



Councillor comment with Ashburton District Councillor Bev Tasker

The start of 2007 has brought about a sense of excitement and some relief that the physical work to construct the \$15 million wastewater treatment and disposal upgrade for Ashburton is underway.

The present practice of spilling the treated water into the Ashburton River is no longer acceptable.

After years of detailed planning and looking at different ways of treating and disposing of wastewater in sustainable, economic and environmentally friendly ways, we consulted with ratepayers seeking feedback on disposal options, receiving overwhelming support for applying treated wastewater on to land for growing pasture.

After considering a number of locations and soil types, Council purchased a farm at Ashton that fitted the size requirement and soil types needed to be able to absorb the treated wastewater every day of the year.

We have worked closely with the neighbours of the farm to address their concerns as we want to be good neighbours. We were granted resource consents to construct and operate the disposal of treated wastewater to land without the need for a formal hearing. It is a significant achievement that a scheme of this magnitude has been granted resource consent without the need for this process.

Final detailed design, surveying and writing of contract documents were completed and contracts awarded just prior to Christmas. A total of 15 contractors tendered for the three contracts.

Upgrading the treatment facility at Wilkins Road will be carried out by



Works Infrastructure Ltd. Meyer Construction is laying the transfer pipeline from the Wilkins Road treatment facility to Ocean Farm at Ashton, the land disposal site, while Rooney Earthmoving Ltd is responsible for constructing the holding pond, clearing and contouring the land and installing the irrigation scheme. The tender prices accepted were within budget and under the engineer's estimates.

Council has employed an experienced engineer to oversee construction work, who is on site daily to monitor work quality and to ensure good communication between Council, designers and contractors. The farm

manager started work at Christmas. Land is being worked in preparation for irrigation installation and sowing into pastures. Much has to be done with a new farm layout, fences, land development and planting of trees.

The manager will be involved in the installation of the irrigation systems, so he understands how it operates and will be assisting with irrigation management ensuring appropriate irrigation and compliance with resource consents.

The treated effluent will be used to irrigate pasture, producing hay and silage generating income from the wastewater. Revenue generated will be used to offset the operation and maintenance of the treatment and disposal facilities. We have a sustainable good use of a resource – instead of discharging the wastewater into the sea like some other schemes in Canterbury do.

Business park submissions close February 16



The closing date for public submissions on the proposed North East Ashburton Business Park is February 16 and environmental services manager John McKenzie would like to remind people that it is important to lodge a submission now if they wish to have their views heard at the subsequent hearing.

Although only three submissions had been received by the end of January, Mr McKenzie said he expected to receive many more from North East Ashburton residents before the mid February closing date.

Submission forms are available from the Ashburton District Council and can also be downloaded from the council's website www.ashburtondc.govt.nz which also contains information about the business park project.

The proposed 126ha business park will be sited in the northeast of Ashburton adjacent to the rail corridor between North Park Road and Works Road and is intended to provide scope for future business growth.

Mr McKenzie said it would provide for the needs of Ashburton for the next 15 to 20 years.

A shortage of available land for commercial and industrial use and the need to ensure that any future development is well planned was the catalyst for its conception.

The concept was first publicly signalled when council released its blueprint for the future development of the district in June 2005.

Council proposes to rezone 126ha of council owned land between State Highway 1 and

Company Road, changing its status from Rural B to Business Zone and to re-designate land to allow for future roading development in connection with the proposed business park.

This would mean land in the Northpark Road, State Highway 1 and Works Road intersection would be designated for roading to allow for intersection upgrading in connection with the business park and to ensure that sufficient land is available for future upgrading, if and when required.

Both issues were publicly notified in December and anyone can make a submission on them.

The submission and hearing process is expected to be a lengthy process that will extend well into the year.

Roll out those bikes!

The Ashburton District Bike Wise Week runs from Sunday 25 February to Friday 2 March, and this year will be more exciting and fun than ever.



title up for grabs. Points are awarded for the number of cyclists participating and the results are then sent to the National Bike Wise organisation for confirmation.

Local activities start with a brand new event to our district, The Mayoral Challenge.

So, what is the Mayoral Challenge?

Our Mayor, Bede O'Malley, in his yellow jersey, with helmet and bike, will be ready at 10.00am on Sunday the 25th of February to lead cyclists on a short cycle trek at the Ashburton Racecourse.

That is where our community comes in! This fun family event is designed for cyclists of all ages and everyone is invited to join him, in fact the more the better!

This cycle challenge will be happening in more than 22 other districts around New Zealand, and there is a national

All you need to do is register on the day from 8.45am. Entry is free. Simply by registering and cycling in the event, you will go in the draw for some great prizes, including one of two brand new bicycles.

Everyone is welcome. So, bring your bikes, helmets and as many family and friends as you can find and help us bring the trophy to Mid Canterbury!

HEATS

The Business Bike Battle heats will be held each day from Monday to Thursday at 12.15pm on the Green in East Street, Ashburton. Teams of four made up from several work places will compete against each other and the clock to gain a place in the grand final

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Traffic changes at North end of Ashburton

The Transit NZ East St/West St Intersection project at the North end of Ashburton is well under way, and it is timely to explain the new traffic manoeuvres that will be required.

Traffic on West St heading straight through in both directions will have a straight run. It is important to note that the 50 kph speed control sign will be moved north along SH 1 to the present location of the 70/100 kph sign adjacent to the layby north of Racecourse Rd,

There will be new large threshold signs warning of the location of the new speed limit location, so drivers will be well warned of the new speed limits applicable on SH 1 (West St).

The Racecourse Rd/West St intersection will become a standard T intersection with a right turn bay in the centre of the road for southbound traffic on SH 1 turning into Racecourse Rd.

The Racecourse Rd leg of this intersection will still be controlled with a "stop sign" as it is at present. Council also intends to review the speed limit at the east end of racecourse Rd to fit with the speed limit on the SH 1.

The new intersection of East St with West St will be a T intersection with "give way" control for traffic northbound on East St. There will be a right turn bay on West St for northbound traffic turning right into East St located in the flush median on West St, and parking space will be available on the mountains side of West St.

The intersection will include a long holding bay on the rail side of West St to provide for queuing traffic when the rail crossing barriers are down. Traffic flow on the East St leg will be controlled by a splitter island in the centre of the road. There are also some works planned to be carried out to improve the access of residents on the west side on to West St.

The new rail crossing will be fitted with barrier arms similar to the present crossing further north. There will also be some further tree clearing to ensure drivers have adequate sight distance up and down the railway line.

