

Christchurch's largest circulating community newspaper

Doctors never suspected father of three Harley Melhopt could have bowel cancer at 24-years-old. Riley, 8, Naiah, 3, Harley, baby Laken, 1, with fiancée Sam at their Dallington home.

# Leaving a legacy of love

MONIQUE STEELE

Harley Melhopt and his partner Sam Thompson have three beautiful children – Riley, 8, Naiah, 3, and Laken who turned one this week.

The couple, who have been together for ten years, plan to marry at Sam’s family home in a few months.

“We’ve always wanted to get married,” Sam said.

“Only a few months left to do it. I couldn’t have done it without

Sam,” Harley said.

Today, Harley is unable to work, sleep or eat and is in constant pain.

“I’m getting really bad, especially these last few weeks... It’s just getting worse and worse.

“Everything’s stuffed,” he said.

From age 15, Harley Melhopt had been going to the doctor with stomach pains.

“They just told me it was indigestion,” the 29-year-old father of three said.

In 2011, he headed to the

emergency department with excruciating stomach pain. He was rushed into theatre with suspected appendicitis. Instead, surgeons discovered a large tumour.

Harley was shocked to learn it was bowel cancer.

“It was already quite big when they found it and I was 24 then.”

He learned the doctors never considered he might have bowel cancer because he was so young.

“It ran in my family too, the bowel cancer. They said to get

tested when I was 25, not 21.”

Ahead lay 12 months of chemotherapy. He was about to return to work as a painting apprentice when his health deteriorated. The cancer had spread.

“The doctor gave me three to five years at the start and it’s coming on four-and-a-half, so he’s pretty on.”

Harley admits it hasn’t been easy for partner, Sam, 26.

“I wish we had found out a bit earlier.

“Especially with the kids and

stuff, I thought I’d be around for way longer.”

Currently on morphine, Harley had been advised to try Cetuximab, a treatment for colorectal cancer tumours, which costs more than \$10,000 a month.

A friend’s mother started a Givealittle page to help fundraise for his treatment. So far, more than \$10,000 has been given by more than 120 people.

Harley is concerned for his family. “I just want them to be happy,” he said.

# YOUR PAPER, YOUR PLACE

## FROM THE EDITOR

Media vita in morte sumus - in the midst of life, we are in death. It's been a week of it. While we celebrate new arrivals and birthdays, we also mourn for losses. A colleague welcomed his first daughter on Thursday, another his first granddaughter Saturday. One of my reporters is setting off on maternity leave to welcome number three and there are another four impending arrivals within eyeshot of my desk. It's definitely the season for it, and it's very exciting.

However, we lost a colleague on Saturday night as well. A lovely man who has been in the business for more years than I care to think about. He left us all very suddenly, and his loss is felt around the company. He was far too young, it was far too sudden and it's taking a fair bit to get our heads around. Take your wins, take your losses, keep putting one foot in front of the other, and live a good life.

– Shannon.

to do list

**1. SINGAPORE AIRLINES CHRISTCHURCH DIWALI 2016**  
Saturday October 22, 3:00pm – 9:00pm, Horncastle Arena. Tickets \$10 at the door. Details and full programme from [diwalifestival.co.nz](http://diwalifestival.co.nz).

**2. TONY CHEN LIN - HOMETOWN PIANO RECITAL**  
Friday October 21, 8:00pm – 10:00pm, The Piano: Centre for Music and the Arts. Adults \$20, students \$10 at the door.

**3. FESTA 2016**  
Friday October 21 – Monday October 24, Christchurch central. For full details and programme of event see [festa.org.nz](http://festa.org.nz).

**4. RANGIORA (NORTHERN) A&P SHOW**  
Friday October 21 - Sunday October 23, Rangiora A&P Show Grounds. Tickets \$15 adult, \$5 child (Saturday). \$5 pp (Sunday).

**5. ROCKABILLY SHOW & SHINE BURGER CRUISE**  
Thursday October 27, 7pm - 10:30pm. New Brighton – Ferrymead. For full details and map route, check the Facebook page.

## Contact us

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# Battle looms in new liquor store bid

ANNA PRICE

An application for a bottle store in a building leased to Work and Income, Riccarton has run into vigorous opposition.

PM Liquors Ltd has applied to the District Licensing Committee to open The Liquor Shop, at 76 Riccarton Rd.

Riccarton Bush Kilmarnock Residents' Association chair Tony Simons said it beggared belief that another liquor outlet could be opened in an area not far from the troubled Riccarton Bus lounge, "a magnet for alcohol consumption evenings and weekends".

Its co-siting in the same building as Work and Income was extraordinary, he said.

"We don't believe the council would accept a liquor outlet next to a school, or place a casino next to Work and Income."

The application is also opposed by the Medical Officer of Health.

Police liquor licensing officer John Harris confirmed police would "definitely" look at its location at the Work and Income building.

Density of licensed premises, sensitive sites, community feeling and public objections were taken into account in any decision to oppose a liquor application.

"We think the location at Work and Income is probably relevant to make the decision whether or not to oppose," he said.

The deadline for public objections closed this week.

Residents contend that unlike other bottle stores, the location – between the Riccarton Rd bus route and Christchurch Boys' High School grounds and boarding hostels – was in easy walking distance from the school and close

to the Riccarton Bush residential area.

Despite the Christchurch City Council liquor ban, there appeared to be little or no policing, Simons said.

"Selling beer and spirits so close adds to the already serious social problems being played out

in the area. Residents are fed up cleaning up their streets and properties every Saturday and Sunday morning."

Residents argue that the application is at odds with the city's proposed Local Alcohol Policy that recommends maximum trading hours of 9am – 9pm for all

bottle stores and supermarkets.

The licence application seeks to operate 9am – 11pm seven days a week.

Opponents question its location in an area bristling with bars and other licensed premises.

Lovepreet Singh Minhas is a director of PM Liquors.

Tony Simons at the bottle store area in the building leased to Work and Income Riccarton

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# Legal at last thanks to Police and Sallys

MONIQUE STEELE

A mother and son caught breaching their learner licence driving conditions were given another shot at getting their restricted driver's licence.

Jacob Burton failed his restricted licence drivers test several times and could not afford to sit the test again.

"It just seemed easier to drive and avoid the police," Jacob said.

His mum Katrina Burton was normally driven by her husband, but when he passed away, she needed to drive her two-year-old. Like her son, Katrina also failed her \$86.60 restricted licence practical test several times and could not afford to re-sit it.

"I'd spent \$480 trying to get my licence by myself," she said. "It's just too expensive."

Police encouraged the pair to sign up to a Salvation Army and police-run driving education programme called Operation Graduate and avoid paying their fines.

A key part of the service was the community mentor driving programme based in Aranui, in which young learner drivers were paired with police officers for driving lessons.

Last week, half way through the 12-week programme, Katrina and Jacob sat their restricted licences and passed.

"I thought I would never get my licence, it's amazing," Katrina

Drivers Jacob Burton and mum Katrina Burton celebrate getting their restricted licences.

MONIQUE STEELE/FAIRFAX NZ

said. "I'm so grateful, and I'm proud of my son, and we're proud of each other."

The pair were among 18 Christchurch learner drivers to graduate the driving programme last Thursday, 10 of whom also celebrated passing their restricted.

Senior sergeant Kelly Larsen

said the programme tackled barriers for some young people passing their driving tests, including having no access to full licence drivers or a safe, registered car, lack of confidence and financial instability.

"It's about the bigger picture impacts for people, not just the

licence. It's about creating safe, responsible drivers... and getting these people across the line," Larsen said.

Programme coordinator Keran Tsering said the programme helped young drivers get their restricted, many of whom had been previously driving illegally.

"There's nothing like that day when they get that piece of paper," Tsering said.

"It's an opportunity to reinforce behaviours we want, rather than punish the behaviours we don't want," said officer and driving mentor Peter Evans.

## Pet Doctors launches

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# Breaking the jail cycle for prisoner's children

The Smiths are one of thousands of Kiwi families to receive help from families-of-prisoners

Councillor Raf Manji spoke at the breakfast of his time as a Pillars mentor. Eight years ago,

\*Manji's mentee is anonymous.

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“You can’t beat a local activity that’s heaps of fun and it’s free. It’s attracted a lot of

“It’s just focused on fun and fitness,” Fonotia said.

The trust will evaluate how well it goes and "someone might put up their hand to run the next one," Fonotia said.

# Mums Fast Fives full

A Fast Fives netball competition run by the Aranui Community Trust for young mothers and others is being hailed as “the coolest thing”.

Eight teams of up to ten players turn up at Aranui High School netball courts for the twilight competition, which opened on October 19.

The trust’s Kiwi Sport worker, Sheree Rangihuna-Ruru, came up with the idea.

Trust manager Rachael Fonotia said they wanted something for mums, grandmothers, aunts, daughters and nieces.

Sheree Rangihuna-Ruri, right, and Bobbie Campbell, both from Aranui Community Trust shoot hoops in training for the real deal which started last evening at Aranui High School basketball courts.

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# City remembers Hungarian Uprising

MICK WHITTLE

Zalan Kemeny is too young to remember the events that convulsed his home country exactly 60 years ago this Sunday.

But he is currently in Christchurch to help tell the stories of the '56ers' who escaped Communist Hungary and found refuge at the bottom of the world.

Kemeny is being sponsored by his government to spend six months in New Zealand to help support the Hungarian community and organise the 60th anniversary commemoration of the Hungarian Uprising, one of the pivotal events of the decades-long Cold War.

A commemoration on Sunday at the Hungarian Hall, Hardy St, New Brighton, will mark that defining moment with the unveiling of a 'Kopjafa' – a traditional wooden memorial pole – specially carved for the occasion.

Guests will include Christchurch Mayor Lianne Dalziel, the Hungarian Ambassador to New Zealand László Zsolt Szabó and the families of the refugees of 1956.

On October 23 1956, Hungarians rose up against their Communist rulers. But the hoped-for assistance from the West never arrived – instead, the Russian tanks rolled in.

In a few short weeks, the Uprising had been ruthlessly crushed, and 200,000 refugees had fled the country. One thousand of those ended up in New Zealand, with several hundred in Christchurch and around the South Island.

By Kemeny's account, the 1956

Zalan Kemeny in Christchurch for the 60th anniversary of the Hungarian Uprising with the symbol of the revolt, a holed Hungarian tricolour flag. ,

MICK WHITTLE

**“But the hoped-for assistance from the West never arrived - instead, the Russian tanks rolled in.”**

Zalan Kemeny

revolution began when the secret police killed protesters at peaceful mass demonstrations against Soviet rule. After a few days of fighting, an independent state of Hungary was declared.

Freedom lasted barely a week before Soviet tanks and troops counter-attacked. By November

11, with over 2000 dead and many more thousands captured, the Uprising was over. Hundreds of people were later executed, and discussion of the events was suppressed.

“For 33 years it was officially known as the ‘Anti-Revolution’,” Kemeny said.

The story will be told in a photographic exhibit and information..Also displayed will be the symbol of the short-lived Uprising - the red, white and green Hungarian flag with a hole where the hated Soviet Hammer and Sickle emblem had been removed.

# The ghost of Christmas past

TOBY SALLIS

The eve before a long good night has arrived for decoration outlet I Love Christmas, which is holding a closing down sale brought on by post-earthquake pressures.

Faced with high rents in the central city’s new buildings or the challenge of marketing from a different location in the suburbs each year, owner Sue Freeman has chosen to wind down the 10-year-old business.

