NEW PROPRIETORS AT CHALFONT CAFÉ & BAR

Everyone who visits Chalfont Café & Bar has felt its special charm and Karen and Darren Maher were no exception, but when Darren stopped by there for a glass of beer a couple of months ago, there must have been a leprechaun sitting on his shoulder as he struck up a conversation with the owner, Jane, and told her, “I’d like to buy this place!”

For how much? asked Jane, and within two days the deal was sealed.

Darren (left) hails from County Carlow in Ireland. He moved to New Zealand about 12 years ago establishing the Christchurch firm of Gillon and Maher Plumbing Ltd specialising in all forms of plumbing and drain-laying.

So how will he manage Chalfont as well? we asked.

No problem really, replied Darren. Jane and Drew have been very supportive in my getting set up and all the staff have stayed on — they are tremendous — there is not much for me to do here and we are not planning any major changes.

Nevertheless there will be few subtle changes — one which has already happened is the renaming of the bar section to Mick Maher’s in honour of Darren’s father who was a barkeeper in Ireland. A new chef will join the team at Christmas, fresh from his present job at a 500 bed hotel in Sydney, and there will be live music every weekend, initially by singer/guitarist Kyle George, known for his singalong music and well-known songs. The first Sunday of each month will feature traditional Irish music. You can also expect to see and sample the Guinness-rivalling Magner’s Cider brought in from Ireland in traditional barrels.

Change is afoot, too, in the Country Store, with a wider range of groceries at cheaper prices, and a mini hardware section where you can grab those small essential need-it-now items without a trip to town. There is also a greater variety of sweet treats for the youngsters and as these two (right) found out the ice-creams are as big and as yummy as ever.

But Darren’s contribution to our community doesn’t stop there. Last March with his wife Karen and their four children, he purchased a holiday bach in Purau. On realising that the bach and others around it were prone to flooding, this enterprising businessman offered his employees the opportunity to spend weekends in the sleepout attached to the bach in return for some voluntary work improving the drainage for him and his neighbours. (Below L)

Footnote from the former proprietors:

We wish Darren and Karen and the team at Chalfont, all the best for the future. We have thoroughly enjoyed our time building the business and creating what we believe is a much-loved destination for both locals and visitors alike.

Enjoy your summer and have a great break over the festive season.

Jane and Drew
The 2014 Spring Fair was held on the Labour Weekend Sunday. The 7th annual Fair was even bigger than previous years and a fantastic day enjoyed by over 4,500 people. This year we were really grateful to have the support of Beca and be a part of their Heritage Week celebrations. Shuttle buses were trialled from the ferry to Orton Bradley Park at various times throughout the day. Lyttelton Port Company also supported the fair together with Brendon and John Leech.
A cool start meant an enjoyable amble through over 60 different stalls. Soon the day turned into the usual scorcher, so icecream stall queues lengthened and the free sunscreen was much in demand. Visitors were able to watch the water wheel in action, see old machinery demonstrations and get a look at the Mill House and its many water-powered machines.
...There was Something For Everyone!

Children were keen on bumper boats, bungy lifts, the bouncy castle and pony rides, and a bit of fun shopping for treats and sweets. Adults could start their Christmas shopping and savour some very fine fare with huge variety from the stalls both local and region wide. There was every kind of food: tacos, hot potatoes, pita bread, coffees, Devonshire teas and more. Live music played all day from solo acts to large brass bands. Sipping a wine or enjoying a cold beer in the afternoon while watching the kids enjoy all the rides on offer was a good way to wind down. There was milk for sale that is being produced on the farm, and patting the calves and the lambs was a huge hit with kids.

Some groups wandered up the back to enjoy a picnic under the shade of the trees and enjoy the beauty that is spring in the Park. The Fair is a great way to catch up with the friends and neighbours, and have a chat. Its also a good way to showcase the Harbour and all there is to offer on our side. All in all a good day was enjoyed by many. See you there next year!

Annabelle

Photos by:
Nick King: 1, 5, 10, 11, 13
Ron Dubin: 2, 3, 7, 8, 14
Steve Howard: 4, 6, 9, 12
PLAYCENTRE NEWS

Ki Ora Tatou, Hello everyone,
The fourth term is turning into a busy, happy one at Diamond Harbour Playcentre. Everyone is enjoying the warmer weather with the chance to get outside and turn the hose on, watering our lovely veggie garden soon turns into fun water play in the sandpit. The trip into town to visit the sensory room was enjoyed by Wednesday’s folk. Letters to Santa are being written, wish lists are being made...

We had a relaxed and enjoyable time with our Neighbourhood Open Day, icing cupcakes and making crazy monsters with playdough and collage pieces. It was lovely to see people from the community pop down, join us for a cuppa, and say hi. Thanks Chch City Council, and the Lyttelton Mt Herbert Community Board.

We are making more connections in the community with a successful visit to Diamond Harbour School on Monday November 24. Our older children (and siblings) had the chance to join Rose Nicholson and her new entrants class (Pukeko) at the school.
Along with their Mums for support they joined in at mat time, listened to a story and watched the school children perform a song – and then joined in with one too.

Thanks Diamond Harbour School! We hope to visit you at least once a term.
Playcentre is a great way to meet the locals and have your child make the most of these opportunities and more, please come for a visit during session times. Playcentre is a parent run early childhood education centre with a paid supervisor.
Phone 329 4515 or email diamondharbourpc@gmail.com

Annabelle

Diamond Harbour Playcentre is a Government-funded Early Childhood Education Provider run as a parent co-operative.
Session Times: Mon, Wed, Thur 9.15 - 12 noon.
A unique opportunity to be involved in your child’s learning. Ages: 0 - 5 years.
Phone (during session times): 329 4515; email: diamondharbourpc@gmail.com

Annabelle

Snowdrop Cottage
Creative Children’s Store
A great range of top children’s brands
Dress-ups and wooden toys handmade locally
Children’s Party Planning Service
Call in when you see the sign or I can come to you with ideas, catalogues and toy choices
Also available for sewing repairs and alterations
Call 329 4446 or 027 32 32 644
Next to the children’s playground, Diamond Harbour

Boat-shed wanted
Any condition considered
any area in the harbour
for young boating family
Contact Chris 021 274 6041
Diamond Harbour Painting Group’s annual Show Weekend exhibition was again a great success with a steady stream of visitors to view the works of guest artist, Stephanie Crisp of Lyttelton and more than a dozen local artists. As well as those named below, paintings by John Barry, Sun Khan, and Tony Eastwood added to the wide variety of styles and subjects on display.

Panels of works by (L-R) Karen Colyer, Rosie Fowler (obscured), Fran MacFarlane, and Mary Sommerville.

Panel — Bruce Beckett

Jetty Jump — Charlotte McCoy

Tui — Amelia Jang

Spanish Dancer — Benita Dale McMillan

Tribute to the Past — Rosie Fowler

Anna Pickersgill-Brown, Karen Colyer, Alison Roberton and Anne Fountain also each had a selection of Christmas cards (left) for sale. If you missed out on these on the day, there are still some available — just contact the artist.

Elaine

**OPTIMUM ENGINEERING**

- Structural Steel & Metalwork
- Farm and New Buildings
- Truck and Trailer Repairs
- Certified Welding

Contact Tui Scott: 0276574483

**VETERINARY SERVICES**

**Vetlife**

**BANKS PENINSULA**

**NOW IN DIAMOND HARBOUR**

Vetlife will be holding weekly clinics in the Community Center from 2pm on Wednesday afternoons.

