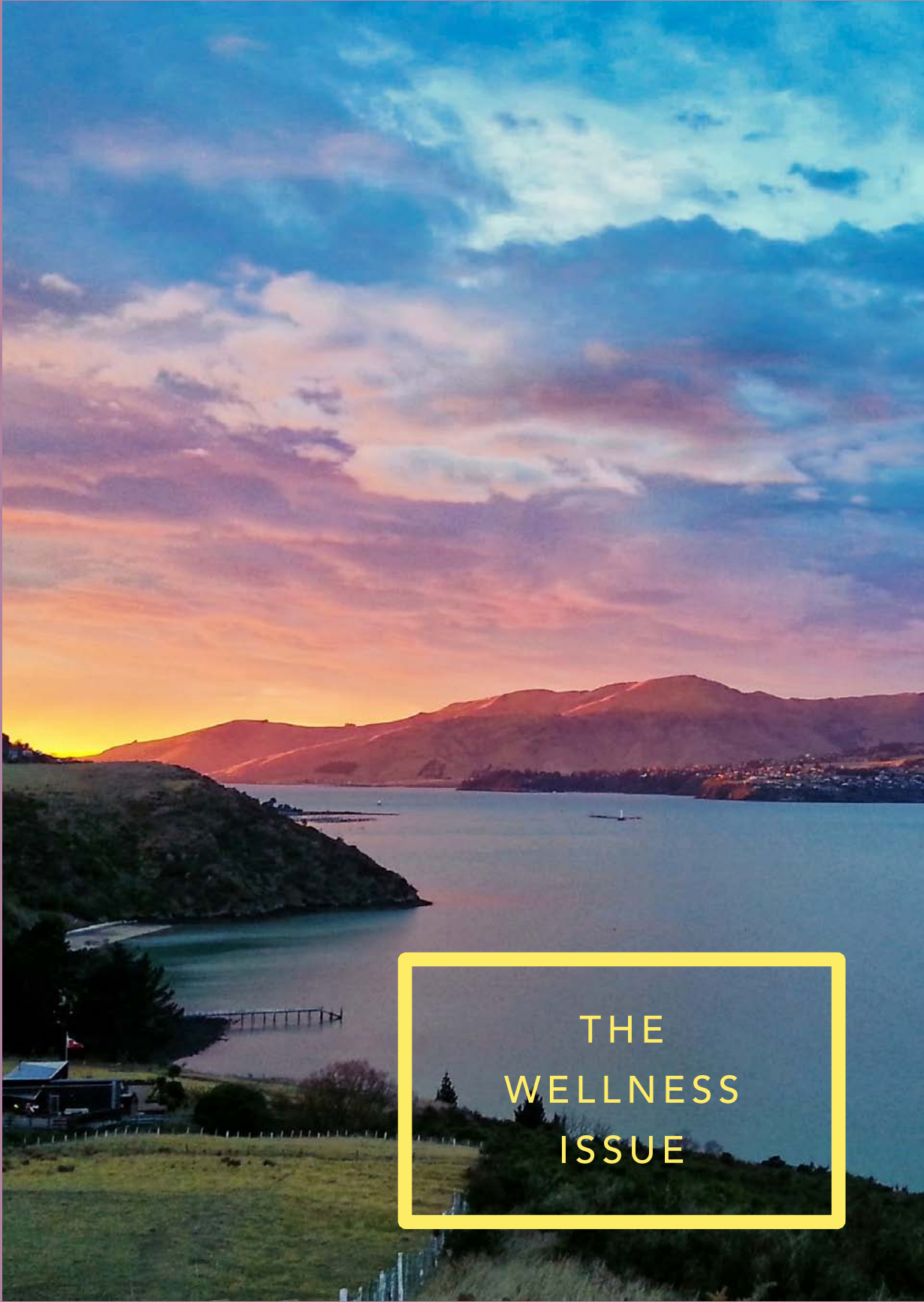


The Lyttelton Harbour Review

ISSUE 293 • AUGUST | HERE-TURI-KŌKĀ 2022



PURAU•TE WAIPAPA•KAI-O-RURU•ŌHINETAHU•TE RĀPAKI-O-TE-RAKIWHAKAPUTA•MOTU-KAUATI-RAHI•MOTU-KAUATI-IWI•ŌHINEHO

THE
WELLNESS
ISSUE



Photo Credit Katie Earle

A NOTE FROM THE EDITOR

THE LYTTTELTON HARBOUR REVIEW - ISSUE 293

Kia ora, e te whānau.

Welcome to our Wellbeing Edition.

The world can sometimes feel uncertain; what direction are we heading in collectively? What state is the earth's health in? How am I feeling today? How do I contribute to society? Can I even get out of bed?

Wellbeing is not just the absence of disease or illness. It is a complex combination of a person's physical, mental, emotional and social health factors. Living within a community, being connected to whānau and also to nature helps one's sense of wellbeing. We are very lucky living in our very own piece of paradise for there are a number of therapies and services available to us, which you will read about in this edition. Ranging from dance, the ancient healing tradition of Ayurveda, yoga, hypnotherapy and a one-of-a-kind of funeral service for loved ones - all of these have the ability to contribute to how we feel individually, which will have a flow-on effect to the wellbeing of our society.

Also contributing to wellbeing is a sense of connectedness, and this is something that is easily achieved by reading this very publication. Full of local stories and news written by people living in or connected to Whakaraupō. If you would like to support our excellent contribution to public interest journalism, we welcome and need your donations. You may put aside a regular amount for us, or a one-off, either way, it is all appreciated and goes towards ensuring we can keep producing The Review.

Noho ora mai rā,

Rushani

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“From Rapaki”

taken by Diamond Harbour Camera
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The Lyttelton Harbour Review is a Lyttelton Harbour Information Centre initiative designed to keep our community informed with what is going on around the harbour. It is also an opportunity to showcase the people and places that otherwise would go under the radar. Our community connections ensure we know what's going on in the wider community and can share the news with you all. A big thank you goes out to all the contributors and our funders: Lyttelton Port Company, Rata Foundation and Christchurch City Council Strengthening Communities, who enable the hard copies to be printed each edition.

If you have any local events, news or stories you would like included, we'd love to hear from you.

Project Matariki - June 2022

Connecting us to the history, the whenua and the people of Whakaraupō

Māui Stuart | Rapaki

In recent years there has been an increased awareness among New Zealanders of the place of te reo Māori and te ao Māori and tikanga Māori. Many people, both Māori and non-Māori, have a desire to learn more about the Māori language, Māori traditions and practices, and a Māori understanding of the world.

Matariki is one of the most significant celebrations in the Māori calendar. It is a time to look backwards, to reflect, to learn to grow and to celebrate what has been, as well as new beginnings.

Matariki is a celebration of people, culture, language spirituality and history.

TE MOEMOEĀ | THE DREAM

My dream for Matariki this year, the first year as a public holiday, was a kaupapa to create a wānanga – learning space - for people from all backgrounds, to celebrate Matariki. It would be an opportunity for people to experience Māori traditions and practices, learn about the history of Whakaraupō - Lyttelton Harbour - and to engage with Matariki.

TE ARORO | THE CONCEPT

The idea was to have a community driven project. This concept was for the event to be a 5-year cycle, which will allow it to reach its full potential by growing a little bigger each year, identifying key tākiwa in our harbour basin where such an event would take place. These will include:

Te Puna Ora/Living springs, Ōtamahua/Quail Island, Awaroa/Godley Head, Te Rāpaki o te Rakiwhakaputa/Rāpaki; Koukourarata/Port Levy

TE TĀTAI | THE PLAN

Each year Project Matariki will be organised to take place over the weekend which aligns with the rise of Matariki. This year, from Friday the 24th to Sunday the 26th of June, we ran three overnight wānanga across three consecutive nights at Te Puna Ora - Living Springs Outdoor Camping Centre



HONONGA | THE CONNECTION

MĀUI'S REFLECTIONS

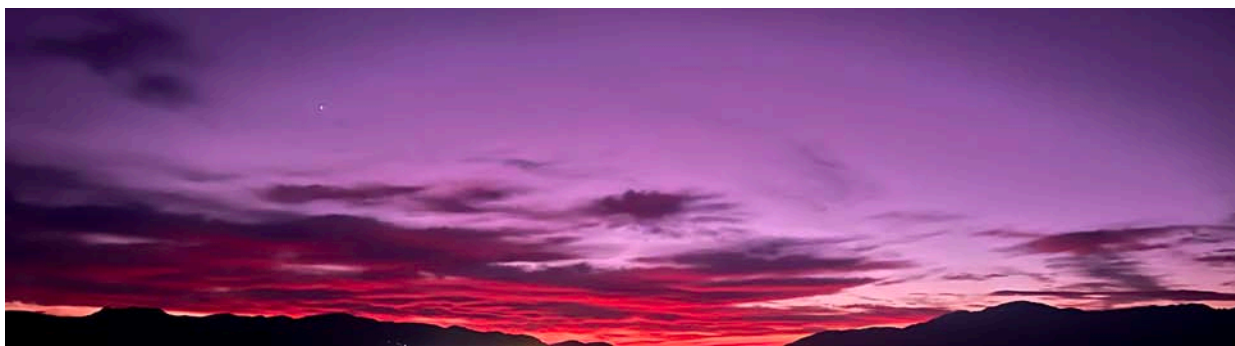
A small group of interested members from our harbour community came together to celebrate Matariki, coming on a journey with us at Living Springs to reflect on the many different parts of our environment and how we can try and make this a better place for the future generation to come. People took a lot away from the knowledge we all shared and left behind some heart felt grief.

As I said at the beginning, "Project Matariki was always going to work, if the format was correct, which I am happy to say it was."

Three videos were produced on the topics of whenua, karakia, powhiri, testing the team's resilience late on a Sunday night. Getting the Zoom link sorted took patience and practice - we finally got right, and they are still available on YouTube if you would like to check them out.

Feedback on those sessions gave me the interaction I needed to know we were on the right track.

Project Matariki connected everyone to the history, and the whenua and the people of Whakaraupō, using not only sound, and waiata, but kai as well.



Even though each of the three hangi had the same food, the taste was different, and the kōrero were just as varied. The contribution over the three evenings made the whole experience genuine.

The young people also took away skills. Waking at 6.00am for an under 10-year-old will never be easy, but for Luna, Tiger, and Romeo they will always remember their first Matariki experience. As I watched Romeo burn the daily paper plates it made me realise that our tamariki learn by our actions - When the fire was only smouldering, he knew by gently fanning the fire that it would come back to life: persuasion can influence a better outcome for our living world - a lesson we can all learn.

Anna Colombus from Kaimahi for Nature (Living Springs) was elated when she showed up for work on Monday morning to see 350 plants in the ground. This represents our koha to a beautiful venue, our connection to a place which will endure over time until our return. Denis the general manager promised us the best possible conditions for the event, he over delivered.

To the small army of supporters and funders, without your support Project Matariki would not have been possible: Phil Dejour Lyttelton Port Company; Philpa Hay, Community Development Adviser; Teresa Butler, Te Puwaitanga Ki Otautahi Trust/ Wilberforce Foundation; Sarah van der Burch and Jacqueline Newbound, Project Lyttelton and James Beck - It was a pleasure working with you all, it was a sincere pleasure.

Feedback we received following the wananga.

"It's been a few days since the Project Matariki wananga and I'm in a better position to see it in perspective. I wanted to say how much I appreciated the opportunity to be there and experience everything. The first night with the talk around the fire was quite relaxed and convivial and I found it relaxing and always interesting and stimulating. Hearing the personal stories of yourself and Ihaia kept it real - "authentic" is the word most people use these days.