The intersection of East St on the east side



of the railway line will have the north section of East St intersecting as a T with "give way" control. This is necessary as there would not be sufficient room to stack vehicles on the rail crossing leg, which could result in a train/vehicle accident on the rail crossing, so it is important that traffic from West St has a free run to be cleared of this area. The traffic from East St north will have good vision at this intersection, and it is designed for all sizes of vehicles using the road.

The intersection of Bremners Rd and Seafield Rd is being widened to provide a right turn bay into Seafield Rd and a through lane up Bremners Rd.

The rest of the intersection will be tidied up to improve drainage and provide better control of traffic movements. This part of the project is being carried out by Council under its minor safety works programme as part of this contract.

There will be a new footpath formed on the north side of the overall intersection to provide foot access from West St to East St. The project includes removal of the large mounds forming the current East St/Bremners Rd intersection, and lowering the road here down to normal level, and the old railway crossing will be removed when the new crossing becomes operational.

The present part of East St where this crosses the railway line will be uplifted and this area landscaped with grass and new trees, and the existing footpath crossing the

railway line will be removed. There will be new upgraded street lighting installed as part of this project.

Stormwater management at this new intersection is covered under a separate resource consent. Run-off from streets will run to soak holes which will be allowed to pond at the surface during more extreme events. This ponding will eventually soak away through the soak holes. All surface water will be contained on the reserve land between East St and the railway, and between the railway and West St.

During construction there will be periods when certain traffic movements will be restricted and drivers will have to take detour routes via North Park Rd and Bridge St. The first restriction for 3-5 days will be "no left turn" out of Seafield Rd onto East St. Traffic will either detour to the north via Bremner Rd and Northpark Rd, or access into town via Bridge St. This is to allow the Contractor to form up the east side of East St. Following this work there will be "no right turn" permitted out of East St to Bremners Rd to allow the West side of this road to be excavated and formed. Access will be available via Northpark Rd and/or Bridge St. The contractor will be advising all local industries and residences off this traffic flow restriction, and advertising the temporary road closures in the local papers.

The completion of this project is planned for April 2007.

Fluoridation poll starts Friday

Voting papers for the fluoridation referendum will start to be delivered to eligible voters on Friday 16 February. Delivery should be completed by next Tuesday.

Eligible voters are:

- All of the resident electors in the Ashburton urban water supply area (the Ashburton urban ward for local authority election purposes as designated for the 2004 triennial election)
 - Non resident ratepayer electors in respect of properties in the same area
 - All ratepayer and/or resident electors holding an extraordinary connection on the Ashburton urban area water supply
 - All ratepayer and/or resident electors in the Coniston Water, Westpark and Parkdale Close subdivisions
 - always remembering that each voter only has one vote and must also be on The Parliamentary Electoral Roll.
- Anyone who believes they have missed out on voting papers should call Electoral Officer John Rollinson at 307-7742 and arrange for a special vote.

Special votes may be cast at the Council offices until 12 noon on 10 March 2007.

Roll out those bikes!

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Friday at 12.15pm. Has your workplace registered a team yet?

Telephone Jan on 307-0475 before Wednesday 20th February. Everyone is invited to watch the thrills and spills and support these brave teams!

BREAKFAST?

An early morning cycle, a delicious breakfast and the chance to win prizes

sound like a great way to start the day? Put on your cycle helmet, get on your bike and cycle to the Chessboard, East Street, Ashburton. A free breakfast will await you between 7.30am to about 8.45am. If it is wet, the breakfast will be postponed to Thursday and this will be advised on ZEFM around 7.00am.

SAFE CYCLING TIPS

The week ends with a free cycling skills

afternoon teaching safe cycling tips to 8-12 year-olds. This will be held at the Tinwald Velodrome on Friday 2 March from 4pm-6pm. A cycle helmet and a road worthy bike are all that's needed for this fun event aimed at learning safe cycling tips and skills. If possible, we would like cyclists to register for the event by Thursday 1 March. Please contact Ngaire on 307-7784, between 8.30 and 5.00pm.

The Ashburton District Bike Wise Committee welcomes everyone to come and enjoy the events planned for Bike Wise week. If you need more information on any of the events, please telephone either Ngaire on 307-7784 or Jan on 307-0475. Ngaire Tinning, Ashburton District Road Safety Co-ordinator (on behalf of Ashburton District Bike Wise Committee)

Bike Wise Week Event Timetable Sunday February 25-Friday March 2

Diary these events and come along to as many as you can for a week of cycling fun for everyone

Sunday 25 February	Monday 26 February	Tuesday 27 February	Wednesday 28 February	Thursday 1 March	Friday 2 March
<p>Mayoral Challenge 8.45am registration for 10.00am start. At the Ashburton Racecourse. Bring your bike and helmet and cycle with our Mayor in this new event. Go in the draw to win spot prizes or a brand new bike! All welcome to this fun family event!</p>	<p>Heat 1 Business Bike Battle, East Street Green, 12.15pm Teams of four race against each other from Monday to Thursday to gain a spot in the grand final on Friday. Register your team now, call Jan or Jacqui on 307 0475</p>	<p>Heat 2 Business Bike Battle East Street Green, 12.15 pm</p>	<p>Heat 2 Business Bike Battle East Street Green, 12.15 pm</p> <p>Go By Bike Day Cycle for a delicious free breakfast and spot prizes, East Street Chessboard 7.30am-9am (if wet, Thursday)</p>	<p>Heat 4 Business Bike Battle East Street Green, 12.15 pm</p> <p>Cycling Safety Cyclists wearing their helmets and displaying safe cycling rewarded with spot prizes by Police and Ashburton District Road Safety</p>	<p>Final of Business Bike Battle East Street Green, 12.15 pm.</p> <p>Skills Night For 8-12 year olds A night of fun and learning skills with the chance to win prizes. Register with Ngaire on 307 7784</p>



Great day for Concert in the Park

This year's Concert in the Park was an unqualified success.

About 3000 people turned out in glorious weather to bask in the late afternoon sun while enjoying two hours of great music courtesy of The Kopy Kats and The Beatgirls whose vast repertoire included a raft of perennial favourites.

Many families brought a picnic tea and there were deck chairs and chilly bins all over the Ashburton Oval Domain as the relaxed and good natured crowd settled in to enjoy the music and the splendid weather.

All age groups were well represented in the large audience. From tiny tots to senior citizens, young and old alike enjoyed the fast paced, toe tapping performance.

