

Christchurch's largest circulating community newspaper

Aerial view of the New Brighton pier and foreshore. INSET: Alan Cockburn.

PHOTO: IAIN MCGREGOR/FAIRFAXNZ

‘High-handed’ council flayed

ANNA PRICE

New Brighton identity Alan Cockburn has come out swinging against the city council’s “high-handed” attitude toward the battling coastal suburb declaring “snobbery is alive and well in Christchurch”.
The retired businessman has quit as chairman of the Pier, Foreshore and Promotion Society, disillusioned by an “all talk, no action” council.
“The city appears to have a condescending and pretentious attitude toward what school you attended or the suburb in which you live. It is my belief that this

prejudice has for many years been allowed to creep unchecked into the halls of power within our own city council.
“We are without a doubt being treated like second-rate residents of our own city and I make no apology for saying so.”
St Andrew’s College-educated Cockburn said with eastside mayor Lianne Dalziel and a new council, came renewed hope.
“We all thought that we would at least be treated fairly,” he said.
“As this community well knows, this has not been the case. Nothing has changed.”
However, Development Christchurch chief executive Rob Hall

said the council specifically emphasised the importance of New Brighton to the regeneration of the city, as had Regenerate Christchurch. With commercial partners, revitalisation projects were being “explored” to ensure New Brighton’s regeneration was a success.
Hall said New Brighton’s regeneration as an attractive, bustling destination was a priority for his organisation.
“Right now, we are working closely with the New Brighton community to evaluate a number of regeneration projects and activities.
“We also acknowledge the need

to take action and ensure we achieve some tangible results.”
Cockburn said he had heard it all before. After years in the business arena and local organisations, he had lost count of the meetings and “endless forums” and working groups he had attended.
“I have seen plan after plan for rejuvenation of our foreshore and suburb but as we all know, very few of these have ever come to fruition.
“I believe it was always a ploy by council staff over the years to appease residents then conveniently lose the reports – never to be seen again,” he said.

He poured scorn on council’s “talking heads who never had any intention to bring any project for the enhancement of New Brighton to fulfilment”.
“It is a game the council plays with expert precision to keep the lid on their ultimate goal – to walk away from their obligations to New Brighton,” Cockburn said.
“The earthquakes have given them the ideal environment to enact their prejudices.”
Cockburn cited the New Brighton bridge – “just a two bob patch-up job” – and the hasty demolition of QEII Park, stripping the insurance for a new complex across the city, as cases in point.

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YOUR PAPER, YOUR PLACE

FROM THE EDITOR

The horrific events in Orlando this week have once again brought gun violence to the fore. I was astonished to read, however, that there has been almost one mass shooting per day since the start of 2013. A mass shooting is defined as indiscriminate killing in a public place involving four, or more, victims, not including the perpetrator. We have been so numbed to violence – particularly gun violence – that we are somehow not outraged unless the toll is immense. There has also been an outpouring of love and support for and from the LGBT community – a community which has increasingly been open and honest about love. That a kiss between two men reportedly spurred this incredible hatred is tragic beyond words. Why are we so inured to slaughter, yet shy away in disgust from honest affection? My heart hurts for the loss of so many brave, honest and beautiful souls. And for the life of a young man who, quite simply, failed as a human being.

– Shannon

to do list

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1. GREAT TO BE BACK

Great Hall open days . Saturday and Sunday, June 18 and 19 , 10am – 4pm. The Arts Centre Great Hall, corner Worcester Blvd and Rolleston Ave. Entrance from Worcester Blvd.

2. CHAMPIONS

The Champions documentary fundraiser. Sunday, June 26, 2 pm, Christchurch Art Gallery Auditorium. \$15 adults and \$8 children, includes one raffle ticket. Details and tickets from workshops@balanceddog.co.nz; ph 354 0298

3. FLASH FICTION

National Flash Fiction Day Christchurch, Wednesday June 22 , 6 – 8pm, Space Academy, 371 St Asaph Street, Christchurch. Free entry.

4. MUSIC MENTORS

Darren Pickering Jazz Quartet, Friday June 17, 1.10pm St Augustine's Cashmere \$10/5 door donation,

5. BE INSPIRED

Amy and Lara's Baby Watoto Fundraising Dinner, Monday June 27, 7pm, Fendalton Community Hall (Auditorium. \$20 per person.

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Life with the rich and famous

Former Palm Springs-based celebrity chef Gwen James-Young knows how it feels to be woken at 3am by Frank Sinatra ordering his favourite breakfast, a 46 minute flight away in Las Vegas.

Gwen, who now lives in Christchurch with her husband Ian, launches her readable memoir *A Life Well Lived* at a function in the New Brighton Bowling Club, Hawke St tomorrow night.

It brims with insights into the rich and powerful.

Sinatra was one of them. “He would call me from Las Vegas and say ‘I am bringing a plane full of people back. You have my key so go around and set up and have things ready’, and he would tell me what he wanted so I would get out of my warm bed and it was all on.

“Frank wanted eggs benedict. He liked pancakes, muffins and the usual bacon too.

“Frank was wonderful, very friendly, very generous – he gave me cheque for \$1000 for doing the breakfast and said the food was delicious. He told me it could be worth a lot more later with his signature.” She cashed it.

Gwen said Sinatra was into scale model trains with a trainline tracking halfway up a wall.

Gwen’s adventure began after an American couple who enjoyed her bed and breakfast in Whitianga invited her on a road

trip around North America. She loved the lifestyle.

In a serendipitous turn of events, she started her career cooking for high ranking diplomats, the Annenbergs, on the sprawling 200-acre estate in Rancho Mirage, Palm Springs.

They would regularly host President Ronald Reagan and wife Nancy (“he was a pussycat,” Gwen said of him) and the British royal family.

“Frank [Sinatra] was wonderful, very friendly, very generous.”

Gwen James-Young
celebrity chef

“You don’t panic when you get to that stage. Mrs Annenberg was a perfectionist, everything had to be perfect.

“In Springs, you were held in high regard, but there was no room for mistake. If you made a mess of one dinner you would never work again in that area.”

Gwen was later hired by 20th Century Fox owners and oil magnates Walter and Barbara Davis, who would host lavish dinner parties.

Gwen’s book will be available from all good bookstores.

“Life’s a ball,” she said, and her memoir proves it.

Gwen Young-James, celebrity chef to presidents, ambassadors, and the glitterati launches her book, *A Life Well Live*, at the New Brighton Bowling Club, Hawke St on Friday night, 5-9pm.

SNOW BUNNIES FLY IN

Australian skiers are taking advantage of 300 extra winter flights into Christchurch with more than ten Canterbury ski fields at their disposal. A 13 per cent increase in flights and seats direct to Christchurch from Sydney, Melbourne and Brisbane is helping meet the demands of the ski season. Christchurch Airport chief aeronautical, commercial officer Justin Watson, said Mt Hutt’s world-class facilities, proximity to Christchurch and free skiing for kids was appealing to Australians.

CHAINS ESSENTIAL

Motorists are warned to carry chains from now till the end of August – and know how to use them – when travelling the alpine passes. New Zealand Transport Agency regional journey manager Lee Wright said parts of the southern state highways could be treacherous through winter. These included Arthurs Pass (SH 73) and Lewis Pass (SH 7) the Haast Pass (SH 6) and Lindis/Burkes Pass (SH8).

SCIRT GETS TOP AWARD

(SCIRT) has won a prestigious award for restoring the landmark Bridge of Remembrance to its former glory. It came first equal in the 2016 Canterbury Heritage Awards (public art realm: Saved and Restored Award) – for its Memorial Arch project.

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Mates go in to bat for ailing police officer

JOEL INESON

A team of police officers will take on a celebrity squad in a cricket match, the latest fundraiser for their colleague Richard Ryan, who has been diagnosed with terminal cancer.

People who know Ryan showed the impact the senior sergeant with the New Zealand police has on their lives, rallying to raise more than \$30,000 for his family in a matter of weeks following his diagnosis.

Now, former Black Caps Chris Harris, Scott Styris and Chris Martin will join Crusaders Mitchell Drummond and David Havili in a team to take on some of Ryan's colleagues – all to continue the fundraising efforts.

Glenn Dawson, the event's organiser, had worked with Ryan

and said cricket was something his colleague enjoyed and had been a big part of his life.

"He played U18 and U20 for Northern Districts and his brother-in-law is Gareth Hopkins so I know he likes his cricket. It's a pretty tragic time he's going through, him and his family, so we're all just trying to band together and do what we can for him."

Dawson said he and Ryan had played on the same Christchurch team that faced-off against other police teams around the country about 5 years ago and won.

"Christchurch are currently the New Zealand Police national champs, with about half-a-dozen people in the New Zealand team which take on the Aussies every two years."

So it was fitting that the cel-

ebrity team, most of whom personally knew Ryan, would \ take on the police and help how they could, Dawson said.

Gareth Hopkins, Warren Wisneski, Brad Doody and Aaron Reekers would help make up the team.

The public were encouraged to join in on the action, where signed team shirts, including that from Brendon McCullum's last test, would be auctioned off.

"This is a pretty impressive line up and I doubt you will ever see these players on the same pitch ever again."

■ The match is being held at 4pm on Sunday, June 19 at Howzat Indoor Sports, 4 Matipo St, Riccarton. Entry is by a gold coin donation. More information can be found on Facebook page: Celebrity Indoor Cricket Match.