The morning was stunning - the location, the weather, the planets, the moon, the connection with the natural world and the rhythms of the natural world was engrossing for me - the highlight of the 19 hours.

I felt deeply privileged to be there." - John Minto

"Thank you both so much for such an amazing journey through Matariki last weekend. I walked away feeling both the importance of the Māori new year and a sense of calm and peace. I really appreciated being guided by you both and am so thankful we had the opportunity to be involved.

We are being asked for a meeting passcode to get into the Zoom. We are very keen to be involved again next year and happy to help however we can." - Meagan Kelly

"Kia ora Māui, thank you for being such an amazing person and totally loved the weekend - hope you get to put your feet up for a day or in that camper - back to basics - thank you Māui you are a wonderful man, God bless you". - Trish Shaw

So, what's next for Māui and the Project Matariki?

It has been a couple of weeks since we shared our farewells, and I continue to recover.

I would like us, and more of the community, to connect again in November for another kaupapa, one also about learning, so keep your ears open for that. More support will be needed, and with the relationships already made from Matariki it will be another memorable experience.

I look forward to continuing my ministry training with the Hahi Mihinare, (The Māori Anglican Church) and to walking the pathway the Holy Spirit has laid in front of me.

Thanks again to you all. James Beck and Jacqueline Newbound, this would not have occurred without your time, and direction.

Nga mihi aroha ki a korua. No reira tenā koutou, tenā koutou, tenā ra tatou katoa.



Kia whakatōmuri te haere whakamua
Walk backwards into the future with eyes fixed on the past.

Lyttelton Arts Festival

Skye Broberg | Ōhinehou, Lyttelton

The inaugural Lyttelton Arts Festival ran from the 8th - 10th of July, and what a fantastic three days they were.

Local artists showcased their works giving us a vibrant variety of options for all interested in the arts. Approximately 1300 people enjoyed the combination of workshops, theatre, dance and music that was provided. The small team setting up and running the festival consisted of Darryl Cribb of LAF theatre, and Bonnie Judkins and Skye Broberg who co-directed. In usual grass-roots fashion they were all seen throughout the festival busily selling tickets, setting lighting, seating patrons, stage managing, serving drinks and making snacks for the clientele, as well as cleaning dishes and the theatre.

It was a delight to see a festive busy town both Friday and Saturday nights with multiple shows to choose from, and the people flowing from one venue to another, enjoying the gourmet fare that our many bars and restaurants offer in our artistically generous town. It was reminiscent of days prior to the plague and the quakes, when people could roam freely, and so much was on offer entertainment wise. Hollie Smith, Jewel and Anthea de Milo sang their hearts out. Buda and Anita Clarke sold out LCC, and the Variety Show delivered stellar acts hosted by Shay Horay as the hilarious 'Richard Rhythm'. Fleur de Their danced beautifully, Rollicking Entertainment and Dead Video entertained the kids, Joe Bennett waxed lyrical about poetry, Ben Brown gave us mystery, and Gary McCormick shared stories, and that was only half of it. We are blessed as a town

with an abundance of creative talent, and generous souls who want to share their creativity and artistic skills.

It was a vivacious weekend, it was inspiring and heartwarming, and right at a time when the darkness of winter has peaked and we all need that bit of sunshine, the Lyttelton Arts Festival brought some.



Snippets

Summer With Your Neighbours! (Newsline website)

Have you ever wanted to organise a neighbourhood gathering? Do you want to get to know the people who live close to you? Perhaps you've always wanted to put on a potluck for the whole street?

Summer with your neighbours is about bringing people closer together and celebrating the unique and diverse mix of each neighbourhood.

Neighbourhood Week was the brainchild of the Shirley-Papanui Community Board (now known as the Papanui-Innes Community Board), which held the first event in 1998. This popular event has grown from year to year and is promoted by the Council.

Three years ago we extended the event for the whole summer after feedback from our applicants and it is now known as Summer With Your Neighbours.

For more information, or to apply for a subsidy head to: <https://ccc.govt.nz/news-and-events/running-an-event/community-programmes/summer-with-your-neighbours>

Banks Peninsula Water Zone Committee Meeting

Tuesday 16th August, 4.00pm

Te Hapua Library, Halswell

See details at ecan.govt.nz/meetings

Safer streets for Lyttelton

Work will begin later this year on safety improvements for Lyttelton's London and Oxford streets. The Te Pātaka o Rākahautū Banks Peninsula Community Board approved the project at their meeting on Monday 27th June. The project will involve the installation of pedestrian crossings and new kerb build outs, all aimed at improving safety for all road users. Public consultation on the project was held in March with feedback received from 38 individuals and groups.

You can view the meeting minutes, including the formal resolutions and a summary of the public consultation and submissions by contacting LisaMaria.Biggar@ccc.govt.nz. Construction is expected to start in November.

Dance with the Seasons

A monthly dance with Open Floor teacher Jan Jeans. Monthly Sunday's from 3.00pm - 4.30pm. Lyttelton Community Church, 40 Winchester Street. Cost \$15.00

Sundays: July 3rd, Aug 7th, Sept 4th, Oct 2nd, Nov 6th, Dec 4th

Nature is our greatest teacher. As the ever changing seasons unfold, nature is alive with the beat of organic change. This monthly dance space will enable you to explore your connection to the wild, untamed pulse of life.

Open Floor is an exploration of free movement and of oneself through dance. The Open Floor is a place where you can be and move exactly as you are and become more of who you truly are with each dance.

Take a Stand (Newsline website)

The next local elections are on 8th October 2022.

Every three years, the people of Christchurch get to vote for a mayor, councillors and community board members to represent our diverse communities.

If you want to represent your community, putting your name forward as a candidate is one of the most fulfilling steps you can take. We're encouraging all residents to consider standing, and the Council is supporting all candidates with all the information they'll need.

You can find out more information here: <https://ccc.govt.nz/the-council/how-the-council-works/council-elections/>

Nest Nutrition @ Orton Bradley Cafe

Contact Sandy to get on the mailing list for her ready-to-heat meal menu. Plenty of options, and vegetarian, vegan, GF, DF and keto catered for. Pick up is from Orton Bradley Cafe on Friday afternoons between 3.00pm and 5.00pm.

cafe.ortonbradley@gmail.com or 0274 793 205

Memories

Sue Beach | Te Waipapa, Diamond Harbour

I have a long set of drawers in my bedroom which are about the length of one wall made of good solid wood with a thick top to put things on. They face my bed so that I can see the things sitting on the top.

These are my special memories and artifacts. Some things have come and gone through the twists and turns of my life's journey. I thought I would share a few of these artifacts with you. Perhaps you have something similar that you like to have around you or look at from time to time.

The first thing I see is a photograph of two children about five or six.



A few months ago they looked like strangers to me for reasons that relate to another story as to why I don't have any photos of my little brother, or of myself, when I was a child. So I didn't really know much about our childhood together or even what he looked like. I realised I had completely blocked out my childhood memories. It was a protective mechanism as it was too painful to remember. However, by blocking out the pain I had also blocked out the fun, the joy, the laughter, and the love.

The boy is wearing a striped polo shirt and shorts, the girl, a purple and pink polka dot dress. Like I said, a few months ago they looked like strangers, it could have been a photograph of anybody.

The boy is my little brother, Mark, who passed away probably soon after this photograph was taken. I was standing right next to him when the accident happened. Some well meaning people decided it would be best for me if this incident or anything about him should not be mentioned again - even

where he was buried, so I adopted this technique to everything that was painful or sad in my life. When I eventually decided this wasn't the best way to deal with life, I acknowledged the pain and the sadness, as hard as it was. I was then able to also feel the joy and the love that we shared.

Now when I look at the photo I see my little brother and he's got the cheekiest grin. I can feel his mischievous nature and his love. Also, perhaps more importantly, I recognise the girl in the pink and purple polka dot dress. She's got the biggest smile that lights up her whole face. I see her curly unruly hair and her bright blue eyes full of life and excitement. By allowing the sadness to just be there with some kindness and compassion, the photograph has come alive and now tells a story of the love between a brother and a sister.



On the drawers there is also an angel given to me by a friend who was part of a group of friends who are called angels. This makes me smile and laugh, a good fun group of girls, and it reminds me of our many trips and gatherings together. They are such a supportive group of people to each other and to people outside of the group. This reminds me of the many other groups I have belonged to over the years. How important it has been to have those connections no matter where you are in the world or where you are in life.

In front of the angel is a beautiful music and jewellery box with a few pieces of my favourite jewellery encased in its soft red velvet interior. My husband bought it for me when my daughter was a baby. She had severe reflux and didn't sleep much. I would wind

it up and listen to the music it played as I rocked in my wooden rocking chair trying to hold her upright to calm and soothe her. This was a very difficult time and I thought it would go on forever. Of course it didn't as she's now living and studying in Wellington. I wind the music box up and listen to the music



straight away. I feel calmed and loved.

To the left of the jewellery box is a teddy bear called Pink Ted who isn't really pink anymore. He's now more like cream and bald ted. My great grandmother gave him to me when I was about three years old. He's been all over the world with me. Wherever I lived, Pink Ted came with me. We have had so many adventures and experiences together. I stop and think of a couple and have a giggle about a few funny adventures.

Next is a picture of my sister who also passed away several years ago. This is a photograph of her at the age of five or six. She bit this photo and it still shows her marks. I love having this photograph as it reminds me of her determination and strength throughout her life. She bit into it because she didn't like it for some reason. I love her dearly and it makes me laugh that I have this picture in pride of place there on top of my drawers and there's nothing she can do about it. I know she would find it funny and it's a very cute photograph anyway.

Right by the photograph is a painting of a puppy dog with a spilt bottle of Guinness. My sister gave me this painting as we were both fond of a stout, or two, and we loved dogs. I cannot remember a time where I haven't had a dog in my life, or our lives, when we

were growing up. This made me think of all the dogs we have had over the years and the dog I have now. All have had very different looks and personalities and all of them have been great companions and comforters to me.

There's also a poem written by a friend in the UK. This reminds me that some friends come and go and some stay in our hearts forever - no matter how far away they might be, or how often we see them. The poem is about music and songs that remind her of me, so I think of a few songs that remind me of her, and other friends that are far away, and I have a little dance around the room.

As I look back at the drawers I spot a photograph of my daughter when she was also about five or six. I notice her unruly hair and cheeky face. It seems only yesterday that this was her. Now she's left home and living away. I miss her. She's living her life following her dreams and having adventures. I wouldn't want it any other way, even if I do miss her terribly. So I let myself feel the sadness of her leaving then remind myself how excited she is about her new life and how I can have more time to have some new adventures.

I have now realised that most of these things represent some kind of grief and letting go. I'm not sad. I'm glad to have, or have had, these people in my life story, and also to have been part of their life stories. I have shared experiences and adventures with all these people. It reminds me that it doesn't matter how difficult and painful something might be, if you just allow it to be there then let it go, you can then see the joy and love that it is also there; that nothing is forever; to just be wherever you are, for you cannot be anywhere else than where you are.

Life is not a problem to be solved, it is an adventure and experience to be had.

Just as a finishing note, a few weeks ago I heard from a cousin I hadn't heard from for a while, that he has the same photograph of me and my brother, so I am also somebody's memory on the top of their drawers... isn't that pretty cool!