Classic hits from groups such as The Beatles and Abba have obviously never lost their appeal or their ability to enchant generation after generation. Many of the children gathered in front of the stage to dance, captivated by the infectious beat of music that dated back four decades and more.

The concert was sponsored by the Ashburton Trust, Trust Power and the Ashburton District Council with the assistance of the Ashburton Guardian and Port FM Local.

Proceeds from the performance went to the Westpac Rescue Helicopter with \$2000 being raised.



Part of the about 3000-strong crowd enjoy the music and the chance to bask in the late afternoon sun.



The Kopy Kats launch into the Credence Clearwater Revival hit Bad Moon on the Rise.



The Beatgirls swing into action.

Grahams Rd/ Stranges Rd Intersection changes

With the growth of residential development, and aquatic sporting activity on Lake Hood, the traffic patterns on Grahams Rd and Stranges Rd have changed significantly.

Whereas prior to the lake being constructed the heavier traffic flow proceeded along Grahams Rd, and Stranges Rd carried much lighter flows. This has changed significantly with the opening of the lake, and

Grahams Rd/Stranges Rd link has by far the largest traffic flow.

This has led to a number of near misses at the intersection caused by poor driving on the part of motorists heading west along Stranges Rd toward Grahams Rd.

The reconstruction of this intersection involves the re-orientation of the roads to form Stranges Rd/Grahams Rd as a straight-through link and

"T" up the junction from Grahams Rd east.

This leg will be controlled by a "give way", and this will markedly increase the safety of the intersection. At the same time the south leg of Boundary Rd will be formed into "T" intersection with Grahams Rd East, and also controlled with a "give way".

There will be room provided for a right turn bay on Stranges Rd for traffic

turning into Grahams Rd east.

The construction includes the removal of some trees. There is some additional land required for this project and negotiations are underway with the local landowners.

Once these have been formally agreed, tenders will be called and the work is planned to be completed in the current financial year, funded from the minor

safety works budget.

The old sections of road will be removed and the land returned to pasture.

In the meantime motorists using this intersection are urged to drive with caution.

There have been a number of reports received by Council of drivers west bound along Stranges Rd failing to "give way" and also driving on the wrong side of the road past the present traffic island.

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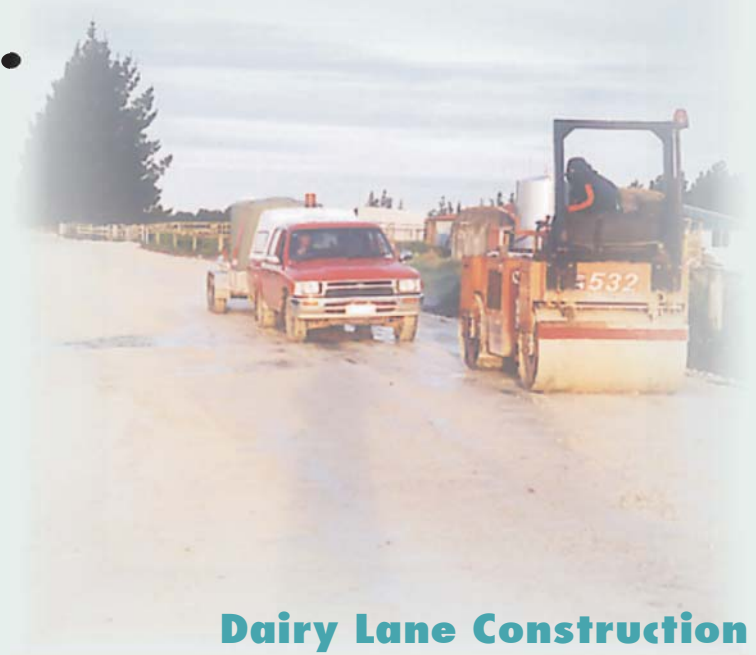
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Dairy Lane Construction

The case **FOR** adding Fluoride to the Ashburton water supply

The Canterbury District Health Board recognises that water fluoridation is the most cost-effective, practical and safe means for reducing and controlling the occurrence of tooth decay in communities of more than 1000 people. The CDHB considers that,

at less than 1 per cent, the coverage of the Canterbury population by fluoridated water supplies is very low. As part of its efforts to improve the oral health of Canterbury people, and to reduce health inequalities, the CDHB will work collaboratively with

communities, tangata whenua, and local councils to expand the level of water fluoridation in Canterbury. The CDHB supports research into the risks and benefits of water fluoridation, and into appropriate alternatives to water fluoridation in

communities where fluoridation is not feasible.'
*Dr Martin Lee
Public Health Dentist
Clinical Director
School & Community Dental Service
Canterbury District Health Board*

(The information provided below has been taken from the Ministry of Health website)

WHAT IS FLUORIDE?

Fluoride is a natural element found in air, soil, fresh water, seawater, plants and many foods.

Fluoride is an "ion" (an electrically charged atom) of fluorine, the 17th most common element in the earth's crust.

The earth's crust contains about 900 parts of fluoride per million (ppm).

In living tissues, fluoride has always been present in animals (mainly in dental enamel and bone) and in plants.

The concentration of fluoride found in soils varies

from place to place. In seawater it is found in concentrations ranging from 0.8 to 1.4 ppm.

It is also present in almost all fresh ground water at varying concentrations.

Fluoride works in three ways to help protect our teeth

from decay:

- Making teeth more resistant to decay by strengthening the tooth surface
- Interfering with the growth of the bacteria which cause cavities
- Helping to repair the early stages of tooth decay.

WATER FLUORIDATION

History — More than 70 years ago, dental researchers in the US noticed that people in some areas had much lower decay rates than their neighbours.

It was found that the difference was due to the levels of fluoride in the

drinking water. Those communities with low levels of fluoride had more tooth decay.

It was recognised that if fluoride in the water was at an optimal level of 0.7ppm to 1.2 ppm, teeth were resistant to dental decay and there were no noticeable other effects.

The results of numerous studies in areas where fluoride has been added to water supplies at this optimal level, verify the effectiveness, safety, and economy of this public health measure in reducing dental decay.

The use of water fluoridation

first began in New Zealand in Hastings in 1954. Methven and the Burnham military camp are the only fluoridated water supplies in Canterbury, while nationally 35 local authorities out of 76 fluoridate some or all of the water supplies they manage.

WHAT IS WATER FLUORIDATION?

Water fluoridation is the process of adjusting the natural level of fluoride in the water supply to between 0.7 ppm and 1.0 ppm.