Richard Ryan with his wife and four daughters.

Support takes off as toy library reopens

MONIQUE STEELE

The Opawa St Martins Plunket Toy Library has returned to its pre-earthquake home in Sandwich Street in Beckenham.

Around 70 people celebrated the official reopening of the toy library on Saturday morning with a family barbecue event.

"It was awesome . . .

"It's good to be back," said co-president Martyn Wooster.

The building at 65 Sandwich Street was damaged in the 2010 and 2011 earthquakes.

In 2013, the Christchurch City Council's decision to demolish the building was halted by the Spreydon Heathcote Community Board.

"The board thought we were worth battling for," Wooster said.

"We kept believing that if we could move back into our community the memberships would start to climb again."

Martyn Wooster
Opawa St Martins Plunket Toy Library co-president

Spreydon Heathcote Community Board chair Karolin Potter said Wooster and his committee had been "keeping on keeping on" over the five years in five different locations.

"A toy library is a fantastic thing.

"I think they're a great resource," she said.

The toy library offered a range of toys and learning resources for children aged 0-10 years-old.

"We kept believing that if we could move back into our community the memberships would start to climb again . . .

"Since we moved back in April, our memberships have jumped to 200 already," Wooster said.

"It's been really encouraging being back in our community in this great facility."

Kate Wooster, 5, cut the ribbon to mark the Opawa St Martins Toy Library reopening on Saturday.

PHOTO: SUPPLIED

Altrusa marks 50 years

Fifty years of Altrusa's service in the Christchurch community was celebrated on Saturday.

Altrusa International of Christchurch marked their 50 year anniversary with a lunch at Eliza's Manor Boutique Hotel, attended by 40 members and fellow Altrusans from around the country.

Altrusa District Fifteen president Pam Hayes congratulated members on their hard work and service to Christchurch.

"You gave up your leisure time to serve your community."

The first two meetings of the Christchurch club were held in May 1966, with the inaugural dinner in June. It was chartered three years later.

Charter president Terri Woolmore-Goodwin, of Waiheke Island, fondly recalled the creation of the club in 1966.

She said the club held meetings in various locations in the first few years, and its first project was to raise 50 pounds to buy a modified typewriter for a quadriplegic young woman.

The club gives grants to community group and projects, an annual scholarship to Ara Institute, and supports other community initiatives.

Altrusa stands for amity, loyalty, talent, reciprocity, unity, service, and achievement. It is an international non-profit organisation making communities better through leadership, partnership, and service.

Altrusa International of Christchurch charter president Terri Woolmore-Goodwin and club president Margaret Simpson cut a cake to celebrate 50 years on Saturday.

PHOTO: HELENA O'NEILL/FAIRFAX NZ

Lydia Constable, 7, enjoyed a free sausage from Christchurch City Council's Grace Arohanui, on barbecue duties at the Opawa St Martins Toy Library reopening on Saturday.

PHOTO: SUPPLIED



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Where can I get more information?

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Cost worries end sculpture plan

ANNA PRICE

The plug has been pulled on a luminous landmark wave sculpture for New Brighton – a striking memorial to great Hawaiian Duke Kahanamoku who embodied the spirit of aloha.

However cost escalations and new construction requirements made it too difficult to continue.

The sculpture, commissioned by the Pier and Foreshore Society, was to have been unveiled at a beach event in February 2015 with a strong Hawaiian flavour to mark the centenary of surfing the legend's 1915 visit.

Chairman Alan Cockburn said there were too many uncertainties in the project.

"With realistic possibilities of big cost over-runs, the organisation was forced to abandon the project and return unspent funds to the sponsors," he said.

Award-winning sculptor Bon Suter experimented with fibre optics to create translucent light along the crest replicating the sparkle of a Hawaiian wave, and trialled safety glass. The 8-metre long, 2.5m tall barrel wave rolling in from the left, Hawaiian-style, was to be illuminated by night, its ferro-concrete and silica structure highly polished for a shimmering marble-like surface.

Cockburn said it was disappointing to have to tell Suter the project wouldn't go ahead.

"She did great work progressing the sculpture and put in so much work in behind the scenes," he said.

Suter said she was saddened. "I

Sculptor Bon Suter with a small scale model of the big barrel wave which was to have been sited on the New Brighton foreshore.

wanted to do something spectacular for New Brighton because of my passion for the area."

She said she was indebted to the many experts who had been gathered together to complete "this incredible project to honour Duke."

"I'd gone to Hawaii to meet all the dignitaries and had been

shown around and really drank in the essence of who Duke really was – a fantastic man.

"Many here worked for nothing and others worked for half price to see the project go ahead. I was weeks away from getting it together. I didn't want to compromise it by doing something smaller or less majestic.

"Alan wished he could stand inside it so I took that as a brief for the size and the balance of the wave. It would have sparkled day and night."

Pier and Foreshore vice president Tim Sintes said the concept was brilliant but uncertainties around ultimate costs and requirements were too great.

Blaze no bar to learning

The acting head of Opawa's historic Risingholme homestead says last week's suspicious blaze will not affect its adult learning activities.

Acting director Raewyn Cooke said that since the quakes, operations had been run from temporary headquarters in neighbouring Hawford Rd and four high schools including Shirley Boys' High, Riccarton High, Christchurch Girls' High and Hornby High with around 150-170 classes every term across all sites.

"We have not been significantly affected," she said.

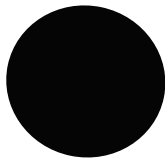
Cooke, director of the centre for 20 years followed by a ten year hiatus and now interim head, first learned of the fire from a colleague.

"I was a bit stunned. It was late at night, it didn't seem real," she said.

"Risingholme has certainly been a large part of my working life. I'm deeply sad. I'm also aware of the significance the place has for the community."

Returning to work on Monday, just hours after a second fire erupted in the roof, she was thankful for the strong support of students, staff and the community.

The category two historic building in Cholmondeley Ave was built in 1864 and became the Risingholme Community Centre in 1944.



Big response to reading for fun night

Thousands of readers engaged in the first nationwide book night last month, organised by Book Discussion Scheme (BDS), a non-profit organisation that promotes reading.

Anyone in New Zealand who read any material, from books in hardcopy or online to audiobooks, for 15 minutes could register on the BDS website by sending messages or pictures of their participation on book night, 24 th May.

The webpage tracked a total of 1163 participants, involving 6 schools and 5 libraries by midnight. About 200 more joined over the course of the following week.

BDS book night organiser Megan Blakie was surprised by the turnout. “It was exciting, watching that counter go up . . . When it went to a thousand I rang my mum,” Blakie said.

The event was created to promote reading for fun.

Book group convenor Judith Paulin and her members had a glass of wine and listened to Valley Stompers Dixieland Jazz Band, a band they stumbled upon in their retirement village in Whitby Lakes before commencing their half-an-hour silent reading.

About 60 students and parents from Rāwhiti School took part in the book night in pyjamas. Like a treasure hunt, the primary school students found clues in the school’s deliberately dimmed library extension using torches. The clues led them to read books and reading was further reinforced in a book quiz later.

BDS book night organiser Megan Blakie was surprised and excited by the high turnout.
PHOTO: ALEX LIM/FAIRFAX NZ

Alarm at QEII land swap plan

Fears the city council may “bend” to a proposal by its bosses to do a land swap at QEII Park for “undisclosed decommissioned schools” rather than sell the block have been raised by longtime park advocate Linda Stewart ahead of today’s council decision.

Mayor Lianne Dalziel’s and chief executive Karleen Edwards’ proposal was outside the hearing panel’s terms of reference and would override the community’s wishes to return sale proceeds to the land, she said.

The Ministry of Education had already allocated \$8 million to buy the block which is already marked for post-quake Shirley Boys and Avonside Girls’ high schools.

Stewart, a Burwood Pegasus Community Board member commended the

hearing panel’s recommendation to sell 11.5 hectares of the 50ha QEII land.

“These are all good calls,” she said.

The board this year requested that funds be marked to future-proof pool capacity with the prospect of several thousand students using the planned pool.

“Land has already been set aside within the pool’s building footprint to meet potential growth,” she said.

“A second pool will be crucial to meet the needs of youth, surf clubs’ and adults’ deep water activities, for those in the north and eastern sides of the city.”

Linda Stewart battling for a fair deal at QEII Park urges communities with strong connections with the park to take on “guardianship” of QEII Park.

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Northern power "super highway" complete

The completion of the \$60m Northern Loop Cable is critical to providing the region with a cost-effective and resilient power supply. Orion marked the completion of the project, one of the biggest projects undertaken by the electricity network company, on Friday.

Chief executive Rob Jamieson said the project is key to Orion's post-quake repair and resilience programme, and vital to customers across the region.

The project has been five years

in the making and effectively began just days after the February 2011 earthquake with the installation of temporary overhead lines from the Bromley substation to restore power to the communities in New Brighton, Bromley and Dallington; with those lines in place until they could be replaced as part of this project.

The project hasn't just been one of restoration, it has also ensured Orion can keep up with demand as the region grows.

The loop involved laying a 38km circuit of 66kV cable, the construction of the Rawhiti substation to replace the damaged Pages Road substation, the enhancement of the McFaddens and Dallington substations together with a new substation on Waimakariri Road near the airport.

The cable was laid in 900m sections at a time.

"It's a bit like having built a super highway solely dedicated to the distribution of power."