A cuppa with Sue Fitzgerald

Margaret Ricketts | Ōhinehou, Lyttelton

Sue Fitzgerald was born in 1948 at Little Port Cooper. Situated beneath Adderley Head, Little Port Cooper supported the Radio Signal Station on the Head. The Station enabled communication between ships and the Port, utilising semaphore flags, radio and a morse lamp. Sue's father, Leslie Fosbender ('Fos' as he was known in Lyttelton) was a signalman there. Her mother, Gwitha's, ancestors came to Lyttelton in 1857 and 1863.

Only four families lived in Little Port Cooper at the time of Sue's birth; she arrived early and was delivered by her grandmother, Elsie Fosbender, and Hilda Williams, a registered nurse, whose husband, Peter, was a signalman. The isolation made schooling a challenge. Sue's sister, Elizabeth, lived with their grandparents in Lyttelton from Monday to Friday in order to attend Lyttelton Main School and at the end of the week she went home in a launch. Elizabeth ended up at Quail Island on one occasion when the launch became lost in fog; on another, the sea was too rough to get home and she was off-loaded at Ripapa Island and spent the night there with the Bumstead family – a far cry from catching a school bus home!

Sue tells me that Elizabeth remembers Gwitha cooking on a coal range and making butter in a large churner then shaping it into blocks with wooden butter pats. Kerosene lamps provided lighting in the house. The family had cows and chickens, and also a horse which Fos rode up the hill to the signal station. The track can still be seen today.

In 1949, the signal operations shifted to a black and white tower building on Gladstone Pier, Lyttelton. Sue recalls Fos taking her down to the signal tower to have a go at Morse code and she remembers the large morse lamp in the signal tower.

Sue attended Lyttelton Main School. In order to attend high school, she had to catch a train through the tunnel to the Moorhouse Avenue railway station, then a bus to Cashmere High.

Before the road tunnel opened, not many people had cars, so had to use the train services to get into Christchurch. Consequently, Lyttelton had a variety of shops and businesses. These included fruit and vegetable shops, butchers, banks, drapers, clothing



Little Port Cooper

and shoe shops. There were at least eight pubs and two workingmen's clubs. Cargo ships had many more crew than today's vessels, and had longer stays as the cargo handling was a very manual process. The port and town were very busy.

The shipping industry provided work for many, including part-time work for schoolboys who helped to unload bales of wool. Sue showed me some of the formidable-looking wool bale hooks used by her husband, John Fitzgerald.

Significant changes were looming. In 1964, the road tunnel opened, which meant people could get into Christchurch much more easily - bus services were introduced. In 1971 containerised shipping arrived, which changed the nature of the port completely: there were fewer crew on these ships and there was a quicker turnaround time; the nature of watersiders' work also changed.

Sue and John helped family to run the Canterbury and Empire hotels in the 1960s and 1970s. They purchased J. Joyce & Co. Ltd, Provedores, from Fos's estate. Provedores supply the shipping industry with everything a ship might need apart from crew or fuel, for example, engines, medical supplies and

produce. Sue says that the crews love New Zealand produce! Timeframes are tight and goods must be procured promptly. Sadly, John passed away in 2017. Sue and her son, Lewis, run the business nowadays. One of the regular clients over the years has been the impressive icebreaker, Nathaniel B Palmer. This privately-owned ship is chartered by the United States National Science Foundation, and undertakes scientific voyages to Antarctica. Sue's three children have all visited The Ice, working on research vessels.

Sue's family also operated the Deluxe Cafe (situated where Coffee Culture now sits) for many years, until its closure 16 years ago. Sue's daughters started out making sandwiches and rolls to assist with their education expenses, and this expanded into the cafe that many locals still recall fondly. Sue spoke about the long days and hard work involved in hospitality: she was in the cafe at 5.00am most days. For a while, the Deluxe and the Volcano were the only two licensed cafes in Lyttelton.

I asked Sue about her involvement with Lyttelton

Community House. After the 2011 earthquakes, she volunteered as part of a group that made 30-50 meals a day and distributed these to Lyttelton folk. Post-quakes, Sue continued to be involved, and today she serves on the Board.

I would like to thank Sue for sharing her memories, which provide us with such an interesting glimpse of Lyttelton – past and present.

Know of a local who has a bit of a story to share? Send their name through to us and we will feature them.

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What is Bush Farm Education?

Katie Earle | Te Puna Ora, Living Springs

Bush Farm Education began with a kōrero over the kitchen table with a friend, who urged me not to wait for others to begin, but instead take the leap of faith and do it myself. Little did I know what journey that kōrero would take me on. In January 2018, Bush Farm School began with the aim of equipping our learners with skills and knowledge to build capacity for a sustainable future. We started off in spring and summer, Term 4 and Term 1, encouraging tamariki to come out of school one day per week to nurture their connection to their whenua. In Term 4 we built our connections to the farm; to learn where our natural fibres and food (meat) come from. In Term 1, in te ngāhere, we built connections to the river, to see how interconnected we were to the bush, stream and invertebrates. Each Thursday we came together in whānau group settings of five-to-twelve year olds, seeking to learn through 1) nature as our teacher, 2) tuakana-teina relationships, and 3) with mentors who journey alongside each child (spiritually, emotionally, physically, mentally). Each day has a set of routines that have been purposefully thought about, with a mixture of structured learning and free play. Our structured learning cycles feature hands-on, real-world learning that is rich in maths and science. Think pond-dipping to find invertebrates, designing fish traps to monitor our native fish species, felting, knitting and sheep mustering. Each week is unique, depending on what is happening seasonally on the farm and in the bush. By inviting opportunities for children to spend each week on the whenua, in the elements, we are inviting a deeper connection to the place, and in the process naturally grounding them to



the place they stand.

During Covid, whānau asked us to expand. We created a shorter programme, Ngā Kaitiaki ririki/ Little Guardians for our four and a half to seven year olds, as well as a whole-year programme (Ahi-Ka Firekeepers) for our older learners. And so we did. Currently, we run two one day programmes during term time, as well as school holiday programmes (children only, as well as parent-child). We occasionally run one-off sessions for others. In 2021 we changed our legal status to that of a social enterprise to become Bush Farm Education (BFE).

Our vision is that ākonga (learners) are connected to themselves, their community and their environment in a way that empowers them to act as kaitiaki and future problem solvers.

Our mission is 'To provide meaningful and authentic real-world experiences that create new learning pathways and worldviews for a sustainable future.' We do this by 1) providing experiences that enhance Hauora, and 2) preparing ākonga to contribute to a sustainable future.

Where are we based? We are based in Whakaraupō/ Lyttelton Harbour. After five amazing years at Orton Bradley Park, we have just moved on. We will begin our new journey with Living Springs on 1st September 2022.

How does it contribute to the wellbeing of the child, and the greater whanau? We have done a wealth of research on this area. I can talk for hours, but I will keep this to the point.

We find that a day out of the busy classroom is beneficial. It has a positive effect on children's play, social behaviour and mental health. It lowers blood pressure, stress hormone levels, reduce nervous system arousal, enhances immune system function, increases self-esteem, reduces anxiety and improves mood. Children have improved problem-solving, focus, self-regulation and creativity. A day outside of the modern classroom environment results in them having peacefulness in their day and developing resilience, especially when it is pouring with rain, or sleeting at 4°C when we are outside! Our wet days are the ones where parents greet their happiest children; increased self-esteem, respiratory health and higher

physical activity!

Risk is also a big factor. When we offer risky play activities we are helping our learners manage future risks independently. Risky play helps children deal with disappointments, builds resilience and promotes self-confidence. Restricting young children's access to risky play may reduce their ability to assess and manage potentially dangerous situations when they are teenagers as these children have not had sufficient challenges.

We also feel that through creating an authentic,



real-world context for understanding ourselves and our community and where students can explore a big concept or engage in problem-solving, this is beneficial for all learners. We need to reconnect to the whenua and significant places that support learning in all areas of success. This helps improve learning experiences and success.

What does a typical day look like? Every programme, whether it be a school holiday



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Large deck overlooking the Port, Family & Dog friendly

15A LONDON ST, LYTTELTON 328 8085

programme, Ngā Kaitiaki ririki/Little Guardians or Ahi-Ka/Firekeepers, has the same rhythm. We start and end our day with a circle, this is an important time to honour how we are feeling, as well as pay heed to the whenua. Next, we move into our kai time, before we begin our learning cycle. As I shared before, this mahi is all hands-on, real-world learning experiences and changes with the seasons. This is never bookwork, instead, we work with specialists in the field to deliver a curriculum.

For example in Term 1, our Ahi-ka/Firekeepers worked with marine biologists in Whakaraupō - undertaking a seven-week study looking at turbidity in our local area, and these results were sent to the University of Otago. In Term 2, we resumed our mahi at the foreshore to learn about the fire triangle using flint and steel.

Our Ngā Kaitiaki ririki/Little Guardians focus more on our immediate surroundings, and we do a lot of craft. We have made bows and arrows, elderflower cordial, as well as natural kites and so much more. After our learning cycle, we come together for kai and free play, before our afternoon cycle of a mindfulness game, reflection and closing circle. Each day flies by. Our tamariki are engaged and excited for more.

How does this vary based on seasonality? We are place based and follow the seasons. We take account of all the natural festivals, from solstices to the equinox and everything in between. When we are on the farm we harvest our crops in the autumn and use winter to learn about the machinery, as well as spending time around the fire. In spring we plant out our crops and spend time with the animals. In our bush programme we only build fires in autumn and winter, and have time for community building with stories and song as we come together in the chilly mornings and cool days. In spring and summer we are more active setting trap-lines and learning about the various flowering trees and fungi. Every day is thought about and every session is deliberate based on what is happening in the world we live in.

How does it work? We are a fee-providing service. We are always looking for philanthropic organisations and business partners who align with our vision for more equitable access to our programmes. Let us know if you can help.

Interested to know more? Please check out our website, <https://www.bushfarm.org.nz> for more information, as well as follow us on Facebook and Instagram.

Ortho-bionomy sessions

Janet Taylor | Ōhinehou, Lyttelton

Hello, my name is Janet Taylor. I have lived in Lyttelton for 25 years. I have worked from home for the last 12 years in my quiet warm therapy room offering Ortho-bionomy® sessions. Ortho-bionomy is a gentle, alignment-based body therapy. We focus on comfort, away from pain. This can help the body let go of tension and realign, becoming more functional and less tense. Generally the therapy helps reduce pain and promotes a sense of wellbeing. It can also work with systemic issues, and I have heard that colleagues are having some success with long Covid. Because we focus on comfort without using any force manipulations, the therapy is very safe. Clients feel this and can generally relax quite quickly during the session. As we work with muscle tension release we can also help with stress and the effects of sitting for long periods at screens or devices.

A session typically lasts an hour. The client is clothed throughout.

My other wellbeing offer is 'Cultivating Calm' classes from the St John's rooms in London Street. The classes started with a desire to teach Ortho-bionomy self-care techniques - participants can release tension by focussing on their movement preferences, moving towards comfort, away from pain. This is a very mindful practise and, like the therapy, can stimulate the parasympathetic (rest and restore) nervous system. I also added other simple self-soothing techniques, breathwork and mindfulness techniques.

Classes are on hold due to high Covid numbers but I hope to resume later in Term 3. Please contact me if you are interested; I can give more information and contact you when classes resume. I run a Sunday morning class and could add a weekday class. I can also work one on one in my therapy room.

