

Ah, right, I'm gonna avoid that one to start with, that's Trump at the top and I do not even want to read that. Um, I love the picture, I love the sculpture, um, I think it's awesome that we're getting amazing sculptures. A-, world renowned British sculpture Antony Gormley discounted two identical sculptures for Christchurch hoping they would play a part in the city's healing. He does look kinda sad though. I love the fact that he's in the river. But I can see that, like within a week he's gonna have a road cone on his head.

[LAUGHTER]

Which is just gonna be awesome and I'm sure that over winter he'll, um, end up with a beanie and a scarf.

Totally right.

I can imagine him yarn bombed. Um –

[LAUGHTER]

Totally.

But, but I think road cone will be first.

[LAUGHTER]

And, um, but I think I'd quite like to have seen him looking up a little bit. He does, it's interesting, I like I see and I go that's how I feel most days.

Mm.

It's like, you know, take a deep breath. And it's called STAY. Which I quite like. I can see how some people would think it's like an order that you have to stay put and I don't see that, it's more of an internal, take a deep breath, stay, be still, take a moment, sorta mindfulness kinda thing to me, which I really like. Um, I can see the comments on the Stuff page already, it's all gonna be about the Christchurch City Council wasting money.

Yeah.

But art's really important. Um, oh, yellow card, can't be bothered with the rugby. Kids watched it yesterday but I can't be bothered reading about it, too many things to do, oh, I find it really hard to read articles about children dying. Find that really difficult and I tend to skip over them which is what I'm gonna do now. Ah, it's great, this guy gets a trip to the rugby.

[LAUGHTER]

Free trip to the rugby, I could do with that, that would be great. Don't wanna read about it but it's great that he gets a trip. Oh –

Does he get it also –

Council's ongoing changes costly. Christchurch City Council spent more than one million dollars cutting jobs before new Chief Executive Karleen Edwards arrived. I know a lot of people who are saying why restructure just before you get a new chief executive. And that's really expensive and it's a lotta money. Three hundred and twenty eight thousand dollars for advice for consultants. Eight hundred thousand dollars worth of redundancies, and now we're doing more redundancies. I'm unsure that's gonna be more money. I guess it'll save us money in the long te-, long term but that whole doing it twice has been really stressful for staff. Money like, money the council spent on restructuring the organisation since Marryatt's departure is in addition to the more than one point two million dollars it had to pay to the government appointed Crown Manager and consultants it needed to help win back its accreditation. Yeah, one thing after another. North Canty farmers farms still in drought. Drought zone. Not surprising. Just doesn't seem to be sensible to be farming in areas that are going to just get drier and drier with global warming. Ah. Yeah, [UNINTELLIGIBLE] buy jewellery, fire investigation, killed by a train. Wounding denied. Fraser has baby. Nice. Dot Com, can't be bothered. Sex offenders Jekyll and Hyde personality, no thanks.

[LAUGHTER]

Injured boy makes projega-, progress. That's good. Ten year old still in critical condition in Dunedin Hospital, recovering slowly but well his grandfather said. Showing some positive signs, oh, it's so hard when you get kids like this who are same age as your kids and you can really empathise with the family, it's, um, not easy. Canty leads in flu jab uptake. Canterbury has the best influenza, influenza vaccination rate in the country, with thirty five percent of the region's population getting the jab this year. Well that's us. Five jabs were ours. Ministry of Health figures show more people in Canterbury received annual flu jab than any other district health board area. I wonder if that's partly because we've been having free ones for a few years cos of the quakes, and people were used to it. I dunno.

But, um, yeah.

I don't tend to read read articles, I tend to skim headlines and –

Totally.

Stuff.

Same.

Yeah.

[LAUGHTER]

Scumbag predator's career over, well that sounds good.

[LAUGHTER]

Heart attack patient told to catch bus, that's appalling. Our health system is just so short on money. A pyjama clad Palmerston North man who was told to take the bus home from Wellington Hospital after suffering a heart attack is blaming the penny pinching attitude within the health sector. It's just appalling, that he is sent home on the bus with PJ's.

And he should have been in an ambulance.

He shoulda been in an ambulance, he shoulda been in hospital overnight.

Yeah.

Family, someone called to help, that's just appalling. And it keeps happening too. I've got friends who, you know, that got sent home from the hospital after having a baby at two o'clock in the morning, because they were full.

Wow.

And it's just appalling. Winter's night.

[UNINTELLIGIBLE]

Got sent home like eight hours after the birth.

Crazy.

Yeah, absolutely appalling. And just yeah, two o'clock in the morning, no bed spare, you better get home, you'll be fine.

Wow.

Just awful. There needs to be more support for the health sector. And less for supporting our flag change.