Orion staff completing a 66KV cable pull from Papanui substation to the Waimakariri Substation.

2016 Attitude Awards

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**Watch the Attitude Awards
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Masterful storytelling by Hoetjes

Musical Mentors presented by Concerts for Christchurch Foundation Trust.

Anna Hoetjes (soprano) and Chris Archer (piano). 10 June, St Augustine's Church, Cashmere. Reviewed by Patrick Shepherd.

This was a highly polished, well-prepared and professional recital from young soprano Anna Hoetjes. She was ably and sensitively supported by her accompanist Chris Archer in a programme loosely linked around the theme of the various manifestations of love, blending the familiar with the not so familiar.

I enjoyed each song, including the well-earned encore that, for its sheer virtuosity and difficulty, probably deserved inclusion in the programme itself. It was a tour de force of singing styles, genres and musical quotations that lit up the stage.

As to my favourites, it's hard to go past Poulenc and Les chemins de l'amour is a little beauty and sung like this, something very lovely indeed. Poignant and so typically French, Hoetjes captured the mood of this song splendidly and, as with the other songs in French, English and Czech, diction was spot on. In a similar stylistic vein, Paladilhe's Psyche opened the concert and I loved that it was deceptively simple and charming and that's how the performers treated it.

Liszt's Oh, quands je d'ors allowed for more passion and full-blooded delivery, with Hoetjes making the most of the rich, soaring lines both here and in Puccini's La Rondine. The shifting emotions and control in Dvořák's Song to the Moon were well judged as was the sense of longing in Catalani's Ebben, ne andro lontana. The Liszt and the two Dvořák songs also gave Archer the opportunity to play a more prominent role and he did a fine job as well as realising the reduced orchestral textures in the Puccini and Bernstein's Somewhere.

Singing is only part of what a singer does, bringing the character to life and telling the story also playing a huge part in any successful performance.

Hoetjes did this admirably in all her interpretations but I felt in Charpentier's Depuis le jour, she really showed the warmth and excitement of first love perfectly with her engaging tone, facial expression and meaningful gestures.

Certainly Anna Hoetjes is one to watch and I look forward to hearing her again.

Anna Hoetjes is one to watch.

**MEAT WEEK
ON NOW!**

Ends Sunday 19 June

Backyard banter

Volunteers keep country’s wheels turning

The vital contribution of 1.2 million volunteers will be recognised and celebrated during National Volunteer Week from June 19-25.

The annual event is also a time to promote volunteer opportunities and encourage people from all walks of life to get involved with whatever is going on in their communities.

Check out organisations in your neighbourly.co.nz community or make a post offering your time if you’re keen to give volunteering a go.

There are many incredible volunteer organisations in New Zealand but here are a few that may have escaped your notice – and might just be in your own backyard:

1. Community Patrols NZ. A community patrol is a voluntary group helping take responsibility within its own area to help the police make their suburbs safer to live and work in. Local groups are often affiliated with Community Patrols of New Zealand. Community patrollers act as the

‘eyes and ears’ for police. Volunteers patrol their communities in pairs, taking note of anything that could be suspicious and informing police immediately of incidents requiring urgent attention. Patrollers usually hit the streets once a month.

2. Newcomers Network. Anyone settling into a new country will have a few immediate concerns to contend with. These include finding a home, a job and schools for their children. Beyond these initial needs are ongoing challenges such as making new friends, understanding the language, and familiarising themselves with the different customs of their newly adopted country. This is why the Newcomers Network was established. Some branches operate as part of the services provided by other organisations,

Volunteers band together to tidy up a waterway - can you spare a couple of hours week to help?

such as a multicultural council. But all networks use the services of volunteers. Examples of events regularly hosted for newcomers include walking groups and coffee meetings.

3. Bellyful. Bellyful was organised around the idea that community members can offer support to new families or those who are facing a serious or terminal illness. Having someone

pop around with a couple of cooked meals can provide some practical support in all of these situations. Volunteers get together to cook and freeze the meals, which are then delivered to needy families.

4. Hospice NZ. We are probably most aware of volunteers who help hospice with its street appeals, serving meals or working in the organisation’s

retail shops. But did you know that many local hospices are seeking trained biography volunteers to spend time with patients – listening, recording, and discussing aspects of their lives. Interviews recorded by the volunteers are transcribed and given to the patients as bound books or in a digital format.

5. Forest and Bird. Volunteers for Forest and Bird are involved in planting trees and plants, pest control, making submissions to local government, and a host of other activities. This is one organisation that is bound to have a presence in your neighbourhood.

Neighbourly is a NZ-owned social media site creating easy ways for neighbours to talk and connect. Join us at **neighbourly.co.nz** or download our new iPhone and Android apps.

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Conversations

“And yet they still won’t ban or restrict gun ownership. God help the world if Trump becomes President because I fear it’ll only get worse if he does.

GET IN TOUCH ONLINE

“It is one of the worst atrocities committed against LGBT people in the Western world for generations, and it has to be called out as such.

A time to reflect, a time to unite

ONLINE CHATTER

OLIVIA COOK

Safe places are no longer safe after such a venomous act took place in Orlando.

Not only is this a time of tragedy, but also a time to reflect. Change must happen. Not only is it yet another reason added to the long list of why stricter gun laws should be employed, but it is a hate crime against the LGBT+ community. And this sole act clearly conveys how deadly it is to be yourself.

How unsafe can we be forced to feel?

Although many will use this time to ostracise communities across the globe, I implore everyone to stick together.

We all share this planet, yet attempts to segregate are so common, they make the individual feel powerless.

Power comes in numbers, which is why it is so crucial that we unite to make positive

changes. Changes that can allow the world to progress.

I am unsure what else it could possibly take for gun laws in the US to be reformed. It was so easy for the shooter to walk into a gun store and buy some guns without even being questioned, how is that safe? It is a huge reminder of how easy it is for someone to legally obtain such deadly weapons and to commit sickening acts.

Thorough federal background checks should also be employed.

Stricter gun laws have proven

to be effective in Australia and New Zealand, showing that between 1991 and 2001, firearm-related fatalities in Australia declined 47% after their buy back scheme between 1996 and 1997. If we do not learn from this, if we do not reflect, how will the world progress? Deterioration will occur if nothing is changed, and more acts such as the one in Orlando will continue.

Being gay myself, I feel as though showing my pride could have dangerous repercussions,

because hatred still lives, it still breeds, and it is deadly. Small acts of hatred do not go unnoticed. To be shunned, and made to feel unsafe due to one’s sexuality is truly unacceptable.

It must be understood that when you show hatred towards the LGBT+ community, that someone such as Omar Mateen, the shooter in Orlando, may see this as confirmation, they may see you as someone who agrees with such an act.

Would you like a murderer such as Omar Mateen to associate you with himself?

Change must happen, and there is not one solution, but things we can all do to progress together without hostility, we can start by looking at ourselves and reevaluating some of the choices that we make.

This act of terror and hatred that occurred in Orlando will not divide us, but will unify us if we allow it to.

@jk_rowling:
Luis Vielma worked on the Harry Potter ride at Universal. He was 22 years old. I can’t stop crying. #Orlando

GET IN TOUCH

Letters to the editor are welcome. Email

shannon.beynon@fairfaxmedia.co.nz or snail mail to Shannon Beynon, Editor, Private Bag 4722, Christchurch 8140. If your thoughts lend themselves to 140 characters or fewer, you can tweet @ShannonBFFX. Letters should be no more than 250 words and we reserve the right to edit for clarity. You can also contact us through Facebook and Neighbourly.

For information and advice:

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Out & About

City club celebrates 60 years of bowls

The members of the Spreydon women's bowling club celebrated the club's 60th Birthday last week. Reporter **Alex Lim** was there to capture the action.

Sheila Carpenter witnessed how the earthquakes affected the club.

Youngest club member Alexis Curwood, 60, was enjoying her time with the club.

Veteran club member Jean Grimson, 86, joined the club 25 years ago.

Club president Noeline Martin found bowls easy.

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ADVERTISING FEATURE

Best furniture available at affordable prices

Sometimes the best finds are in the most unlikely places, and this is certainly the case for The Best Furniture Shop.

Situated in Hawke St, New Brighton, the large store has customers naming it “the best-kept secret in town,” and for good reason.

The store boasts a wide range of furniture to suit all tastes and styles, at prices that confound its competitors.

Styles include luxury, traditional, quirky, industrial, and funky as well as a good assortment of budget-priced bedroom, lounge, beds and dining furniture.

Owners Bob Butterfield and Kim Booth strive hard every day to provide their customers with the best products at the lowest prices, opting to keep their prices consistently low rather than have casual sales.

“Our furniture is offered at extremely low prices every day. We don’t need to have sales or resort to tricky advertising, our goal is to give customers the confidence that what they buy today is not going to be offered cheaper the next day,”

Bob Butterfield and Kim Booth from The Best Furniture Shop in New Brighton.

Kim says.

Being based in New Brighton has many advantages for the store, one

of which is the low overheads.

“Rents are cheaper in Brighton, we do nearly everything ourselves,

and our happy customers do most of the advertising for us,” Bob says. Providing a service that

customers want is something the business prides itself on.

“If you want to be left alone to wander that’s no problem. If you require some assistance we are more than happy to help. We are a friendly bunch,” Kim says.

“We often have customers say that they wish they’d known about this store earlier and they will be telling their friends about us. We love pleasing our customers and giving them the bargains they deserve.”