We look forward to seeing you and your pet! Large animal calls and house calls can also be arranged.

Please phone 3251006 to book an appointment.
**DH CURRENT POLITICAL LANDSCAPE**

**Diamond Harbour Goes Green**

The final results for the September 20 election are posted, and this election showed that Green is the dominant colour of our community. The Diamond Harbour booth was the most Green of any district in Christchurch and Banks Peninsula.

In the 2014 election the Green Party received 110 party votes, followed by National 88, and Labour 69. The Greens received 39.1% of the total Diamond Harbour vote – one of the highest, if not the highest percentage, in the country.

This represents a significant political shift from 2011 when the Greens received 100 votes, with National 124 and Labour 66 – translating to National 38.5% and Greens 31.1%.

The shift in 2014 of Diamond Harbour voters to the Greens and away from National ran counter to nationwide voting patterns, and while many will ascribe different reasons, it at least indicates Diamond Harbour voters have marched to the tune of a different drum.

Detailed election results can be found at [www.electionresults.govt.nz](http://www.electionresults.govt.nz). Hank Holt

...but Church Bay Stays Blue

We decided to check the Election Results website cited by Hank to verify these somewhat surprising figures and discovered that while they are correct, they tell only half the story.

They are from the Diamond Harbour booth located at the Community Hall. Interestingly, the results from our other local booth (located at the DH school) were significantly different. National led the party vote there with 183, followed by Greens 114 and Labour 78.

In 2011 National received 186 party votes in this booth, followed by Greens 103 and Labour 91. So while the swing in this booth was also to the Greens, it was at the expense of Labour rather than National.

Adding the 2 booths together for the 2014 election, National (271) comes out ahead of the Greens (224) and Labour (147). But as Hank Holt points out, these results are very different from nationwide voting patterns – we do indeed live in one of the Greenest parts of the country.

Readers may draw their own conclusions with regard to the reasons for the political divide between Diamond Harbour and Church Bay voters.

Another interesting statistic about our community (which makes the success of left-leaning parties here all the more surprising) has just been released in the form of the latest ...

*Election Results*

**Diamond Harbour Website Business Directory Update**

The Diamond Harbour Community Association website [www.diamondharbour.info](http://www.diamondharbour.info) offers free listings to local businesses, accommodation providers and services.

We are presently updating our Business Directory and asking all those listed to review their listing and reply by email, indicating if:

a) Your details are correct and should continue to be included in the Directory; or

b) Your details need to be updated (please specify changes); or

c) You no longer wish to have your details included in the Directory.

Thank you to the 50 plus businesses who have responded. We will assume that those who have not responded by Friday December 12 do not wish to be listed (or are no longer in business) and their listing will be removed.

If you are a local business and not yet listed we will be happy to include you (please view the Business Directory at [www.diamondharbour.info](http://www.diamondharbour.info) for our listing format).

Please email your response to ron.dubin@gmail.com or phone 329 3032.

**HANDY HAIKU?**

One of the topics given for the November Writers Group meeting was Envy, prompting this haiku from Jill McClelland.

**ENVY**

Envy is not mine
I do not want what is thine
If I must, a wine!!

Ron
... LPC DEBRIS ON OUR BEACH

Photo taken on the Diamond Harbour beach on November 11 showing some of the debris that was washing up on the beach from the LPC reclamation site over the previous fortnight. Richard Suggate

... POTENTIAL CYCLING HAZARD

The recently erected retaining wall in Charteris Bay is doing a great job of supporting Bay View Road but the huge bolts protruding at shoulder level at its base are a surely an injury risk for cyclists trying to keep clear of the frequent illegally-speeding cars. Rider Beware! Elaine

... DH MEMORIAL GARDEN

CURRENT SITUATION

A Press release by the Christchurch City Council regarding the situation at the Diamond Harbour Memorial Garden was published in the September issue of the Herald. It stated that, due to drainage and soil issues, there is currently no capacity for burials at the cemetery. The Council is working on plans for the top area of the cemetery to become available as soon as possible.

I have been concerned that people are continuing to find this situation distressful and confusing and have been in touch with the Council to request an update on the planning and a restatement of how to gain information in personal situations.

The Council has undertaken to issue another Press statement before the holiday period. As it will not be available in time for this issue of the Herald, please check the Bay Harbour News and/or the Akaroa Mail for this update.

In the meanwhile, the Council website www.ccc.govt.nz lists other Christchurch cemeteries or I am happy for to be contacted on 329 4943 or thornton@snap.net.nz. Ann

... ACCESS TO OUR HALL?

Actually, no need for concern on this issue — the asbestos has been removed and recladding is well underway. All the scaffolding will be removed and both the hall and the library will re-open on December 15, structurally more sound and healthier than before. Elaine

Diamond Harbour Medical Centre
2c Waipapa Ave Phone 329 4402 Fax 329 3302
Email nurse@diamondmed.co.nz for repeat prescriptions (48hrs notice needed)
Email reception@diamondmed.co.nz for all other enquiries and Internet banking details

Doctors: Peter Davies Bronwyn Graham
Nurses: Nicky Anna Petia
Reception/Admin: Jan Hogbin

Updated Hours
Monday 9am to 12noon Dr Bronwyn Graham
3pm to 6.45pm Dr Bronwyn Graham
Tuesday 11am to 7pm Dr Peter Davies
Wednesday 8.15am to 12noon Dr Peter Davies
Thursday No clinic
Friday 8.15am to 12noon Dr Peter Davies
New Patients Welcome

CHURCH BAY SERVICES
Russell and Elaine, Sheryl and Debra
wish all our customers a Merry Xmas
and a very Happy New Year
and thank you all for your support over the past year.
We look forward to seeing you all in 2015.
**Moepuku Point in Public Hands?**

Moepuku Point at the Teddington end of Charteris Bay is for sale. This peninsula has been on the market for a while now and it seems like the perfect opportunity to buy it for the public to promote recreation and conservation values in the Lyttelton Harbour.

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**SHUNYATA TURNS 10 YEARS YOUNG**

I can’t believe that it’s been ten years since realising my dream of coming home to New Zealand and opening a retreat and day spa to help people when things get tough.

I feel truly grateful for the most amazing growth and clients that have visited from Alaska, USA, UK, France, Australia and most parts of New Zealand.

I was a travel agent for 20 years and travelled many parts of the world, living in Byron Bay prior to coming to Diamond Harbour and I just love our little bit of paradise of peace and quiet. Every time someone comes, I get to fall in love with this place all over again.

Recently, *Trip Advisor* ranked Shunyata for best reviews on the web for a health retreat and number two for speciality lodging in Christchurch.

Treatments include: Many modalities of massage, Ozone Steam Sauna (warms right down to the bones for winter), Indian Head Massage, Yoga & Meditation, Cranio-Sacral balancing, Shiroyhara, Powder massage for exfoliation and cellulite treatment, Oxygen facial, Chi machine, Double hydrotherapy bath, The Journey Reflexology.

You can come for a day, or a retreat; but whatever you choose, Shunyata will be an experience to remember.

Shunyata will be open over the Christmas and New Year period.

Contact: www.journeyessence.com or phone 329 4773 or 027 277 7734.

Paru
THE ECO GARDENER'S PATCH

Berry Merry Christmas

The berry fruits in the Eco Garden are starting to plump up and ripen nicely. We are already enjoying strawberries, and by Christmas Day there will be gooseberries, raspberries and red currants. In January the blackcurrants and blueberries will ready. Yum!