In doing so, I Love Christmas joins the ranks of small businesses out-priced in a city awash with new construction but lacking an affordable commercial centre on which they can piggyback their trade.

“Prior to the earthquakes there was always some building that was empty that you could get a short-term lease on,” Freeman said.

“Now people would rather wait for long-term tenants. You don’t find the quirky little shop up High St or the boutique store down Victoria St.”

Jane Gregg, director of Life in Vacant Spaces, which aims to get entrepreneurs and artists back into central Christchurch, said the rents needed for developers to recoup construction costs were shutting many smaller operators out of the inner city.

It was a matter of concern widely recognised by planners but one for which no solution was on the horizon, she said.

“At the end of the day, it asks the land-owner to take a loss.

“We need to unlock that thinking about who’s coming to the city and who’s going to bring them in, and it’s going to

I Love Christmas is closing down due to challenges it’s faced getting suitable premises since the earthquakes.

STACY SQUIRES/FAIRFAX

be those little boutique shops.

“We’ll kind of lack the sparkle of a city that’s got different levels, or layers, of enterprise.”

Since the earthquakes, malls were expensive and picky about their tenants, Freeman said.

This year, the grand hurrah is being held at house she owns in Ilam. A showroom laden with all things sparkly and snowy has nine weeks to be cleared;

bring your haggling skills and a smile.

Luxury Christmas trees, little moving Santas, porcelain houses and arrays of lights and baubles create a facade of good cheer over a difficult time.

Come December 26, I Love Christmas will fade away for good, leaving a currently uncertain future for Freeman, who is taking the loss in her stride.

“All good things must come to an end,” she said.

## HARBOUR DREDGE

An application for resource consent to extend the existing shipping channel in Lyttelton Harbour will be publicly notified in a few weeks. Environment Canterbury confirmed it would act on a request by Lyttelton Port of Christchurch. The natural depth of the port is five to seven metres, but successive dredging over the years has created a shipping channel with a depth of 12.5m. The port company wants to lengthen the navigation channel by about 6.5 km, widen it by 20m and increase its depth by 5m to 6m for large vessels. The project represents a \$120 million investment in the port’s viability.

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# Time is ripe to open those seed packets



# Rangiora A&P Show celebrates 150 years

JONATHAN LEASK

The Rangiora Show celebrates 150 years with a special two-day event this weekend.

The fourth oldest show in the South Island, the Northern A&P Association is holding its 145th show on Saturday, and to celebrate the 150 years since the inaugural show in 1866 they are holding a special day of celebration on Sunday, both at the Rangiora Showgrounds.

To commemorate 150 years, sheep and equestrian events have been granted royal status from the Royal Agricultural Society this year, with winners to receive special medals.

“The sheep section has doubled in size because of it, and the horse section has over 2000 entries,” president Jeffrey Miles said.

With the size of equestrian entries, the events get underway a day earlier – from 8am on Friday – and will be all done before the grand parade at 2.30pm on Saturday.

Miles said that for 150 years the event has been bringing people together, farmers and townies alike.

“The area has had a lot of change to its outlay, from rural to residential but the interest in the show remains strong.

“All you need is an interest in one part of the show.”

**Northern A&P Association president Jeffery Miles getting ready for the 150-year celebration of the Rangiora Show.** PHOTO: JONATHAN LEASK/FAIRFAX NZ

There are plenty of parts to choose from.

Horse, cattle, and all manner of animals; sheep dog trials, shearing, wood chopping, flowers, home and craft, dancing.

Miles said that entries are up in most categories for the big occasion.

This years show will feature the Topp Twins, in some incarnation, as the special guests with two shows – 10.30am and 1.45pm – but the duo will also be found wandering the grounds, mingling with the crowds.

With the addition of Sunday’s Day of Celebration

this year, show secretary Debbie Cameron said the committee opted to drop the Friday night carnival – part of the festivities since 2004 – as running three days would have been “too much for a volunteer committee”.

With the business of the show dealt with, the Day of Celebration on Sunday will be a more relaxed family fun day with a vintage theme, featuring historic displays harking back to the shows of old.

The Westpac Rescue Helicopter will be touching down and joined by other emergency service staff.

Georgia Fusellier of Mt Pleasant School used Scratch coding and connected a Makey Makey kit which tranferred electrical currents to produce sounds for this guitar.

# Switched on learning

EDUCATION

About 120 children from Sumner Bays cluster schools grabbed the chance to expand their tech savvy at a two-day festival of technology.

The years 5-8 youngsters from Sumner, Redcliffs, Mt Pleasant, Heathcote Valley and Our Lady Star of the Sea schools were exposed to a range of technological concepts including coding, robotics, e-textiles and stop motion movie making last

week.

The 12 workshops were coordinated by teachers and two specialist organisations The Mindlab and Fablab. The idea was to encourage inquiring minds to explore the future of learning, as well as ease collaboration between a cluster of schools.

Our Lady Star of the Sea deputy principal Schira Withers, one of the organising committee, described it as ”leaping into the future through a portal

of collaboration”.

Two workshops were also held by year 9 students from St Andrew’s College and St Margaret’s College.

They created lessons using computer coding with Scratch and Makey Makey kits plus Bee Bots and taught year 3 and 4 children at two sessions a day.

They were told a sense of curiosity, creativity and persistence were among the 24 character strengths essential to creators of the future.

“Unlike many overseas operators, tours in New Zealand do not allow people to hold onto the dolphins, and nor should they.”

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# Conversations

## Learning to lose our learned fears

JOSHUA VAN BERKEL

Last weekend my son turned five.

So for three hours on Saturday morning our house became the backdrop for some sort of cross between Armageddon and Lord of the Flies as we facilitated (or attempted to) what my wife assured me would be “a small party”, but was what I can only describe as World War III perpetuated by terrorists thinly disguised as five-year-old boys.

If you haven’t hosted a party for a horde of five-year-old boys before, you’ll have no idea what I’m talking about, but if you have, I apologise for the PTSD you’re currently experiencing.

Once the clean up was finished and the dust had settled, and the nuclear fallout had reached safe levels, I was taking a well deserved rest in the sun when a balloon that I didn’t know was behind the couch popped.

It all sounds fairly innocuous, and in hindsight I don’t think it was any worse than a regular balloon popping, but to me, in that moment, it was the loudest noise I

had ever heard.

From a horizontal position I managed to simultaneously karate chop the air with both arms and legs and levitate completely off the couch. Let’s just say it’s a good thing there were no more terrorists around to hear my opinion on balloons and thoughts on some of their alternative uses.

Here’s an interesting fact – psychologists believe that we’re only born with two fears. The fear of falling, and the fear of loud noises.

I don’t care how brave you think you are, a balloon popping behind the couch will send anyone into minor cardiac arrest, and we’ve all had that horrible falling sensation just before we drift off to sleep. You know the one – when you’re probably the most relaxed you’ve ever been and then your brain short circuits and panics that you’re falling to your death.

That response to those two fears is hard wired into us – there’s nothing we can do to change it, or them. But every

other fear that exists, fear of public speaking, fear of flying, fear of open spaces, fear of closed spaces, fear of heights, fear of clowns, fear of peanut butter getting stuck to the roof of your mouth (google it – it’s real) – is a learned fear.

That means that whatever you’re afraid of that restricts you from something or limits your life experience. Unless it’s fear of

falling or loud noises it’s a *learned* fear. Somewhere, somehow, for some reason, you’ve learned to be afraid of that thing. That means, if you want to, you can unlearn that fear.

You can go on a journey to remove that fear from your psyche, and it doesn’t have to impact your life anymore. Getting to the root of a fear and then dealing with it appropriately is a

fairly involved process.

But for now I just wanted to place a thought in front of you. What are you afraid of? How is that limiting your life?

It doesn’t have to, if you don’t want it to.

### HAVE YOUR SAY

**Have your own opinions?**

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# Out & About

## Catching a great day

More than 6000 Cantabrians packed out the four children's fishing lakes at the Groynes on Sunday for the annual **Take A Kid Fishing** day on Sunday.

Isaac Holmes and his son Mylo, 3, caught a salmon.

RICHIE COSGROVE

The banks were packed as kids and their parents tried their luck at the Groynes.

RICHIE COSGROVE / FISH & GAME NZ

Four Year Old Violet Noone and her dad Patrick check out the first of two 6.5 pond rainbow trout Violet caught.

Standing room only at the annual Take a Kid Fishing day.

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Excludes Clearance Items.



# Plants grow and friendships bloom

KIM NUTBROWN

Following more than a year of propagating, planting, pruning and potting, the biennial Swannanoa Plant Sale is just two weeks away.

The event is a major fundraiser for Swannanoa School and alternates each year with the famous school fair.

Jo Dobson, co ordinator of the school's plant sale committee, said so much goes on behind the scenes leading up to this event.

"We are just a group of mums who meet once a week on a Thursday, sometimes for just a couple of hours, sometimes for a whole day depending on what needs to be done.

"Some people have come into this not knowing a thing about plants and have gained some great skills. It's also about catching up, making friendships and having some laughs."

Dobson said this year in particular is a little bitter-sweet.

"This is our seventh plant sale and some of the team, who have been here since the very first one, will be leaving as their last children finish up at the school this year. It will be really sad to see them go."

The plant sale, which is well known all over Canterbury, attracts thousands of people looking to bag a bargain.

"Last year we opened the gates

at 10am, but we had people queuing to get in from 9am with the queue several hundred metres long by the time the gates opened," Dobson said.

She said it's the quality of the plants as well as the variety and price which attracts people.

"We have more than 15,000

plants and 200 trees. We have hedging varieties, peonies, natives, perennials, vegetable plants and much more. All at great prices – too cheap, I'm told."

Dobson said most of the plants are sourced locally from cuttings and propagated by the plant committee for the sale. She said this

means they are hardened for local conditions.

"We have also had great support from a number of nurseries and landscape supply shops."

The money raised from the plant sale will go towards outdoor upgrades at Swannanoa School.

Members of the Swannanoa School Plant Sale team: Julie Tapp, Michelle Cowey, Nicky Jagger, Jo Dobson holding Peter Tapp, Kate Westwood, Yoko Suzuki.

KIM NUTBROWN

## THE SWANNANOA PLANT SALE

■ Sunday October 30, from 10 am to 1 pm.

■ Swannanoa School

■ Tram Road, Swannanoa.

■ See the Swannanoa Plant Sale Facebook page for full details.

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ADVERTISING FEATURE

# Pssst ... It's nearly Christmas!

Spring is in residence and there is so much talk now of Christmas being here before we know it.

If you are the super-organised type, then get into Frame n Copy if you are looking for a Christmas present with a difference.

Anne Williamson, the owner of Frame n Copy, says you will be delighted with the selection of personalised gift ideas that is available.

"We offer a large range of gift ideas, starting from just \$7 for a personalised key ring through to a canvas print starting from \$95," she says.

"Bring in a family photo, a child's drawing, or your favourite snapshot and we can make it into anything from a personalised calendar, key ring, jigsaw, t-shirt, mouse pad, cup, plate or poster.

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As well as offering a wide range of gift ideas, Frame n Copy is the place to go for all your printing requirements, at very

competitive prices.

"We do everything from designing and printing business cards, flyers, invitations and personalised cards right through to vehicle signage or private sale real estate," she says.

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"We are a friendly, efficient and competitively priced, one-stop print shop with plenty of parking right at the door," Anne says.

■ Frame n Copy is located at the corner of Keyes and Bowhill Roads in North Brighton and is open from 8.45am to 5pm Monday to Friday.