[LAUGHTER]

Um, latest poll, political poll shows sixty nine percent of New Zealanders do not want to change the national flag now that they have seen the final four options to replace it, and I don't blame them. I want, I'm quite keen to have a new flag, but I don't want any of those four options. The consideration panel released a final list of four flag designs at the start of September to be o-, voted on by the public in a referendum in November. It's been an appalling process. Not good at all. There'll be one thing to do the whole how do we see ourselves as a nation and get that sorted and then get people to vote on flags based on that. But they did both at the same time. So it's not good. Would quite like to see Red Peak on the ballot paper, I quite like that one. But I can't see it happening, and it's gonna be twenty six million dollars down the drain that coulda been spent on the health system. Which woulda been much better. Ah, another baby. Myla Arbutnot's life was just seventy two days long, six weeks after she dealt, was dealt a terminal diagnosis. The Christchurch infant took her last breath during a routine doctor's visit to the family home. That's so sad. It's interesting how I struggle to read those kinda things now, or anything –

Yeah.

In a book or a novel or anything, which TV programme, since I've had children.

Yeah.

Um, yeah.

Cos you can empathise with it so strongly.

So strongly.

Mm.

I mean like our, you know, with her nasogastric tube there. Our boys were early and had nasogastric feeding stuff to start with, but they were healthy.

Mm.

So fortunate.

Mm.

So, so lucky. Ah, dairy deal stalled. Andrea Vance. Negotiators are a long way from settling a dairy dispute in secret Trans-Pacific Partnership talks, Prime Minister John Key says. Well that's good. TPP can go away. Sun, sand and surf.

[UNINTELLIGIBLE]

Surf Club a family affair. That's fantastic. Seb, sixteen, Tony, eighty six, and Murray Johnson, fifty four, have a shared love of surf lifesaving and have strong family ties to the Sumner Club. That's really cool, it's gonna be a great building, the building's nearly finished now too.

Yeah, I saw it, it's amazing.

Um, it's up and running for the summer. Johnson family has been patrolling Sumner beach to keep swimmers safe for more than half a century. Tony Johnson, now eighty six, joined the Sumner Surf Lifesaving Club with his father soon after the end of World War two in 1945. Gosh, it's so important. And they're all volunteers. Club house irreparably damaged in the February 2011 earthquake but members will move into the new two point four million dollars premises in October ahead of the busy summer period, oh that's good, it is, they'll be up and running. That's great. I must put my name down for summer starter and get it in my diary.

Yeah cool.

I keep seeing it going oh I must get that sorted.

So it's around the bay or?

Yeah, it's from, um, from Brighton to Redcliffs, which is gonna be really cool. And nice now they've got lots of Coastal Pathway operating now too.

Awesome.

They've just opened the latest section of Coastal Pathway close to Ferrymead Bridge.

Mm.

So that will be great.

That's great.

Really, really good.

So that's a walk from Sumner to Taylor's Mis take?

The Coastal Pathway goes from the Ferrymead Bridge –

Yeah.

Just down end of Bridal Path Road here.

Yeah.

To Sumner.

Awesome.

So it's about half built now, I mean the, the easiest stuff has been done.

Yeah.

Beachville Road's just starting, well all the work around Beachville Road is just starting, at the end of that they'll put in the Coastal Pathway there.

Great.

But at the moment the Coastal Pathway goes from the bridge all the way to, um, the end of the causeway.

Um –

Which is great. Yeah, around the estuary, which is really nice.

Cool, good stuff.

Hanging around for help makes move frustrating. I'm finally on the road to post-quake recovery. Yay, go Mike. Ah, I waved farewell to all of my-

[UNINTELLIGIBLE]

House in Huntsbury over the weekend, cleansed of all its earthly contents ahead of the extensive repair project, which is set down for four months. Wow. Ah, it's funny, we always knew it was gonna take a long time, but at the time if you 'd told me, oh yeah, it's gonna be, you know, four years before your house gets fixed I'd have gone, wow, we must be one of the last people –

Right.

But there's still so many people –

Yeah.

Who need repairs. Lady down the road from us still isn't completely sure whether she's a rebuild or a repair.

Wow.

I know. Yeah. Just gone over cap. Past the point of no return, instantly morphing into an insurer-led repair. Insurer red, led repairs, the actual repairs themselves seem to have been better than the EQC stuff. But yeah. We were extremely lucky with our repair. Took a while to get it going but it's, um, yeah, it's been good. Young musicians, Ruby Ford, ten, left-

[UNINTELLIGIBLE]

Eight, and Charlotte-

[UNINTELLIGIBLE]

Nine, at Redcliffs School Fair at van Asch in Sumner on Sunday. What a great fair that was. That school has done phenomenally well, considering they're off site waiting for the minister to make up her mind.

Mm.

Every time there's a delay I get this, this feeling that she's just trying to come up with some excuse to close it.

Mm.