If there are any other foods both as delicious and nutritious as fresh berries I have yet to meet them. Plus for most of them, the most difficult part of growing them successfully is sending off all the birds that agree they are delicious and nutritious.

Strawberries are the most work – unless you grow them in raised beds, which I hope to do one day. Raised beds make it much easier when it comes to pulling out weeds and tucking straw under the ripening berries to keep them clean. But no matter where they are growing, it's good to give them a potassium-rich liquid feed when they start to fruit. I make mine by quarter filling a green-lidded recycling wheelie bin (no council is getting MY compost!) with comfrey leaves, adding water until it is half full, letting it all marinate for a couple of weeks or more until a nice (well, stinky) 'tea' is formed, filling the bin to the top with more water, and bucketing this nutritious brew on to the soil around the strawberries.

With the raspberries, gooseberries, blueberries and currants, I sprinkle sheep pellets liberally around the bushes or between the rows in spring, water them in well, and give them a potassium-rich liquid feed when they start to fruit. I make mine by quarter filling a green-lidded recycling wheelie bin (no council is getting MY compost!) with comfrey leaves, adding water until it is half full, letting it all marinate for a couple of weeks or more until a nice (well, stinky) 'tea' is formed, filling the bin to the top with more water, and bucketing this nutritious brew on to the soil around the strawberries.

Once you are in the delightful position of having more berry fruits than you can eat fresh, check out my blog (see below), put berry' in the Search box and you will find recipes for Rhubarb and Strawberry Tart, Raspberry Muffins, and Rote Grutze, a delicious raspberry and red currant dessert.

We will aim to run a couple of these markets each year from now on. Leftover items were taken to the Steiner School white elephant stall and to the community garage sale in Lyttelton.

Project Wild Thing Screening

I have just ordered a DVD of a wonderful looking documentary called Project Wild Thing. It is the brainwave of an Englishman who noticed his children's dwindling time spent in nature and increasing amounts of time spent watching TV or playing computer games. He decided to use traditional marketing techniques to sell nature back to the people. I, like many parents I'm sure, worry about how much screen time my children are having; so early in the New Year I'll be arranging a screening of this documentary through the Timebank. For a sneak preview go to www.projectwildthing.com.

Next year I'd like to hold regular Timebank documentary screenings so if you've seen a doco you think others would also like to see please contact me and I'll see what I can arrange.

Timepieces Exhibition

Another idea I'm working on is a timepiece or clock exhibition. Artistic Timebank members will be asked to decorate a piece of clock shaped ply with their own art and fit clock components onto it (the ply and components will be provided). The finished clocks will then be exhibited in Lyttelton and Diamond Harbour and sold to raise funds. If you're an artist but not yet a Timebank member and think you'd like to be part of this exhibition please sign up as we'll be calling for artists through the Timebank.

Godley Café Drop-ins

I'll be continuing with my Wednesday morning drop-ins at Godley Café from 9.30am until 11.30am up to December 17, resuming in mid-late January. Want to sign up to the Lyttelton Harbour Timebank? Go to lyttelton.timebanks.org or drop in and see me at the Godley.
RECIPE

Preserved Lemons

What is in season now? Well, there is not much in my garden except for new seedlings but some neighbours have lemons — in abundance!

I was given a jar of preserved lemons a few years ago, and not knowing anything about them, they stood on the shelf for a while. One sunny evening I opened the jar and stuffed a chicken with half of them before roasting it. I was absolutely thrilled with the result and regretted using up half a jar for just one chicken.

Ever since, I have been after the recipe which I have now acquired... and it is dead easy to make! Their unique pickled taste and special silky texture cannot be duplicated with fresh lemon or lime juice. They are one of the indispensable ingredients of Moroccan cooking, used in fragrant lamb and vegetable tagines!

The important thing in preserving lemons is to ensure they are completely covered with salted lemon juice — and with this recipe you can use the lemon juice over and over again.

You will need a shallow bowl, a sterile jar and sharp knife. Use wooden utensils to remove the lemons as needed.

Ingredients

- 5 lemons
- ¼ cup salt — more if desired

Method

1. Boil lemons in water for 2 or 3 minutes and allow to cool before squeezing.
2. Quarter the lemons from the top to within a ½ inch of the bottom, sprinkle salt on the exposed flesh, then reshape the fruit.
3. Place 1 tbsp salt on the bottom of the jar. Pack in the lemons and push them down, adding more salt, and optional spices between layers. Press the lemons down to release their juices and to make room for the remaining lemons. (If the juice released from the squashed fruit does not cover them, add freshly squeezed lemon juice — not chemically produced lemon juice or water.) Leave an air gap at top before sealing the jar.
4. Let the lemons ripen in a warm place, shaking the jar each day to distribute the salt and juice. Ripen for 30 days. To use, rinse the lemons, as needed, under running water, removing and discarding the pulp, if desired. There is no need to refrigerate after opening. Preserved lemons will keep up to a year, and the pickling juice can be used two or three times over the course of a year.

If you see a sort of lacy, white substance clinging to preserved lemons in their jar it is perfectly harmless, but should be rinsed off for aesthetic reasons before using the lemons. Preserved lemons are rinsed, in any case, to rid them of their salty taste. Cook with both pulps and rinds, if desired.

If you use the lemons for dishes other than chicken and Moroccan cuisine I would love to hear from you. This is also a sweet, salty, tasty Xmas treat for someone.

Seasons Greetings,

Franziska

 character Crosswords www.charactercrosswords.co.nz

Recipe

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Franziska

Character Crosswords www.charactercrosswords.co.nz
COMPUTER HELPDESK

Have you been hijacked?

In this column a few months back I suggested that before you download anything, to do a bit of research and get a second (and third) opinion. There are plenty of sites on the internet which review software such as games and utilities. There are also discussion boards where people report their experiences of products that look promising but turn out to be scams or silently install malware on your computer.

But before you Google, you need to be sure that your browser (the program you use for the internet – e.g. Internet Explorer, Google Chrome, Firefox, Safari) has not been hijacked; because if it has then any search is likely to throw you straight to the wolves!

How can you tell if your browser has been hijacked? First of all, when you open it, check that you are in fact on your correct home page – a very common trick is to change your home page to one with a search-box in the middle that looks like Google... might even claim to be Google... but is not!

Check the Address box. This is the big box at the top left of your browser which displays the URL (aka link or address) of the page you are actually on.

If your home page is Google Search then it should begin with https://google.com or https://google.co.nz etc. Whatever your home page is set to (Google, MSN, Yahoo, Stuff, Gmail, etc) should be recognisable in the Address box at the top... make sure it hasn’t been changed!

The default home page for the Chrome browser is now the New Tab page – the Address box at the top is empty and the tab at the top is labelled New Tab; there is a Google search box in the middle of the screen with pictures of recently visited pages displayed beneath.

When checking a URL (at the top of the screen or in search results) the crucial bit to examine comes immediately before the .com .co .net .org etc. (e.g. google.com, bnz.co.nz, bcc.co.uk, snap.net.nz en.wikipedia.org).

If you Google for Avast Free antivirus the first result is www.avast.com/Free-AntiVirus – which takes you to AvG - a competing antivirus product! It lists first because it’s a paid advert - as are the next 2: www.freewareguard.com/Avast_Free/ and antivirus.softmug.com/.

Surprised? Hey, that’s how Google make their money – but at least there is a small yellow box informing you that it’s an advert. Finally comes www.avast.com which you know is the real deal because it has avast immediately before the .com.

Even if your home page is OK, your search engine could be hijacked, so that instead of getting the best matches for your search you get products/services of companies that have paid the search engine hijackers to list them (and without any advert warnings).