This is the optimal amount

that provides protection against tooth decay. The amount added is monitored to make sure that the levels stay within that range.

Water fluoridation is a proven public health measure

to reduce dental decay.

Along with brushing twice a day, eating healthy foods and timely check-ups with a dental provider, water fluoridation can have significant benefits to

an individual.

Studies show that water fluoridation provides benefits above and beyond those from other fluoride sources alone.

WHY IS WATER FLUORIDATED?

The current level of fluoride found in the water supplies in New Zealand is not sufficient to be of benefit. Therefore increasing the fluoride found in the water supply to a safe level ensures oral health

benefits to population of reticulated water supplies.

Water fluoridation contributes to equity of health outcomes, as the benefit of dental caries prevention is greater for those in low socio-

economic groups, Maori and children. In addition, preventing dental caries leads to the prevention of pain and suffering and the need for hospital treatment of severe caries in many cases. It

contributes to the prevention of dental abscesses and, uncommonly such serious infections as infective endocarditis in particular groups.

WORLD SITUATION

About 60 countries have water fluoridation covering hundreds of millions of people.

There are also countries that do not have water fluoridation

but provide fluoride through other means, for example, in salt (although this is not as effective as water fluoridation).

Countries with drinking-water supplies available with fluoride levels adjusted, or naturally, at 0.7ppm or above include: Australia, Canada,

Denmark, Finland, Ireland, Israel, Italy, Spain, South Africa, the United Kingdom, the US and Venezuela.

SAFETY AND HEALTH

Research concludes that water fluoridation is safe and effective. There is no proven evidence that fluoride, at recommended levels in water supplies, causes any negative health affects. In excessive quantities, fluoride can cause white flecking on teeth.

It is impossible to experience fluoride toxicity from drinking water optimally fluoridated at levels between

0.7 ppm to 1 ppm. It would require drinking more than 5,000 glasses of fluoridated water at one time.

Millions of people all over the world safely drink fluoridated water every day. Claims have been made that fluoridation causes or contributes to cancer, skeleton fluorosis, Down's syndrome, renal disease, allergic conditions and fluoride hypersensitivities,

repetition strain injury, mutagenicity and causes interference with enzyme function.

These claims have not been substantiated by experimental studies or epidemiological analyses.

Many parts of the world have received naturally fluoridated water for thousands of years. Large populations have now been using

community water fluoridation for more than 50 years and there is no persuasive evidence linking optimal fluoridation with any adverse health effects.

With hundreds of millions of people continuing to receive the benefits of fluoride in drinking water, the absence of documented adverse health effects is particularly convincing.

Ashburton District Council does not express a view on fluoridation and has invited the parties representing the opposing views to supply an article of up to one page each to provide information for and against fluoridation. The articles are included here. The Canterbury District Health Board declined to provide a full-page article, and requested that the accompanying statement be printed as their official position. Further information has been added from the Ministry of Health website www.moh.govt.nz to further contribute to an informed debate.

It is emphasised that these views represent the opinions of the parties campaigning for and against the issue and should not be taken as reflecting Council's position.

The process so far

Ashburton District Council received a submission to its 2006 Community Plan from the Canterbury District Health Board to have fluoridation reintroduced to the Ashburton urban water supply. Letters of support from all dentists practising in Ashburton endorsed the submission.

After considering the submission, Council's initial response was to have the National Research Bureau undertake a survey of residents in September 2006 to see gauge community support for fluoridation. The results showed a clear preference in favour of fluoridation.

Results of the Ashburton water scheme survey to the question - Do you support or oppose the fluoridation of Ashburton's water supply?

Support	56.1%
Oppose	31.2%
Don't Know	4.9%
No Opinion/ No Preference	7.3%
Happy to let the Council Decide	0.5%

Council officers then prepared a report on fluoridation detailing probable effects on overall community wellbeing and outlining technical considerations associated with fluoridation. That report is available on the Council website www.adc.govt.nz.

Council considered the report at a meeting on 14 December 2006 where councillors voted in favour of a binding referendum to enable the Ashburton water scheme users to decide whether fluoridation will be reintroduced or not.

Have Your Say!
Vote in the Fluoridation Referendum
Voting Closes Saturday 10 March

You are eligible to vote if you own or occupy a property connected to the Ashburton township reticulated water scheme.

**For further information visit the Ashburton District Council website – www.adc.govt.nz
Or contact the Council offices 307 770**

How would fluoridation be done in Ashburton – and how much would it cost?

The proposed method of treatment is a sodium fluoride based system, which is considered the most feasible method in terms of safety, availability of product and reliability and efficacy of dosing process.

Fluoridating the Ashburton water supply would require the installation of water dosing equipment at each of the three treatment stations at Argyle Park, Bridge Street and the Ashburton

Domain, and at the proposed Tinwald treatment station when this is constructed.

The cost of installing all the necessary equipment is approximately \$500,000. The government has indicated it may subsidise some or all of the set-up costs of fluoridation.

At the time of writing Council had not received confirmation of any subsidy. The net costs of the set-up would be loan-

funded and paid for 90 per cent by Ashburton water users through the water rate and 10 per cent by the wider community through General Rate.

Operating costs have been estimated at between \$50,000-\$75,000 per year. With around 7500 connections to the Ashburton water scheme, this equates to an approximate cost per connection of between \$6.70 and \$10.00 per year.

The case **AGAINST** adding Fluoride to the Ashburton water supply

IT DOESN'T WORK IN SOUTH ISLAND:

The NZ Ministry of Health (MoH) prefers to use comparative statistics for 5-and-6-year-old children to "blind-side" councils. This is because water fluoridation has a well-documented effect of delaying tooth eruption which of course delays decay thus appearing to "benefit" that age-group. The "benefit" is only temporary and generally disappears by the age of 12 years. That is why the WHO recommends that the

appropriate decay statistics should relate to 12-year olds. The MoH's own statistics for 12-year olds in 2004 (the latest available) reveal that fluoridation isn't working in the South Island but, because of ethnic differences, does appear to have some small benefit in the North Island. A comparison of SI dental decay areas, is as follows where "F" means fluoridated and "NF" means not-fluoridated.

Nelson/Marlborough 1.25 (NF); Canterbury 1.58 (NF); South Canterbury 1.63 (NF); Otago 1.94 (F); West Coast 1.98 (NF); Southland (F) 2.11, Methven and Burnham Camp (F) 2.45. For the South Island as a whole it is 1.62 (NF), and 1.79 (F).