Before the earthquakes, The Best Furniture Shop was essentially a local store. However, over the last 2 years its reputation has spread throughout the country, and with customers from Auckland paying freight costs of up to \$200 for the shop’s products it seems it is no secret why they can call themselves The Best Furniture Shop.

The Best Furniture Shop is located at 140 New Brighton Mall, phone 03 388 9128. Visit its Facebook page “The Best Furniture Shop” or its Trademe store at trademe/stores/the-best-furniture-shop.

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ADVERTISING FEATURE

Dip range makes a gourmet out of anyone

At a time when everyone wants to show off their culinary skill and turn out kitchen masterpieces, it can be difficult for those short of time or lacking a gourmet's flair to share in that *MasterChef* feel.

It is a treat then to find unique and intriguing base products, all locally made in small-batch runs, that allow anyone to quickly and easily engage in some gastro-wizardry of their own.

Cannonhill Gourmet's selection of mayonnaise, hummus and relishes are specially designed for people seeking flavoursome and exciting food without the fuss of preparation.

"We try to take dips that are classics in their native countries, make a batch, taste it, make any flavour changes that may be required, but always make sure to stay as true to the dip's origins as we possibly can," says Tony Elliott, a professional chef who a decade ago started Cannonhill Gourmet with his wife, Karen.

From Cannonhill Gourmet's origins at Lyttelton Farmers Market, the company has grown outside of local markets, fetes and

festivals to have "a good portion" of their range now stocked in 95 per cent of the South Island's New World supermarkets.

Creations like Saffron Dill and Mustard Mayonnaise, Cumin and Lemon Hummus, and Red Pepper, Walnut and Pomegranate Pesto gained the company a strong following among market regulars and are now doing well at local New World stores, Tony says.

Producing each pottle themselves at a Wigram kitchen, Tony and Karen balance the Cannonhill Gourmet lineup to suit different tastes and occasions.

"We try to design our products to dress up the simplest of ingredients and hopefully empower the person cooking with it and give them confidence in their cooking ability," Tony says.

"Everybody wants to feel like they've created something special, but without the fuss.

"We try to design our products to minimise that fuss."

Already on the shelves of many Fresh Choice and New World supermarkets, and found in delis and specialty grocery stores from

Invercargill to Wellington, the next stop for Cannonhill Gourmet is North Island supermarkets, Tony says.

Three new products will soon strengthen the case for expansion:

a tartare sauce with soft roasted chillies; hummus with smashed olives; and a tzatziki - a Greek yoghurt, cucumber and mint dip that is "based on its authentic Greek roots but with a wee twist" -

Cannonhill Gourmet chef Tony Elliot fills pottles of garlic aioli at the company's commercial kitchen in Wigram last Friday.

will all be released in coming months.

For now, the star performer in the company's range is the Saffron, Dill & Mustard Mayo, closely followed by the Chilli Hummus with Harissa and the classic Aioli, Tony says.

Working overseas and spending time in Sydney with its diverse range of cuisines and cultures galvanised Tony's decision to return to New Zealand and start his own business. Armed with his experience working in one of Australia's top restaurants, Tony and Karen set about trying to create a business that would ultimately become Cannonhill Gourmet.

The result is a boutique range of delicious savoury treats that deserve to be shared.

But, as Tony says, whether the secret of their making is also shared remains entirely up to the customer.

A selection of recipes designed by Tony using the Cannonhill Gourmet range can be found at cannonhillgourmet.co.nz, For more information, phone 03 385 1099.

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ADVERTISING FEATURE

Keep your little ones warm this winter

As the chilly winds give way to the wonderful winters, it's time you went shopping to keep your little ones warm.

Fancy jackets, cute mittens and woollen coats will endlessly entice you with their colours, sizes and prints. However, did you know that there are some things you need to consider before you bundle up your baby with the softest, cuddliest winter wear?

As children are constantly growing, it can be difficult to gauge the right size of clothing to get. If you are unable to take your child shopping with you, follow the size measurements given on the product which will mostly state the age-group. Try to picture your child in it; a little loose is better for coats and jackets as it gives room for layers

underneath and they will most likely grow into it.

Avoid bulky woollen materials where possible and opt for

something lightweight and easy to play in. Make sure the clothes are comfortable for the child without being too clingy or heavy.

Clothing that is easier to remove can be useful for young children who are not yet toilet trained.

Most of the body's heat is lost through the head, so it is important to find a comfortable hat that will keep your baby's face and head warm in winter. Scarves can also provide extra warmth for the neck and chest.

Car safety for children is paramount at winter. Recent studies have shown that the security of the child in a car-seat is drastically less when wearing a bulky winter coat,

so it is important to make sure that winter coats and jackets are removed before placing your child

in their car seat. Place the coat or a warm blanket over the child to keep them warm while travelling.

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ADVERTISING FEATURE

Winter motoring checks bring peace of mind

The return of freezing temperatures this month means there is no better time to ensure your car is running in top condition.

After enduring days of cold and rain, it is tempting to pile the family into the car at the first sign of a blue sky and head out to see the snow. However, achieving some peace of mind when hitting the hills or icy roads requires a little preparation.

Going through a brake inspection or even just a general vehicle inspection is a good place to start, says Baylis Motor Company customer service manager Jodi Wareing.

“You want to make sure your engine is full of oil and the tyres are safe before you hit the open road.”

If a radiator flush hasn’t been performed in a while, that is also a good idea, she says.

With a central location on Gasson St, Sydenham, Baylis Motor Company operates seven hoists and has eight staff handling all types of mechanical repairs for

cars, 4WDs and light trucks.

Known as the home of the no-appointment \$35 warrant of fitness, the company offers free battery checks and stocks a wide range of Thor batteries, which come with a three-year warranty.

A large selection of new and used tyres is also on hand.

“We focus on quality repairs at affordable prices,” Jodi says.

Recently, Baylis Motor Company installed a new, top-of-the-line 3D wheel alignment machine. The CEMB 3D alignment machine has a database of more than 50,000 vehicles and can get your vehicle’s alignment down to perfection, Jodi says.

They have also invested in a brand new tyre machine that can take everything from motorbike wheels up to 22-inch tyres.

“Using 3D technology has streamlined our wheel alignment process,” Jodi says. “It is a quick and extremely accurate way to make sure vehicles are tracking correctly on the road this winter.”

Baylis Motor Company’s workshop on Gasson St, Sydenham, offers fast and affordable servicing and repairs for a wide range of vehicles, as well as \$35 warrant of fitness checks.

Less obvious than the tell-tale tug of poorly aligned wheels but equally important is the state of a car’s coolant system.

“If you have no antifreeze in your cooling system, it’s not doing any favours for your engine,” Jodi says. “Antifreeze not only lowers

the freezing temperature of the fluid inside your cooling system but also stretches the boiling point of that fluid inside too. It stops corrosion and rust from settling inside your cooling system and makes it easier to start on those cold Canterbury mornings.

“There are often no visible warning signs that your radiator and cooling system is low on fluid or is deteriorating inside,” she adds.

“Just draining and replacing coolant often fails to remove the rust and scale that builds up with time. Having no antifreeze in the water also contributes to hoses getting old and brittle, as well as overheating.”

Baylis Motor Company offers a flush – which will remove the dregs draining cannot – and full replacement antifreeze from \$125 plus GST.

Wheel inspections start at \$49 plus GST and, of course, while-you-wait WOFs are available for \$35 inclusive of GST.

Baylis Motor Company is open 8am-5pm Monday to Friday, and 8.30am-1.30pm on Saturdays. Visit them at 20 Gasson St, Sydenham, or phone 03 379 6212 for more information or to make an appointment.

No appointment is needed for WOFs.

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Half-baked action does heroes no favours

STEVE NEWALL

Teenage Mutant Ninja Turtles sequel *Out of the Shadows* (making the first one *What We Do in the Shadows?*) wastes little time setting out its stall.

Four CGI heroes in half shells leap and gallivant around the Big Apple on their way to scoffing pizza and getting an even better Madison Square Garden vantage point for tip-off than Jack Nicholson.

Shortly after, a bewigged Megan Fox shoplifts and partially disrobes her way through a busy train station, blending in with similarly underdressed college co-eds as she pursues a hot lead. So far, so (barely) pubescent.

As you'll gather from the above, *Out of the Shadows* doesn't do much differently to its predecessor – and there's no real reason to do so when that 2014 effort netted almost half-a-billion US dollars.

There are some areas of improvement, though, stemming from the addition of further franchise favourites. Evil Krang, the cackling alien brain in a brawny body, looks great, not deviating far from previous depictions, and set to be a kids' favourite, whether screaming out of the screen or smearing tentacle mucous on Shredder's face. His hopeless henchmen Bebop and Rocksteady also feature, robust

Teenage Mutant Ninja Turtles: Out of the Shadows (PG)

Directed by David Green
Starring Megan Fox, Stephen Amell, Will Arnett
112 mins
★★

mutant foes who offer more resistance and slapstick humour than regular human foot soldiers. Even Tyler Perry is a welcome presence as a severely Neil DeGrasse Tyson-inspired evil scientist.

On the heroic side, hockey stick-wielding Casey Jones (*Arrow*'s Stephen Amell) is a bit of a limp addition though – far short of the crazy vigilante fans will be accustomed to. And the turtles themselves still often look, well, a bit too mutated to the human eye.