When looking at search results, again check the URL box at top left. It should begin with the name of your default (preferred) search engine, something like google.com, google.co.nz, bing.com or yahoo.com.

If the URL box at top left (when opening your browser or doing a search) contains something unexpected (like babylon, conduit, coolwebsearch, delta, istartsurf.com, mystart.incredibar, nationzoom, onewebsearch, qvo6, search-daily, searchnu, searchgol, snap.do, start.qone8 or www-search) then you have been hijacked!

Ron

COMPUTER DOCTOR

and Tutor

Computer Help — When and where you need it

House calls, phone and remote assistance

Malware (Viruses, Trojans and Browser/Search hijacks) removed — free antimalware installed

Slow computer? Get it cleaned and speeded up

Hate Windows 8? Get it tamed & made useable

Dead/Sick computer? I can fix your problems

Still on risky Windows XP? Upgrade now!

⇒ Your PC may be upgradable to Windows 7
⇒ Get a good quality laptop (1-4 years old)
⇒ New Windows 7 PC built to your requirements

Data transferred from your old to new computer

Free advice on buying a PC, laptop, tablet/iPad or smartphone/iPhone — plus Internet connectivity

Tutoring: Learn to do more with your PC/laptop tablet/iPad or smartphone/iPhone

Affordable rates 329 3032 ron.dubin@gmail.com

Banks Peninsula Transport
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Twice Monthly (2nd & 4th Tuesdays)

Christchurch to Harbour Bays and Port Levy
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Ph Rex on 325 1024

“If it’s BIG, we will move it!”
Obesity in Pets

With Christmas around the corner I’d like to focus on one of the more common conditions affecting today’s pet (and person!)... being overweight! When an animal is at its ideal weight you should be able to easily feel, but not see its ribs. Also when viewed from above there should be a slight tuck at the waist. The best place to do this is with your pet standing on a tiled surface, with the lines running parallel with it. You should then easily observe whether the bulge is inwards or outwards!

A healthy pet should ideally be fed twice daily, except for very young puppies or kittens which need three meals a day. Avoid snacks between meals and never feed your pet from the table which encourages begging. Feeding twice daily makes it easier to adjust amounts to feed if you do need to put them on diet.

Most animals grow until about 12 to 18 months old, and thereafter can have a tendency to put on weight. Spaying or neutering can increase the risk of obesity. Just as with ourselves, sensible exercise helps keep off the extra kilos, and prevents a host of behavioural problems as well. This is just as important as dieting!

Just to give you some idea of how snacks for pets can add up, a small plain biscuit for a dog is equivalent in calories to a hamburger for a human. 30g of cheese for a dog is the same as 75g of chocolate for us, and 100g of sausage is the same as 6 donuts! On the subject of chocolate, remember even small amounts can be potentially fatal to dogs (but what a way to go!) Dark chocolate, especially cooking chocolate is the most dangerous.

Obesity makes an animal more prone to arthritis, since the joints are carrying a heavier load, and if your pet has arthritis, getting it to lose weight can make a big difference to its quality of life. Overweight animals are also more likely to suffer from metabolic disorders like diabetes, hypothyroidism and hyperadrenocorticism (Cushing’s disease).

If you are battling to get your dog or cat to shed the kilos, we have high fibre, or in the case of cats also a high protein, low carbohydrate diet that can aid in the fight against flab. We can also advise you on amounts to feed, and weigh your pet regularly to check that its weight loss programme continues on track. We have a flash new scale in the new clinic and you are welcome to pop in any time and weigh your pet free of charge.

I’d like to take this opportunity to wish you all a very happy Christmas, and a peaceful and prosperous New Year. Thanks for all your support. Paul

Vet-Spot

Toxoplasmois and Cats

Toxoplasmois is a parasitic disease that affects almost all warm blooded animals and a third of humans are estimated to be carrying it. It can be fatal to those with a weakened immune system such as pregnant women. It can cause encephalitis, and affect the heart, liver, inner ears and eyes.

Recent research has linked it with schizophrenia, obsessive compulsive disorder, attention deficit hyperactivity disorder and suicidal behaviour. Research related to the effects of toxoplasmosis on personality and mental health was awarded the 2014 Nobel Prize in Public Health.

Toxoplasmosis is caused by the protozoan Toxoplasma gondii and is being found in chronic and fatal infections in the endangered Hector’s Dolphins and several species of native birds and mussels. It is thought to play a part in the poor reproductive performance of farmed deer.

So where does this destructive little beast come from? Cats. They are the primary host and primary source of infection to humans, which is why expectant mothers should keep away from the kitty litter. Just under half of the population of cats in NZ are known to have been exposed to T. gondii. Cat poo washed into the sea will do in the dolphins, while any poo that stays on land will be a threat to humans, livestock and other animals. Think of that next time you reach down to stroke a pussy, or buy one for a present, or decide not to have yours spayed.

Dave Hammond
LIVING WELL

Stop Doing Lists
Time is often something we feel like there’s just not enough of. We rush around madly trying to get things done yet there are always things left over, things that just don’t ever seem to get done.

To change this equation, there are a couple of things we can do. For example, we can find more efficient ways of doing things so we can do our jobs more quickly and more effectively. This is useful, but it doesn’t take into account the fact that we are probably doing a whole bunch of things that are taking up our time unnecessarily, and that’s where you need a list that’s not a to do list, but a stop doing list.

Sitting down and analysing how you spend your time could show some interesting results. How much time do you spend checking emails? How much time do you spend troubleshooting? How much time do you spend on Facebook? So much of our time is spent doing tasks that are not contributing towards our happiness or success, and some of it we can do something about.

A great example of this comes from Tim Ferriss, the author of The Four Hour Work Week. Tim was running his own company and after analyzing how he spent his time, realised that all up, he was spending several hours each week solving problems for customers that his employees were perfectly capable of solving themselves. He therefore sent out an email to all of his employees saying that when clients called with problems they were free to make their own decisions about how to solve that problem and were to come to him only if their proposed solution was going to cost $100 or more. Records were taken of all the decisions his employees made and after checking them, he decided the new system was working so well that he upped the amount to $150. This simple change took only minutes to implement and meant he now had several hours each week which he could spend on other things.

This principle can apply outside of work too. What are you doing with your time which really doesn’t need to be done at all? What tasks are you doing for your children that they could be doing themselves? What else are you taking responsibility for that someone else could be doing for you or helping you with? By answering those questions and identifying what it is that is taking up your time but doesn’t need to be, you can begin the process of figuring out how to stop doing those things.

It could be that Facebook is something you don’t need to be checking on a daily basis, or it could be that your children are used to you getting them ready for school but are now old enough to be getting dressed and packing their bags themselves. Whatever it is, even small changes can add up, and finding ways to eliminate or minimize unnecessary jobs can make a big difference to how much time you have to spend on the important things.

Robyn

Wealth of Mind
Freedom, Choices, Results

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YOU CAN COME TOO — LOCAL EVENTS AND COMMUNITY ACTIVITIES

Diamond Harbour Croquet Club
Meets Wednesday 1.30pm and Saturday 10am.
We welcome new players – mallets are available.
Whites not necessary, flat shoes are!
Golf croquet has become popular - it is relaxing and fun.