Janet Taylor, 46 Cornwall Road, Lyttelton, 027 368 6515, Facebook - Moving Back to Balance

Ayurvedic Practitioner

Rushani Bowman | Ōhinehou, Lyttelton

Ayurveda is an ancient healing method from India, working with a root-cause preventive approach to health that brings the body into physical, emotional and spiritual balance. It uniquely addresses the whole system and not just one part in isolation. The emphasis is on positive health and prevention of disease by way of nutritional and lifestyle adaptations, which can make enormous difference to a person's state of wellness. Ayurveda is aligned with nature's cycles and other Vedic practices including yoga. By emphasising diet, herbal remedies, exercise, meditation, breathing and physical therapies, the patient has the potential to experience their unique state of balance in body and mind, harnessing the creative potential within to carry out one's dharma/life purpose, or simply to feel pretty great!

I am an Ayurvedic practitioner starting up my own business here in Ōhinehou/Lyttelton. Having always been drawn to cooking, it is my pleasure to now understand its healing potential and the vast way food affects each and every one of us in different ways.

Ayurveda is about understanding what food is best for each individual depending on their constitution, environment, lifestyle and many other factors.

Our first consultation will last 90 minutes and is a comprehensive session where traditional Ayurvedic practices are incorporated. These include reading your pulse, tongue diagnosis, examination of nails, skin, body structure, voice and gait. Based on this Ayurvedic analysis, a personal treatment plan will be designed, which may include dietary and lifestyle recommendations as well as herbal medicines and body therapies, specific to your needs. After a few weeks we will have follow-up sessions to see how things are going and make further recommendations as required.

If you're interested in how I can guide you using this holistic form of medicine, please get in touch.

Website: www.rushanibowman.co.nz

Email: rushanibowman@gmail.com

Phone: 022 013 4099



Yoga Therapy

Dr Jane Hardcastle | Purau



We are far from one-dimensional beings, so why would we choose a health-care approach that doesn't consider our multi-dimensional nature, structure, and incredible complexities? In contemporary medicine 'health' exists when there is absence of disease, and disease is 'best' managed by specialists in distinct fields. Yet there is so much more to life and living than being disease free, or compartmentalised!

Yoga therapy is an approach to wellbeing that is grounded in the tradition of Ayurveda, the Indian medical system that considers health to be an optimal state of wellbeing. In health, the body-mind-self can experience harmony and ease in the activities that bring joy and contentment. With this approach movement and food offer the medicine that we need to be well. Ayurveda and yoga therapy consider our multidimensional natures and unique constitutions to offer a whole person approach to health, breath, movement, nutrition, mental, and emotional wellbeing. Each of these layers, sheaths or 'kosha' contribute to our complete self, each affecting each other, and each interacting with, and responding to external environmental changes. Because of this intricate complexity, back pain might be treated through breath work, indigestion resolved with dietary modification, sleep improved with functional movement practice or hip pain resolved with the release of held emotions or memories. This doesn't mean it's all this complex, there are also a clear relationship, between dysfunctional movement, posture and other habits that can all be helped with yoga therapy too.

Dr Jane Hardcastle is a registered yoga therapist, teacher, educator, and co-owner of MoveWell, a therapeutic yoga, massage and functional movement centre, harbourside of the city in St Asaph Street. She also lives and works in Purau two to three days each week with a beautiful, peaceful clinic room at home,

seeing local folk with an interest in being well through movement, bodywork, breath coaching, stress or anxiety management, Ayurvedic assessment, lifestyle consultation, guidance and massage treatments, injury recovery and rehabilitation.

In addition to providing each of these services in the St Asaph Street centre, the city-based clinic has a movement studio offering therapeutic yoga classes that bring elements of yoga therapy to a small group environment. Each class has a specific therapeutic, rehabilitation or movement focus. Safe, progressive practices that can help day to day movement & wellbeing are integrated with Hatha yoga principles of specific breathing techniques (pranayama), sequential 'yoga asana' (slow mindful flow movement) and relaxation. Each specifically selected movement practice enables clients to experience greater ease, fluidity and stability in yoga and day-to-day movement.

MoveWell is a supportive, collaborative and fun space that seeks to help you live and move in a safe, functional and sustainable way with input from the most relevant service for your needs – whether this is massage therapy, yoga therapy, our onsite chiropractor, acupuncturist, reflexologist, reiki practitioner, or our network of other health care professionals. They have a big focus on education and are passionate learners who love to share their experiences and knowledge to help each client to learn self-care strategies to stay well, keep moving and make the most of their lives.

If you're interested to see how Jane or the MoveWell team could help you take care of your health and wellbeing the centre is just 15 minutes from Lyttelton, or you can hop on the Diamond Harbour ferry for a cruise across Te Whakaraupō. If you don't feel like a walk down to Purau Bay, ferry pickups & home visits can be available.

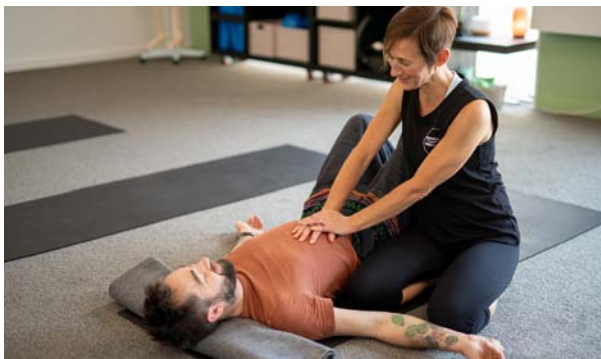
Jane is at MoveWell St Asaph Street Monday, Tuesday, Friday and at Purau/Diamond Harbour Wednesday, Thursday and Saturday's by arrangement.

Website: <https://www.movewell.net.nz/>

Instagram: <https://www.instagram.com/move.well.christchurch/>

Facebook: MoveWell Christchurch

Email: jane@movewell.net.nz



Anthroposophical Medicine

Jessie Davidson | Ōhinehou, Lyttelton

My name is Jessie Davidson, I am a registered nurse with anthroposophical nursing training and qualifications.

In a search for a more holistic approach to care I found anthroposophical nursing and completed my training at Taruna College. Finding anthroposophy again after twenty years of mainstream nursing felt like coming home. Through my work I have seen, and through receiving treatments I have experienced, how deeply therapeutic these treatments are.

Anthroposophical medicine understands the human to be a free and ever evolving entity. The person is considered through a fourfold lens with physical, etheric, astral and ego, "I", components.

The physical is that which we see and generally "treat" in conventional medicines.

The etheric brings life to the physical, it is the growth, movement and fluidity of our physical body.

Feelings and emotions belong to the astral body, as do the will and consciousness that we as human beings hold.

The ego or "I" organisation is that which gives us direction and that which determines our life path. Nursing therapies aim to bring harmony to the human being as a whole and restore equilibrium and good health.

I feel passionate and excited to be able to offer them from my practice in the Te Ara Sophia Centre in Opawa.

Email: JessieDavidsonRNFCAN@gmail.com

Facebook: [JessieDavidsonRNFCAN](https://www.facebook.com/JessieDavidsonRNFCAN)

Phone: 0212563814

Intuitive Practitioner

Meegan Heart | Te Waipapa, Diamond Harbour

An intuitive practitioner with a background in mental health.

Meegan has recently retired from her career in traditional mental health services to follow her passion of taking a more holistic, or as she calls it

Therapeutic applications

Foot Bath: The footbath assists the transition from the busy world into a quiet mindful space. The warm water aids circulation and relaxation. The substance added brings specific therapeutic aspects for example relief of fatigue, anxiety, exhaustion, headaches, and congestion.

Rhythmic Body Oiling: A gentle and rhythmical light massage applying specific Weleda and WALA plant-based oils for specific conditions. Through touch, warmth, and rhythm this treatment supports warmth and circulation, physiologic function, and harmony in the body. The treatment creates an inner space allowing relaxation and healing in a nurturing and safe environment.

Organ Compress: abdomen, liver and kidney using organic herb-based compresses.

Camomile abdominal compress: A gentle warm and soothing treatment which aids digestion, relieves cramps, bloating and constipation. It also soothes emotional disturbances, promotes sleep.

Ginger kidney compress: A wonderful invigorating and warming treatment that helps in chronic inflammatory conditions such as asthma and bronchitis. Great for when we are feeling run down or worn out, it can restore balance and warmth within the body.

Yarrow liver compress: A valued treatment for the liver and metabolic processes. It stimulates and supports the multiple jobs of the liver and helps to increase vitality.



“soul-istic” approach to her client’s wellbeing.

“During my 15 years working in mental health, it became very apparent that the heart and soul was missing from the essence of this mahi with people. Because we are so much more than just our minds, I

want to offer a service with heart and soul.”

Meegan offers a unique combination of mental wellbeing expertise alongside her esoteric training in various energy-healing modalities. This allows her to effectively support you to join your human experience together with your soul’s higher wisdom and wholeness. This approach often opens up potentials and possibilities that her clients didn’t know existed.

Most clients only need between one and three sessions to notice an improvement.

Are you struggling with relationships, work, stress, low mood, or finding purpose and direction? Or perhaps you feel drawn to develop your own intuition

and soul-connection?

Meegan’s intuitive abilities enable her to quickly get to the heart of your struggle, then she collaborates with your energy to dissolve this, and supports you to determine your next steps.

Clients report leaving their session feeling “relieved, clear, empowered, uplifted and supported”.

Meegan offers easily accessible online sessions via Zoom, and keeps her rates lower than someone of her equivalent level of experience and expertise.

To find out more, or to book a session: www.meeganheart.com

Hypnotherapy

Camille O'Donoghue | Ōhinehou, Lyttelton

I am a clinical advanced hypnotherapist, a mindfulness practitioner, NLP practitioner and life coach, a kinetic shift practitioner, mindscape practitioner, certified source code and hypo-abundance practitioner

I know this sounds like a load of mumble jumble to most people; however, each one of these qualifications has wonderful benefits and tools to aid mental wellbeing.

I really enjoy helping people discover new insights and ways to deal with life's challenges, and I always start off the first session with a mental detox, which allows the client to release any blocks or negativity and is very empowering.

I started on this journey to help myself when I was in a dark place and lacking self esteem, feeling depressed, constantly overthinking and self sabotaging.

So I understand how it feels to have anxiety, stress, depression, overwhelm and overthinking, but more important, I have acquired the tools and techniques to help clients break free and enjoy life with a better stronger mindset.

Some of what I help with :

- Overcoming obstacles and mental blocks
- Clearing away limiting beliefs
- Relieving stress and anxiety and depression
- Releasing habits and addictions

- Pain and insomnia
- Fears and phobias
- Grief and loss
- Women's issues
- Relationship challenges

I love to see clients realise their potential, gaining in confidence and resourcefulness, increasing motivation and inspiration and being free from unnecessary pain and mental suffering, making permanent beneficial changes, by using techniques and strategies to suit the individual. The process can be very insightful and gives clients tools they can use now and into the future.

I work with genuine care and respect all through the process, and you can be assured of total confidentiality and professionalism.

Email: [R4hypnotherapy @ gmail.com](mailto:R4hypnotherapy@gmail.com)

Facebook: R4 Healing Hypnotherapy and coaching

Website: <https://r4hypnotherapy.co.nz>

Kindred Funeral Services

Rachel Hawthorne | Ōhinehou, Lyttelton

Many people can attest that reclaiming the care of our own dying, dead, and bereaved can be a powerful and healing experience and creates a meaningful honouring of those we have loved in life. Taking control of the process and participating in multiple ways really is possible with information and support along the way.

Rachel Hawthorne is the founder of local business Kindred Funeral Services. She is a passionate advocate for supporting families to participate in as much of the post-death process as they wish to and offers information, guidance, and resources that assist you to “do death well” either for yourself, or your loved one.