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ADVERTISING FEATURE

# Unlocking the secret to a good night's sleep

A top quality mattress and base is essential to help you get a good, restful night's sleep.

And that, in turn, can help re-energise you during your waking hours and create a new vitality that has perhaps been missing from your life.

Sleeping on the wrong mattress, or one that's simply old and past its best, can exacerbate problems such as a bad back.

Fortunately, Bedworld, at 242 Ferry Road, Christchurch, can draw on 20 years experience to find the bed that's right for you.

It is offering special deals on its extensive range of quality, Christchurch made, Sleepmaker Together Alone Montego range of mattresses.

This range offers Classic Pocket Spring technology which minimises partner disturbance as each individual coil reacts separately to pressure.

Made from Dunlop Foams which are produced in New Zealand they provide exceptional comfort and long lasting, durable support, says Bedworld manager Mark Elliott. Comfort Foam Edge support

**Bedworld's Sleepmaker Together Alone Montego range of mattresses will put you on track for a good night's sleep.**

eliminates the edge roll off and maximises the area in which you can sleep comfortably. Naturally Healthier Latex in the

quilting has natural anti-bacterial, anti-fungal properties and is close to the sleeping surface for maximum benefit.

Memory Foam conforms to the shape of your body providing pressure relief, support and aids natural spine alignment, Mark says.

The mattresses incorporate pure New Zealand luxurious wool that is warm in the winter and cool in the summer and is also flexible and resilient with high bounce back properties.

Mark says the mattresses provide a Breathable Sleep surface, using New Zealand-made Quiltex foam, providing exceptional comfort and long lasting, durable support.

The special offers extend from Sleepmaker's Montego Firm Double mattress at \$1499 (down from \$2449) and Sleepmaker's Double Firm mattress and base at \$1749, down from \$2999, to the Montego Plush Super King mattress and base priced at \$2899, reduced from \$4999.

Mark says the Montego range carry a 10 year warranty and 18 months interest free terms on purchases.

■ Visit Bedworld at 242 Ferry Rd, phone 03 377 8887 or visit the website [bedworld.co.nz](http://bedworld.co.nz) Bedworld is open 9am - 5.30pm Monday to Friday, and 10am - 4pm on weekends.

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ADVERTISING FEATURE

# Can't shop for presents? We don't buy it.

From now on - that is, on October 20 and during the days leading up to Christmas - the veil of stress enshrouds all of us who choose to delay our gift-shopping programme. Can't do it yet, we tell ourselves - and anyone else who pretends to be interested. Don't know what they want yet.

That, of course, is true - and we won't know either unless we take it upon ourselves to find out. Well, here's something we do know. This little pantomime was enacted last year, the year before that and, if memory chose to be co-operative, the year before that, too.

We also know the outcome, don't we? We charged through department stores looking wildly from shelf to shelf and from one trestle table to another, pleading with "something suitable" to reveal itself. And when "suitable" proved defiantly elusive, we snatched for anything that could be justified in the name of desperation and declared "it'll have to do."

So, OK folks, let's change the strategy this year. What do you say? Shall we start doing the thinking

tomorrow - that's right October 21 - and consider the recipients with love and with tenderness and with consideration, so that when they unwrap their present they will know we put thought into the selection of it.

Why not make a list of those to whom you are giving gifts and, beside each name, write down some of their known interests? With that in hand, it is easier to match them to an item when you see it in a store.

Time also gives you scope to do retail roving at your leisure instead of being entangled in that stress veil.

Another advantage of making an early start to the great shopping expedition is that many stores bring in new stock in anticipation of the high-demand Christmas celebration. The price of new goods is likely to be higher and many shops have sales to make space for their new acquisitions. If you are alert to the possibilities, here is where you cash in.

The "hallelujah" advantage, however, of shopping early is that you avoid the shopping crush that intensifies as every day passes in the Christmas lead-up.

Scottish piper Kyle Warren will be the chieftain for the Hororata Highland Games next month.

## Piping chieftan to judge new contest

### MUSIC

Kyle Warren, Chieftain for the Hororata Highland Games 2016, is something of a piping rock star. Born in Scotland, he emmigrated to Australia at the end of 2014. He has released two piping albums with KRL records and also toured worldwide with the Red Hot Chilli Pipers performing their unique mix of bagpipes and rock music.

Warren more recently recorded pipes on the Disney Pixar Oscar winning movie 'Brave'.

"I have been to many Highland Games around the world and am honoured to have been invited to be Chieftain at Hororata," Kyle said.

Warren has made a career out of piping and is one of the most sort after piping tutors around the world; currently teaching at the prestigious

Scotch College Melbourne.

Whilst Pipe Major of the National Youth Pipe Band of Scotland, he performed with some of the biggest names in traditional music such as Carlos Nunez, Brian McNeill and Donald Shaw. Warren won a Danny Kyle Award with TNT - "The New Tradition" at the International Celtic Connections festival in Glasgow; the Breton Championships with Bagad Cap Caval at the Lorient Festival in France, and competed with the world famous Grade 1 Strathclyde Police Pipe Band before joining Northern Ireland's Field Marshal Montgomery in 2011 where he was part of 17 major championship wins including four World Championships in a row.

"I believe this year the Hororata Highland Games has looked for ways to challenge and inspire the Pipe Bands. Being

that the event is the first in the New Zealand piping season, it is a great time for bands to branch out and try new initiatives," Warren said.

This year the Hororata Highland Games has introduced a new Quartet Band competition, in which groups of four musicians with bagpipes and other acoustic instruments perform.

"I will be judging the Quartets on tone, playing, presentation of performed piece, but above all else, the entertainment value of the performance. This competition will offer a different perspective to spectators on what can be performed with the bagpipes," Warren said.

Discounted early bird tickets for the Hororata Highland Games are on sale now. For more information and full programme visit [hororatahighlandgames.org.nz](http://hororatahighlandgames.org.nz)

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A A D

## Best writer in a million

### EDUCATION

A Rangi Ruru Girls' School student has whipped a million-odd entries in a prestigious writing competition to take out a gold medal in her section.

Mette van Pallandt was placed first in the year 10 category in the New Zealand University of New South Wales International Competitions and Assessments for Schools (ICAS) challenge which attracted 980,000 entries.

Some 514 students from Australia and 100 from New Zealand and the Pacific region were awarded medals for their "out-standing" achievement.

Mette's winning submission recounted a rather frightening and unconventional game of hide and seek, one that may make readers think twice about climbing into a wardrobe again.

Rangi Ruru's head of English Faculty Erin Fitzpatrick hailed the award as a noteworthy achievement for Mette and for

her school.

"To be placed first out of all year 10 participants from across New Zealand and the Pacific region is significant," Fitzpatrick said.

"The piece she wrote is so evocative that it places the reader right there with Sam in

that dark space, being hunted."

She said she was "totally absorbed" reading Mette's work.

Unable to attend the national awards ceremony at Te Papa, Wellington, Mette was presented with her gold medal in a school assembly last week.



# Top dogs head to Rakaia for nationals

ERIN TASKER

Dogs and their owners from around New Zealand will be put through their paces in Rakaia this weekend.

The town is set to host The New Zealand Dog Agility Championship, an annual event which rotates around five zones.

This year the event is organised by zone four, which covers from Ashburton to the very top of the South Island, with Rakaia chosen as the host town.

It has attracted dogs and their owners from around the country, and many are already there after deciding to make the most of the trip by tacking on another competition to their trip.

Many of those who will be vying for national honours were in action in Ashburton at the weekend, taking part in the Mid Canterbury Dog Training Club’s (MCDTC) Championship show.

There were 135 people, and 250 dogs, competing in the show at the Ashburton Showgrounds at the weekend, including many from the North Island who had come down early to take part in both shows.

MCDTC secretary Debbie Woods said 10 members of the Ashburton-based club would be competing, including Caroline Sinclair who had made the zone team.

Sinclair started with the club

“It’s all done on speed, so a dog doesn’t get extra points for looking good.”

Debbie Woods

in 2002, and will run her Huntaway X Beardie in Starters. Woods herself got a win in Ashburton.

“There was some really stiff competition and they are all pretty much on form and they’re peaking heading into next weekend, so it was a good competition to see where you were, going into the weekend,” Woods said.

She’s now excited about attending her first nationals this weekend.

“It’s all done on speed, so a dog doesn’t get extra points for looking good,” Woods said.

Competition will be fierce, and inter-zone rivalry is encouraged.

All up, more than 300 competitors are set to test their skills at the Rakaia Domain and between them they will put around 400 dogs of all shapes and sizes through their paces.

The nationals start on Friday morning, and run through to Monday lunchtime, with national honours up for grabs in various categories across the agility, jumpers, and flygility events.

Waihi Beach’s Tess Bayly and Quinn in the Ashburton championship show ahead of national champs. ERIN TASKER/FAIRFAX NZ

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The Unique Bowranda patio roof allows you to create another room outdoors.

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This is important as it provides protection from the sun without darkening the area, including the adjacent interior.

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ADVERTISING FEATURE

# Kendal Ave workshop puts drivers in the know

Helping turn the wheels of northwest Christchurch is the friendly team of Allan's Tyre and Auto, where a close involvement with the local community has for years helped residents both on and off the road.

Owners Mike Bell and Dirk Koster live just a short distance from their Kendal Ave workshop and are keen sponsors of the Burnside rugby and bowling clubs.

A team for more than 10 years, the pair brought an insider's knowledge of Mitsubishi vehicles to Allan's Tyre and Auto when in 2013 they left a leading dealership in the city to take over the Burnside operation.

Allan's Tyre and Auto is now Christchurch's only independent Mitsubishi specialist, offering hard-to-find skills and equipment for the Japanese brand on top of all the usual repairs and maintenance that cars and 4WDs require.

Conveniently located not far from the business hubs of Harewood and the airport, Allan's

Tyre and Auto is also a popular choice for companies seeking fleet servicing.

Dirk says a friendly and down-to-earth approach that emphasises honest, high-quality work has given the team many repeat customers. A strong local following is complemented by those in the know from other parts of the city, who travel to the workshop for services they can trust.

"Cambelts, water pumps, brakes, servicing – we do it all. Most of the time jobs can be completed the same day, and with servicing it's a half-day turnaround," Dirk says.

"With Christmas now less than 10 weeks away, it's definitely time to think about booking the car in for a check-up before heading off on a long drive anywhere."

A modern and clean workshop, quality-assured by the Motor Trade Association, is equipped with high-end diagnostic scanners to quickly identify any niggly faults for repair.

Tyres can be replaced on the spot from a wide assortment kept

on hand, or specific brands can be accessed overnight at a customer's request.

Free battery testing is available courtesy of the workshop's status as a recognised BatteryMart outlet, with replacements available for a wide range of vehicles.

For owners of Mitsubishi vehicles, a cross-town trip to Allan's Tyre and Auto is well worth it. A Mitsubishi factory scan tool held by the workshop can code immobiliser keys and keyless entry remotes, as well as detect underlying issues in a vehicle's computer system.

■ Phone Allan's Tyre and Auto on 03 358 9399, or visit allansauto.co.nz. The workshop at 164 Kendal Ave is open Monday to Friday 8am-5pm; Saturdays 8.30am-1pm.

**Allan's Tyre and Auto mechanics Dirk Koster, Mike Bell and Luke Cullen have a strong local following in the city's northwest, as well as with those seeking specialised services for Mitsubishi's.**

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# Lousy script derails so-so pot boiler

Rushed to the screen to capitalise on the success of Paula Hawkins’ 2015 source novel, *The Girl On The Train* appears to have been written on one, juddering to its destination faster than the speed of sense.