Ruth Willis

Church Bay Neighbourhood Assn AGM
Sunday 25th January 2015
at 5pm at Charteris Bay Yacht Club.
To be followed by the annual potluck meal/BBQ social.
Pat Pritchett, Secretary

Free Running Group
Sundays at 8am. Ph 329 4647 or mikecatton@mac.com

DH Historical Association
No meetings in December and January. Jan Studholme

Woolfun Day
Saturday, February 14
at 397 Marine Drive, Charteris Bay
(note permanent change of venue).
There will be no Woolfun Days in December or January.
Please contact Philippa on 027 224 2421 for any questions.
Philippa

Road Cycling Group
Meets weekly in Diamond Harbour.
To join a ride contact Mike on 329 4647 or mikecatton@mac.com.

Christmas Eve Catholic Mass
Carols 6pm, Mass 6.30pm.
DH Community Church. All Welcome
Marie Duggan

Our Library
The Library has been closed for the last few weeks due to the Community Hall re-cladding because of asbestos.
We are hoping to be open again on Tuesday 16th December.
As well as borrowing books, you can hire a DVD, music CD or talking book to listen to. We also have jigsaw puzzles to swap and magazines to borrow. Membership is free and you can use any of the Christchurch City Libraries, borrowing up to 30 items at a time.
You are welcome to come down anytime the library is open. Library Hours:
Tuesday: 2-7pm
Thursday: 10am-2pm
Friday: 2-4pm
Saturday: 10am-12noon

Next Pre-School Storytime
is all about Christmas and is on Thursday December 18th at 10am.
All Welcome. Christine

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Christine

Diamond Harbour & Bays Bowling Club
Roll up those lazy, hazy, crazy days of summer...
With the days becoming longer the Bowling Club has added Monday evenings from 6pm for folk to have a bowl. This is a great chance for those working during the day to have a go at bowling! If you can’t make it by 6pm come as soon as you can.
For those who will be involved in Business House Bowls in January you might like to sneak in some practice and get a competitive edge before BHB starts!
Any questions? Ph 329 4066.

Christine

Marie Duggan

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Whites not necessary, flat shoes are!
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Ruth Willis
Diamond Harbour Rugby Club
AGM
Tuesday December 9 at 7.30pm
All welcome

Seeking registration of interest in:
Club Management
Committee
Senior & Junior Coaching
Contact the secretary Amy Leech
on 329 4244 or a.leech@me.com

Also seeking the services of a Youth Coach
Are you a high school or university student?
Would you like to coach rugby?

Also a student to help coach Rippa and Touch
2-4 hours per week
Some remuneration offered
Contact the Junior Club Captain John McLister
on 027 890 0308 or johnmcлист@yahhoo.co.nz

FUTURE CHRISTCHURCH VISIONARIUM IN LYTTELTON

From: November 27 to December 19
At: 63 London Street (next to the Fire Station)
The Future Christchurch Visionarium is a mobile container we’ve developed to share the news and excitement of the Christchurch rebuild. The Liquid Galaxy unit allows users to fly through the city whilst visualising future central city anchor project developments. Over 50 video documentaries demonstrate exciting Christchurch happenings such as transitional architecture and suburban activities in Lyttelton, Aranui and New Brighton. There’s even the opportunity to take a photo in front of a future Christchurch image and print it as a photo strip.
It will be in Lyttelton from the 27th of November to the 19th of December and situated at 63 London Street (next to the Fire Station). Opening hours are 10am-5pm, 7 days a week.

Julia Goode, Advisor, Media Communications
Canterbury Earthquake Recovery Authority (CERA)

CHALFONT CAFÉ & BAR
Sunday: 9am–8pm
Monday–Wednesday: 9am–4:00pm
Thursday–Saturday: 9am–late
Dinner menu served from 5:30pm till 8pm
(with reduced menu until close)
Happy hours: Thursday 5–7pm & Sunday 4–6pm
Live Music every Saturday night from 8pm

Chalfont Café & Bar is the ideal spot for your Christmas function or a gathering with friends and family. We can cater to suit your requirements, please don't hesitate to phone our friendly staff on 329 4465 to make your booking for the upcoming festive season!

DIAMOND HARBOUR COUNTRY STORE
Sunday–Wednesday: 8:30am–5pm
Thursday–Saturday: 8:30am–8pm
(prescriptions will be delivered on an earlier boat for pickup before 5pm)
Takeaway Fish & Chips and Burgers
5–8pm Thursday, Friday and Saturday nights

CHALFONT MERCANTILE & THE DIAMOND HARBOUR POST OFFICE
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www.chalfontcafe.co.nz

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Brigade Briefing

Sun Tzu was a Chinese military general who is most famous for his influential book *The Art of War*. In this book he devotes a chapter to *The Attack by Fire* as he explains the five ways to use fire to defeat your enemy.

His fifth method involves raining fire down from the sky. There have been many wars since the book was written where fire-bombing has been used with devastating effect.

In peacetime we tend not promote the idea of sending burning objects into the sky as we correctly deduce that what goes up, must come down. However, there is one time of year where common sense seems to float away like a Chinese lantern. It is of course the period when we remember the assassination attempt on a 17th century British monarch.

The New Zealand Fire Service always sees a large increase in accidental fires around the start of November. This year our brigade contributed two call-outs to the national statistics. When fireworks are used as instructed they can provide a lot of fun and large displays are awe inspiring. Sending sky rockets into dry vegetation is not quite so much fun. In the past a number of people have been successfully sued for the fire damage caused by their actions.

A worrying trend in many places is the use of the aforementioned Chinese lanterns. These generally involve a paper balloon with a flame beneath it. The flame heats the air and the balloon rises to carry its payload in whichever direction the wind chooses. The flickering light in the night sky can look very pretty; and once again, when used with a degree of common sense, provide harmless fun. As the summer gets underway and the vegetation around our community dries out, it is probably best to avoid following Sun Tzu’s advice in this particular chapter of his book.

Fire Fighter David Rice

DH Volunteer Fire Brigade

Live Music at Godley Cafe from 7pm

Friday December 5       Lisa Tui
Friday December 12      The Remnants
Friday December 19        TBC
Friday January 9        TOQUE
Friday January 23      Shayna King

and coming to Diamond Harbour for the first time on Thursday January 29:

**Gary McCormick and Mayor Tim Shadbolt**

Stand-up Comedy at its best - Tickets $25 on sale now at Godley Cafe! Be sure this catch this fabulous night!

Remember we have a variety of gifts on sale including Christmas vouchers and watch out for the Christmas goodies as we head into December.

Jo Ewing is also now selling her beautiful painted/printed cards, calendars & other items down at our cafe.

Like us in FACEBOOK to keep up to date of the happenings down here!
Neighbourhood Support Summary to Strengthening Communities

The following is the updated summary of DHNS sent as requested to Philpa Hay, co-ordinator of Christchurch City Council’s Strengthening Communities division ....

All is going smoothly enough, although generally interest in official Neighbourhood Support has waned as the earthquakes have done the same, and I am not confident that our records are all that accurate.

Nevertheless a good number of people do make the effort to keep details up to date, and there are regularly a few new residents/property owners joining up. We also make an effort to keep in contact, albeit mainly by email. I send out an *updated* group list more or less annually to those who have email, asking them to pass the info on to neighbours in their group who don’t have email, and that anyone who wants a hard copy need only contact me and I will deliver one. The same message is regularly in the local free monthly paper, the Diamond Harbour Herald, as well.

We have 101 groups established in the triangular area bounded by Manson’s Point (south side of Allandale), Gebbies Pass and Port Levy. Ten of the groups have no official leaders, with a considerable number of others being *borderline*. There are currently 1095 properties on the database, and I would guess there could be around 100 more not listed. I have email contact with 536 properties spread across all but one of the groups, so theoretically that is almost one in two, so I feel justified in claiming that emailed messages can really reach everyone who wants to know.