We know that, when the Waimairi District of Christchurch was fluoridated for several years, the decay statistics showed no

benefit at all which resulted in Waimairi ceasing fluoridation. Timaru stopped fluoridation in 1985 when, for 12-year-olds, average decay (DMFT) was 3.75 and 15.04% children were decay-free. Since then dental decay has progressively reduced until by 2004 decay (DMFT) was only 1.63 and 41.98% of children were decay-free. Timaru's 12-year-olds have never experienced the "benefit" of fluoridation.

NOT FOR INFANTS OR PREGNANT WOMAN:

In 2006 the National Research Council (NRC), the highest scientific body in the USA, published a massive study on "Fluoride in Drinking Water". This culminated a 3 year study of the available scientific research.

The NRC report (amongst other concerns) revealed that, because babies and infants have such high fluid intake compared to body-weight, they are being over-dosed if their fluid intake is derived from fluoridated water. The internationally recognised maximum fluoride intake for infants is zero from birth to 6 months, and then only 0.25mg/day from 6 months to 2 years.

Reacting to the NRC report, the American Dental Association (ADA), in November 2006, issued a warning that infant formula should not be reconstituted from fluoridated water.

In December 2006 the NZ National Radio Morning Report interviewed Prof. Howard Pollock of the ADA and also Clinical

Director of Dental Services at University of California. In this interview Prof. Pollock stated categorically that the warning not to use fluoridated water to reconstitute infant formula was indeed relevant to NZ.

Our NZ Ministry of Health arrogantly claims that the ADA warning does not apply to NZ because "the powdered infant formula available in NZ has lower fluoride content than that available in USA". That claim is incorrect. The fluoride content in powdered infant formula in USA is 0.14mg/l whereas the similar product in NZ has a fluoride content of 0.49 mg/l. Thus the warning not to reconstitute with fluoridated water has even more relevance to NZ. In fact, according to the NRC report, infants would be receiving too much fluoride if only drinking fluoridated tap water.

In October 2001 the Food Safety Authority of Ireland stated that "The scientific community agrees ... and recommends that

infant formula should not be reconstituted with fluoridated tap water".

The concern for children, from fluoride over-dose, is that they may develop fluorosis of the tooth enamel. This is played down by our MoH as being "a mere cosmetic effect" despite being cited in the York Review of 2000 as "not being just a cosmetic effect". The 2006 NRC report cites fluorosis as being an "adverse health effect". It is the first sign of fluoride poisoning which has less visible effects such as behavioural and IQ changes.

Two scientists from the NRC panel on "Fluoride in Drinking Water" (Dr K. Thiessen – an expert on risks to human health; and Dr R. Isaacson – a neurological expert) now warn that exposure to fluoride during pregnancy and throughout early life "lowers intelligence and increases the number in the low IQ region". Dr Isaacson also quotes a large scale study revealing that

"children with Down syndrome were born at a substantially higher rate to mothers under the age of 30 when exposed to fluoride in drinking water".

It is relevant to note that containers of fluoride tablets are required to state on their label "Do not use on children under 3 years of age" and "Do not use during pregnancy".

"Baby bottle tooth decay" cannot be solved by fluoridation. Dr H. Limeback (head of preventative dentistry at the Toronto University and an NRC panel scientist) states that "early dental decay in nursing infants (baby bottle syndrome) cannot be prevented by water fluoridation. Even cities where water fluoridation has been in effect for years are reporting similar dental 'crises' "

If Ashburton's water supply was to be fluoridated it is surely council's responsibility to warn pregnant and nursing mothers and to provide them with an alternative (non-fluoridated) water supply.

IS WATER FLUORIDATION A CAUSE OF CANCER?

This question received major publicity in 1975 when Dr Dean Burk (formerly head of research at the National Cancer Institute) and Dr John Yiamouyiannis published research showing that cancer death rates in the 10 largest fluoridated cities in the USA were 5-15% higher, and had risen faster, than in the 10 largest unfluoridated cities.

That should have been the death of fluoridation but powerful pro-fluoridation interests furiously claimed that non-integration of

demographic changes had confounded the results. Despite the obfuscation, the fact remained that there was indeed a significant rise in cancer deaths in fluoridated cities compared to non-fluoridated cities.

Burk's final scientific paper on this subject reiterates his strong scientific conviction that demographic changes of the two groups of central cities do NOT explain away the apparent causal relationship between fluoride and cancer

death rate. Burk and his co-authors pleaded: "In the light of this conclusion, we urge the governments of civilised countries of the world to bring about a prompt end to artificial fluoridation of public water supplies".

In May 2006 a report from Harvard University (the "Bassin" report), was published. It found that boys who drank fluoridated water at age 6 – 8 were more than 5 times likely to develop osteosarcoma (bone cancer) in

their later teens. Osteosarcoma represents 5 percent of all child cancers but is particularly aggressive with a 50% mortality rate. The New Jersey Health Department found a similar result 10 years ago for young males living in fluoridated communities.

Dr. John Colquhoun (former chief dental officer for the Auckland District) asked rhetorically "How many teeth would you have to save to justify even one child dying from osteosarcoma?"

WHY WAS FLUORIDATION REJECTED IN EUROPE?

Continental Europe has rejected fluoridation. These are scientifically knowledgeable countries and their reasons for rejection are revealing.

Belgium's High Council for Health concluded that fluoride supplementation is a risk to health. Despite the fact that the fluoride product for Ashburton's water supplies is sourced from Belgium,

that same country won't permit fluoridation of its own water supplies and has banned the sale of fluoride supplements because of health risks.

In 2003 Switzerland stopped its 41-year trial of fluoridation in the city of Basel. The reason given was "Lack of evidence that water fluoridation is more effective than other, less intrusive, means of

reducing tooth decay".

Germany banned fluoridation in 1971 stating as a reason "the so-called optimal fluoride concentration of 1mg per L is close to the dose at which long-term damage (to the human body) is to be expected"

In 1980 the Chief of Public Health in France declared it "too dangerous". In 1976 the Dutch

rewrote their constitution to ensure that fluoridation would never be allowed in that country again.

Sweden banned fluoridation in 1971. Both Hungary and Finland simply "stopped" fluoridation. The other European countries in general refused to even start fluoridation. Do the European countries know something that we don't know, or refuse to accept?