If this seems like a surface-deep analysis, there's really not much more to get stuck into.

Aimed squarely at kids, and with yet another re-imagining feeling inevitable in a decade's time, this is time-killing multiplex-filler for kids, and nothing more.

Aimed squarely at kids, except for perhaps the presence of Megan Fox, *Teenage Mutant Ninja Turtles: Out of the Shadows* is time-killing multiplex-filler.

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Weka Pass Railway night train: For details visit www.wekapassrailway.co.nz or call Paul (03) 313 9059
Lyttelton Festival of Lights puppetry: Papa Tree Puppet Collective at St Saviours Church, Holy Trinity, Winchester St. 10am: Farmyard Fun (ventriloquist Liz Weir) ages 2-6. 11am: Peter Rabbit, (Juliet Neill,Thumbs Up Puppetry)) ages 3-8.Quirky take on Beatrice Potter's tale. 12noon: The Magic Acorn (Miyuki Takahagi), ages ages 3-8, lots of interaction and music. 1pm: The Old Lady who Swallowed a Fly (Rowena MacGill , Sunset Silhouettes) shadow puppet family show. 2pm: The Coconut Whangershnozzle Pirate Show (Kerry and Mary McCammon) ages 5-10, musical show delighting in the absurd. Cost - \$5/head per show. Family concession, \$20 for family.: of 5. Book via neillj@snap.net.nz or call/text 021 032 7014.
SUNDAY JUNE 19
Songs to Warm Up Winter: St Albans Community Choir, 5pm, St Paul's Parish Centre, 1 Harewood Rd, Papanui. The choir is under the direction of Heather Gladstone. Light supper Entry by donation (to a local charity). Inquiries, call Heather 021-644-092.
Risingholme Singers: 3pm, Heaton Intermediate School performing arts centre, Heaton St, Merivale, presents "Our 70s Show: Flower Power", accompanied by the St Peter's Youth Orchestra. Music Director: Khin Wee Chen. Door sales \$15 (children under 13 free). Inquiries 388 3235, email: jwillmott@xtra.co.nz
Matariki celebrations: 10am-2pm, Chimera Cres, Anzac Drive reserve. Learn about weaving and making poi out of natural materials, carving, the environment and whitebait, make a little waka out of raupo reeds (mokihi) to take home, grab some hangi and soup for free. Kids' treasure hunt, school art competition winners, help make a living sculpture. Help plant our orchard and native trees, bring a

spade and gummies. Coffee , entertainment to celebrating Mahinga Kai Exemplar by riverside groups.
MONDAY JUNE 20
Shadbolt v McCormick: Longest serving mayor Tim Shadbolt and radio personality Gary McCormick, slug it out at Craythornes (formerly Halswell Tavern) 7.30pm, Tickets \$25.00 from Craythornes Ph 322 7132 Email: office@craythornes.co.nz
End of life choice: Burnside Bowling Club, 330 Avonhead Rd. 1pm. Speaker, Australian campaigner Andrew Denton. Koha appreciated. Light refreshments.
TUESDAY JUNE 21
One Giant Practice: 6pm-8pm, marks International Day of Yoga. At least 250 people expected to practise yoga at Christ's College auditorium, no experience needed. To enter, acquire at least \$100 sponsorship and donated the funds to the City Mission. Register on Eventbrite "One Giant Practice" and follow instructions to give to the City Mission.
Stress-free Christchurch: 1pm-8pm, a 30 minute free session, like a head massage - a gentle, non-invasive technique that focuses on 32 points on the head to relieve stress and maintain stress-free living. Christchurch South Library's Sydenham room.
WEDNESDAY JUNE 22
CBS Music Trust Presents Wednesdays at One: The talents of renowned St Bede's College are on display - choirs, instrumentalists, groups! St Mary's Pro-Cathedral, 373 Manchester Street. Cafe opens 12.45pm. Concerts begin 1.10pm. Admission \$10 waged, \$5 unwaged.
Building leadership from a firm foundation: 6-7.45pm, Speaker, Dr Megan Woods, MP, "The Women's Ladder to Success", Fendalton Community Centre seminar room, 170 Clyde Rd, Fendalton.,hosted by Business and Professional Women NZ. Cost: \$15 Nibbles, drinks provided. RSVP by June 17 to bpwnzmembership@gmail.com or Jill Lawson 027 383 6789.
National Flash Fiction Day: Flash in the Pan, a local literary event will be held at Space Academy 6 - 8pm to celebrates the shortest fiction on the shortest day of the year. Evening of flash fiction readings, award ceremony and presentations by the judges in hotbeds of flash fiction. Events occur simultaneously in Auckland, Christchurch, Wellington

and Dunedin. The idea is to celebrate and promote flash fiction as an experimental form that links many traditional forms of narrative while pushing boundaries of poetry and dialogue.
FRIDAY JUNE 24
XCHC Friday: Pop-up Restaurant, at XCHC, 376 Wilsons Rd, from 5pm.
JUNE 24-27
Pascha Health and Healing Retreat: Awakening your Purpose weekend at Okutu Valley, Banks Peninsula, Friday 5pm- Monday noon. Focus on young men, with

meditation, yoga, how to listen to inner voice in nature setting. Cost \$350-\$500 depending on means. Can take up to about 14. Led by therapist of 21 years, Julian Spark.
SATURDAY JUNE 25
Rose pruning: 9.30am-12noon; 1pm-3.30pm, Botanic Gardens central rose garden. Curator's hands-on demonstration of right techniques for best blooms. Cost \$25. Llimit 15 people/session. Call 941 7590 or email christchurchbotanicgardens@ccc.govt.nz. Gardens' Facebook page for

artists to embrace the challenges of producing small object medals. Museum director Anthony Wright described the work as "exquisite".
"Visitors will be surprised and delighted by the variety and the detail that can be captured in such a small space," he said.
Wright said the older medals in the museum's collection, which recognise some great human achievements, were also intriguing. Medal Artists of New Zealand members come from various backgrounds, among them, silver-smithing, ceramics, jewellery, painting and sculpture.
updates. Rain day, June 26.
SUNDAY JUNE 26
Risingholme Orchestra concert: 2pm in Avonhead School hall, 55 Avonhead Rd. Conductor Philip Norman with orchestra leader Amandine Guerin. Works by Gounod, Whitehead, Delius, Gershwin, Saint-Saens.and Gabrielli. Cost \$12 (\$3 school children) including afternoon tea. Funded by Creative NZ, NZ Federation of Graduate Women Canterbury branch and Rata Foundation. Inquiries: Ross 348 2845.

Get involved!

Samantha Lissette, *Out of the Rabbit Hole*, 2015, Bronze, at the Art in Your Hand exhibition which on June 17 at Canterbury Museum.

Art in your palm

What's on

That Bloody Woman at Court

Kate Sheppard is transformed from a face on the \$10 note into a feminist firebrand raising hell in the smash-hit musical *That Bloody Woman*, opening at The Court Theatre on July 2.

Written by Luke Di Somma and Gregory Cooper and directed by Kip Chapman, the 90-minute production reimagines the suffragist and feminist icon in a show described by Di Somma as “one third cabaret, one third musical and one third rock concert”.

That Bloody Woman, played by Esther Stephens, was commissioned by the 2015 Christchurch Arts Festival and enjoyed a sell-out premiere season before it was programmed for joint back-to-back seasons by the Auckland Theatre Company and The Court Theatre.

The revamped production featuring the original cast and key creative team is earning rave

Esther Stephens as New Zealand suffragette Kate Sheppard in “That Bloody Woman” hit musical coming to the Court Theatre in July.

reviews in its current Auckland season at SkyCity Theatre (June 9-26) before it comes to The Court Theatre, July 2-30.

The Court’s current facility, The Shed is near the Addington community hall where the pivotal New Zealand Women’s Christian

Temperance Union and Suffragist meetings took place, as well as Addington Cemetery, where Sheppard is buried.

The 2015 Christchurch Arts Festival production was hailed by critics as a “kick ass punk rock musical....”

What’s happening in your world? If you’ve got an event or an opening that you want to tell Canterbury about, email it to shannon.beynon@fairfaxmedia.co.nz with all the details and we’ll include it in our What’s On guide. Please include date and time of event, a contact number and email address and a photo or image if you have one – at least 1MB in size. Listings not guaranteed and subject to space and time.

The Champions: documentary fundraiser. 2 pm, Christchurch Art Gallery Auditorium. Award-winning documentary on the dogs rescued from a dog fighting operation and successfully rehabilitated and rehomed. Large prize raffle of dog-related items precedes film. Admission \$15 adults, \$8 children (includes one raffle ticket). All proceeds to Christchurch Bull Breed Rescue, K9 Rescue and Rehoming, SPCA Canterbury and Dogwatch.Cash sales at the door. Advance bookings to workshops@balanceddog.co.nz; or call 354 0298.

MONDAY JUNE 27
Baby Waitoto fundraiser: 7pm Fendalton Community Hall auditorium to support the dream of two Canterbury teachers Amy and Lara to go and support the babies at Watoto Childrens Home. in Uganda helping children rescued from war and orphaned by Aids. \$20 per person

WEDNESDAY JUNE 29
CBS Music Trust Presents Wednesdays at One: Students

from Rangī Ruru show off their fabulous musical talents. A wonderful lunchtime awaits! St Mary’s Pro-Cathedral, 373 Manchester Street. Cafe opens 12.45pm. Concerts begin 1.10pm. Admission \$10 waged and \$5 unwaged.