In fact the mass emails I send out are probably the key part of the wider NS network, with a steady stream of requests to let people know about all aspects of security, road closures, crimes, missing pets – almost anything non-commercial – I make the call on what to send out. I also have a steady stream of positive responses and expressions of appreciation for these emails. Lyttelton Police are included as an *extra* for every message I send out, and occasionally I am asked to pass on messages from them as well.

Within the area covered by DHNS there are 6 communities (Teddington, Charteris Bay, Church Bay, Diamond Harbour, Purau and Port Levy). Almost all have some form of community association, quite separate from NS (although we often work in together), At least two have a system of welcoming new residents with a bag of goodies – eg, details of the community association, a copy of the Herald, a NS brochure and some home baking.

A number of the NS groups and also a few of the community associations have annual get-togethers, mostly bring a plate morning teas etc, but a few do apply for funding for NS week events.

Add to all this our many assets such as our great medical centre, amazing fire/rescue service, the Lyttelton-based community patrol cars, three cafés/shops, the “Wheatie”, friendly and helpful posties, frequent ferries, our library, a fantastic variety of clubs and groups of all sorts, heaps of great people and more. And it is obvious that the south side of Lyttelton Harbour is a pretty special place!

Elaine Bryson, Co-ordinator DHNS

Are You With It?

If you are a resident or property owner within the triangle formed by Port Levy, Manson’s Point (near Allandale) and the top of Gebbies Pass, you should be part of Diamond Harbour Neighbourhood Watch

Contact Elaine (details below) if you are not!

To stay informed about Neighbourhood Security, Welfare and Emergency Information ensure your inclusion on our secure database.

Membership is Free for all residents and property owners on the southern side of Lyttelton Harbour

To ADD, UPDATE or REMOVE your details, to request an new group list, or for information or concerns

CONTACT: Elaine Bryson (Area co-ordinator)
Email: dhnshq@gmail.com Phone: 329 4512

Peninsula Electrical

179 Marine Dr - Church Bay
For all your electrical requirements

John Allen ph 329 4112 or 027 4533 307
Registered Electrician

Diamond Harbour Herald - Established 1952 Page 17 No 185 December 2014
COMMUNITY NOTICES

By-election for Lyttelton–Mt Herbert Community Board

A by-election will be held to elect a new Lyttelton–Mt Herbert Community Board member after the resignation of Jane Broughton on Tuesday November 4. With more than 12 months to the next triennial election a by-election must be held, but with statutory holidays on the way, the usual timetable will be changed slightly. Nominations close at noon on Monday December 22. The election is a postal ballot – if more than one nomination is received, voting forms will be sent out by post, with polling day Tuesday February 17, 2015. Any queries should be addressed to Electoral Officer, Clare Sullivan, 941 8533 or clare.sullivan@ccc.govt.nz.

Close Encounter at the Wharf

Would the lady driving white Mitsubishi OM 8522 please contact the owner of the red BMW with which she had a close encounter at the wharf, on Saturday afternoon November 2, on 329 4441 or johnpatt@ihug.co.nz.

Church Bay Neighbourhood Assn

Welcome Bags
CBNA like to give new residents to the Church Bay area Welcome Bags with information to assist them in knowing what is available in the area. Please contact Pat Pritchett on 329 4826 if you have new neighbours.

Pat Pritchett, Secretary

Diamond Harbour School

Board of Trustees Election

Declaration of Parent Election Results
At the close of nominations, as the number of valid nominations was equal to the number of vacancies required to be filled, I hereby declare the following duly elected:

Horai, Denissa
Pendleton, Prof Michael
Kaye Jones, Returning Officer

DH Croquet Club

Christmas Raffle Results
1st prize no 157 – Dianne Clinch
2nd prize no 275 – Richard Wales
3rd prize no 490 – Sue Mather
We appreciate the support of this community – special thanks to the Church Bay Store.
The Croquet Club meets Wednesday 1.30pm and Saturday 10am. New players welcome, mallets available.

Ruth Willis

LMH COMMUNITY BOARD BRIEFS

Albion Square Now Open
Its great to see locals and visitors enjoying our new civic square in Lyttelton. Designed collaboratively with Council staff working closely with interested members of the community, it is not surprising there is something for everybody, all packed into the available space: a plaza, a stage, a new 24/7 public toilet, playground equipment, local art, a water feature, a bit of lawn and lots of seating, all sternly overlooked by the newly restored cenotaph. If you haven’t been there yet make a plan to go and spend some time sitting in the sun and watching the people.

District Plan Review
Lyttelton/Mt Herbert Community Board made a submission and further submissions on the first stage of Christchurch Replacement District Plan. Matters addressed include housing diversity, temporary activities, zoning of land on the port side of Norwich Quay and natural hazard issues. Hearings for Chapter 3 Strategic Directions will be completed before Christmas. Other chapters will be done one by one in the new year. All the submissions can be viewed online.

Community Facilities: Repairs and Rebuilds
Council is working flat out on repairs to facilities in all our communities. Discovery of asbestos caused the Diamond Harbour Hall and library to be closed while the building is re-clad, a replacement community centre for Governors Bay is being planned, work on Norman Kirk Pool is rippling along and repairs continue at the Lyttelton Recreation Centre. Demolition of the Lyttelton Service Centre is under way and plans to co-locate the service centre with Lyttelton Library are likely to mean the library will be enlarged and improved. Repairs to Stoddart Cottage look set to start early next year.

Representation Review: Defining our Community
Conversations are starting about changes which may be made to our local government electoral arrangements. Currently Banks Peninsula is represented by two community boards and one councillor (currently Andrew Turner). Lyttelton/Mt Herbert Community Board is keen to see Banks Peninsula remain as a separate ward of Christchurch but because our population is much smaller than any of the other wards in the city Council and the electoral commission may have other ideas. Finding a fair system is the guiding principle. There will be more than one opportunity to have your say on this important issue next year.

Governors Bay Jetty
Sadly, the landmark jetty at Governors Bay is likely to stay closed to the public for the foreseeable future. The jetty was damaged in the earthquake but a lack of maintenance has also contributed to the problem. Some of the piles are so badly eroded it is unsafe for people to be on it. Council cannot afford to repair it at this time. Governors Bay Community Association are considering whether another way can be found to restore the jetty which is a highly valued community asset.

December Meeting
Our last meeting of the year will be at 15 London Street, Lyttelton on Wednesday December 10 at 9.30 in the morning. The agenda will be available at the service centre, in the libraries and on line about a week before. If there is any matter of community interest or concern you wish to bring to the board to know about you could write us a letter or you can make an appointment to talk to us at our meeting by phoning Community Board Adviser Liz Bevan at 941 5602.

It would be good to hear from you.

Paula

PAINTERS

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Committee Meeting held Nov 10 2014
The Rugby Club will provide Dave Heath with a key to the Rugby Club foyer.
The DHCA Noticeboard was discussed and it was decided it is best for Christine to have the key and take responsibility for keeping it up to date. She will place a notice on the board explaining how to get access to it.

Public Forum
Dennis Breese, Dave Hughey and Anthony Blackwell attended the meeting to ask for support in their application to upgrade the showers, changing rooms and toilets at the rugby club. The rugby club fire and engineering requirements can be meet, but in order to get Council building consent, the hall needs to be brought up to the 2011 fire and engineering requirement standards. At the moment it is a fire risk and the liability is with Council. The Association will write to Council asking them to take action and commit to the necessary upgrades on the Hall to enable the Rugby Club to undertake its shower/toilet renovations and building fire compliance.