THE AMERICAN MEDICAL ASSOCIATION:

NZ takes its fluoridation lead from the American Medical Association (AMA). In 1944 the AMA's stated fluoridation policy was:

"We do know that the use of drinking water containing as little as 1.2 to 3 parts per million of

fluorine will cause such developmental disturbances in bones as osteosclerosis, spondylosis, ... as well as goiter, and we cannot afford to run the risk of producing such serious systemic disturbances in applying what is at present a

doubtful procedure intended to prevent development of dental disfigurements among children" – JAMA Oct, 1944.

Subsequent to the above statement a politician (instead of a medical person) was appointed to

QUESTION: Can you at least say "If there is doubt then leave it out"?

Council adopts Physical Activity Strategy

Last December council adopted an Ashburton District Physical Activity Strategy developed in conjunction with Sport Mid-Canterbury, the Canterbury District Health Board, the Rural Canterbury Primary Health Organisation, the Mid Canterbury School Principals' Association and Sport and Recreation New Zealand, who assisted with funding.

Many other sport and recreation related organisations in the Ashburton District contributed to the development of the strategy, which seeks to assess the physical activity level of people in the Ashburton District, provide attractive opportunities for physical activity and action the findings of the strategy.

The programme strategy will influence future council planning and

decision making while assisting sporting and recreational related organisations to work together towards a common goal of community fitness.

An implementation team consisting of representatives from a wide range of sporting and recreational groups throughout the district will develop the strategy and action it.

Incorporating existing physical activity programmes run by Sport Mid Canterbury and the Canterbury District Health Board into the strategy has fast tracked the process.

There are many ways that physical activities that are fun, family orientated and suitable for the entire community can be linked in with the strategy and Bike Wise Week which will run from February 25 to March 2 is a good example of this.

Playgrounds smoke-free



The Friedlander Park playgrounds have been declared smoke-free after two Hampstead School pupils presented their case for the park to be smokefree at Ashburton District Council's Young Person's Forum held in October.

Faleisha Pound and Nicole Adams were successful in persuading the Council to introduce a smoking ban in the children's play areas. A ban on smoking throughout the entire park was suggested but considered difficult to enforce.

The Mayor and councillors strongly supported the proposal and congratulated the students on their initiative.

If the concept is successful, all children's playgrounds under the Council's jurisdiction are likely to be declared smokefree by the end of this year.

Mayor Bede O'Malley said a smoking ban in playgrounds was sending the right message. "Children must be able to play in a smokefree environment. We need to promote healthy lifestyles to our young people" he said. "This will only work with the support of the community, but I am absolutely sure there will be no problem getting the community right behind something that makes so much sense", he added.

The Canterbury District Health Board and the Cancer Society supported the proposal and were delighted with the outcome.

The ban and signage will be unveiled on May 31 — World Smokefree Day.

What's On

At the Gallery

We bounce back! Ewan McDougall, 3rd February-4th March 2007. Opening and artist talk Saturday 3rd February 1.30pm. Ewan McDougall was born in 1948 in Wellington, New Zealand. He was a meat worker, drummer in rock bands and gained an Honours Degree in Political Studies before lecturing at Otago University then travelling widely. During his travels McDougall undertook employment in ore mines in Western Australia, pubs in London and oil rigs in the North Sea. McDougall has been painting since the late 1980s and has had well over 40 exhibitions nationally and internationally.

A Place to Stand: Commemorating Waitangi Day, 3rd February-4th March 2007. Opening Saturday 3rd February 1.30pm. The question of a New Zealand identity one might argue can be seen as a continuous debate requiring constant discussion and re-evaluation. South Island artists explore their notion of what it is to be at home in New Zealand.

What do we identify as being a home? Is it a house, a piece of land, a mountain or stream? Some may define themselves by the home they were raised in while others may see their home as a way to develop a sense of self which can be displayed to the outside world.

Unfolding New Zealand, 3rd February-4th March 2007. Opening Saturday 3rd February 1.30pm (all welcome). In conjunction with the Ashburton Art Gallery's upcoming exhibitions A Place to Stand: Commemorating Waitangi Day and

Ewan McDougall's We Bounce Back the Ashburton Museum and Art Gallery will be working together to bring the exhibition Unfolding New Zealand to the Ashburton community. The collection of 12 New Zealand maps will be on display in the Ashburton Museum.

Maps have always formed an integral part of a country's development and New Zealand has been no exception. The maps on display in this exhibition reflect the exploration and development of New Zealand during the 19th Century.

The maps on display are reproduction and original folding emigration maps which were published to encourage new settlers to New Zealand. They are part of the collection of Dr. Peter Maling, well-known Christchurch map collector and author of the landmark book, *Historic Maps And Charts Of New Zealand, 1642-1875*.

This exhibition has been made possible thanks to the support of the Ministry of Culture and Heritage and is presented by the Antique Print Gallery, 34 New Regent Street, Christchurch.

Zonta Youth Art Awards, 9th March-1st April 2007. The Zonta Youth Art Award promotes excellence in youth art in Mid and South Canterbury. The award is open to all 16-19 year olds normally resident in Mid or South Canterbury. The winner of the Premier Award receives \$500, the runner up



Curator Kathryn Mitchell

receives \$250 and the third place receives \$150. Each entrant may submit two works in any medium. Entries should be delivered to the Ashburton Art Gallery, Baring Square East, Ashburton by 4pm Friday the 16th of February 2007 accompanied by a copy of the completed and signed entry form. Entry forms available from the Ashburton Art Gallery — get yours

now.

Congo (Sly Grogger), Mark Braunias, 10th March-8th April 2007. Congo is based on a homage to a primate by that name trained to paint by Desmond Morris during the late '50s at the London Zoo. Sly Grogger refers to the other major influence on Mark's work being the history of moonshine whiskey making and drinking in the Hokonui area. While this historical reference is well documented already Mark's response is unique drawing analogies with the contemporary, predominantly male, culture of drinking in New Zealand. The source of the imagery in the exhibition is the artist's numerous workbooks. These drawings are transferred and reinterpreted onto canvas, paper, computer and film. "There is a desire to get inside the drawings themselves, to relive them" — Mark Braunias

And the Museum

January has been a very busy month at the Museum, with a large number of people visiting. The damp weather may have had something to do with it, but we seemed to have a lot of grandparents bringing their grandchildren in.

We had a lot of fun putting together our Christmas display, a 1960s Christmas at the Bach, and it drew a lot of favourable comment, showing that for many people, history is what they can remember from their own childhood.

Another feature of January has been the large number of people looking for information on all sorts of topics, ranging from family history to civil engineers seeking information about earlier uses of sites being redeveloped.