Tormented by the picture-perfect lives she glimpses during her morning commute – including her ex-husband Justin Theroux and his new wife Rebecca Ferguson – alcoholic Emily Blunt finds herself embroiled in a missing persons case when naughty nanny Haley Bennet goes missing.

Anonymously directed by Tate Taylor (*The Help*), *Girl* has problems from the off. Transplanted to New York from London, the milieu never really convinces.

The female characters, whether hot-mess, home-wrecker or hussy, are all pretty and sad; the males (including Luke Evans and Edgar Ramirez) brooding and blandly interchangeable.

It’s like an alternate universe *Friends*: “The One Where They Move To The Suburbs And Start Boofing Each Other”, perhaps. Although adapted by Erin Cressida Wilson, who wrote the excellent *Secretary*, the script is awful, with cloth-eared dialogue (“I could never find the words to describe how I felt when I read that email...” says Blunt, with some difficulty) and a fondness

for showing and telling us every tiny detail.

“I tend to smile when I’m nervous,” says Bennet, smiling nervously.

New mom Ferguson’s complaints about the trials of

farmers’ markets, meanwhile, will raise titters among all but the most cosseted viewers.

Entertainingly bad to begin with – think *Desperate Housewives* meets *50 Shades Of Grey* – it eventually settles down into the

kind of so-so pot boiler that employs someone else to boil the pots.

If you’re looking for an airplane read for the eyes, it might pass muster. If not, look away now. – *Matt Glasby*

## Review

The Girl on the Train (R16)  
Directed by Tate Taylor  
Starring Emily Blunt, Luke Evans, Rebecca Ferguson, Haley Bennett  
112 mins  
★★

Even the talented Emily Blunt can’t save *The Girl on the Train*.

START

## GRAND CHALLENGE TROPHY

### Sunday 30th October 9:30am

This multi challenge event includes Archery, Clay Shooting, Chipping and Ambrose golf using “8 inch” cups!

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Contact Dave Wilson: direct dial 03 281 7515

# Out & About

## Sunny fun in Selwyn

Rolleston's 150th anniversary and the 146th Ellesmere A&P Show were held in Selwyn at the weekend. **Helena O'Neill** captured some of the fun.

Hugh O'Neill, 1, of Burnham, enjoys an ice-cream in the sunshine at the 2016 Ellesmere A&P Show on Saturday.

Hayley Eden, 4, checks out a light operational vehicle (LOV) from Burnham.

Ruby Bain, 5, won best handler with her lamb, Rosie.

Deborah Gill-Smith with daughter Ruby, 7, and Astrid Sutherland.

Kit Johnson with champion huacaya alpaca Silverstream Ottoman.

# Out & About

## Good clean fun, right?

Muddy good fun for young and old was on the agenda at the Rakaia Domain on Sunday, when the annual Muddy Good Run took place. **Erin Tasker** was there too.

Rakaia's Muddy Good Run participants got down and dirty on Sunday.

Hope there's a washing machine in the phone box.

"I can't do a thing with it..."

Splashdown for a fast finish

I'm having a good time. Honest.

Early Years Cranford Street is a brand new, purpose-built centre, conveniently located in St Albans. The centre caters for children aged 3 months to 5 years old and offers 20 hours free childcare for 3-5 year olds. Children are provided with healthy, nutritious breakfasts along with morning and afternoon tea.

Come along to our centre Open Day, Friday 9th December from 9am-3pm. This is a great opportunity to meet Business Manager Juliette McKenzie and the centre's support staff and have a guided tour of the fantastic, state-of-the-art facilities.

Self-contained, age-specific libraries encourage and develop early literacy.

A separate area in the nursery allows infants to explore safely away from active toddlers. The centre also boasts a sensory room specially designed for babies.

The centre offers BestStart's unique *Be School Ready*<sup>™</sup> initiative. A dedicated prep-school room will support the initiative, ensuring that every child is prepared for school. The centre is located directly next to the local primary school, St Albans Primary, which is ideal to help with children's transition to school.

Professional Services Manager Megan Moore says, "Our *Be School Ready*<sup>™</sup> initiative allows children to be involved in an environment that is rich in

language, where children are encouraged to ask questions, to make sense of their surroundings, to play imaginatively and express themselves creatively. It helps them develop as natural, confident learners as they prepare for school."

A proud supporter of Plunket, Early Years Cranford Street will be in regular contact with their local Plunket clinic, with a shared objective of growing great New Zealand children.

137-139 Cranford Street, St Albans  
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[www.best-start.org](http://www.best-start.org)



# What's On

Get  
involved!

## OCTOBER 13-21

**Step Ahead:** annual art exhibition  
Eastside Gallery, corner of 388  
Worcester St and Stanmore Rd. Mon-  
Fri 11am-4pm, Sat-12 noon-  
3pm.Coincides with Mental Health  
Awareness week, provides a goal for  
trust members to work toward and  
an opportunity to recognise their  
skill and achievement. Inquiries via  
(03) 981 2881

## FRI OCTOBER 21

**Tony Lin, pianist:** At The Piano,  
Armagh St, 8pm. Door sales \$20 (\$10  
students) Hailed as “dazzling young  
pianist. Tony Chen Lin, University of  
Canterbury graduate, graduated  
with Distinction from Freiburg,  
where he studied under Andreas  
Immer, while taking part-time  
studies with Balázs Szokolay at the  
Liszt Academy in Budapest. 8pm  
Door sales \$20 \$10 students.

**Richard Greenaway's cemetery  
tours:** Heritage Week classics -  
Addington Public Cemetery, 402-418  
Selwyn St, 2pm-5pm. Meet east side  
of Selwyn St near Moorhouse Ave.  
Richard can be contacted on 03 260  
0923 or  
richatdlngreenaway@gmail.com  
**Laura Collins and the Back Porch  
Blues Band:** Iconic Bar, Iconic Bar,  
doors 8.30pm, show starts 9pm,  
tickets \$20 at the door. Collins move  
between ballsy blues and soulful  
ballads.

## OCTOBER 21-24

**Christchurch Big Band Festival:**  
International jazz trumpeter James  
Morrison will headline this festival at  
Labour Weekend at the Charles  
Luney Auditorium, St Margaret's  
College, 12 Winchester St, on Sunday,  
October 23. All Girl Big Band doing a  
Natalie Cole tribute, a ball,  
workshops, and free concerts at  
venues around the city, including  
the ReStart Mall and the Margaret  
Mahy playground. Tickets:  
bigbandfest.org.nz, Eventbrite or 027  
232 2912.

## SAT OCTOBER 22

**Fiona Pears and band:** in cabaret-  
style concert at Blue Smoke at the  
Tannery, 3 Garlands Rd, Woolston.  
Doors open 7.30pm, starts 8pm.  
Tickets \$35 via fionapears.com or by  
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**Holy Trinity Avonside Fair and  
Car Boot Sale:** 168 Stanmore Rd,  
9am - 12noon. Stalls, fun, cakes,  
books, trash and treasure, raffles,

## List your event

Email details of your event to  
shannon.beynon@  
fairfaxmedia.co.nz.  
Listings are free of charge and at the  
editor's discretion. Listings should be  
sent at least ten days prior to the  
event.

chocolate wheel, Devonshire Teas,  
sausage sizzle, second hand  
clothing, craft and cards. Inquiries,  
389-6948  
**Dahlia Tubers for sale:** Canterbury  
Dahlia Circle and Christchurch  
Chrysanthemum Circle: will be  
selling dahlia tubers and  
chrysanthemum plants at St Peters  
Churchyard, Church Corner, Upper  
Riccarton, 9am to 12 noon at \$4 each  
or three for \$10.

**The Big Band Festival Ball:** Dance  
the night away with eight big bands  
playing non-stop music from 7pm to  
midnight. Hornby Workingmen's  
Club. Tickets: \$40 single, \$70 double;  
students/seniors \$30/\$50;  
bigbandfest.org.nz, Eventbrite or 027  
232 2912.

**Richard Greenaway's cemetery  
tours:** Heritage Week classics -  
Upper Riccarton Anglican Cemetery,  
23 Yaldhurst Rd, 2pm-5pm. Richard  
can be contacted on 03 260 0923 or  
richatdlngreenaway@gmail.com

## SUN OCTOBER 23

**Rover SD1s:** 40th anniversary  
tribute display of Rover SD1s at  
Christ's College quadrangle,  
Rolleston Ave, 1am-3pm. Includes  
the European championship winning  
Bastos Vitesse. Organised by the  
Rover Car Club Canterbury Inc. Gold  
coin entry. For more information  
03/332 7500.

**James Morrison:** Hear the  
incomparable jazz trumpeter James  
Morrison with the Christchurch  
Symposium big band at the Big  
Band Festival's gala concert. The  
Christchurch Youth Jazz Orchestra  
will open the show with three  
numbers. Morrison will hold a Q&A  
workshop between 5.30pm and  
6.30pm, and there will be food  
trucks on site for those attending  
both the workshop and concert.  
Charles Luney Auditorium, St  
Margaret's College. Tickets: \$70/\$55;  
bigbandfest.org.nz, Eventbrite or 027  
232 2912

**Richard Greenaway's cemetery  
tours:** Heritage Week classics -

# Festa coming back to town

Christchurch's  
biggest and most  
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FESTA is a vibrant weekend  
celebration of urban creativity. This  
Labour Weekend, explore the  
displays which make the most of  
the means available to the creators.

Many of the beautiful  
installations are made from waste  
materials.

This year's theme at FESTA is  
“We Have the Means”, celebrating  
urban creativity and regeneration  
in the city. Creative displays  
transform vacant sites around the

Christchurch Art Gallery in a bold  
re-imagining of Christchurch.

This city will be packed with  
food, music, performance, markets,  
a wearable art parade for kids, a  
night market and much more.

Events include speaker sessions,  
dinner and dancing, and workshops  
through to city-making tours and  
the live-making of artworks.

Kids can get creative by making  
a costume from reused materials or  
at a Gap Filler-run workshop where  
they can help make colourful  
kinetic installation from upcycled  
paint cans.

The SuperWOW disco  
transforms the Dance-O-Mat in  
Gloucester St into a disco for one

night. PechaKucha Night is the  
closing event, featuring festival  
participants in its popular, catchy  
presentation style.

FESTA's headline event, Lean  
Means, a spectacular temporary  
city, explores the sustainable ways  
we could regenerate our city with a  
night of colour, light and people.

In an international collaboration  
involving Superuse Studios creative  
director Jos de Krieger and  
students from seven leading design  
and architecture schools from  
across Australasia, inner city spaces  
are transformed with imaginative  
installations fabricated from reused  
'waste' materials. Visit the FESTA  
website for more information.

## OCTOBER 25

**St Albans Art Society:** exhibition at  
South City Mall. More than 100 pain  
tings by a range of artists for sale at  
reasonable prices. Until October 30.  
**Theosophical Society:** 7.30 pm  
Chateau On The Park, The Solution  
to All Problems, a talk by society's  
international president Tim Boyd. All  
welcome. Free admission. Call 027  
222 4324.