SPRIG
The Association will give a grant of $500 for SPRIG Summer Events

The Community Feedback Poll
Only 31 responses were received in order to identify and prioritise projects for the Council’s Long Term Plan (we were disappointed with the poor response). The top three projects were:
* Council and Community Board explore options for development opportunities involving partnerships at the Godley House site.
* Develop a Master Plan for commercial and residential development in the South Bay communities (Teddington to Port Levy).
* Child and youth facilities – eg: skate park/adventure playground.

We will write to the Community Board to say that we support these three projects being priorities for the Long Term Plan.

Community Board Report
The Community Board Advisor and staff will be having a walk about to look at some of the walking tracks around the area.
The Mayor is asking for feedback in her Help us make Smart Choices Long-Term Plan project. This closes on November 30 and can be done on-line.
There is to be a Representation Review to look at changing the wards. We need to keep Banks Peninsula as a whole. A letter will be arriving and we will ask for volunteers to attend the workshop.
Quite a few parties were held for Neighbourhood Week. District Plan Stage One Review - Submissions/ Cross Submissions
The Community Association approved the cross-submission lodged for the Draft District Plan. This supports reserve status for Morgan’s Gully; urban subdivision size down to 400m²; appropriate zoning for the Godley House site and better storm water planning.

General Business
A letter about the future of Teddington Flats was discussed. This has also been sent to Amy Adams and the Community Board.
Walking pamphlets for Diamond Harbour will be discussed at the next meeting after the Community Board Advisor’s walkabout, as we don’t know which tracks are open.
Richard will contact Robin Russ for a CCC commitment on Morgan’s Gully protection. There needs to be a signing of the agreement between DHCA, ECAN and CCC for the restoration of Morgan’s Gully.
Thomas will attend the Wastewater Consent Meeting. It was proposed that the Lyttelton Harbour raw waste water be pumped directly to the Christchurch Wastewater Treatment Plant at Bromley. Will this go ahead? Thomas will ask that they stick to this timetable.
The Association was thanked for the donation to the Pump Track at Orton Bradley Park. This is now successfully constructed.

Diamond Harbour web page and its content will be discussed at our January meeting – it is in need of an update.
Heather will be reimbursed $112 for Welcome to Diamond Harbour packs that she and Pat Pritchett have put together. These are distributed to new residents.

Karen

CIVIL DEFENCE UPDATE
The past month has been busy with a first aid refresher course, our usual training, and more recently, helping out at the Civil Defence stand at the A&P show. The latter was a superb setup with the shakey house trailer and Stan (the educational dog) being in great demand.
The Urban Search and Rescue Team (USAR) also demonstrated their abseiling and rescue skills. One of the static displays depicted the significant disaster events that have occurred in the Christchurch and Banks Peninsula region over the past 70 years. While not an exhaustive list, it reinforces the fact that although earthquakes may still be uppermost in our minds, we should be aware of, and prepare for, other disaster types as well. That list is summarised below:

- **Flood:**
  - Total 8

- **Snow Storm:**
  - Total 8

- **Earthquake:**
  - 2011 (3), 2010, 1888, 1870, 1869
  - Total 7

- **Storm:**
  - Total 6

- **Pandemic:**
  - 2009, 2007, 1918
  - Total 3

- **Fire:**
  - 1947, 1870
  - Total 2

- **Tsunami:**
  - 2010, 2009
  - Total 2

Season’s greetings to you all. Stay safe. Be prepared!

Your Civil Defence Team

Disclaimer – Views expressed in the Diamond Harbour Herald are not necessarily those of the Editor. While due care is taken to ensure the contents of the Herald are accurate the Editor and Printer cannot accept liability for omissions and errors.
CLASSIFIEDS

Flatmate wanted
Beautiful and warm 2 storey log house with wonderful harbour views on a sunny Teddington farm has one double ensuite room with veranda available at $200 pw. Power, firewood and water $25 pw ($35 for couple). Garden space and grazing available. Long term, working tenant preferred. Ph 329 9118 or 027 482 9410. See www.bergli.co.nz. Ph 329 9118 or 027 482 9410.

Short term rental or accommodation wanted
From 1 Dec to the end of Feb 2015 for a 3rd year UC Engineering student working in the DH area over the University break. Ph 027 451 3860.

Modern House wanted to buy
With no northeast wind. 25 happy years at Diamond Harbour but now need smaller section. Up to $600,000. All options considered. Ph 329 4041 or 027 430 3833.

Furniture etc for sale
Black timber coffee table, wooden wine rack, 6 pine dining chairs with black fabric seats, double pine headboard, 3 seater cream couch opens to double bed, black curved wrought iron coffee table with glass top. Drapes – some with matching roman blinds. 2 white half moon style letterboxes. Open to reasonable offers. Ph 329 4041 or 027 430 3833.

Bunk set for sale
Metal framed excellent condition with inner sprung mattresses. Can be double, corner or two single beds. $200. Ph 329 3380.

Divan Couch/Bed for sale
160x92cm (2.5x6ft), old but good for spare or bach. $30. Ph 320 4512.

Fridge/Freezer to give away
Approx 300 litres. Ph 329 3380.

Fridge for sale
Fisher & Paykel Active Smart Fridge/Freezer (freezer on top) 630x650x1400, 7 years old, goes well. $90. Ph 329 3032.

Washing Machine for sale
Fisher & Paykel MW512 5.5kg top loader. 5 years old, little used, in good condition. $90. Phone 329 3032.

Avanti Office Chair for sale
Still in box. $100. [Current price $130] Phone 329 3363.

Rolled Arm 2 Seat Sofa for sale

Aluminium Window for sale
Mist Green. 1.18m x 1.5m with 0.50m opening. Retro acrylic double glazed. $50. Ph 329 4414.

Free Bulbs
Narcissi, grape hyacinths, bluebells. Ph. 329 4788.

Wanted 2 + 1 Family Kayak
Sit on top, preferably with seats and paddles. If you maybe have something in your garage or shed you want to sell to a good home, please contact Andreas 02168019 or 3294 286 (evenings).

Smart Phone for sale
Huawei Ascend Y210, hardly used, new 2 Degrees SIM. $45. Ph. 329 4512

Windows Laptops and PCs
Laptops 2-4 years old, in good condition. Clean factory installs of Windows 7. Anti-virus/anti-malware and other software. $250-$330. New PCs built to your requirements from around $675. Phone 329 3032.

Xmas Tree for sale
6ft 6ins tall. $100 Ph: 329 3363.

Digital Camera for sale
Nikon Coolpix S6300, works very well. $120. Ph. 320 4512.

Walnuts from Orton Bradley Park
Proceeds go to the Park. $7.50 per kg bag. Phone 329 4062.

Orton Bradley Firewood for sale
3m3 pine delivered $195. Ready to burn next winter. All proceeds to Park maintenance. Ph 329 4730.

Small Car for sale

Work wanted
Responsible and willing 19 year old female university student looking for paid work. Experience with childcare, kitchen work and light gardening. Please call Amber on 329 3360 or 022 632 6030.

Dog Walking
I am available for walking dogs, looking after cats, and caring for certain animals for a reasonable fee. Ph Sharlene on (03) 550 4225 or 022 027 4911.