And she's delaying because she can't come up with one, because there's absolutely no reason for it. There's green-zoned houses behind the site, mm, and they just need to get the kids back there.

Mm.

Yeah, can't split up a community down the middle and send half to Sumner and half to Mt Pleasant.

Mm.

Split families, split friends, split the community. Without a school Redcliffs would turn into a retirement village.

Right.

And that's not what anyone wants.

Right, right.

Ah, business pages, can skip those. Christmas function guide 2015, oh, my God, I can't believe people are advertising Christmas stuff already. Saw decorations in at The Warehouse the other day and I was appalled.

[LAUGHTER]

I posted up on Facebook, eh, just as seen in –

Too much.

[UNINTELLIGIBLE]

- In The Warehouse and I had lots a comments from people.

Yeah.

[LAUGHTER]

Totally.

Yeah. Mm. Victeri-, Victoria Square win for the people. If you watch very carefully it is possible to see the little hand on Victoria Squares floral clock creeping out the hours. Not for it the hectic pace of life measured out by the minute hand as that ticks super confidently around the dial, flattening, at least temporarily, those plants that are in its way. Gosh. I love the fact that Victoria Square is gonna stay the same.

Mm'hm.

And that they've actually consulted. But in the scale of what they needed to consult on it's a token gesture.

Yeah.

And it shows that they know how to good consultation.

Right.

Which is great, cos the consultation has actually been really good and they have listened.

Right.

But it shows that they're choosing not to do it with everything else.

Right.

Which is sad.

Right.

I mean doing this consultation hasn't meant that they could, ah, it wasn't as scary as they thought, I think, and they've saved millions of dollars, cos they were gonna spend, what's there, seven million dollars and now it's gonna cost, I'll guess, oh, way less than half that.

Right.

So doing the consultation has saved them money.

Right.

And got the public what it wants.

Right.

And yet they're not doing it with anything else.

Right.

[LAUGHTER]

It's just –

And that is a really good lesson, aye, about like, doing community work, is that it doesn't necessarily need to be longer and more expensive.

I know. It may take longer but it's gonna be utilising existing resources and stuff. Well, I've talked to some people from CERA and they are bewildered that, and it was in the paper a while back too, they can't understand why people aren't overjoyed and clapping their hands and stuff with the, the development of the Avon River Precinct, you know –

Mm'hm.

It's one of the first anchor projects that's gonna be finished, some of it's looking beautiful.

Mm'hm, mm'hm, mm.

So there's some fish coming back.

Right.

And no one feels any connection to it.

Right.

Um, CERA are really proud of the job they've done on it and I'm sure that it's good, but you know, no one feels any ownership.

Right.

Because they haven't been involved in the process at all, except for this little section in Victoria Square.

Right.

Um, I mean the fact that this thing on the front page,

this, this lovely new sculpture STAY –

Yeah.

Is gonna be on the river as part of the art trail –

Great.

Is great –

Mm.

But you know, no one feels any involvement –

Mm'hm.

No ownership with the city.

Right.

And that's why no one's clapping –

Going –

Their hands with joy.

Right, right, right, right.

Ah, even old bearded white guys can have thin skin. It's somewhat ironic that in Beck Eleven's column on Saturday September 19th, she indulges in gender stereotyping to reinforce her otherwise well-made points on the moral imperatives for the positive discrimination against racism and sexism. I'm talking about her reoccurring spiteful language about old white man, men with beards, and that's so true. Now, like everyone stereotypes, even when we don't want to. It's been interesting recently listening to John Ronson.

Mm'hm.

Um, talking about that othering of people.

Right.

And social media and those kinda things, and how we, we all do it all the time.

Mm'hm.

And it made me really, really aware of the fact that I'd been doing it.

Right.

Um, to people whose maybe ideas that I don't like and actions I don't like, but actually everyone's got their own back story and you don't see that.

Right.

Um –

That's one thing I love about children.

Yeah.

Is that they, they haven't learned all those, like ingrained –

Mm.

Categorisation.

Mm.

And it's so great they just kind of take things more at face value and base, trust their instincts.

Yeah.

And.

[UNINTELLIGIBLE]

Which is really nice.

Yeah. Or we-

[UNINTELLIGIBLE]

But it's hard to keep that with kids though.

Yeah, yeah.

Because they learn it through media and stuff as well.

Right.

And so getting them to think about those kinda issues and how that works is really important –

Yeah.

As they're growing up. So yeah. Yeah. Oh, gosh. Letters to the editor. Rural and urban. Nutrient run off. Sucked in. Quality of life. I feel safe here. fifty percent increase, increase the fine. One positive letter out of that lot. I feel safe here. I'm writing in response to the article in Saturday's paper about Jollie Street. I live on a street that runs off Jollie Street and wonder what benefit this sort of reporting has. Although the street has changed since the earthquakes and has some issues I like our neighbourhood and feel safe here.