Sydenham Public Cemetery, 1  
Simeon St 2pm-5pm. Meet at  
cemetery on Roker St. Richard can  
be contacted on 03 260 0923 or  
richatdlngreenaway@gmail.com

## MON OCTOBER 24

**Pineglades Naturist Club Visitors  
and Market Day:** Open Day at 135  
Brookside Road Rolleston on Labour  
Day from 11am to 4pm. Visit the  
grounds and facilities on the day  
with food and market stalls, bouncy  
castle and children's play ground,

and live Jazz music from 1pm. Use  
the spa, sauna, solar heated  
swimming pool, have a go at  
pétanque, mini-tennis, volley ball and  
tennisquits. No requirement to shed  
clothing to enjoy the day.  
Photography is prohibited.

**Richard Greenaway's cemetery  
tours:** Heritage Week classics -  
Linwood Public Cemetery, 31  
Butterfield Ave, 2pm-5pm. Richard  
can be contacted on 03 260 0923 or  
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Sheers\*

# What's On

## A burlesque fest

New Zealand's biggest burlesque event of the year is coming to Christchurch.

This Labour Weekend, there will be two days of burlesque, dance and acting-based fun.

A huge lineup of dazzling international burlesque superstars and New Zealand's top burlesque performers from across the country will perform, as well as some of Christchurch's favourites. Step into the feather and frivolity-filled world of titillating entertainment.

On Friday evening, the Neo & Noir Show embraces the weird, the wonderful and the deliciously dark.

A show full of innovation, creativity and crazy ideas, Neo & Noir celebrates artistic freedom with multitudes of modern twists to the art of burlesque.

A showcase packed to the brim with creative diversity and talent in dance, costuming and concepts.

On Saturday, the Glitz & Glam Show celebrates the fabulous glamour and sparkles in the art of classic style burlesque.

A night of breathtaking beauty, dynamic dancing and sensual sirens.

The tradition of burlesque is immensely creative and fabulously varied.

Glitz & Glam will be a captivating night revealing more than just skin.

Sunday's final event is Naked Girls Reading, the international phenomenon which has sold out shows from Chicago to Sydney - and it's finally reached New Zealand shores.

Christchurch Pride will hold an after party at Sixty6 on Peterborough on Sunday night.

General admission is \$60 per show, VIP tickets \$120, online at [rubyruin.com](#).

Contact Ruby on 027 RUINOUS for more information.

**THURS OCTOBER 27**  
**“The Little Drummer Boy” launch:** Marlene J Bennetts's new book “The Little Drummer Boy” launches at South Library in Beckenham at 10.30am this Thursday.

**OCTOBER 29 - 30**  
**Akaroa Classic Boat Regatta:** Devotees of older boats encompassing sail, power, oar and paddle will be gathering at Akaroa over this weekend to display and launch their craft to sail around the shores of Akaroa township. Judging covers criteria such as best restored, best replica, people's choice and furthest travelled.Event supported by the Akaroa Community. Judging and display will be held Saturday morning and sailing starts 2 pm.

**Rhonda Campbell art exhibition:** At The Classic Villa, Worcester Bvd, near Canterbury Museum (Pink Hotel). Music and dance scenes, people and landscapes. Rhonda's work sold internationally from her gallery which was in the Arts Centre until the earthquakes. SHe says” “ I

try to present joy in my work, with positive colours.” see [www.rhondacampbell.com](#)

**SUN OCTOBER 30**  
**Songs for Spring:** The St Albans Community Choir and the Christchurch Accordion Orchestra join together to bring you this neighbourhood concert of spring time music at 5pm at St Paul's Parish Centre, 1 Harewood Rd, Papanui. Entry by donation to local charity. Call Heather, 021-644-092.

**Thrill The World Christchurch 2016:** 11am Cathedral Sq. Join thousands around the world to celebrate Michael Jackson's talent by dancing simultaneously to “Thriller”/ Presented by Isaac Theatre Royal. This is more than just dancing to a six minute song. A global community project to break down barriers, connect with people of all religions, race, political and economic persuasions, to helping humanity, encourage environmental stewardship and encourage people to step up as leaders, visionaries, and creators.

Burlesque performer Memphis Mae will feature in the burlesque festival in Christchurch this Labour Weekend.

**THUR NOVEMBER 3**  
**A Rare Plantsman:** NZ Alpine Garden Society brings the curator of plant collections and the director of Outreach at the Denver Botanic Gardens, Panayoti Kelaidis. His talk is “The Hardy Gems of South Africa”. 8pm at the Philatelic Centre 67 Mandeville St Riccarton Christchurch. There will be a door charge of \$5. Supper is served at the end of the meeting.

**Spreydon Toastmasters open night:** Have a chat and ask questions over coffee and cookies, 7.30pm-9 pm at 270 Barrington St (Barrington Bowling Club rooms). Check out [www.spreydon.toastmasters.org.nz](#) or call Dani, 021 564 446 or Alex, 021 411 002.

**FRI NOVEMBER 4**  
**Easy listening:** evening for people with disabilities, carers, friends at Rangiora Baptist Church, 111 East Belt, Rangiora 7pm-9.45pm. Supper provided, spot prizes. Confirm number attending by October 21 for catering, to Paula 03/3138989 or

email to [nandpthackwell@slingshot.co.nz](mailto:nandpthackwell@slingshot.co.nz). \$5 at the door.

**Toi Te Karoro studio:** opens today 5:30-8pm, an exhibition of hand printed works and paintings from the studio and Thinking of Place print exchange at 115 New Brighton Mall. Bridget Allen, Helen Beconsall and Kim Lowe with prints by Deidre Copeland, Priscilla Cowie, Bing Dawe, Carol King, Jo Ogier, Gemma Syme, and more. Exhibition also runs Sat Nov 5, 11-6pm and Sun Nov 6, 11-4pm.

**SAT NOVEMBER 5**  
**St Faiths Church Annual Fair:** Church grounds, Hawke St, New Brighton10am - 2pm. Good family fun with stalls and attractions including white elephant, toys, books, sausage sizzle and refreshments, face painting, puppet show and kapa haka.

**SUN NOVEMBER 6**  
**Old Papanui:** Murray Williams will talk on his newly-published book “From Timber Town to City Suburb: an illustrated history of Papanui.” at St John's Hall, cnr Kingrove St/

Cotswold Ave at 2pm. \$3 entry. Organised by Family History Society of New Zealand

**Japanese music:** concert by Koyu-kai, The Piano Centre for Music and the Arts, 156 Armagh St, 2.30 - 4.30 pm. Koyu-kai is a group of local musicians who play Japanese instruments: koto (13-string zither and17-string zither) and sangen (three-string lute with large plectrum) and also flute. Celebrating 20th anniversary with program of hree traditional pieces, two contemporary pieces and slide show of a traditional Japanese folktale “The Grateful Crane” Hosts will be wearing Japanese kimono. Doors open 2pm.. Gold coin appreciated.

**Christchurch Folk Club:** award-winning Australian bluesman Lloyd Spiegel performs the burning hot blues at the club at The Irish Society Hall, 29 Domain Tce, Spreydon, 7.30pm Tickets \$20 non-members, \$15 members, on the door. High energy solo show.

**SAT NOVEMBER 12**  
**Turn of the Screw:** 8pm, Orange Studio, Ferrymead. NO Productions Theatre Collective presents one last performance of their acclaimed Victorian ghost story in Christchurch. Dark, intense and powerful, this unique adaptation of Henry James's classic story will immerse the audience into the world of a 19th century English manor house filled with mystery and eerie suspense. After a sold-out season at the Isaac Theatre Royal and on way to Oamaru Heritage Festival.

**FRI NOVEMBER 18**  
**Alpaca Social Club show:** Musos Craig Denham and Jon Sanders (of Beyondsemble fame) tour with celebrated diva, Caitlin Smith this November. 7.30pm Balcairn Hall in Balcairn North Canterbury, Tickets \$25 book at the Sefton Garage, Sally Mac's Amberley and Stan's 7 Day Pharmacy Rangiora.

**SUN NOVEMBER 20**  
**Gardens of Fernside:** fundraiser for Fernside School PTA. Nine summer gardens (wet or fine) 10am – 4pm. Pre-ordered gourmet lunch boxes (\$20) available to enjoy in a stunning garden setting with live music from Windsor Trio. Tickets \$20 from [gardensoffernside@gmail.com](mailto:gardensoffernside@gmail.com) Tickets on the day \$25, Fernside School.

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# Piano a perfect fit for Youth Orchestra

PATRICK SHEPHERD

**OUR PLACE. CHRISTCHURCH YOUTH ORCHESTRA.**  
■ Helen Renaud (conductor).  
■ Gemma Stewart (karanga),  
■ Zara Ballara (soprano) and  
■ Angus Simmons (baritone).  
■ 15 October, The Piano.

Well, that answers that question – does The Piano’s auditorium fit a symphony orchestra?  
The answer is a resounding “yes”. Admittedly, while the Christchurch Youth Orchestra is a full symphony orchestra, it isn’t a whoppingly large one and the acoustics suited it well.

The balance was generally good and even in a “crash-bang-wallop” piece like Gareth Farr’s Te Papa, the sound was full and rich but never overpowering.

Conductor Helen Renaud’s direction ensured cohesion throughout and was clear and unfussy. Renaud selected a good-sized programme with plenty of variation that showed off the different aspects of the group with separate works for strings and wind, and the addition of vocal soloists for the Farr.

Yes, there was the occasional reminder that these were not professional players but the overall impression was of high quality to a great depth within the ensemble.

Vocalists Gemma Stewart, Zara Ballara and Angus Simmons

did a wonderful job in the Farr, showing real commitment in the face of the orchestral onslaught that welled up behind them. It was inevitable that occasionally they would be obscured but the score almost invites that. The percussionists were on top form here.

If Te Papa was about the spectacle, then Mendelssohn’s

Hebrides Overture was about subtlety and nuance, which we got, and was great for highlighting the more delicate colours in the orchestra’s playing.

Britten’s Gloriana Symphonic Suite may not have been the audience favourite but it was my pick. This was the “test piece” of the night, Britten’s music sharing one of Mozart’s traits of being way

harder than it sounds. Coming at the end of the concert, this pushed the stamina.

The brass playing was very assured and Ashleigh Mowbray did an excellent job of the oboe solo in The Lute Song.

I loved the inclusion of Sibelius’ Romance for String Orchestra and Persichetti’s Divertimento for Band. The

strings are the nucleus of any orchestra and it was great to hear them on their own in this passionate and intense work.

The Divertimento showcased the woodwind, brass and percussion in a good mix of dances, marches and almost hummable melodies, with two well-taken solos from french horn and trumpet.

The Canterbury Youth Orchestra proved their mettle at the Piano last week.

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Anna Maksymova (piano) and Elisabeth Harris (mezzo-soprano).  
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# Elisabeth Harris lights up the stage

PATRICK SHEPHERD

OUTSTANDING YOUNG MUSICIANS

■ Presented by Concerts for Christchurch Foundation Trust.

■ Elisabeth Harris (mezzo-soprano) and Anna Maksymova (piano).

■ October 13, The Piano.

I remember hearing mezzo soprano Elisabeth Harris in 2013 when she was preparing to head off to Wellington to study and here we are, 3 years later, listening to this wonderful young

singer as she prepares to go to New York next year to continue her postgraduate studies. I was impressed by her back then and that has only grown with time and, although it is a well-worn cliché, she really does light up the stage.

The bit of theatre opening the concert worked well, singing at the back of the room and gradually coming down the stairs to the stage, not least because it utilised the magnificent acoustics in The Piano’s auditorium. This was an intelligent touch and in all her songs Harris was engaging and

animated, bringing something of the operatic role or textual story to her interpretation. The choices of repertoire were interesting as, for the most part, they were not the tried-and-true but ventured comfortably further afield.