This may involve transporting your loved one home; caring for their body; keeping them cool with methods that don’t involve invasive and unnecessary embalming; planning and organising a fitting farewell and celebration of their life; and managing the transition to their final disposition.

Family-led funerals are more affordable and can enable you to prioritise processes that step lightly on

the planet. Participation can be inclusive of young and old, and opportunities can be created for all ages and abilities to have a role. You don’t need to out-source this very natural process to strangers - it is possible to farewell your loved one with care, love and attention to detail without the need for expensive trimmings and add-ons.

Many people find comfort in having conversations that plan for what comes after death. Kindred Funeral Services encourages families to discuss together what their wants and needs are before someone dies, so that honouring a loved one’s intentions does not become a series of guesses or decisions under pressure, and Rachel is available to support you to have these conversations and make plans in advance if required.

Contact Rachel anytime to discuss options available to meet your needs via:

info@kindredfunerals.nz or 021 216 0933 and more information about Kindred Funeral Services can be found at <http://kindredfunerals.nz/>.

Unravel Dance

Katie Cambridge | Te Waipapa, Diamond Harbour

Dancing is more than learning choreography and grooving on the dance floor. Dancing gives outward form to an inner experience. Feelings that cannot be expressed with words can come out and release in movement.

A category of dance is conscious dance, which encourages self-discovery through unchoreographed movement and, according to health studies, produces mental health benefits. Trauma, anxiety and depression can cause people to disassociate and disconnect from their bodies, and conscious dance allows them to get in touch with all their senses enabling many to free stuck emotions.

As a dance movement therapeutic practitioner I offer space where you’re free to express yourself, tune into your body sensations and move how you feel in the moment.

The first couple of times, like with anything, you may feel out of your comfort zone, but you soon get used to it. So if you're looking for a way to release stress,

get out of your head and be in the moment, why not give dance a go? Don’t worry if you don’t consider yourself a dancer. “Any kind of dancing is better than no dancing at all.”

Unravel Dance currently runs fortnightly one-hour sessions on Sunday mornings under the trees in Orton Bradley (pick up from Diamond Harbour wharf at 10.00am for town folk.) The dance usually incorporates breath work, shaking, brain gym, laughter, connection and relaxation which we all know how amazing all these are for us.

Contact me to register your interest ,or for further enquiries for alternative days.

katiecambridge@gmail.com or 027 891 6988.



What's going on

Tracey McLellan, MP for Banks Peninsula

An important milestone in the health system reforms that the Labour government is undertaking was announced recently. At dawn on 1st July two new health entities - Te Whatu Ora – Health New Zealand and Te Aka Whai Ora – Māori Health Authority - were officially launched. The entities will, of course, have different tasks and responsibilities, but they are united in their focus on providing equitable health care the length and breadth of New Zealand.

The reforms are significant, but have several key themes. They seek to shift primary and community health care to a community-based approach, which will ensure closer working relationships between providers and a more cohesive and supportive environment. They aim to give a stronger voice to communities to shape their health services, nurturing the delivery of local solutions to local issues. And they will also unify health and social services, replacing the fragmented District Health Board system that many New Zealanders found difficult to access.

These are lofty aspirations, but they are at the very heart of the health reforms and are built on solid foundations; on our highly skilled and dedicated workforce, on our passionate communities, and on our ability to work together to get things done when needed.

The launch of the two new health entities is an important step toward achieving these aspirations, and one which honours the partnership between Māori and the Crown. Together with the steward of the health system, Manatū Hauora Ministry of Health, New Zealand now has a truly united health system. By working together, we can ensure our health system is fit for purpose and fit for future generations.

The dawn celebration was a fitting metaphor for the health system reforms. It represents a new beginning and a cause for new hope and optimism. I hope you share this hope and optimism.

Dr Tracey McLellan

The Recreation Centre

The Lyttelton Recreation Centre offers a variety of activities and classes to help support individual Health and Wellbeing. Here is some insight from three of our regular hirers/programme leaders into the health benefits associated with their respective classes they teach at the facility. Please email Natahn for enquiries on joining a class. Timetable on page 30

Dance Fitness | Fridays 10.30am–11.30am

Patrick Swayze once said - *"I found that dance was the key to keeping depression out of my life. When you dance, things go away, things don't seem so bad. There's no better way to take care of your health than through something as joyous and beautiful as dance."*

Did you know that exercising is an instant mood lifter? When you exercise, your body releases endorphins and endorphins trigger a positive feeling in your body - often referred to as the "feel good hormone." As the weather takes its toll on us in July and into August, your exercise regime - no matter what form it takes - becomes even more important, both physically and mentally.

Try and do some form of exercise three times a week. Make a date with yourself, put it on your diary like any other important appointment.

Gillian Halkett | Owner/Manager of Dance Fitness Christchurch

Bosman Ballet Flow - Ballet for Adults | Mondays 11.00am and Thursdays 6.00pm

My ballet classes are for adults of all ages who may or may not have taken ballet before. Ballet is a unique blend of creative and expressive art mixed with physical movement. Ballet improves physical strength, flexibility and coordination while at the same time challenging the mind. Many dancers are surprised at the meditative nature of ballet class; we leave the stress of everyday life at the door and spend an hour focusing on movement and beautiful music. Everyone is able to dance to their own level and movements can be adapted for all abilities, allowing dancers to progress at their own speed without any pressure.

Celia Bosman | Owner/Founder of Bosman Ballet Flow

Seniors Strength and Balance | Tuesday 10.30 am – 11.45 am

Movement, exercise, games and a social occasion. The benefits of coming to this class are regular mobility opportunities, creating new neural pathways by learning to juggle or hula hoop, working your balance through games and challenges, and interacting with a vibrant, cheeky group of individuals. This is not just for the body, but also to stretch the social muscles.

Skye Broberg | Instructor for Strength and Balance

What's going on

Lyttelton Volunteer Fire Brigade

This month's Review theme might be Health and Wellbeing, but on August 20th there will be precious little of either being felt by the members of the Lyttelton Volunteer Fire Brigade.

For the 13th year in succession, Covid permitting, a team from Lyttelton will compete in the annual Firefighters' Skytower Challenge. In that time we've raised over \$200,000 for Leukaemia and Blood Cancer NZ. This year's total alone is over \$14,000.

51 floors in full firefighting kit is right up there among the toughest of physical challenges.

Lyttelton's track record on the stairs and in fundraising has made them one of the highest profile teams in the annual 1,000 firefighter event.

Back in the early days, Lyttelton firefighters would have been pretty good at climbing the Skytower - for 50 years they hauled every piece of equipment up our steep streets by hand.

Inter-brigade competitions were also a big part of fire brigade life. Early on it was euchre and tug-of-war. As more brigades came in to being Lyttelton used to test their skills against Sumner and New Brighton, eventually sending teams all over the country. Crowds would turn out to watch with results published in all the newspapers.

Competitions still happen today testing all aspects of firefighting, from the combat fitness challenge to driving and crash rescue.

But, for the moment, the focus is once again on the Skytower with the LVFB doing their bit for the health and wellbeing of those suffering from leukaemia and blood cancer.

Glen Walker

Stoddart Cottage

For the Love of Art (and craft)

For close to 80 years a group of amateur Diamond Harbour artists have been inspired by the landscapes and flora of the area in which respected Canterbury painter, Margaret Stoddart, was raised. The Diamond Harbour Art Group (DHAG) has convened weekly over those decades, showcasing their work through regular exhibitions. Their latest show, running throughout August, they have called *For the Love of Art*. Like many of the group's exhibitions, it is



fittingly being held at the gallery of Stoddart Cottage, the restored building that was the birthplace of Margaret Stoddart in 1865.

Stoddart Cottage is also home to the Stoddart Cottage Artisans, who run a shop on the premises. This thirty-strong group of artists and crafts people from around the harbour basin range from highly regarded professionals to talented amateurs. The shop sells a wide range of affordable handmade products, from ceramics to clothing, wooden toys to jewellery. In addition, a visit to the cottage offers the opportunity to see some of Margaret Stoddart's own work, and learn about the history of this oldest colonial dwelling in Diamond Harbour and its creative past inhabitants.

Stoddart Cottage Gallery, 2 Waipapa Avenue, Diamond Harbour

Normal Hours: Friday-Sunday plus most public holidays, 10.0am-4.00pm

Exhibition runs: 5th-28th August 2022

Opening Event: Saturday 6th August, 2.30pm-4.00pm (all welcome)

Dr Jo Burzynska | www.stoddartcottage.nz

Coast Guard

Coastguard Canterbury is looking for a new President!



As our annual AGM approaches, in mid-September we look to appoint a new President.

Do you have the right energy to be a supportive leader, with experience in governance and motivation to support your local community? Do you think outside the box and like exploring alternatives? Would you like to help steer our ship of 28 fantastic crew based in Whakaraupō?

This will be a volunteer role responsible for the overall leadership and management of the operation of the unit through its committee members and office holders.

We are currently working through the exciting design and build of a new building to house Coastguard Canterbury, and our search and rescue vessel Canterbury Rescue. The new president will play a pivotal role in the management of this.

If you're thinking "that sounds like my kinda challenge!" or would like more information, then please get in touch ASAP with Oonagh Daly via email at: oonagh.daly@coastguard.nz

Words by Oonagh Daly, photo by Kirsty Thompson

Do you know of a community group or organisation that would like to share their news on a regular basis with the wider community?
E-mail review@lytteltoninfocentre.nz or call the Lyttelton Harbour Information Centre on 328 9093 with your suggestions for monthly column contributors.

Justice of the Peace

LYTTELTON

Mr Andrew Turner JP

021 159 3100

Mr John Howie JP

033287459 | 0276521946

Ms Vicki Tahau-Paton JP

027 457 8351

CASS BAY

Mrs Cathy Lum-Webb JP

033652731 | 02040921247

RĀPAKI

Mr Tutehounuku Korako JP

033318426 | 021662332

GOVERNORS BAY

Mrs Sharon Ballantyne JP

033299320 | 0276885684

ALLANDALE

Mrs Rebecca Parish JP

021713273

DIAMOND HARBOUR

Mrs Wendy Coles JP

03 329 4483 | 021 154 1434

Mr Bryam Turnbull JP

03 313 3959 | 021 433 445

What's going on

Lyttelton Port Company

This month, LPC will be answering a reader's question around Te Ana Marina. If you have a question you'd like us to answer, email it to us at LPCcommunications@lpc.co.nz before the end of the month.

Alex's question was: *We walk through the marina every day and love it. Thank you for letting it be a space where kids and dogs can run free. But I have noticed that there are notices warning us of polluted water. That's fine, but perhaps you could add a web link to the notices so we can know why the water is polluted. Was it a chemical contaminant? Or faecal contaminant?*

Thank you for your question, Alex. We agree, Te Ana is an awesome spot for the family and furry friends.

The signs you're talking about are health warnings, and are placed there periodically by the regional council, Environment Canterbury (ECan).

ECan monitors about 100 popular recreation sites throughout the region for toxic cyanobacteria and faecal contamination.

Health warning signs are placed at sites where an increased risk of cyanobacteria or faecal contamination is present. And while an advisory sign may be present, it is not actually an official public health warning.

So basically, the signs will be placed there by ECan after an elevated reading of either cyanobacteria or faecal contamination are present. But they will come back and remove them again once a reading dips back below the acceptable level.

If you want to find out a bit more about the science behind the readings, type 'LAWA' into a search engine, which stands for Land Air Water Aotearoa. This Government-run site connects people with New Zealand's environment through sharing scientific data on land, air and water quality, as well as water quantity.

Or, head to ECan's website and to the 'Health Warnings' page.