JULY

SATURDAY JULY 2
Country singer Gray Bartlett: with Yulia, 7.30pm, Hornby Working Men’s Club, \$25. Celebrating success of new Private Conversations album. Backed on South Island leg of New Zealand tour by Invercargill country show band Tranzition. Yulia’s first appearance doing country. Doors open an hour earlier.

Mr and Mrs Alexander AOTNZ tours: 7.30pm Gloucester Room, Isaac Theatre Royal. \$30 Adults; \$28 Concessions (booking fees apply)Book: 0800 TICKETEK www.isaactheatreroyal.co.nz

Crap Music Rave Party: Tomás Ford’s party, the sensation that has sold out clubs around Australia and Europe, 8pm, Wunderbar, London St,

Lyttelton
SUNDAY JULY 3
Country singer Gray Bartlett: with Julia, 2pm, Mashina Bar, Christchurch Casino. backed on South Island leg of New Zealand tour by Invercargill country show band Tranzition. Doors open an hour earlier.

Seriously Brass 125: 4pm, Woolston Brass at Celebration Centre, 81 Bickerton St, Wainoni. Early Bird tickets at dashtickets.co.nz or door sales.; Adult \$30, concession \$25, child \$10, family (2 adult + 2 child) \$65. For more information email promotions@woolstonbrass.org or call 021 5334 66.WEDNESDAY JULY 6

CBS Music Trust Presents Wednesdays at One: Violinist Cathy Irons joins Barry Brinson for a concert of fabulous music for violin, piano and organ. St Mary’s Pro-Cathedral, 373 Manchester Street. Cafe opens 12.45pm. Concerts begin 1.10pm. Admission \$10 waged and \$5 unwaged.

SUNDAY JULY 10

Rotary LEGO Contest: Sumner Community Centre, 20 –28 Wiggins St, Sumner 9.30 am – 12noon. Organise teams of 3. As many teams as you like. No entry fee Just come at the allocated time. Prizes. Contact: Kathryn Tovgaard email: ktandkt@xtra.co.nz or phone 384 9485

JULY 13-15
Everest Untold: AOTNZ homage to epic expedition 1953 n which Edmund Hillary and Tenzing Norgay reached the summit of Mt Everest. Wednesday, and Friday 7.30pm. Thursday 2pm, Isaac Theatre Royal. Adults \$42.50; concessions \$37.50 (matinee only) Book: www.ticketek.co.nz 0800 TICKETEK (service fees apply)

WEDNESDAY JULY 13
CBS Music Trust Presents Wednesdays at One: Local Oboist and double reed enthusiast Keith Sayers brings a feast of double reeds to the Pro-Cathedral. St Mary’s Pro-Cathedral, 373 Manchester Street. Cafe opens 12.45pm. Concerts begin 1.10pm. Admission \$10 waged and \$5 unwaged.

MARKETS

Arts Central Craft and Food Market: Try the taste of Lebanese, Thai, Cambodian or trendy Street Food. Or settle for a packet of handmade fudge. Find the best in locally made art and craft for gifts and collectors. 100 Peterborough St from 10am-4pm.

Mt Pleasant Farmers Market: 9.30am-12.30pm every Saturday, 3 McCormacks Bay Rd. Locally-grown produce in a special coastal setting. Live music and great coffee all year round, free range eggs, fresh fish, vegetables, top bread & bakeries, flowers, herbs, plants etc. Inquiries 021 2398946

New Brighton Market: Come down to the beach and enjoy live entertainment, great food, fresh produce, arts, crafts, jewellery and more. There’s also a Bouncy castle and free face-painting. Venue: Seaview mall 10am-2pm.

Sumner Market: Check out the Sumner market every Sunday from 10am – 2pm, cnr Marriner St and The Esplanade just past the new surf club – on the left as you enter the shopping strip.

Prebbleton Market: First Saturday of the month, 10am-1pm. All Saints Church, Blakes Rd. Enjoy a country market in Prebbleton. Sellers – second-hand, produce, craft and community groups welcome. Bookings essential, sites \$15. For more information email prebbletonmarket15@gmail.com
Opawa Farmers’ Market: every Sunday, 9am-12pm.

GAP FILLER DATES

Gap Golf: golf putters and balls can be borrowed for \$10 deposit and scorecards (with maps) are available for a gold coin from the following: Monday – Friday: Gap Filler office on the old Crowne Plaza site (Durham/ Victoria sts corner) or weekends from Peterborough St Library. BYO any time.

Downton Abbey afternoon tea, Fridays 2pm to 4pm: with Dorothy’s Pop Up Tea Rooms. Dorothy’s will be on site (Durham/ Kilmore cnr) serving an Edwardian-themed afternoon tea: cucumber sandwiches, sponge cake and other fine fare with tea,

Agility test: obstacle course (Durham/Kilmore) designed and built by pupils from Cashmere Primary School. Daily, free.

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Your health

Breastfeeding mums need nourishment

My daughter has had a baby recently. She is a vegetarian, coeliac and is breastfeeding. What would you suggest as some nourishing snack ideas?

Breastfeeding is a demanding time for the body in both energy exertion and also nutrient depletion. Therefore, nutrient rich and energy-dense snacks are important. Nuts and seeds make great snacks, as they're a good source of protein and essential fatty acids. They can also be made into bliss balls and combined with a small amount of fruit such as dates or banana for additional energy. They're easy to make and snack on as you just roll the mixture into small balls – they can also be frozen. Mixing up the snacks is important though, as you don't want to always eat the

same things while breastfeeding. Hummus and vegetable sticks are a nourishing option, too. Make a big batch of hummus and freeze the rest. Avocados and olive oil are good sources of monounsaturated fat – which will help with satiation and can be added to everything from cooked vegetables to salad. In the cooler months it's a great idea to make a big batch of vegetable soup and freeze the extra portions. Ideal for taking out a "cup" of soup at a time. Ideally add some lentils, chickpeas or beans to the soup to add extra fibre and protein.

Nutrients such as omega-3 fatty acids, which are often obtained through consuming fish, are of critical importance when breastfeeding as they're passed onto the baby through breast

milk. Vegetarian sources of omega-3 fatty acids include flax seeds, chia seeds, walnuts and pecans.

I've recently started a new business venture and have started having trouble sleeping. What's your top tip for turning off a busy mind to get a good nights sleep?

Stop working two hours – well, at least an hour – before you want to go to bed. Capture everything you are thinking of and then put

that list in a safe place – think of this like a brain back up. Unfortunately, I know so many entrepreneurs who take their laptops into their bedrooms. Most of us are exposed to screens the whole day whether it is our laptop, tablet, smartphone et cetera. This screen time can disrupt melatonin production a hormone that helps us to sleep, so avoiding screens for two hours before bedtime can make a real difference to sleep quality.

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.

And lastly, I would suggest do something that makes you relax: read a book, listen to a mediation CD, or simply just chat with your partner – whatever works for you!

For a good night's sleep, it's also vital to take steps to decrease the adrenalin (stress hormone) production that may have been rampant across the day. The reason for this is that adrenalin communicates to every cell in your body that your life is in danger and as a result it doesn't allow us to sleep deeply. Its concern is if we did, we may not wake up in time to save our own life. So not having caffeine after midday, exploring your perception of pressure and urgency (these are modern-day reasons we make adrenalin) can be helpful long-term to living less on adrenalin, as is breathing diaphragmatically.

■ Check out Dr Libby's book *Exhausted to Energized* for more health tips, available from all good bookstores and drlibby.com

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			
24				25			

Across

1/5. Two recurring weather systems which affect New Zealand (2,4,2,4)

9. Talented (6)

10. Mexican celebration (6)

11. Sound of a happy cat (4)

12. Wisely (8)

14. Protective headgear (6)

16. Interfere (6)

19. Mariner (8)

21. Signal (4)

22/23. Only NZ swimmer to win two Olympic gold medals (6,6)

24. Usual (6)

25. Dull, slow-witted (6)

Down

2. Free time (7)

3. Temporary (7)

4. Michelangelo or Rembrandt (3,6)

6. Farewell (5)

7. Alternatively (7)

8. Examine (7)

13. Tree tomato (9)

14. Won easily (colloq) (5,2)

15. Novice (7)

17. Far off (7)

18. Drunk (colloq) (7)

20. Scent (5)

THE TOP 10

1. In which year did Mt Tarawera erupt, destroying the Pink and White Terraces: 1846, 1866 or 1886?
2. Which country is made up of the world's largest island chain?
3. Which superhero, who first appeared in print in 1939, possesses no super powers?
4. Who did the All Blacks play in the semi final of the 2015 Rugby World Cup?
5. *Been workin', so hard. I'm punchin', my card:* which song are these lyrics from?
6. In which Shakespeare play does Shylock appear?
7. Which element is represented by the letter I?
8. What was the popular name for Ronald Reagan's Strategic Defense Initiative?
9. Who was the most famous victim of the 1876 Battle of the Little Bighorn?
10. Advocaat is made from brandy, sugar and what other important ingredient?