Harris’ voice is tremendously rich right across her substantial range; it is as good and strong down low as it is up top and she moves between the two with consummate ease. The three operatic offerings by Bizet, Saint-Saëns and Gounod all shone, Bizet’s (L’amour est un oiseau rebelle) for its coquettish brilliance, Saint-

Saëns’ Amour! viens aider ma faiblesse! for its declamatory power and Gounod’s O ma lyre immortelle for the intensity of expression and knock-out final note. In her stage presence she is totally present and exudes energy.

The Britten songs were great choices, too, the sustained melody Cradle Song a nice foil for the quirkier Cabaret Songs later on. Finishing on Sexy Lady, a wonderful take on the lot of mezzos, Harris showed a self-deprecating humour that will serve her well in the music business!

Throughout Anna Maksymova

accompanied with treat sensitivity and there was noticeable chemistry between the two performers. Maksymova had some exacting stuff to cope with but she did an outstanding job supporting Harris.

TODAY’S CONCERT:

■ Five vocal students from the University of Canterbury under the tutelage of Zara Ballara with Iola Shelley, piano.

■ 1.10pm

■ The Piano, 156 Armagh Street.

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# North Canty river birds get safe havens

MATTHEW SALMONS

A conservation group hopes cleared islands in North Canterbury’s Ashley/Rakahuri river will help regenerate the area and conserve native bird species.

The Ashley/Rakahuri Rivercare Group (ARRG) put forward the proposal for eight shingle and stone islands in the river to Environment Canterbury’s Waimakariri Zone Committee (WZC) in May.

ARRG member Geoff Swailes said that the group “greatly appreciated” WZC’s involvement.

“After we approached them in May, ECan acted very quickly. We’re very grateful for it ... they facilitated the whole operation.”

Work was completed by the end of August using a digger to shift weeds and stones, while ARRG members assessed the area for the best locations.

The area where the islands were – an 18km stretch of riverbed – spanned from the confluence of the Okuku river to the SH1 bridge.

The islands were plain shingle and stone, which the birds preferred for nesting.

“It’s just a trial. Let’s do it, let’s do it for a year and let’s see what happens ... The ultimate goal is to regenerate the river from the mess that it’s in now,” Swailes said.

The group would monitor the

nesting sites until next year when it would provide a report to WZC.

The islands would allow nesting for ngutupare (wrybill), tuturiwhatu (banded dotterel), poaka (pied stilt), torea (oystercatcher), black fronted tern and black billed gulls.

Although ARRG had not seen any large scale nesting yet, some black fronted terns had been seen aggressively defending a potential nesting site and black billed gulls

had been seen scouting the location.

Previously, birds were forced to nest near the river’s banks due to weed cover on existing islands, which heightened the risks of flooding and predators, such as hedgehogs.

ARRG had been trapping the area for 15 years Swailes said, but the “explosive growth” of weeds on the water’s edge and in springs meant food sources for birds such

as the wrybill were scarce.

Swailes said weed growth on the water’s edge had led to around a 50 per cent drop in available food sources for some birds, as it prevented access to the small insects they fed on.

The Ashley-Rakahuri was fed by rainfall from the foothills and had relatively low flow rates, meaning weeds had more time to establish.

Swailes said some of the lupin

bushes on the islands had reached heights of six foot.

Four wheel driving was another major issue for the nesting birds.

ARRG and WZC had worked with the Canterbury 4WD Club to provide education and promote a ban between September and February, around the times when birds would be nesting on the islands. Signage had also been installed in the area.

Nick Ledgard (left), Courtney Hamblin and Andrew Arps inspecting a cleared islands’ birdlife. SUPPLIED

## Music from the 50s, 60s and 70s on 738AM



# NZ rodeo season starts this weekend

ERIN TASKER

Tom Plunkett’s just had a cast taken off his arm after breaking it when he was bucked off a horse at the Mt Isa Rodeo in Australia six weeks ago.

But he’s about to get another cast put on so that he can get back on a horse and do it all again at Labour weekend when the national rodeo season kicks off.

The Winchester Rodeo’s on Saturday, followed by the Methven Rodeo on Sunday, where Plunkett will be one of around 300 competitors from around the country taking part.

Plunkett is the Methven Rodeo president, and for the past five years he’s been a regular competitor on the national rodeo circuit, in the open bareback category. He loves it, even though it has led to a few injuries.

It takes a bit to keep him down. He’s had head injuries, broken arms and a broken foot, but in November last year he suffered his most horrific injury, and it had nothing to do with rodeo or horses.

“I took last year off because I blew my thumb off with a shotgun. I was shooting pigeons and the gun back fired,” Plunkett said.

It was his riding hand, and fortunately his thumb was saved and it’s pretty much back to what it was before, but if it hadn’t been Plunkett said he simply would

“If you go out thinking you’re going to get bucked off, chances are you will be.”

have changed riding hands. It wouldn’t have kept him away from the sport he loved.

The arm he broke six weeks ago was his free arm while riding, so it wouldn’t impact on his competing, but having the cast put back on would just give it some added protection in a fall.

Mt Isa was his first time riding since he represented New Zealand in Sydney last year, but he’d been keeping his fitness and technique up through the mechanical horse he has at home, on the Pudding Hill farm he leases.

“The fitter you are the faster you recover,” Plunkett said.

He said 80 per cent of a successful rodeo ride was mental.

“If you go out thinking you’re going to get bucked off, chances are you will be,” he said.

The horses Plunkett and his fellow bareback riders will be trying to stay on top of are already making themselves at home in a paddock next to the rodeo grounds. Every year they’re brought down from high country stations, and each of them has a name.

Methven Rodeo president Tom Plunkett with some of the horses brought down from the high country for the Labour Weekend event.

ERIN TASKER/FAIRFAX NZ

“They probably live the best life a horse could live. They come down from the stations for eight seconds’ work then they got back up to the stations,” Plunkett said.

Rodeos often came under fire from people who said their sport was animal cruelty, but Plunkett said the wellbeing of their animals was a priority.

He would be one of about 300 competitors from all over the country taking part in the Methven Rodeo across the different categories, including bareback, rope and tie, saddle bronc, bull riding, team roping and barrell racing.

“It’s a big weekend because all the cowboys from the North

Island fly down because there’s two in a row,” Plunkett said.

Methven’s rodeo starts at 1pm and the organising committee have worked hard to transform it into a family friendly event in recent years. There’s a glass ban and a no BYO rule.

“We want to put on a show that everyone will enjoy,” he said.

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# Your health

## Lowering your blood pressure

Is there a natural way to lower blood pressure? Thanks, Margaret.

Hi Margaret. High blood pressure is commonly lifestyle-related and for some people, lifestyle changes can have a positive impact. Weight loss, your consumption of alcohol (if applicable) can be a great place to start, along with how much caffeine you consume. Caffeine leads the body to make adrenalin, a stress hormone, and for some, an excessive amount can lead to high blood pressure.

A diet filled with plenty of vegetables and leafy greens can also make a difference. Studies have shown that drinking beetroot juice led to significant improvements in people with high blood pressure. Beetroots contain nitrates, which to help regulate blood pressure as well as provide better oxygen delivery to the tissues.

High blood pressure can also be a result of stress, so in addition to making more nourishing food

choices, addressing sources of stress and including stress-reducing practices in our daily or weekly routine can also be important.

Explore your perception of pressure and urgency – do you apply the same level to approaching your inbox as you do when you need to slam on the brakes in the car to avoid an accident? Have you made what you do each day full of pressure and urgency? If so, you might like to rethink your priorities and save it for when you really need it.

Meditation has also been shown to help with the regulation of stress-related high blood pressure. Try meditating early in the morning – perhaps before others in your household get up – as often this is the most peaceful time of the day.

The way you breathe has a powerful impact on your biochemistry, predominantly via your nervous system. One of the only ways that science has proven to disengage the body's stress

response is through diaphragmatic breathing so a daily breathing exercise can be highly beneficial. Focus on making your exhalation longer than your inhalation. You might like to place a hand on your belly to help you connect your breath to this area.

Other stress-relieving practices include tai chi, qi gong, restorative or gentle yoga practices. Investigating if you have sleep apnoea is also important as this too can be a cause of high blood pressure.

response is through diaphragmatic breathing so a daily breathing exercise can be highly beneficial. Focus on making your exhalation longer than your inhalation. You might like to place a hand on your belly to help you connect your breath to this area.

Other stress-relieving practices include tai chi, qi gong, restorative or gentle yoga practices. Investigating if you have sleep apnoea is also important as this too can be a cause of high blood pressure.

WITH AUTHOR AND NUTRITIONAL BIOCHEMIST DR LIBBY

### Ask Dr Libby

Email your questions for Dr Libby to ask.drlibby@fairfaxmedia.co.nz. Please note, only a selection of questions can be answered.

your GP thoroughly investigate her health and do some tests, including her blood pressure, as this too can impact thirst.

I have seen both low and high blood pressure promote thirst. She may need more minerals in her diet such as magnesium, potassium and/or sodium which are obtained from eating a wide variety of foods, particularly vegetables and fruit.

Two pieces of fruit a day is adequate and five servings of vegetables. Finding out via a visit to your GP if her thirst is excessive and if a medical condition is causing this however, is essential.

I Check out Dr Libby's new supplement range and learn how you can optimise your health through the power of plants by visiting [bioblends.co.nz](http://bioblends.co.nz). Dr Libby is a nutritional biochemist, best-selling author and speaker. The advice contained in this column is not intended to be a substitute for direct, personalised advice from a health professional.

### NEW ZEALAND CROSSWORD

1	2	3	4	5	6
7					
8				9	
10		11	12		13
		14			
15	16		17	18	
19	20		21	22	
23					

- Across
7. New Zealand's third largest national park, established 1964 (5,8)
8. Prosperous (4-2-2)
9. Export worth \$2.9 billion in 2014-15 (4)
10. Minimum number for a meeting to be valid (6)
12. Internal (6)
14. Appropriate (3)
15. Behind (nautical) (6)
17. Breathe out (6)
19. Deer (4)
21. Recurring British newspaper description of the haka (3,5)
23. Gives orders, runs things (5,3,5)
- Down
1. Method of scoring in softball and baseball (4,4)
2. Fisherman (6)
3. Shark species, and a former DB beer (4)
4. Facing (8)
5. World's most southerly active volcano (6)
6. Formerly (4)
11. Rugby team which won the National Provincial Championship in 1980 (8)
13. Fragile (8)
16. Swallow up (6)
18. 82km South Island walking track (6)
20. Blue-green colour; also a type of duck (4)
22. Stink (4)

### THE TOP 10

- Which islands were part of New Zealand until 1965?
- Who shot down 22 Allied aircraft in WW1 and was head of the Luftwaffe in WW2?
- British model Lesley Hornby was one of the first supermodels. Who was she better known as?
- Who was killed at Kealakakua Bay, Hawaii, in February 1779?
- Which was introduced from Britain in 1855 to control garden pests?
- Was Ford's first car the Model A or Model T?
- Which All Blacks prop played a strongman in the 1991 film *End of the Golden Weather*?
- Who was murdered in a Deadwood saloon in 1876?
- In Scrabble, which two letters are worth 10 points?
- Who plays the grumpy GP in *Doc Martin*?