Fraser Walker-Pearce



Te Ūaka The Lyttelton Museum

The Importance of a Name

Societal wellbeing is the ability to participate, feel valued as a member of, and be connected to a wider social environment. An example of this might be involvement in a local community, society as a whole and the environment in which we live. Names can be an important element of that sense of belonging.

The plaque pictured comes from the old Museum in the former Merchant Navy Centre at 2 Gladstone Quay. Home to the Museum collection for 30-odd years, sadly it had to be demolished post earthquakes, with the collection finding safe storage at the Airforce Museum at Wigram.

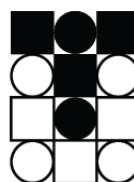
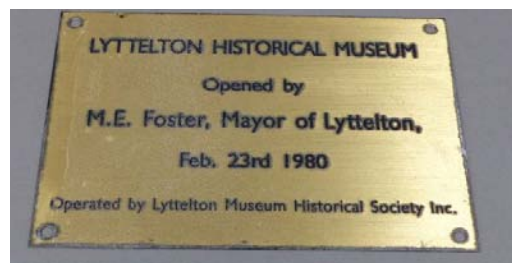
The Lyttelton Historical Museum Society has worked closely with Te Hapū o Ngāti Wheke and local artist Nathan Pohio on the design for a new building. Te Hapū o Ngāti Wheke also gifted the name for the new museum - Te Ūaka.

In translation to English, Te Ūaka can refer to a landing place, a place of arrival, or a berthing or mooring place for a watercraft. That makes perfect sense for Ōhinehou Lyttelton township, nestled in Whakaraupō Lyttelton Harbour, on Te Pataka o Rakaihautū Banks Peninsula.

Te Ūaka acknowledges the migration of people to this place, starting in the 14th century with Waitaha, then Ngāti Mamoe and, later, Ngāi Tahu, and moving through to the British colonial era and more recent arrivals. The new Museum will tell their stories of exploration and how and why these people came to be here.

Te Ūaka also means to become firm; another thing that will be celebrated in Lyttelton's Museum. The objects, stories, ideas and attitudes that have been shaped here over the centuries have woven together with this special place to create an independent, proud and healthy community.

Sarah Lamont



**Te Ūaka
The Lyttelton
Museum**

Lyttelton Library

What a great month we have had in the library. All our programmes have been well attended and we have made it through a whole term. We now have a new programme to tempt you into the library. From Wednesday 3rd August at 2.00pm we are introducing Not Just Cards, our social games club. Join our group to play Scrabble, Yahtzee, chess and cards. Meet new people or catch up with old friends over a fun game. What a great way to spend a cold winter afternoon.

Don't forget our craft group on Wednesdays, 10.00am–12.00pm. Bring along your favourite portable craft, meet other crafters for a chat and swap tips and advice.

If there are other activities you would like to see hosted by Lyttelton library pop in and let us know, we will see what we can do.

Lyttelton's Top 10 Authors for June:

Following on from Debbie's top ten reads for May, I can now reveal Lyttelton's favourite fiction authors for June.

1. James Patterson
2. Lesley Pearce
3. Terry Pratchett
4. Pat Barker
5. Nicci French
6. Lee Child
7. Harlan Coben
8. Michael Connelly
9. John Grisham
10. Conn Iggulden

If these authors have whetted your reading appetite, come in and see us. We are always happy to help you find your next great read.

Lindsey



Leslie's Magazines

Greetings

Another month has gone by

Winter has arrived

Overcast and wet

We are trying to get through this month of extreme weather,

Trying to stay positive.

In

Strange and uncertain times local and overseas

A smile or a hello can help somebody walking bye

A smile is the universal language of kindness

Uplifting somebody who is not having a great day

A smile has so many positive effects

It makes you come across

friendly and brings joy to the people around you.

Whether you say say hello/smile to somebody

walking down London Street or

coming into one of the shops.

Adding a smile is a simple act of kindness can make somebody's day go from

Drab to fab.

Paul's magazine picks:

Scandinavian Living

Issue 01-2022

A home and lifestyle magazine that gives you the best in Scandinavian home architecture and lifestyle.

New Magazine

Issue 06.

Presented in an archive box,

Comes with a set of pin badges.

Speaks to established & emerging global thought leaders

Habitus

Issue no 54

Living In design

Immerse yourself in design and architecture from across the Pacific region.

Still trying to understand the concept of customer service, hopefully somebody will teach me, I'm a very slow learner.

Paul Leslie



What's going on

Community House

We welcome Margaret le Lievre who hails from Glasgow, Scotland, as a lively addition to the team at Lyttelton Community House. Margaret's role is community support worker on Wednesday and Friday. Margaret holds a BSc (Social Science and American Politics) and a Diploma (Hotel Institutional Management).

As we enter the colder days of midwinter, we are reminded that our health and wellbeing are dependent on having our basic needs met: food shelter, warmth, clothing and connection. As Mason Durie's Māori health model reminds us, the four health cornerstones of health are taha tinana (physical health), taha wairua (spiritual health), taha whānau (social/family) and taha hinengaro (mental health). At community house we try to include all these elements in the services we offer.

We cannot do this without the ongoing support of community and volunteers, including the Diamond Harbour Ferry and volunteers.

Community House supports wellbeing in the following ways:

Physical: Foodbank, exercise on outings, community lunch, meal delivery, wood delivery, accessing diverse services.

Mental: Meeting with others at monthly morning tea, including speakers, outings or drop ins providing mental stimulation, support and sense of connection. Newspaper and magazines are available to read. Providing information, individual social work support or advocacy with the aim of reducing mental/emotional distress.

Spiritual: We acknowledge peoples' spiritual diversity. Connecting to nature on our outings can be spiritually uplifting.

Whānau/Social: Offering home visits and activities, with other people as well as individual, social work support creates a sense of community and connection, reducing social isolation.

Food donations are low. A can of soup or packet of oats is always welcome.

People are struggling to keep up with high rental costs and as a result living in inappropriate accommodation, often due to age, gender or disability, and becoming homeless. Even in Lyttelton!

Permanent driver needed to deliver meals three times a week, Monday, Wednesday and Friday afternoons. A paid position.

Community morning tea: Thursday, August 25th, 10.00am to 11.30am at Lyttelton Community Church, Winchester Street. Musicians and guest speakers contact me if interested.

For enquires on any of the above, please call us on 741 1427 or drop in to 7 Dublin Street, 1st floor Monday, Tuesday, Wednesday and Friday 10.00am to 2.00pm or email facilitator@lytteltoncommunityhouse.org.nz

Claire Coveney | Social Worker
facilitator@lytteltoncommunityhouse.org.nz
741 1427



OPEN FLOOR DANCE

First Light

Sun 7 Aug

Dancing with the Seasons
Monthly Dance with Jan
Jeans

Awakening the Spark of Creativity using dance and art.
Travelling towards the Light as it returns into our lives,
Setting intentions for the year ahead.

Lyttelton Community Church
40 Winchester St \$15
opposite the Rec Centre
Tickets :Humanitix Dance with the Seasons :First Light
Places limited so please book online
For more info email janjeans28@gmail.com



Busy C's

Kaitiakitanga at Busy C's Preschool

At Busy Cs we are an “Enviro-preschool” - learning/teaching and role modelling sustainable practices - taking responsibility for caring for our environment to help create a healthier future for our tamariki.

The Māori world view of this concept of guardianship/caretaking is Kaitiakitanga, which includes not only the physical environment but also the guardianship and wellbeing of the Māori language, culture, knowledge and resources. Kaitiakitanga relationships are always mana enhancing; and at Busy C's we encourage respectful nurturing relationships with Papatūānuku (mother earth), Ranginui (the sky father), and all their tamariki/children (the plants, animals, water...) who will, in turn, protect and nurture us. Our place-based curriculum sees us planting native plants up the back of preschool, going for walks in our community - visiting the Community Gardens, discussing ideas around protecting our fish and sea birds by picking up litter from the street so it's not washed into our storm water drains and washed out to sea. We get feedback from our whānau on how their tamariki have become keen guardians of separating the family rubbish correctly to be put into the correct bins - and how we should all have worm farms...

Busy C's core values are those of Whanaungatanga - Relationships; Ako - Learning and Teaching; Manaakitanga - Respect; and we are presently reviewing with the tamariki and the Busy C's learning community our practices of Kaitiakitanga - exploring ideas around our responsibilities as kaitiaki. Our Matariki celebrations embrace all our values - sharing the ancient knowledge of the stars, enjoying cool pūrāku/storytelling/legends, pukapuka/books, waiata/songs and role plays - culminating in our evening with extended whānau sharing kai from the whenua (the land). The tamariki love learning about planting and harvesting ngā huawhenua (vegetables) at Busy Cs - and along with ngā huawhenua from home they prepared and cooked a pot of nurturing, healthy, life enhancing soup! Yum! The smell and texture of freshly baked bread just added to the sensory delights.



What's going on

Project Lyttelton

The Jefferies Connection Continues

A New Chair

The name “Jefferies” will always be synonymous with Project Lyttelton. Rachel Jefferies will continue the leadership legacy of her mother, Margaret, as she has just been appointed the new Chair. Rachel will add her special flavour to the organisation as it charts a new path forward.

“I was born and raised in Christchurch, only leaving when my university studies took me to Wellington – about twenty years ago,” she said.

Rachel brings many skills to the organisation. Musical ability is one. She moved to Wellington to study towards an honours degree in performance music (percussion). From there she spent several years playing in the New Zealand Symphony Orchestra and working in arts administration. She also spent time at Te Papa as an events producer where she gained valuable experience working with community groups.

For family reasons, after 10 years she moved northwards to Warkworth. “Being a small town there were not many opportunities for a musician or an event producer, so I decided to do an online diploma in publishing. I was able to freelance for several years as an editor and proofreader. The skills I developed through that work have been invaluable, coming in useful in so many ways since then.”

Her life journey then saw her move to Auckland. “I was fortunate to be able to work at the University of Auckland organising events for alumni. This gave me great access to learning opportunities, which I love.” She became involved in the delivery of large cultural festival events such as the Auckland Lantern Festival, Diwali, and Pasifika, the huge scale of which was eye-opening. She spent several years as trusts and foundations manager for the Auckland Philharmonia Orchestra, relishing the opportunity to return to her musical roots. Around this same time, Rachel completed studies towards an MBA. “This was a very stimulating time in my life. I got to meet lots of remarkably interesting people and learn about many new and exciting ideas.”

She soon moved into fundraising consultancy and began thinking about sharing some of her talents on a not-for-profit board. She gained her first board experience at the Tim Bray Theatre Company, a children's theatre company in Auckland, joining at the



beginning of the country's first lockdown. “Stepping into that was challenging, but seeing the board's collective efforts making a difference to the future of the company gave me a real buzz.”

Last year, a consulting opportunity came up in Christchurch. Rachel decided to return to Christchurch to work on capital campaigns for church rebuild projects within the Catholic Diocese.

Rachel and her partner have been living in Cass Bay since 2021. While she loves the view of the sea from her house, she was keen to get a deeper connection with the wider community. “Like many new people to the area, as soon as we moved in a Project Lyttelton “Welcome Bag” was there to greet us. I remember I was down at the Garage Sale one day and overheard a conversation by Project Lyttelton board members Anne Mackay and Sarah van der Burch. I joined in and realised I might be able to add some value on the board. It is a wonderful opportunity for me to honour Mum and her legacy, and to make my own meaningful contribution to the community.” Rachel became a board member in October 2021.