A quick look through the visitors' book shows that as well as a good number of locals we had visitors from California, Korea, New York, Canada, Sydney, England, China, Japan, Singapore, Alaska and Sweden as well as from throughout New Zealand.

While it's great to see so many people from other parts of the country and world taking in Ashburton history, it would also be great to see more local people come in the doors. With that thought in mind we have organ-

ised some interesting displays.

We currently have a special exhibition in place for the month of February — Unfolding New Zealand. It showcases New Zealand maps from the 1800s, each with a magnifying glass so visitors can pick out the incredible detail they contain. Cartography is a form of art, and this exhibition in the Museum is being staged in conjunction with the Ashburton Art Gallery.

However, it also gives the Museum the opportunity to bring out some of the more interesting maps from its own collection. These include Robert Park's original maps of Ashburton from 1863 and 1864, the first street map of the whole town, produced in 1883, and a very special map from 1881 showing the planned route of the first stock water races. It contains the names of many of the earliest farmers in the northern part of the Ashburton District.

Paul Arnold from Christchurch,



Curator Michael Hanrahan

who is staging the exhibition, will be in the Museum at 1.30pm on Saturday, February 10, to talk about the maps, all interested people are welcome.

Another exhibition change coming up is our period room. It has represented a late Victorian bedroom for a number of years now, but is soon to become a 1930s office.

Our displays of long-standing Ashburton businesses currently features Millichamps

Nurseries, and our series of Weddings down the Decades is about to move from the 1920s to the 1930s.

I am looking forward as the year progresses to meeting with clubs and other groups to tell them about what Ashburton's Museum does. If anyone would like someone from the Museum to speak at a meeting, please give us a call on 308 3167. In any case, pop in some time to see what we have to offer. The Museum is open Tuesday to Friday 10am to 4pm and 1pm to 4pm at weekends — closed most statutory holidays.

NEW ADULT TITLES AT THE PUBLIC LIBRARY

FICTION

Companions Of Paradise, by Thalassa Ali.

A follow on to A Singular Hostage and A Beggar At The Gate, this historical novel continues the story of Mariana Givens, who shocked the Raj by her marriage to a Punjabi Muslim. It is 1841, Mariana is estranged from her husband, and forced to return to her disapproving English family. She accompanies them on the ill-fated military and diplomatic mission to Kabul.

Bad Blood, by Linda Fairstein

A forensic thriller featuring Prosecutor Alexandra Cooper. A murder trial is beginning in which a New York businessman has been charged with arranging the brutal killing of his wife. An explosion rips through the city's vital tunnel system, which carries services such as the water supply. Links emerge between the accused and this apparent terrorist attack.

The High Life, by Jules Flight

A book which explores the pleasures and pitfalls of apartment living, a trend which has resulted in the proliferation of high-rise complexes, warehouse conversions and other big city options. The leaky homes crisis is just one of the buyer beware aspects of apartment investing, but there are good luck stories here as well.

8 Tribes: The Hidden Classes Of New Zealand, by Jill Caldwell

Character profiles of eight types of New Zealanders, regardless of race or age. We have the North Shore, the Raglan, the Remuera tribe. And the Balclutha tribe, to which I suspect many Ashburtonians belong. There is a web site to visit that will give you an estimate of your personal allegiance, just for interest.

Real Estate Mistakes, by Neil Jenman

How to choose a good real estate agent, and an insider's advice on both buying and selling. Lots of valuable information here, to guide people through some of the most important decisions they are likely to make in their lives. The author is currently hosting the television show, The School of Home Truths.

Druid's Sword, by Sara Douglass.

Book Four in The Troy Game fantasy series. The bloodshed of Boudicca's revenge on London, and her subsequent defeat, are reawakened in wartime London in 1940.

Brother Odd, by Dean Koontz

A sequel to Odd Thomas. The main character has a sixth sense that enables him to detect the spirits of the restless dead. The nastiest examples turn up to gloat over those doomed to die. Odd has retreated to a monastery in the remote High Sierras, hoping for a bit of peace. Needless to say, those bodachs soon cluster around.

Image Matters For Men, by Veronique Henderson

How blokes can learn to do their own clothes' shopping. Lots of illustrations to determine what colour range, proportions and style should suit you best. Emphasis is on business dress, but casual wear is also covered.

Landscape Paintings Of New Zealand, A Journey From North To South, by Christopher Johnstone.

A selection of 103 landscape paintings by respected artists, spanning 140 years, showing the variety of styles and treatments of familiar landscape features.

Hello Laziness, Why Hard Work Doesn't Pay, by Corinne Maier

The original title, in French, is Bonjour Paresse, which sounds kind of classier. Not as judgmental. Not that the author isn't frank about her manifesto. It is a subversive slacker's guide to the workplace, and an antidote to the whole business self motivation industry. Very funny, even in translation, and often very true.

The Sixth Wife, by Suzannah Dunn.

All together now: "Divorced, beheaded, died; divorced, beheaded, survived". The sixth wife of serial husband Henry the Eighth was Katherine Parr. Unfortunately she celebrated her lucky escape by promptly marrying the vain and self-seeking Thomas Seymour, whose eye to the main chance was already fixed on the young Princess Elizabeth. Tudor novels are very popular at the moment, and this is a good one.

The Illustrated Denniston Rose And Heart Of Coal, by Jenny Patrick.

These are two very popular New Zealand novels set in West Coast mining districts. The text is accompanied by many current and historical photographs of the area's landscape, people and industrial heritage.

Glass Houses, by Sandra Howard

Promising young British politician Victoria James has her foot on the ladder of power. As a junior Minister for Housing she is soon struggling with opposition to a controversial new town to be developed in idyllic countryside. At home she is faced with sabotage from a husband who resents her success. And then there is the attraction she feels for the charismatic editor of an influential newspaper, whose country home is under threat from the Downlands' development.

My Mother's Lovers, by Christopher Hope

Not at all like the title suggests. The portrayal of the narrator's big-game hunting mother is almost secondary to the author's view of life in South Africa, which is much more interesting than any of the characters.

NON FICTION



Girl In The Cellar, by Allan Hall

Last August Natascha Kampusch escaped from eight years of captivity in a seemingly normal Austrian suburban home. Questions immediately arose – what was her life like, growing up locked in a cellar? Why had she not made more effort to escape, and what was her relationship with her abductor, Wolfgang Priklopil?