#### NZ CROSSWORD

Across: 7. Mount Aspiring, 8. Well-to-do, 9. Beef, 10. Quorum, 12. Inside, 14. Apt, 15. Astern, 17. Exhale, 19. Stag, 21. War dance, 23. Calls the shots.  
Down: 1. Home runs, 2. Angler, 3. Mako, 4. Opposite, 5. Erebus, 6. Once, 11. Manawatu, 13. Delicate, 16. English, 18. Heaphy, 20. Teal, 22. Reek.

#### TOP 10

1. The Cooks, 2. Hermann Goering, 3. Twigg, 4. Captain James Cook, 5. Hedgehog, 6. Model A, 7. Steve McQueen, 8. Wild Bill Hickok, 9. Q and Z, 10. Martin Clunes.

### SUDOKU

Fill the grid so every row, column and every 3x3 box contains 1-9

### JUNIOR CROSSWORD

- Across
1. Sport team leaders (8)
7. Normal (5)
8. Joint above the foot (5)
9. Tried out (6)
10. The part along the end or side of something (4)
12. Charts (4)
14. A kind of short coat (6)
17. Cook in an oven (5)
18. Two times (5)
19. A breakfast food made from oatmeal (8)
- Down
1. A symbol on playing cards (5)
2. Tugged (6)
3. Absent (4)
4. Nude (5)
5. People buying things at shops (9)
6. Half of thirty-four (9)
11. Sampled by mouth (6)
13. A keyboard instrument (5)
15. A cutting tool (5)
16. A light in the sky (4)

#### SOLUTION

Across: 1. Captains, 7. Usual, 8. Ankle, 9. Tested, 10. Porridge, 12. Maps, 14. Jacket, 17. Roast, 18. Twice, 19. Edge, 21. Inside, 23. Exhale, 25. Calls the shots.  
Down: 1. Clubs, 2. Pulled, 3. Away, 4. Naked, 5. Customers, 6. Seventeen, 11. Tasted, 13. Piano, 15. Knife, 16. Star.

# Cigs v Vapes v Fresh Air

**ROB STOCK**  
MONEY MATTERS  
rob.stock@fairfaxmedia.co.nz

In just two years Nell Rice saved \$5000 by switching from smoking conventional cigarettes to vaping. Vaping is the term used for puffing away on e-cigarettes, which aren't cigarettes at all. They are electronic devices that deliver nicotine in a vapour.

There's no smoke with e-cigarettes, so vapers aren't exposed to the toxins that cause 95 per cent of smoking-related diseases.

Vaping offers big health gains, but most people I know who've quit smoking were motivated to by money.

There is nothing like a fag-addiction to burn your way through cash.

Imagine adding \$2500 a year to your KiwiSaver account instead of smoking it!

Of course, if you aren't going to die before your time from

smoking-induced cancer, you'll need a decent retirement nest-egg.

Rice works for Cosmic, the country's largest e-cigarette retailer, so she's clearly biased in

**GOLDEN RULES**  
■ Smoking is a waste of money  
■ Smokers prosper by becoming vapers  
■ Vapers prosper by quitting vaping

favour of the product.

Having read Public Health England's report on e-cigarettes, I now share her belief that converting New Zealand's 600,000-odd smokers to vapers would be good for both their health, and their wallets.

I asked Rice to help me cost out the savings that can be made by switching from smoking to vaping. Making the switch requires a capital investment.

The "bare minimum" start up cost is \$45 for the cheapest e-cigarette device, which includes a battery, charger, and a bottle of e-liquid. That's the cost of a couple of packets of low-end fags.

It's not everybody's ideal set-up, says Rice, but it's a start. A better e-cigarette device can be bought in a month or so using the money saved by not having to buy cigarettes any more.

A \$160-a-month "light" (two packs a week) smoking habit, can be replaced by a roughly \$38-a-month vaping habit, Rice estimates.

A "moderate" (four packs a

These pretty little bottles are e-liquids. The numbers tell you how much nicotine they contain.

CHRIS SKELTON/FAIRFAX NZ

**"Imagine adding \$2500 a year to your KiwiSaver account instead of smoking it!"**

week) \$320-a-month smoking habit, can be replaced by a \$102-a-month vaping habit.

Heavy smokers are likely to need larger, more robust e-cigarettes, and their initial capital investment will be higher.

Yearly savings, on Rice's estimates, would go from \$1500 for light smokers, to \$5000 for heavy smokers.

E-cigarettes don't appeal to everyone, but New Zealand may soon see "heat not burn" tobacco devices, which, I am told, are closer in taste to smoking.

They are the baby of Big Tobacco, but they do seem to be a lot healthier than conventional cigarettes.

I called Countdown to see if it plans to stock e-cigarettes and e-liquid when they become fully legal, hopefully later this year. It

wouldn't tell me, but it could hardly carry on selling fags and not offer e-cigarettes and e-liquids, could it? Supermarkets stocking e-ciggies and e-juice would really send them mainstream.

But while smokers can save by becoming vapers, vapers can save by stopping vaping, switching first from nicotine-heavy e-liquids to nicotine-light ones, and finally to nicotine-free e-liquids.

Then they can bin their e-cigarettes because vaping is a waste of money. Fresh air is better. And it's free.

There's definitely something special about experiencing the beauty of New Zealand by restored diesel engine, reliving the great days of rail travel. The Press Annual Readers' Rail Tour heads north in 2017, and you're invited.

rt , a s , packed with historic places, superb food, and sights ulgent wine tasting. The 13-day trip takes us as far ay down to our capital city, Wellington.

e I spend two nights in Auckland before heading north by chartered train to Waitangi. The historic home o the nation plays host to us for three nights before ad south, following the main trunk line thro e amazing Raurimu Spiral, a major feat of eering. We have two nights relaxin Chateau Tongariro which o o he volc nic forest, bef finishi p e g .

e escorted ni lo ill be fu newspaper jour t s f News.

8 A  
\$5, er s  
en

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# Community cookbook

NADIA LIM IN ASSOCIATION WITH MY FOOD BAG

## Fish cakes with a Thai twist

Thai green  
curry fish  
cakes with  
coconut  
jasmine  
rice.

These tasty fish cakes can be formed ahead of time then simply stored in the fridge until ready to be cooked.

### THAI GREEN CURRY FISH CAKES WITH COCONUT JASMINE RICE

**Coconut Jasmine Rice**  
1 cup jasmine rice  
¼ cup coconut milk  
¾ cup water  
¼ teaspoon salt  
**Thai Green Curry Fish  
Cakes**  
300g skinless, boneless, white  
fish fillets  
1½ teaspoons Thai green curry  
paste (store-bought)  
1 kaffir lime leaf, tough central  
stem removed and thinly sliced  
1 teaspoon fish sauce  
2 teaspoons sweet chilli sauce  
1 egg  
¼ cup panko breadcrumbs  
40g green beans, ends trimmed  
and very thinly sliced

Each week  
Nadia gives  
you another  
easy recipe for  
your family and  
you'll find all the  
ingredients in  
**My Food Bag.**  
**myfoodbag.co.nz**

**Greens**  
110g green beans  
150g mung bean sprouts  
2 tablespoons roughly chopped  
coriander leaves and stalks  
**Dressing**  
¼ – ½ chilli, finely sliced  
(optional)  
2 teaspoons finely grated  
ginger  
1 clove garlic, minced  
Juice of 1 lemon

2 teaspoons soy sauce  
1½ tablespoons sweet chilli  
sauce  
1 tablespoon sesame oil  
½ teaspoon fish sauce  
To serve: 1 tablespoon  
coriander leaves  
Combine all coconut rice  
ingredients in a pot and bring to  
the boil. As soon as it boils, stir  
and cover with a tight-fitting lid  
and reduce to lowest heat to cook  
for 15 minutes. Turn off heat and  
leave to steam, still covered, for a  
further 10 minutes. Do not lift lid

during cooking. Pat fish dry with  
paper towels and remove any  
remaining scales or bones. Finely  
dice fish until it resembles a fine  
mince. Place minced fish and all  
remaining Thai green curry fish  
cake ingredients in a bowl and  
mix to combine. Using a ¼ cup  
measure, scoop out mixture and  
shape into patty-shaped cakes.  
Heat a drizzle of oil in a fry-pan  
on low-medium heat. Cook fish  
cakes for 2-3 minutes each side  
until golden and just cooked  
through. While patties are

cooking, trim ends off remaining  
green beans then slice thinly on  
an angle.  
Add beans to a bowl with mung  
bean sprouts and first measure of  
coriander, toss to combine.  
In a small bowl, whisk all  
dressing ingredients until  
combined.  
To serve, spoon ¾ cup cooked  
coconut jasmine rice onto each  
plate and top with two Thai green  
curry fish cakes and greens.  
Spoon over dressing and garnish  
with remaining coriander leaves.



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>> Deadlines Proof required: 12noon Friday | No proof (CSC set): 9am Wednesday

# Community Notices

>>> For registered charitable trusts, free entry events where any monies gained go back into a community project, community meetings where entry is free. \$14.13 plus gst for up to 50 words, \$21.42 plus gst for 51-100 words. Prepayment is required. NO AGMs, sports notices, or church notices.

## Community Notices

### A Apple Mac, Ipad or Iphone for Seniors

SeniorNet Mac - Open Day every Friday 9.30am - 12 noon at 190 Worcester St. Provides tuition day or night for Users of the above, Ph Allan 352-4950 for details.

### A new business starting up, or does your business have problems?

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### A Small Business?

Are you looking to become self-employed or grow your business? Just Dollars is a charitable trust that provides small business loans up to \$10,000 (unsecured to \$4,000). For more information contact Carolynn Hull; ph 940-9409 or txt 027-210-0676, www.justdollars.org.nz

### Cats Unloved can help with the cost of getting your cat desexed.

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### Christchurch Young Widowed Group

Welcome widowed men and women of all ages up to mid 60's. We offer support and friendship, with regular dinners, walks, etc. New members welcome. Please phone Janice 981-7753 or Pauline 383-1632.

### Country Showcase

Sunday 23rd Oct, 1.30pm, Hornby Club, Westview Lounge. Artists include: Reg McTaggart, Cameron Walsh, Ivan Burkin, Ross Arthur and many others. Entry \$6. Great band, raffles, dancing and fun. Supports Country Music on Air. Everybody welcome.

### Kiwi Family Trust Presents- Empowering Positive Change

5 Day Programme Christchurch: Do you have dreams or goals? Are you happy right now? Want to improve communication at home or in the workplace? Get empowered with Kiwi Family Trust. Date: 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> November and 8<sup>th</sup> and 9<sup>th</sup> November 2016. Time: 8.30am sharp to 5.00pm. Venue: 420 St Asaph Street, Christchurch. Enrol today online www.kiwifeamilytrust.org or call Bella toll-free on 0508543375.

### Pure Meditation Foundation Open Day Saturday

Pure Meditation Foundation reduces stress, brings inner peace and improves concentration. All welcome to my open day Saturday, 22 October 10am-12.30pm at 701 Barbadoes St (top end by Warrington St). See, hear and ask questions about Pure Meditation Foundation – which only takes an hour and a half to learn and a few minutes stillness practice daily. More: email martinwcooney@gmail.com or (03) 980-2124.

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Nominations for the selection of the National Party Candidate for the Waimakariri Electorate at the 2017 General Election will open from Monday 24th October 2016 and will be received from National Party members by National Party Headquarters up to midday, Monday 7th November 2016 when nominations close. Nomination forms and details regarding procedures may be obtained from:

Viki Moore  
NZ National Party,  
L1, 8 Bealey Avenue, Christchurch  
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# New firm boosts EQC claims

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“NO WIN NO FEE!”