Psychedelic Rock Band Project
Interested in helping me with this project? This would involve artistic input, helping set up laser-lights, doing sound checks, and helping to transport band gear around (as I don’t have a car). I’m looking for someone who is (preferably) a rock music enthusiast interested in trying new concepts, Contact Neville 022 027 4911 or neozelandes@yahoo.co.nz.

Dressmaker
Specializing in dance costumes, wedding gowns and formal/prom dresses. Happy to work on any sewing project large or small! 329 3166 or livingdolls@thedollfactory.co.nz.

Services offered
Handyman home services are offered on the sunny side of the harbour. Home maintenance, building repairs, painting, fencing and some plumbing as well as section tidying. Affordable rates. Ph Jim 328 8274 or 027 226 4548.

Outdoor Fitness
Outdoor Boot Camp Fitness with Mike at 6:30am Mon, Wed and Fri, all year round. Ph 329 4647 or 027 9411.

Boxing Circuit Classes
Monday 6.30pm and Wed 7pm. Commercial gym open 7 days. 329 9525 or 027 773 0036 or baysidefitness@gmail.com.

Doggie Bootcamps
We pick up your pet from home in the morning, take them out for the day and drop them back in the afternoon. We spend time walking on the lead individually and as part of a pack and have free time at a safe place such as a dog park, beach or forest. Ph 027 773 0036.

**To view/place Community Notices go to www.diamondharbour.info**

**Tree and Garden Services**

**Tree Surgery**

**Hedge Cutting** **Garden Clearance**

**Dave Hammond***
ND in Amenity Horticulture
Phone 329 4270
**Church Notices**

Catholic Masses  
*Every Sunday at 5.30 pm*  
First Sunday of month: Mass at DH Community Church  
Second, Fourth, and Fifth Sunday: SCAP* service (which fulfills Sunday Obligation)  
Third Sunday of month: Mass at Lyttelton (21 Exeter St)  
*SUNDAY CELEBRATION IN THE ABSENCE OF A PRIEST  

Christmas Eve Catholic Mass  
Carols 6pm, Mass 6.30pm. DH Church. All Welcome  

Anglican – Methodist – Presbyterian Services  
*St Andrews Diamond Harbour*  
Sundays at 10.30am and Wednesdays at 9am  

Christmas Services  
*St Andrews Diamond Harbour*  
24 Dec 11:30pm – Midnight Carol Service  
25 Dec 9am – Christmas Day Family Celebration by Peter Teddington  
25 Dec 9am – Christmas Day Family Celebration *St Pauls Port Levy*  
24 Dec 7pm – Carol Service and Christmas Celebration  

Prayer for the Parish  
Weekdays at 8:15am in the Church Library. This is to specifically pray for God’s presence in all our lives and His Spirit to move in our Parish. All are welcome. If you are unable to join us, please pray wherever you are.  

Monday Night Study Group  
Meets Monday fortnightly in a warm and friendly Charteris Bay home. The last group for 2014 is on December 1, resuming in February next year. For further details, please contact Bruce Beckett on 329 4422.  

Gamma Home Group  
Meets Monday weekly in a warm and friendly Diamond Harbour home. For further details, please contact Ross Fountain on 329 4202.  

Baby & Toddlers Group  
F fortnightly on a Tuesday, a coffee and support group for parents and caregivers of babies and infants aged 0-36 months in the Church Hall from 10-12 noon. Please contact Wendy on 329 4483 or 021 154 1434 for further information. Upcoming dates: Dec 16; Jan 13 & 27. End of year picnic at James Drive Playground, BYO morning tea/lunch & sunscreen on Dec 16.  

City Shopping Van  
The van runs on alternate Wednesdays. Upcoming dates are Dec 17 & 31; Jan 14 & 28. Pick ups are around 9am and returning around 1:30pm. Bookings are essential so please contact Nicky on 329 4341 or Wendy on 329 4483. A $10 contribution towards fuel costs is invited.  

City Mission Basket  
The church has a basket for non-perishable food and grocery items for the City Mission. Many families are dependent on the support of agencies like the City Mission as jobs dwindle and money fails to stretch to meet basic outgoings. We also collect Small Change for the Small Room, with the coins being spent on toiletries and personal hygiene items which are distributed by the City Mission and St Vincent de Paul.  

Mount Herbert Parish Newsletter  
Please email contributions for the next issue to m.herbertparish@xtra.co.nz. You can read the current issue of the newsletter and back copies at:  
www.diamondharbour.info/church-notices.aspx  

Mount Herbert Parish Website  
For further parish news and information visit www.mountherbertparish.wordpress.com  

**Herald Calendar**

Art Group: Weds, 9.30am-12noon, Church Hall  
Baby & Toddlers: Tue Dec 16 (picnic); Jan 13 & 27. p21  
Ballet - Harbour Basin Dance: Sats, 9.15am, Hall  
Bowls: Tues, Thus & Sats 1:15pm, Mons 6pm. p14  
Bridge Club: Weds, 7pm, Bowling Club. Ph 329 4094.  
CB Neighbourhood Assn AGM: Sun Jan 25, 5pm. CBYC. p14  
Christmas Carols: Wed Dec 24, 6pm & 11.30pm. p14&21  
Christmas Services: p14 & 21  
Church Notices: See page 21  
Croquet: Weds, 1.30pm; Sats, 10am. p14 & 18  
Dhca: Mon Feb 9, 7.30pm, Stage Room  
Gary McCormick & Tim Shadbolt: Thu Jan 29. p16  
Harbour Singers: Weds, 7.45pm, Stage Room  
Insight Meditation: Tues, 6.30pm, 7A Whero Ave  
Hall Reopens: Mon Dec 15  
Jazz - Harbour Basin Dance: Tues, 4pm, Hall.  
Library Reopens: Tue Dec 16, 2pm. p14  
Library Story Time: Thu Dec 18, 10am. p14  
Live at the Point: Suns Dec 28 to Feb 22. p14  
LMHB By-Election: Nominations close Dec 22. p18  
Medical Centre Hours: See page 7  
Playcentre: Mon, Wed, Thu 9.15am-12noon. p4  
RFU AGM: Tue Dec 9, 7.30pm, Clubrooms. p15  
Running Group: Suns, 8am. p14  
Sculpture on the Point: Dec 28 to Feb 22. p12  
Sea Scouts: Tues, 3.30pm  
Shopping Van: Wed Dec 17 & 31; Jan 14 & 28. p21  
Tai Chi: Thu 11-12noon, Com Hall  
Tennis Club: Suns 9.30am, Weds 6.30pm, Waipapa Crts  
Timebank Drop-in: Weds 9am Godley Café. p9  
Toy Library: Sats 10am, Community Hall.  
Website Directory Update: Last Day Dec 12. p6  
Woolfun: Sat Feb 14, p14  

Almora Unlimited – Dellaina and Ihaia Hasche  
Guidance, healing and mentoring for your life’s journey.  
Greetings to you - Haere Mai. We warmly welcome you to our sanctuary in Diamond Harbour, where we have recently relocated to from Christchurch.  
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- Couples relationships counseling/mentoring  
- Men’s empowerment groups  

*HAI/AI: Ihaia comes from Banks Peninsula Christchurch, and is trained in Tikanga (cultural/spiritual) counselling, Facilitator/teacher, groups and men’s support group. I am passionate about people’s well being and spiritual growth.*  

DELLA/NA: Teacher and trainer of various courses in Metaphysics, meditation, Channel for spirit, Visionary therapist, well being counselor, past life therapist and Contributing author in the best selling “Adventures In Manifesting series.”  

**ph 329 3035 email: info@almora.co.nz web: www.almora.co.nz**
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