Mm.

How nice that someone writes in to say something positive.

Mm.

You know, for the most part it's people writing in and complaining or –

Mm.

You know, running people down and –

Mm.

You know, we need the cheerleaders as well.

Yeah.

We need those people to put things in perspective and say hey –

Mm.

You know, actually.

Mm.

It's not all bad. Cos we get caught up with that whole complaining thing all the time. Interestingly on the front of the same paper Linwood was listed as a suburb with the most gain in property value with the average house price unaffordable to most first time buyers, Linwood offers a foot into the market. Hopefully fear and prejudice won't put off people from becoming part of our diverse community. What a great comment. That's really cool. Ah.How much of this do you want?

Just as long as your attention span would normally last on the newspaper.

Okay. Oh, there's Corbyn and Trump, flick over that. Secret in your cells. Doctor Libby, essentially the aging process, exposure to environmental toxins, nasty chemicals and pollution as well as a poor diet can normally lead to increased levels of free radicals in the body. Feelings of low energy, yep, that sounds really familiar.

[LAUGHTER]

The best time to take a break. New research indicates that mid-morning is the most beneficial time to take a break. Well actually that sounds fantastic. In fact just before I came down here today I was like, well actually I could do with a bit of a snooze.

Mm-mm.

[LAUGHTER]

Yeah. For most people mid-morning is one of the busiest parts of the work day. Those ten o'clock and eleven o'clock hours come after we've caffeinated ourselves, waded through morning email, caught up with colleagues and read up on the day's news. It's when our meetings our held, our brains seem to function best and the real work of the day begins, but it's also the most beneficial time of the day to take a break. Awesome. That's what I need to make sure I do more often too -

Right, right.

Is take those breaks. Yeah. Yeah. One of the key findings is that participants reported more energy, concentration and motivation after breaks in the mid-morning than they did following afternoon breaks.

Mm.

That's kinda cool.

Makes sense, eh.

Yeah. Ha, we think we're like our cell phones and we should deplete all the way to, back to zero before we charge back up, but we have to charge more frequently. That sounds good.

Mm'hm.

I should do that. Ashburton's just celebrated the twentieth anniversary of the opening of its public art gallery, cool. Greater New Zealand Survey of the Arts recorded that nine in ten New Zealander's attended at least one arts event in the last year. That's really good. Not nearly enough. Can't wait till our gallery's open again.

Yeah, it'll be great, aye.

Can't wait.

December.

Yeah. Yeah, which will be really good, and won't be completely finished –

Yeah.

But it will be open. Yeah. Vicki Buck posted a few things on her Facebook page yesterday, there's a, something new going on the outside.

Yeah, Martin Creed.

Is it?

Mm.

I just, I couldn't see much about it.

Yeah, yeah.

So yeah. Everything is going to be all right. Is it a night time thing?

I think it's gonna be illuminated all the time, but it's a, like yeah, it's like a, um, the text is like different colours.

Yeah.

Yeah, yeah. Yes.

It was hard to see, yeah.

And it's hard to know what's it gonna be like till you see it, right, cos it's kind of a, I think it's a

bit of a playful –

Yeah. Yep. I just, I keep on wanting to put the word little in there. You know, it's like every little thing –

Oh yeah.

Is gonna be all right.

Oh yeah, like Bob Marley.

From the song? Yeah, yeah.

Totally.

Yeah, it's like, so just wanna out the word little in there and –

Right, right, right, right, it's a really good point.

Yeah. Almost-

[UNINTELLIGIBLE]

Those little, you know, the little arrows going up with the words with all –

Totally, totally.

Scribble then up the top or something.

It's amazing. I love it.

Or down underneath cos not much space it could –

It's-

[UNINTELLIGIBLE]

Yeah.

That's what you need to put on Facebook –

Yeah.

Is a little, like reworking.

Yeah. Every little thing, oh weather, weather, weather, weather, oh look, Saturday, there's a little bit of sunshine peeking out from behind a cloud.

Awesome.

That will be good for the start of the holidays.

Mm.

Increasing fine spells, light winds –

Right on track.

Yeah, which is great, and, ah, oh weather, I wanna mixture, like I, we want more rain cos we're gonna plant seeds and help everything grow.

Right.

But could do it at night time and then we could have sunshine during the day and that would be fabulous.

Right.

[LAUGHTER]

And TV, and I don't, oh yeah serious, I don't remember the last time I just watched TV.

Right.

If it's on, like we record a few things.

Right.

But –

This is not the time in your life where you're gonna be watching a lot of TV.

It's just not, aye.

It's, you're gonna be going probably a decade of probably just being busy, busy.

Yeah.

It's exciting.

So yeah.

Is that the reading do you think?

Oh probably.

Yeah. Thank you so much.

Is that all right?

That was fantastic.