Homeowners concerned their properties have had repair costs low-balled by the Earthquake Commission can now draw support from a new company with expert industry backing, which aims to get homes "over cap" and moving forward in the repair process.

Calm Management Ltd launched in September with a view to reassessing properties where owners believe EQC costings are inadequate to restore homes to "as new" condition - a requirement laid out in an April 2016 court ruling.

Using construction guidelines rather than estimates that would get homes back to only their "pre-existing" condition immediately before the earthquakes, Calm Management can help show repair costs to be above previous estimates.

The company's first success was getting a Wainoni property owned by Bridget Biss over the EQC limit of \$100,000, which moves a claim on to a private insurer.

Initial assessments had put the cost of damage at \$67,000. Calm Management showed repairs would likely run over \$260,000.

Bridget says the result was a huge relief.

"I've fought a hopeless battle alone for almost six years while my family home

**Sheralee Kingi visits a home in Wainoni for which Calm Management Ltd successfully lobbied EQC to accept a higher repair bill.**

rotted," she says. "Two weeks with Calm and it was over."

Initial assessments are free, and if the company believes a claim should be over the EQC cap, services are provided on a "no win, no fee" basis.

Advocacy work and detailed reports for properties likely to remain under cap are also available.

For over-cap claims, a set fee of \$5000 plus GST is applied rather than a percentage of the total claim.

The set fee eliminates any incentive for claims to be exaggerated - something Calm Management co-owner Sheralee Kingi says can slow the settlement process, create ill will with insurers and raise

owners' hopes unrealistically.

"We're not aiming to hit EQC over the head. If anything, it's to make it easier for them. We can say, 'Look, here's one that's slipped through the net.'"

In cases where re-levelling is required, costs can often shoot over the \$100,000 mark, Sheralee says.

If repairs are not made within construction guidelines of "as new", homeowners might have difficulty accessing full insurance in the future, which could impact on sale prices, she adds.

To discuss a claim, phone Calm Management Ltd on 03 338 6445. Visit [calmgt.co.nz](http://calmgt.co.nz) for more information.

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"I pride myself on doing it once and doing it right," Kevin says.

"We do not take short cuts."

His experience removes the risk associated with DIY projects. After 25 years as a painter he has dealt with pretty much every problem that the job can throw at him.

Added to that he has about 15 years experience as a plasterer and during the last there or four years has extended his repertoire again to include tiling.

Along with his team of painters and decorators he offers several services including interior and exterior painting, wallpapering, plastering and tiling.

"Our tiling service includes kitchens, bathrooms, laundries, splashbacks and entranceways."

Kevin says preparation is the key component to getting a job done properly.

"So many earthquake repair jobs where I've been called in to put things right the paint is all peeling off.

"We clean kitchens, bathrooms, ceilings and so on first before we put any paint

Painter and decorator Kevin Steel has a simple recipe for success, "Do it once and do it right."

on. If you paint over dirt it will soon flake off."

He is happy to take on a range of different jobs but specialises in houses, apartments, and the like, anything from a brand new houses to a single room in an existing home.

"From new homes to renovations and repaints, we can take care of it all," he says.

"We do a good quality job and clean up properly afterwards.

"We make sure that all furniture and floors are adequately covered, to ensure a clean job."

Kevin is available Monday to Friday, 7.30am to 4.30pm, though he sometimes works longer to ensure a task is completed on time.

He offers a free visit and quotation service and has full liability insurance.

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# Ellesmere Speedway’s redevelopment

HELENA O’NEILL

It’s been a mammoth undertaking, but Ellesmere Speedway is looking better than ever.

Over the past 14 months, the track owned and operated by the Ellesmere Motor Racing Club has been completely overhauled.

Ellesmere Motor Racing Club secretary Bridget Roxburgh said the redevelopment project started in June last year.

“It’s cost us about \$200,000 but it’s easily a multi-million dollar redevelopment because all the labour was voluntary.”

She said the club gratefully received some grants and help from many businesses and individuals to get the upgrade done.

“We had fantastic support from the New Zealand Community Trust and Pub Charity, and we started off with \$75,000 ourselves.”

The redevelopment was a huge volunteer effort, with thousands of hours of work carried out by dedicated people. The clay track is 400m long and 22m wide, and thousands of cubic metres of soil was needed to pack down the track and build up its surroundings including the spectator bank. Half of the slab partitions are from the former

Timaru Speedway, which gave the club an incentive to get started on the project.

The old control tower was pulled down and a new one completed by September.

“The club has been here for 30 years, this has been a huge project for us. A labour of love though.”

Club president Rob Roxburgh said it was an amazing feat to see the project come together.

“The most incredible result of it all was that the club to date has not spent a cent on any labour involved in this project.”

The mammoth undertaking has exhausted the club’s funds and its members are keen to get underway with a new season. Drivers tested out the new track on September 25, with the honour of being the first driver to hit the new wall going to Jamie Duff.

The new track will open this Sunday with the start of a new racing season. The meet will feature V8 modifieds, modified sprints, sprint cars, six-cylinder sprints, six shooters, TQs, midgets, 1/4 midgets, production saloons, and motocross.

Gates open at noon with racing set to start at 1pm. If postponed, the opening race day will be held on Monday, October 24. Entry is \$15 for adults, \$10 for Gold Card holders, 15 and under free.

Ellesmere Motor Racing Club committee member Jeremy Lambie checks out the recently redeveloped track.

The thrills and spills of racing at Woodford Glen Speedway.

## Big season gets underway at Woodford Glen Speedway

SPEEDWAY

Woodford Glen Speedway returns for another season this Saturday, starting with the annual opening night event.

The opening night features the Moller Young New Zealand Trophy Challenge with all eight

grades racing from 7pm. Woodford Glen promises another summer of speedway thrills and spills to entertain the whole family.

Fans can look forward to the annual favourites, such as the Fireworks Extravaganza (October 28), Boxing Day Ramps Race

Derby and Battle of the Stocks (March 18). There will also be the Mainland Stockcar Teams Champs (November 12), War of the Wings (November 26), South Island Modified Champs (January 21), South Island Super Saloon Championship (February 11) and Modified Invasion (March 25).

V8 fans are in for a real treat on January 7 when the high horse-powered, methanol burning V8 Modified’s hit town for the 2017 New Zealand Grand Prix, featuring the best of the best drivers from all over New Zealand. It’s set to be another action season in the dirt.

Tickets for each race night can be purchased at the gate on the night from 4pm or be pre-purchased at the AmPro Tools Woodford Glen Shop on the corner of North Avon Road and North Parade near The Palms shopping centre.

# Etheredge eyes up cup with Sth Canty

JONATHAN LEASK

A two-hour trek to training every Thursday has been a small price to pay for the chance at Heartland Championship glory. Former Kaiapoi turned Christchurch flanker Matt Etheredge answered a late call up to play for South Canterbury in this year’s Heartland Championship.

“I got a phone call late in the piece after their usual seven made himself unavailable. It’s good footy and I’m really enjoying it,” Etheredge said.

Christchurch teammates Kieran Coll, Nick Annear, Cam Bailey, and Etheredge car pool down each Thursday, along with Linwood’s Zac Southen and Kalavini Leatigaga.

“We’ve now got to take two cars down but it’s a good bunch.”

After seeing off fierce rivals Mid Canterbury 14-0 to claim the Hanan Shield, South Canterbury sealed a home semi-final against Buller. With prop Sam Cottam in the Mid Canterbury line up, there were five players from the Christchurch club in action, while Mid Canterbury also featured Jared Percival (HSOB) and Troy Mangan (New Brighton).

South Canterbury have lost just once, against perennial defending champions Wanganui 32-30 in week two, which was the 29-year-old Etheredge’s debut.

“We should have beaten them

up there, and to be honest I am more worried about getting past Buller this week.”

South Canterbury made it to the final last year, only to lose to Wanganui at home. If they see off Buller they should get the chance to return the favour – with Wanganui hosting Wairarapa

Bush in the other semi-final.

“I had to watch the first game against Buller as I was waiting on my clearance. “I’m classed as a returning overseas player, and have been registered at Harlequins, which makes me eligible for the Heartland XV.”

A Meads Cup win and Heart-

land XV selection would cap a big year for Etheredge, who started a new business venture with partner, Tactix netballer Gemma Hazeldine, opening Pita Pit in Rangiora. The pair will start a bigger venture next year, expecting their first born in March.

Etheredge played 80-odd games

for Kaiapoi before shifting into Christchurch in 2011, but a possible return to Kaiapoi is on the cards next year.

“Anything is possible at this stage. There is a lot happening out here for me and I would always love to; it’s just whether the time is right,” Etheredge said.

Mathew Etheredge on the thrage for South Canterbury in the Heartland Championship.

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# Quad bike best heading to Amberley

JONATHAN LEASK

New Zealand’s quad bike elite will converge in Amberley for the biggest event on their calendar next weekend.

The 2016 New Zealand ATV (all terrain vehicle) Motocross Championships are to be held near Amberley this weekend, with organisers hoping to avoid the unpleasant racing conditions that struck the nationals last year in Taranaki.

The weather in 2015 forced the event to be abbreviated as the riders were enveloped in choking dust on day one and then had to contend with clinging mud on day two, although this certainly helped sort the men from the boys.

“The nationals are always exciting, always a big challenge for the riders. They always put on a great show down there and it’ll be a fantastic weekend,” Motorcycling New Zealand ATV commissioner Jono Keegan said.

Keegan’s two sons, Scott and Camo, will be expected to take centre stage regardless of what conditions are to be faced. The brothers finished first and second overall last season, but they’re aware they can taking nothing for granted this time around.

Several local riders are expected to be among the many leading title contenders at Amberley, not least of all multi-national

**“The nationals are always exciting, always a big challenge for the riders.”**

Jono Keegan

champion Ian Ffitch, who will want to de-throne Scott Keegan.

The Keegan’s, Ffitch and North Canterbury rider Angus Parish crossed the Tasman last week to take on the Australian’s at the Australian ATV MX Championship.

Camo finished fifth and Scott sixth in the premiere open class. Parish, who holds both the North and South Island titles in his the 250 Production class, will be a favourite to take out the national title on his home track.

While much of the focus at the nationals will go on the premier grade, the open class racing is also expected to be intense. Races are also scheduled for the juniors, women and mini quad riders.

Christchurch’s Greg Graham and Gary Doig should feature in the veterans’ class, while Christchurch’s Abby Holliday is one of the leading female racers.

The venue is on Lawcocks Rd, Amberley, and will be signposted from the main road. Spectator entry is free and racing both days will begin at about 10am.

Angus Parish will be a contender in the 250cc class at the National ATV Championships.

PHOTO: SHOT FROM THE HEART



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170w x 230h x 170d mm.  
00269209  
**\$49<sup>86</sup>**

18V  
Combo Kit  
Drill driver &  
impact driver.  
00287764

**\$198**

30m Soaker Hose  
03120862

**\$19<sup>98</sup>**

40L Compost  
00850115  
**\$4<sup>98</sup>**

**TROOPERS**  
Workboots  
Brown or black.  
Sizes 7-12.  
00287998  
**\$55**

3.6V Cordless Hedge/Grass Trimmer  
100mm hedge trimmer blade.  
03380843

**\$64<sup>95</sup>**

Easycoat  
Ceiling  
Flat. White.  
01540486  
**\$89**

Resin Chair  
Various colours.  
03191123  
**\$1195**