Beatrix Potter, A Life In Nature, by Linda Lear

For readers who love a big biography, this is more of a thumper than Peter Rabbit himself. 584 pages, well illustrated with photographs and Miss Potter's inimitable drawings. The beloved children's author is in the news lately with the release of a movie about her life.

HAPPY NEW YEAR READING FROM THE CHILDREN'S LIBRARY

Picture books

Countdown! by Kay Woodward

A little astronaut puts on his spacesuit and gathers up his trusty co-pilot. The countdown to sleep begins. This is a great little bedtime story with the added bonus of practice for those counting skills.



Elfrida by Klara Fall

Elfrida the sheep is waiting for Rob the shearer. This time she wants a different style poodle style. Soon all of her friends want one of Rob's multi-hued creations.



Chapter books



Faster Than Lightning by Michael Panckridge

12-year-old Angus lives and breathes horses. Something suspicious is going on at the stables. Can Angus and his friends solve the mystery before it's too late?



Wedding Crasher by Geronimo Stilton

Another excellent production about Geronimo, editor of The Rodent's Gazette. Maps, pictures, lots of colour and those cheesy jokes this one has all the ingredients that have made the Geronimo Stilton series an overwhelming success.

Teen reads



The Lisa Book

Lisa is the brain and the social conscience of the Simpson clan and Bart's unlikely sister. Another clever little book from the Simpsons Library of Wisdom series offers lots of laughs.



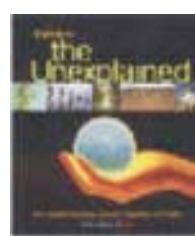
Bec by Darren Shan

I'm almost through the door when something breathes behind me, "Becccccc..." I turn. I can't see anything but I know I'm not alone. Book four of The Demonata series for those who like their nightmares seriously scary.

Non fiction

Exploring The Unexplained

Time Books brings us a richly illustrated book which looks at the world's greatest mysteries. They have included old favourites such as Stonehenge and the Bermuda Triangle but also more recent research into the Da Vinci Code and the link between twins.



The Yuk Factor by Tracey Turner

This is billed as the world's most revolting quiz book ever. It has an interesting assortment of multiple choice questions. If you have ever wondered what George Washington's false teeth were made from then this is the book for you.

New faces at the Council . . .



Administration officer Vikki Prendergast, who previously worked for a Christchurch law firm, is covering for Sharon Robinson who is going on maternity leave. Vikki is no stranger to Ashburton having grown up here. She is happy to be back in Ashburton and said she intends to stay here.



Jo Wickett joined the parks and recreation team as a gardener at the beginning of October. She said she loves working outdoors and has always been a keen gardener. Presently studying for a National Certificate in Horticulture Jo is no stranger to council having previously managed the Ashburton Pool. A brief stint in retail soon convinced Jo that indoor work was not for her and she decided to approach council for a gardening job. "So I rang up and hassled them for a job," she laughed. Joining the parks and recreation team was a good career move for Jo who loves her work.



Telephonist and receptionist Joy Clements is an important member of the Ashburton District Council team, being one of the first faces the public sees. She joined the council on a job-sharing basis at the beginning of January. Joy is a New Zealand Diploma in Business and New Zealand Institute in Management graduate and she also holds a human resource management certificate.

Zero tolerance for illegal dumping

Illegal dumping is an on-going problem that causes headaches for council and increased costs for ratepayers. It ruins our environment and limits the use of natural resources such as rivers for swimming.

Ashburton District Council in cooperation with ECan, NZ Fire Service, DOC, Fish & Game and other agencies is striving to control this problem.

Council has adopted a zero tolerance policy towards what is an unhealthy and unsightly problem and is taking a hard line with thoughtless people who dump their rubbish in waterways, on roadsides, in rural areas and other inappropriate places.

Measures used by council staff to help identify offenders include sifting through illegally dumped rubbish for clues to the identity of the dumper.

People who see incidences of illegal dumping are being urged to report them to council along with any information that might help to track offenders down, such as car registration numbers and this has been particularly effective.

District Environmental Health Officer Adrian Humphries said one of the most annoying aspects of the unsightly problem was that much of the dumped material such as paper, glass, bottles and plastics was recyclable and could be disposed of free of charge by way of the weekly Wastebusters' curbside collections.

"Two weeks ago an individual was observed throwing six bags of rubbish into



the Ashburton River. Some of the rubbish was recovered and much of it was found to be children's drawings. What sort of parent wants to pollute their children's environment in this way? We know who dumped the rubbish and they will be prosecuted," he said

Neither is it acceptable to dump garden waste, he said.

He said there was a misconception that it was okay to dump garden waste in waterways because it was biodegradable and therefore did not present a threat to the environment.

In fact nothing could be further from the truth.

Leached material from garden waste causes major problems by polluting waterways and killing the eco system

around it which impacts negatively on fish and bird life.

The subsequent rise in nutrient levels causes an increased biological oxygen demand which puts plants and animals under stress because of low oxygen levels. Leachate can also be toxic to flora and fauna.

Garden waste and grass clippings contain seeds, rhizomes and portions of plant stems. When dumped on riverbanks it contributes to the spread of weeds, which often overgrow to the extent that they use up the oxygen that is essential to the health of waterways.

Similarly, garden waste and grass clippings, dumped on roadsides and other dry land sites cause undesirable plants and weeds to spread.

People who dump garden waste in river beds and along roadsides attract other potential dumpers who are inclined to think that an existing pile of garden waste means dumping is permissible in that particular spot so they add their own garbage to the mess. Dried garden waste is also a significant fire hazard.

The problem is not confined to any particular age group or demographic. Surprisingly, people of all ages and from all walks of life are involved, including some older, long-term residents who rank among the worst offenders.

But it was usually younger people who were responsible for dumping cars, Mr Humphries said.

People who dump rubbish illegally think that they are disposing of it free of charge but in many cases that is an erroneous impression. T

he dumper just might be shooting him or herself in the foot because illegal dumping is a charge on ratepayers who have to pay for the time spent and resources used cleaning up after the litterbugs in their midst.

Many ratepayers have to foot the cleanup bill twice by way of both district and regional council rates.

Meanwhile Corrections Department periodic detention workers are helping to keep the Ashburton district a clean, tidy and healthy place to live.

"They are getting stuck in and making a real difference. However, we would prefer that they were not needed to clean up after others," he said.

HAVE YOUR SAY: Voting closes Saturday, March 10. People outside the Ashburton Ward whose homes are connected to the Ashburton domestic water supply are eligible to vote.