NZ CROSSWORD

1. 1886	2. Indonesia	3. Batman	4. South Africa	5. Footloose	6. The Merchant of Venice	7. Iodine	8. Star Wars	9. George Custer	10. Egg yolks												
11. Gifted	10. Fiesta	11. Put	12. Astutely	14. Helmet	16. Meddle	19. Seafarer	21. Sign	22/23. Danyon Loader	24. Normal	25. Obluse	Down: 3. Inferno	4. Old master	6. Adieu	7. Instead	8. Analyse	13. Tamarillo	14. Hosed in	15. Leamer	17. Distant	18. Legless	20. Aroma

TOP 10

SUDOKU

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

JUNIOR CROSSWORD

<p>Across</p> <p>6. A tower to guide ships (10)</p> <p>8. The other side of the war (5)</p> <p>10. The capital of Japan (5)</p> <p>13. Without sugar added (11)</p> <p>14. Get closer (5)</p> <p>17. A type of meat from a pig (5)</p> <p>19. People who don't use cigarettes (10)</p>	<p>3. Injured by a bullet (4)</p> <p>4. A water-loving bird (4)</p> <p>5. Putting sounds on tape (9)</p> <p>7. Going back to somewhere (9)</p> <p>9. A grass-cutting machine (5)</p> <p>11. A play in which all the words are sung (5)</p> <p>12. Fast aeroplane (3)</p> <p>15. Face spots (4)</p> <p>16. Arithmetic (4)</p> <p>17. Cook in an oven (4)</p> <p>18. Automobiles (4)</p>
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Down

1. The most eaten food grain (4)

2. A sailor's shout to get attention (4)

SOLUTION

1. Un-sweened	14. Nears	17. Bacon	19. Nonsmokers	Down: 1. Rice	2. Ahoy	3. Shot	4. Duck	5. Recording	7. Returning	9. Mower	11. Opera	12. Jet	15. Acne	16. Sums	17. Bake	18. Cars
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SUDOKU

ROB STOCK
rob.stock@fairfaxmedia.co.nz

Inheritances may be dying a slow lingering death. We are all living longer and longer, so the lifetime stock of money we need has risen, leaving less to pass on to the next generation. But high property prices in our main centres, and Auckland in particular, are resulting in wealthier parents giving kids their inheritances early to get them onto the housing ladder. Love and the fear their kids will be consigned to life long renting drives this behaviour. There may be a touch of guilt too. One young bank employee with a decent-earning husband told me recently about her struggles to buy in Auckland. Everyone she knew who managed to buy did so with help from mums and dads. Homeowners have been the beneficiaries of massive amounts of unearned wealth thanks to house price inflation. Young people have been paying the price, by mortgaging themselves

There you go darling. Increasingly mum and dad are the key to getting onto the property ladder.

PHOTO: GSTOCKSTUDIO/123RF

to the hilt for 30 years.
Twinges of guilt may not be entirely misplaced.
So far, it's paid handsomely for parents who could afford to help. They have seen their kids reap significant wealth, helping set them and the grandchildren up for a far more prosperous life on the right side of the ever-widening property divide.
Those parents did what

umpteenth families have done before. They passed wealth from one generation to the next so the family can prosper.

For the very wealthy, binging the kids the money for a deposit is no biggie, but for folk in the middle ground, it's a big, big decision to make.

That's because giving money away brings risks.

When you give away money,

you reduce your buffer against bad luck and ill-health in the future. That erodes your own financial stability.

And as we live longer, we need more money to pay our way, and supplement NZ Super.

Giving away wealth can come back to bite you on the bum. It also reduces your ability to help family in the future.

A survey in the United States

- Consider the pros of depleting your wealth to help family
- But don't ignore the cons
- Consider options that don't impoverish you

of retirees by the Society of Actuaries found 11 per cent had suffered a financial setback in retirement as a result of having to find money to help a family member in crisis.

And, if the right-wing is to be believed, giving your children free money just undermines their work ethic. You could be damaging their futures by being too kind to them.

Before giving away money, consider the alternatives.

Interest-free loans, properly documented are a means of utilising wealth to help the children establish themselves without parting company with it. So is guaranteeing a portion of their home loan using your equity, or co-buying a place with them, with an agreement for them to sell, or buy you out in, say, 10 years' time.

There are risks involved in such strategies to be thought through, but all can help achieve the same end, if properly done with agreements drawn up by a lawyer, but without depleting your wealth catastrophically.

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The square profile of the roof line provides a pleasing aesthetic as it conforms to the lineal nature of residential architecture.

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For a free Measure & Quote PH 0800 26 26 20

Community cookbook

NADIA LIM IN ASSOCIATION WITH MY FOOD BAG

Tart up your mashed spuds

Adding horseradish to whipped potatoes is delicious; I'm sure you'll love it.

EYE FILLET STEAK WITH HORSERADISH WHIPPED POTATOES & GARLIC VEGES

Horseradish whipped potatoes

400g potatoes, peeled and diced
2 tablespoons milk
2 tablespoons butter
1 ½ tablespoons horseradish (store-bought)

Eye fillet steak

300g beef eye fillet steaks (at room temperature)

Garlic veges

150g green beans
1 courgette
1 clove garlic
½ punnet cherry tomatoes

Horseradish mayo

¼ cup mayonnaise

½ teaspoon Dijon mustard
1-2 teaspoons horseradish

Bring a large pot of salted water to the boil. Preheat oven to 220C. Line an oven tray with baking paper.

1. Cook potatoes in pot of boiling water for 15 minutes, or until soft. Drain and mash with milk and butter until smooth. Season with salt and pepper. If desired, use a whisk to whip potatoes for 30 seconds, or until fluffy. Add horseradish and gently fold to combine. Set aside and keep warm.

2. Pat beef dry with paper towels and season with salt. Heat a drizzle of oil in a fry-pan on high heat and brown beef for 1-2 minutes each side, or until golden.

3. Place beef on prepared tray and bake for 5-8 minutes for medium-rare (depending on thickness), or

Resting your meat is essential as it leaves the meat nice and tender.

until cooked to your liking. Remove, cover with foil to rest for 5 minutes. Wipe pan clean and return to medium-high heat.

4. Trim ends from beans; cut courgette into 1cm-thick stick; thinly slice garlic. Add another drizzle of oil to same pan used for beef and stir-fry beans and courgettes for 2 minutes. Add garlic and tomatoes and cook a further 1-2 minutes. Season with salt and pepper.

5. In a small bowl, combine mayonnaise, mustard and horseradish and mix well. Thickly slice beef.

To serve

Spoon horseradish whipped potatoes onto plates with beef. Top with a dollop of horseradish mayo and serve garlic veges on the side.

Recipe courtesy of My Food Bag.

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

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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. \$13.50 plus gst for up to 50 words, \$20 plus gst for 51-100 words. Prepayment is required. NO AGMs, sports notices, or church 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? JustDollars 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

Attention Computer Users!

SeniorNet New Brighton will show you how to master your computer, use internet, email, smart phone, enhance your photos and more. 202 Marine Parade, New Brighton, Tuesday-Thursday 9.30am-1.00pm, some afternoons available if required. Spacious room, friendly tutors. For more information phone 382-6048.

Catholic Women's Movement

You are invited to our June event. Closed doors did not prevent the Spirit entering and moving among us. A Presentation by Christina Reymer on her visit to Philadelphia September 2015 where she attended the Women's Ordination Conference, World Meeting of Families and the Papal Visit. Wednesday 29 June 7.30 - 9 pm. Mary Potter Community Centre, 442 Durham St North St Albans Christchurch, Koha - Supper provided. Advance Notice - Interactive Retreat 24 September 2016. Phone 3555044 or 3829539 or email waipuna@xtra.co.nz.

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

Phone us on 355 5022 or email catsunloved@xtra.co.nz

ME/CFS Group (Canterbury) Inc

Monthly Support Meeting, Wednesday, 29th June 2016, 1.30-3.30pm, The Cottage Abberly Park, 15 Abberly Cres, St Albans Christchurch. Guest Speaker, Herbalist Patricia Whitfield Gluten free afternoon tea. Further information (03) 365-5887.

Overeaters Anonymous

Is food a problem for you? OA is a twelve-step programme for men and women who support each other in solving their common problem of compulsive eating including anorexia, bulimia, obesity and overeating. Phone 365 3812. Meetings held weekly. No membership fees. All welcome.

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Board of Trustees' Election 2016 Declaration of Parent and Staff Election Results

Parent Representative Votes:

COLLINS Brett	36
FEARN Jonathan	85
FORBES Brent	39
LINDSAY Phil	73
McNALLY Dan	74
PAUL Mark	93
SELLIER Mathieu	65
SENTHILKUMAR Arthi	66
INVALID VOTES	3

I hereby declare the following duly elected:

Jonathan FEARN

Phil LINDSAY

Dan McNALLY

Mark PAUL

Arthi SENTHILKUMAR

Staff Representative Votes:

At the close of nominations, as there was only one valid nomination received I hereby declare **Jane RUSH** duly elected.

Rae Reese-Jones

Returning Officer

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Winter snapped into effect this month, with many people now waking to wet windows, clouds of breath and fast-rising power bills. Even after swaddling the house in Pink Batts, precious heat can stream out of single-glazed windows. With it costing tens of thousands of dollars to double-glaze a home using traditional methods, people often end up paying for the cold with their health, comfort and high heating bills. Glazing with acrylic panels, however, can insulate a home at a fraction of the cost. Able to be easily fitted on existing window frames, the range of tough, clear acrylic panels stocked by Award Plastics and Displays can have an immediate impact on heat retention and condensation. "Our acrylic glazing has much better insulation than glass," says Ross Hall, owner of the Sydenham-based business. "It will make the house much warmer and reduce condensation and noise. Do your worst room first to try it and see the difference."