“I have spent this time getting the feel of Project Lyttelton and looking at how it's grown and where it could be headed. I'm looking forward to being a part

of Project Lyttelton's future."

All the best Rachel Jefferies and your new Board as you go on an exciting journey charting a new path forward for Project Lyttelton in 2022.

Wendy Everingham

LIFT Library

LIFT has a cupboard labelled "Health – Mind and Body" with many books providing practical advice on improving your life, physically, mentally, emotionally – in every way. I found at least 10 books I wanted to describe but there is not enough room here. So I chose only New Zealand books, all quite recent. Many other relevant books are out in the hands of members, but there are still plenty on the shelves.

These days, with Covid-19 affecting our physical and emotional and social health, this first book is specifically helpful, as well as enjoyable.

"Natural care: taking care of yourself the natural way" (2022) Wendyl Nissen (journalist, broadcaster, creator)

Care, kindness, generosity of spirit. In this book Wendyl Nissen writes about how to care for others, the land, the water, animals and yourself in ways that are good for our communities and our planet.

In this time of great uncertainty, she focuses on turning to your garden, animals, books, loved ones, and, importantly, looking after yourself physically, mentally and emotionally so that you have the means to give to others.

"The better brain: how nutrition will help you overcome anxiety, depression, ADHD and stress" (2021) Julia Rucklidge, PhD, Bonnie Kaplan, PhD.

Why nutrition matters – and the science behind it; how to use food and nutrients to treat and prevent mental illness; clear dietary advice with delicious, mood-boosting recipes; crucial guidance on when to supplement and how. Read about this at <https://www.canterbury.ac.nz/science/schools-and-departments/psyc-speech-hear/research/mental-health-nutrition/>

"Thought for food: why what we eat matters" (2018) John D. Potter, Chief Science Advisor, NZ Ministry of Health

Can we improve the planet's health and our own at the same time? We are no longer like our ancestors. We no longer depend on our skills as foragers, gatherers, scavengers, hunters and fishers for food. We are only part-time food raisers at best. Our food supply has changed dramatically because our tastes are driven by what was once rare and is now common: meat, fat, sugar, salt, alcohol.... Our biology, on the other hand, has changed far less. Now there is a mismatch between who we are and what we eat. And it is in the gap created by this mismatch that chronic diseases – particularly cancer, heart disease, high blood pressure and diabetes – can take root.

LIFT

L= LE*

I= Inspiration,

F= Facts,

T= Transition

*LE= Living Economies

<https://www.facebook.com/livingeconomies/>

Juliet Adams | lift@lyttelton.net.nz | 021 899 404

Lyttelton
Community
House Trust



7 Dublin Street | PO Box 121

Lyttelton 8841

Phone: 741 1427

- We prepare, cook and deliver meals to the older members of our community who cannot easily provide their own meals. Some people receive a regular 5 meals per week. Others are occasional users through temporary ill-health, surgery, etc.
- At Community House itself, we provide a welcoming drop-in space, open four days a week, with tea, coffee, internet access, newspapers, books, puzzles and DVD afternoons in the winter.
- Our experienced staff assist with advocacy, health and disability needs as well as general support, company, and conversation.
- We provide a free weekly community lunch, open to all.
- We have a van and regularly arrange community outings around Christchurch and Banks Peninsula.
- Monthly morning/afternoon tea at various locations in Lyttelton for our older adults.

We are funded by various funders including the Christchurch City Council and sponsors

theamickellservices
Not for Profit Funding and Administration Management

Lpc Lyttelton
Port
Company

Getting luckier in a dry garden Cover Up!

The Plant Whisperer | Te Waipapa, Diamond Harbour

The answer lies ON the soil.

We humans are a funny lot. We like to think we can control things. We like to neaten and tidy things and, in the process, take a good dollop for ourselves. In spite of what science is telling us about the natural world, we seem to be under the spell of an old ideology's claim that we are masters of the natural world, put here to dominate. But it seems more and more, that our efforts to dominate and tidy up natural systems are often short-sighted and wasteful.

Nature though. Nature wastes nothing. Bare ground is a waste and nature's exuberance will fill it given the slightest possible chance. And everything is used. Ever noticed how dead bits and pieces build up and get turned into something else? On slopes, even small bumps, rocks and twigs on the surface of the soil collect wind - and water-borne leaves and fragments of woody stuff, where seeds then germinate, in tiny patches of shelter and fertility.

This is a big clue to how we actually should be doing things; on the land we manage in our own gardens, and in the wider landscape of farms, forests and orchards. It's a simple principle - we should cover the ground.

But my nana always had bare dirt between the roses

What happens to bare weathered soil? Every observant gardener knows...it grows weeds. It dries out quickly. And in a heavy shower, it can wash down the hill and into our beautiful harbour. Just those three things are enough to make me throw up my hands and shout "Mulch!"

And after the shouting, my favourite soil scientist would also whisper: bare ground loses viability as a soil system.

If soil stays bare because of frequent herbicide use or constant trampling it forms a thin crust that water can't get through, and it's likely to get compacted because there isn't any root action. And as a result of no roots (no rhizosphere) there isn't much else

happening below ground. (And that's the REALLY important bit that we'll get to in a minute.) Plants will "just sit there" - which may be what you think you want in a 'low maintenance' garden, but if everyone has gardens like this, it's a big loss to all our living systems. Because actually, biodiversity is something we can all contribute to, even - especially! - in our home gardens.

What about plastic weedmat?

As Xanthe White jokes in her great book *The Good Dirt*, plastic weedmat is a wonderful product, as long as you don't use it anywhere near a garden. Mulch or bark placed on top to make it more attractive will break down and form humus (on top!), which allows weeds to take root. Weeds like twitch have runners that interweave through the weedmat, ultimately making the whole situation far more difficult to deal with. And although weedmat is somewhat permeable to water and air, soil life is stifled, and dead zones form.

It's perfect if you want that scorched-earth look, though, and great for a commercial nursery situation.

But the good news is - even if some of your soil has gone to sleep after years of being under plastic cloth and pebbles, it can be brought back to life again.

You can wake up sleepy soil by planting a green manure crop (different packs for the home gardener available from Kings' Seeds, for example), chopping and digging it over lightly before the crop matures. This kickstarts the soil system again in many, many, good and wonderful ways, and for example, lovely crimson clover, phacelia and lupins look beautiful if you let them flower.

Green manure cover crops, leaf litter, mulch: What happens when organic matter is in touch with the soil?

The space around plant roots (the rhizosphere) is where all the good stuff happens. Roots penetrate different layers and ooze sugars into the soil, which feed hordes of soil organisms, including different

types of beneficial fungi (mycorrhiza), if you're lucky! In a healthy soil system leaf litter and plants in the ground team up with a whole tribe (tribes! nations!) of organisms. Earthworms are the obvious champions – they are the alchemists, turning waste into beautiful fertile soil that grows nutrient-dense food. Their teammates play different roles – root-loving fungi make networks that hold the soil together, stabilise soil moisture, and help plants communicate. Like a (tiny) science-fiction movie set, there are mind-boggling plots and characters in a complex web of relationships and possibilities.

What kinds of mulches can I use then?

A mulch that doesn't introduce unwanted seeds is often less of a headache for humans, but nature doesn't mind. Here are some goodies for different situations:

Simply using a thin layer of lawnclippings (in the non-seedy season) and fallen leaves, or pulled-weeds-without-seeds, will act as a short-term mulch on vegetable or flower beds

Arborists' mulch (5-10cm deep plus cardboard or paper) is a brilliant solution for many situations where you want good weed control. Six layers of wet newspaper laid solidly under the mulch will suppress weeds for about 18 months. Add a layer of manure under the mulch if you want it to compost faster and feed the plants. Apply a dense mulch like this when the ground is thoroughly wet, as in spring. Arborists' mulch can be a free resource.

Peastraw is a nitrogenous but short-lived mulch suitable for overwintering gardens. It feeds vegetables well, but doesn't hold back weeds for long. Linseed straw is great for a stable weed suppressant, lasting a couple of years.

Geotextile cloth will protect an exposed bank that is too steep to hold mulch, but doesn't add anything to the soil community.

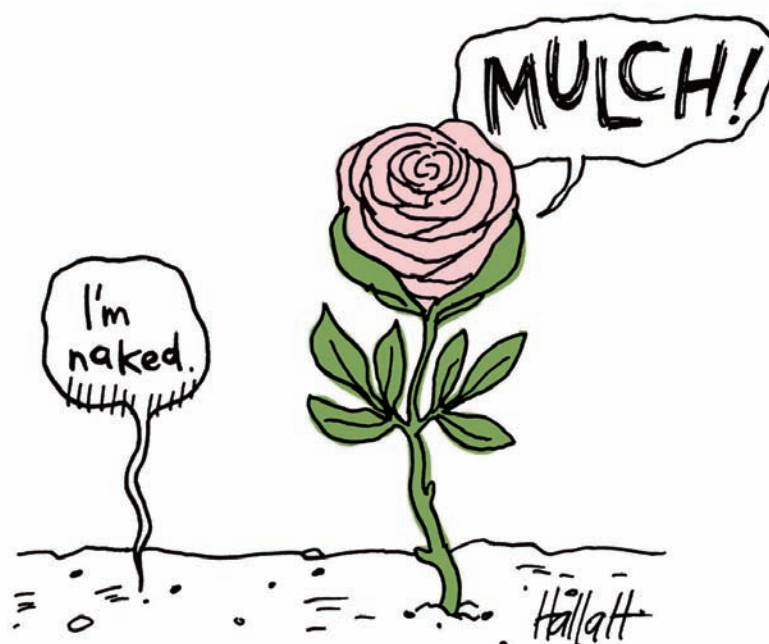
Groundcover plantings: there are endless options to choose from that will give you erosion control, moisture retention, beauty, suppressing weed seeds or reducing invasion from persistent weeds like twitch and other farmland grasses, as well as feeding our soil friends.

Creeping plants – for example types of native leptinella, acaena, thyme or violets, epimedium, ajuga, for shady spots.

Dense bushy groundcovers –for example prostrate forms of coprosma and grevillea, vinca minor, orangeberry for dry banks. Try native ferns that are naturally growing in dry areas.

Cascading plants on banks – for example prostrate rosemary, or try hebe/veronica strictissima, a small-leaved local hebe that will cascade and take root down a bank, but sits upright on flat ground. Marlborough rock daisies are an old favourite, and fantastic on dry or rocky banks.

In September – look out for a review of two amazing, up-to-date books on soil and how to work with it.



LYTTTELTON RECREATION CENTRE – REGULAR PROGRAMMES TERM 3, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Trinity Hall	Bosman Ballet Flow 11am - 12pm Te Reo Māori Lessons 6 - 7pm 7 - 8pm	Strength & Balance 10:30 - 11:45am	Jikyojutsu 10:30 - 11:30am Tai Chi (WEA) 1:30 - 2:30pm * Refer to cwea.org.nz for term dates	Bosman Ballet Flow 6 - 7pm	Christchurch Yoga 9:30 - 11am	Harbour Yoga 9 – 10am	Craftermoons (WEA) *Dates vary Refer to cwea.org.nz
Sports Hall		Bujinkan Martial Arts 6:30 - 8pm	Old Boys Indoor Football 6:15 - 8:15pm	Lyttel Tumblers 9:30 - 11am Lyttelton Men's Football 8 - 9pm	Dance Fitness 10:30 - 11:30am Youth Group Year 7-8 3:30 - 5:30pm Youth Group Year 9-13 6:30 - 8:30pm		
Squash Courts Area			Lyttelton Men's Squash 7 - 9pm			Toy Library 10am - 12pm (Fortnightly) *now based in downstairs changing rooms	

What's Cooking?