Award Plastics and Displays is the exclusive New Zealand supplier of EasyFix DIY glazing systems, which have been used in the United Kingdom for 50 years. With options for aluminium

Award Plastics and Displays owner Ross Hall demonstrates how easily the company's acrylic glazing can fit onto existing window frames.

or wooden frames and a variety of budgets, the Plexiglas acrylic sheets used by Award Plastics come with a 30-year guarantee and can be treated with a special hard coating to protect against scratching. The acrylic also blocks 96 per cent of UV rays, protecting furniture and carpet from fading, while at the same time adding security to a home. Eight times stronger than glass, the panels result in no loss of clarity, Ross says. "It's a really great product. "The saving on heating costs will pay for the insulation in a few short years." A three-bedroom house can be glazed using EasyFix DIY

for less than \$2000, with a temporary solution, FilmGlaze, which adheres to windows with the use of a hairdryer, able to provide insulation for as little as \$200. "Supply us with a list of panel sizes and we will be happy to give you a quote and supply everything you need," Ross says. Award Plastics and Displays has 21 years' experience producing a wide range of plastic goods, including shower linings, brochure holders and large industrial components. For more information, visit the Award Plastics and Displays showroom at 42 Wordsworth St, Sydenham, phone 0800 426 292, or visit awardplastics.co.nz.

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Marilyn Varnam likens her role to that of a teacher, educating her clients while performing the accountancy tasks required of her when she visits them.

"Our belief is that our clients should know how their business is doing throughout the year. Understanding the profit and loss, owner drawings, dividends and the big picture helps them to get the most out of their business," Marilyn says.

Varnam & Chee is involved in setting up and providing training and ongoing support for three of the major accounting software providers, Reckon, Xero and MYOB.

This software can be either online or stand-alone.

"As people are becoming more mobile within their

The team from Varnam & Chee Accounting in Ferrymead. Clockwise from left: Sally Chee, Helen Stevenson, Kendal Varnam, Luella Mackrell and Marilyn Varnam.

businesses, clients are finding the online packages useful for dealing with their accounts when they are not in the office," Marilyn says.

"We are also able to provide support to these businesses as we can log into their software from our office to assist with any minor issues. However, we do provide a mobile service where we will visit our client's office or home for greater assistance and training."

Marilyn says it is important for people who are starting out in business or are

intending to purchase investment property to talk to an accountant about the different business structures available and which one would best suit their needs. It is important to be aware of current legislation and IRD requirements.

If you are looking for an accountant, make an appointment with the team on 03 384 7923, or email: office@vandc.co.nz. Varnam & Chee Ltd is located in Ferrymead, and is open Monday to Friday 8.30am till 5pm.

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Youth offenders on path to better future

ANNA PRICE

Eight young offenders in Christchurch Men's Prison youth unit are preparing for an adventure trek and night tramp in their bid to earn the bronze Duke of Edinburgh Hillary Award.

This is the first programme the prison has offered where youth are fully responsible for how, when and if they take part.

Youth Unit Principal Corrections Officer Gary Smallridge said the awards had been shown to have a dramatic impact on young people.

"It's really up to them how much they get out of this, but it can be life-changing," he said.

The bronze award encompasses skills development, service and physical recreation where the young men must complete a two-day one-night adventurous journey. They have already completed training sessions on Corrections' land,

The young men document their own progress in the sport or activity by logging it in their award record books.

"Physical activity is an important aspect of good mental health in the unit. It gives an outlet for any frustration and improves their general wellbeing," Smallridge said.

The adventure component involves 20 hours training, a two-day one-night practice tramp and

two-day one-night qualifying tramp – the most challenging aspect of the award in a prison setting, he said.

The trek and outdoor leadership elements take place on the prison estate which occupies a large block of land at Paparua.

Corrections works with the Rolleston-based Joshua Foundation which has been contracted by the Hillary Award to deliver the adventurous journey component.

Foundation co-founder Chris Allan said the youths must demonstrate they were ready for this responsibility and trust.

They had already gone out for the day with instructors and backpacks for the practice hike and leadership challenge.

"Many of those we work with have low confidence and self-esteem. They have made poor decisions in their lives going into situations they haven't thought out. This will be the most personally challenging and possibly rewarding aspect of their journey," Allan said.

"There's something that happens when you go on a tramp with young people. You walk and talk."

Eight young offenders at Christchurch Men's Prison have started their Duke of Edinburgh Hillary Awards in the unlikely setting of the expansive prison land in Paparua.

Can anyone recommend a great cleaner?

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Street BBQ next week - all invited.

TBHS turn heads in UC Champs

JONATHAN LEASK

The twists and turns of tumultuous UC Championship rugby continued this week.

Timaru Boys' stunned St Andrews on Tuesday winning 14-11, StAC's first loss of the season, which had the southerners lift the Moascar Cup – the Ranfurly Shield of New Zealand schoolboy rugby – for the first time.

Only four South Island schools have ever held the cup, Christchurch Boys' High School (the inaugural winners), St Bede's College, St Andrews and now TBHS.

It was a second straight upset from TBHS having handed Shirley Boys' their first loss of the season a week earlier and will need a third big effort in a row, with Nelson College eyeing up the coveted challenge trophy in round nine in Timaru on Saturday.

Should they see off Nelson they have Otago Boys' in their traditional inter-school fixture on Wednesday before hosting Christ's College.

Interestingly, Otago thrashed Christs 41-0 on Tuesday.

A last-minute converted try by Burnside ended Nelson's unbeaten run in the competition on Saturday, as the home team secured a 22-17 win.

Timaru Boys' High School 1st XV won the Moascar Cup after a 14-11 win over St Andrews College. PHOTO: CATHY CVITANICH

StAC look to get their campaign back on track when they host Shirley, who bounced back from their loss to TBHS with a 29-0 win over Rangiora.

Christ's were also able to turn things around after their first loss of the competition to CBHS thrashing Waimea Combined 41-5, but were outclassed by Otago Boys mid-week.

Still holding top spot Christ's

head north to Blenheim to battle Marlborough who handed Lincoln an eighth straight defeat 37-3.

Things don't get any easier for Lincoln, taking on defending champions St Bedes who saw off one of the other two winless sides in round eight beating Ashburton College 37-12.

CBHS had the bye last weekend but were in action midweek, going down to Wellington College

26-10 in the annual traditional fixture in the capital on Tuesday.

Second-placed CBHS meets St Thomas who smashed woodenspoon favourites Roncalli 65-7 last round.

Roncalli stare down an eight defeat against a buoyant Burnside.

Country schools Rangiora and Ashburton square off in Ashburton.

CGHS stay unbeaten with easy victory

The Canterbury Secondary School basketball trophy competitions reached the mid-way point this week.

In the girl's Whelan Trophy Christchurch Girls' (7-0) remain unbeaten with a convincing win over Ellesmere (1-6) 93-35.

Rangi Ruru (6-1) had a comfortable 85-50 win over Avonside (2-5) while Rangiora (6-1) thrashed Lincoln (0-7) 86-8.

Ashburton College (5-2) continued their strong season with a 66-43 win over St Margaret's (1-6) and Middleton Grange (5-2) beat Burnside (2-5) 85-61.

Rounding out the girls results was the closest contest of the night which had St Andrews College (5-2) edge Cashmere 67-65 (2-5).

In Thompson Trophy, the unbeaten Cashmere (6-0) are scheduled to play against Christ's College (4-2) on Thursday night.

Christchurch Boys' High School (6-1) collected a convincing 98-59 win over St Andrews College to remain in second equal with Burnside (6-1), who had a 71-58 win over the winless Middleton (7-0).

Shirley (3-3) claimed something of an upset beating Papanui (3-4) 78-66 while Ashburton College (2-5) had a 71-57 win over Rangiora (3-4).

In division two, the unbeaten Cathedral College (6-0) had the bye. In the battle for second spot St Bede's (5-2) had an 81-63 win over Hillmorton (4-2). In the mid-table tussles, St Andrews College (3-3) collected a 99-80 win over Linwood (3-3) and Lincoln (3-3) recorded a 79-54 result against Riccarton (2-4). In the bottom-of-the table clash, Ellesmere (1-6) got up for a 66-61 win over Hornby (0-6).

Celebrating 60 years of bowling

ALEX LIM

An all-women bowling club in Christchurch celebrated its 60th anniversary last week, despite having lost its bowling venue in the earthquakes.

Women from West Spreydon Ladies' Indoor Bowls Club, with the oldest members in their 90s and the youngest clocking in at 60-years-old, now meet at Downing Street in Hoon Hay every Wednesday afternoon

between March and November.

They used to bowl at Centennial Hall in Spreydon but it shut down due to damage sustained in the earthquakes.

Club president Noeline Martin, 82, said those were probably the worst years as they were unable to get their bowling gear and old records containing the names of its members since 1956 from the old hall.

The items were retrieved recently after the club obtained

permission from the local council to enter the impaired building.

Club member Sheila Carpenter, 72, said they adapted when they moved to the new hall and used it as "a centre of relaxation after all the trauma".

Glenda Martin, outreach and marketing manager of Volunteering Canterbury marvelled at the initiative and resilience displayed by the organising committee as it continued to meet despite the earthquakes.

Youngest club member Alexis Curwood, 60, says she enjoys her time at bowls.

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