Is there anything more warming than a bowl of chicken soup? Whether you're unwell or in good health, chicken soup is everything a meal in a bowl should be; nourishing, fortifying, comforting and nutritious. You can use the leftover carcass from a roast chicken or buy chicken frames from your local butcher to make this economical delicious meal. Most cultures around the world have some version of chicken soup. Here we are going for a bog standard version with a few frills.

Chicken Soup | Jamie Oliver

2 onions, peeled and roughly chopped
6 carrots, chopped
6 sticks of celery, chopped
2 fresh bay leaves
4 whole peppercorns
1 free-range roast chicken carcass, with leftover chicken attached
1 large knob unsalted butter
olive oil
2 cloves of garlic, finely sliced
4 shallots, finely sliced
a few sprigs of fresh flat-leaf parsley, leaves picked
200 g baby spinach, roughly shredded
2 handfuls seasonal greens, such as kale, cavalo nero
1 lemon

Place onions, half the carrots and two thirds of the celery in a large pan with the bay leaves, peppercorns, a pinch of sea salt and the chicken carcass.

Fill the pan with cold water so that everything is covered, then place on a high heat and bring to the boil. Reduce to a simmer and cook for 1 hour, skimming off any scum that rises to the surface from time to time.

About 20 minutes before the stock is ready, place the butter and 1 tablespoon of oil in another large pan on a low heat, add the garlic, shallots and parsley stalks and cook for 5 to 10 minutes, or until softened. Add the carrots and celery and cook for a further 5 minutes.

When the stock is ready, remove the chicken carcass, pull off any remaining pieces of meat and leave to one side, then discard the carcass.

Strain the stock through a sieve into the veg pan. Bring to the boil, then reduce to low and simmer for 20 minutes.

Add the seasonal greens and cook for a further 10 minutes, adding the spinach for the last minute.

Finish the soup by squeezing in the lemon juice, then taste and season to perfection, if needed.

Divide between bowls and top with any leftover shredded chicken, a sprinkling of parsley leaves and a good hit of black pepper.

Calendar

Rāhina—Monday

Community Choir

7.30pm at 40 Winchester Street
School term only. All welcome

Lyttelton Rotary Club

7.00pm 2nd and 4th Monday of each month. Lyttelton St
Johns Station London Street
New members welcome
Robyn Struthers 027 433 6875 for details

Lyttelton mother4mother

Breastfeeding support group. 10.00am–12.00pm
Andrea Solzer andrea.solzer@web.de

Lyttelton Scouts

6.00pm–7.30pm
Ruth Targus 021 259 3086

Open Adults Ballet

11.00am–12.00pm Lyttelton Rec Centre

Rāapa—Wednesday

Diamond Harbour Bridge Club

6.30pm Bowling club off Purau Ave
Table money is \$5 includes supper
Visitors very welcome

Diamond Harbour Singers

7.00pm in the Green Room. All welcome.
Margie Newton diamondhbsingers@gmail.com

Lyttelton Community Garden

10.00am every Wednesday. Meet at the garden behind
the Lyttelton Pool on Oxford Street
For more information 328 9243

Lyttelton Cubs

6.00pm–7.30pm Contact Ruth Targus 021 2593086

Lyttelton Garage Sale

10.00am–4.00pm 54a Oxford Street Lyttelton
Second hand bargains and more

Lyttelton Harbour Fruit and Vegetable Collective

Trading between 12.30pm–4.00pm. \$7.50 and \$15 bags
of vegies. Pay online a week in advance. The Lyttelton
Recreation Centre. 25 Winchester Street Lyttelton
Contact Wendy Everingham 0210476144

Lyttelton Library Knit and Yarn

10.00am–12.00pm

Lyttelton Playgroup

12.30pm–2.30pm Kidsfirst 33 Winchester Street Lyttelton
328 8689 for more information

Library of Tools and Things

5.00pm–7.00pm 25 Canterbury Street (in garage)
Contact lytteltonlotts@gmail.com

Stoddart Cottage Artisans group

4.00pm Meets monthly on the 3rd Wednesday
Secretary Christine Davey kcjoynt@xtra.co.nz

Tai Chi

1.30pm–2.30pm Lyttelton Recreation Centre
Bookings via WE

Rātu—Tuesday

Community House

12.00pm for shared lunch
7 Dublin street. Make new friends

Harbour Yoga

6.00pm 105 Bridle Path Road

Lyttelton Library Story Times

11.00am–11.30am

Diamond Harbour Bridge Club

1.00pm in the Hall Committee Room
Social games and learners welcome

Lyttelton St John Youth Division

St John Ambulance Station 52 London Street
youth@stjohn.org.nz

Rāpare—Thursday

Diamond Harbour Tai Chi Group

11.00am Community Hall
88daruma@gmail.com for more information

Governors Bay Volunteer Fire Brigade

7.00pm Governors Bay Fire Station. Weekly Training
New members welcome

Harbour Yoga

6.00pm 105 Bridle Path Road

Lyttel Tumblers

9.30am–11.00am Lyttelton Recreation Centre
25 Winchester Street

Introduction course to Ballet for Adult

6.00pm–7.00pm Lyttelton Recreation Centre

Lyttelton Garage Sale

10.00am–4.00pm 54a Oxford Street Lyttelton
Second hand bargains and more

Lyttelton Volunteer Fire Brigade

7.00pm Lyttelton Fire Station Weekly Training
New members welcome

Lyttelton Library Babytimes

10.30am–11.00am

Lyttelton Strollers

10am start at the Lyttelton library London Street.
Contact Community House for information 741 1427

Rāmere—Friday

Dance Fitness

10.30am Recreation Centre

Harbour Yoga

9.30am 105 Bridle Path Road

Lyttelton Garage Sale

10.00am–4.00pm 54a Oxford Street Lyttelton

Lyttelton Yoga

9.30am–10.45am 25 Winchester Street
Lyttelton Recreation Centre
Rebecca Boot 0210710336

Rāhoroi—Saturday

Library of Tools and Things

10.00–1.00pm 25 Canterbury Street (in garage)
Contact Lytteltonlotts@gmail.com

LIFT Library*

10.00am–1.00pm Lyttelton Harbour Information
Centre

Harbour yoga

9.00am Trinity Hall Lyttelton Recreation Centre

Lyttelton Farmers Market

10.00am–1.00pm London Street

August Schedule St Saviours at Holy Trinity

7 th August	9.30am	Morning Prayer
14 th August	9.30am	Eucharist
21 st August	9.30am	Eucharist
27 th August	6.00pm	Contemplative Eucharist

17 Winchester Street Lyttelton
All welcome

Rātapu—Sunday

St Saviours at Holy Trinity

9.30am Service with Holy Communion
17 Winchester Street Lyttelton
All welcome

*Please note that LIFT Library is available 7 days a week, between 10.00am - 3.00pm, providing a volunteer is available for duty at the Lyttelton Harbour Information Centre.



(Taken from LPC Harbourwatch)
Penguin spotted!

Thanks to our motion-sensing cameras, check out this video we caught of a White Flipped Penguin on our sea wall.

It's nesting season again for our little friends, so we are monitoring their activity around our Lyttelton sites. We want to ensure our operations don't disturb them, and we are doing everything we can to make a safe habitat to support their population.

LYTTELTON TOP CLUB 03-3288740 | lyttelontopclub@gmail.com

*Your family friendly community club providing a warm welcome to members and their guests.
New members are always welcome and membership is open to anyone aged 18 and over.*

**We offer a wide range of facilities and social clubs and the restaurant has
the best seats in the area overlooking Lyttelton Harbour.**

Our Restaurant is open Thursday - Sunday offering a delicious bar snack and main menu and weekly specials (Gluten Free, Vegetarian options available).

Takeaway service also available.

Emma and her team look forward to you dining whilst enjoying the million-dollar views!
Call to book your table.

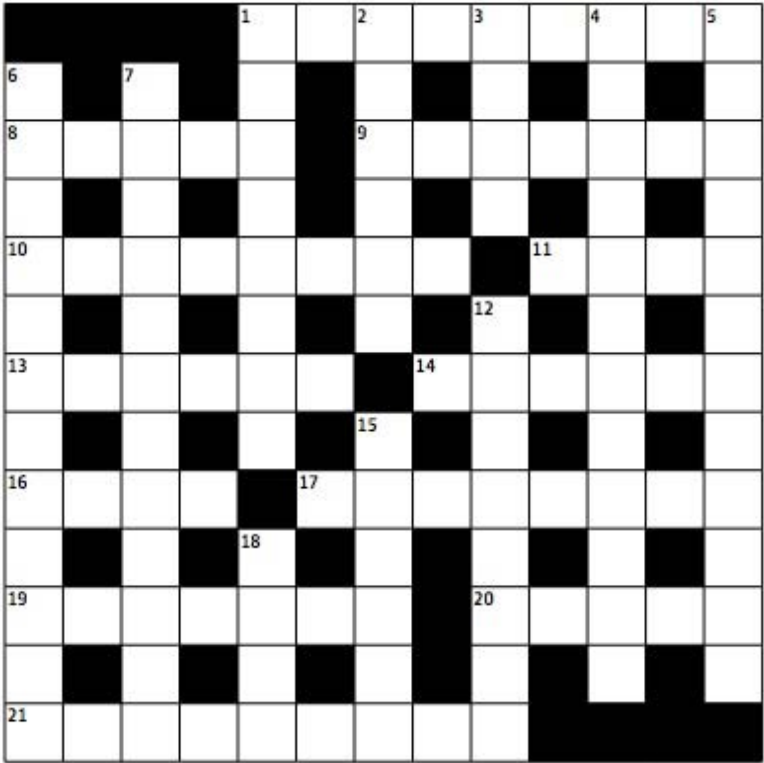
- Big TVs with Sky Sport
- TAB facilities
- Gaming Room
- Restaurant
- Member Raffle Nights
- Housie
- Free Pool and Darts
- Courtesy Van available



**OPEN EVERY WEDNESDAY TO SUNDAY
WED, THUR, FRI OPEN FROM 2.00PM
SAT AND SUNDAY OPEN FROM 12.00PM**



Puzzle Page



Clues

Across

- 1 Spark (9)
- 8 ET? (5)
- 9 Influential (7)
- 10 Midden - nigh dull (anag) (8)
- 11 New Brighton has one built for pleasure (4)
- 13 Purify (6)
- 14 Ole Portuguese money (6)
- 16 What one hits at bedtime (4)
- 17 Minor fight (8)
- 19 Dreamy (7)
- 20 Encore! (5)
- 21 Information on what to wear (or not) (5,4)

Down

- 1 Warming rays (8)
- 2 Lesion (anag) - it's found underfoot (6)
- 3 Domesticate (4)
- 4 Running lengthwise, rather than across (12)
- 5 With no compromise on offer (3-2-7)
- 6 Dish of apples, walnuts, celery and mayonnaise (7,5)
- 7 Importance (12)
- 12 Identifier used as login (8)
- 15 Tracked snow vehicle (6)
- 18 Corporations (abbr) (4)

Kids Quiz

1. How many colours are there in a rainbow?
2. What does a thermometer measure?
3. What is the hardest natural substance in the world?
4. What fruit do raisins come from?
5. A portrait is a picture of what?
6. How many cents are there in \$2.00?
7. How many wheels does a unicycle have?
8. Which planet in the solar system is biggest?
9. Where is the Eiffel Tower?
10. What is the Earth's largest ocean?

Word Wheel

How many words can you make using the central letter?





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