



The Golden Foot Awards

There was a buzz of excitement in the air at the end of July as finalists gathered at the grand council chambers in Wellington's Town Hall for the Golden Foot Awards ceremony.

Living Streets Aotearoa hosted the awards, which were sponsored by the NZ Transport Agency (NZTA). Representatives from the winning projects accepted the unique hand crafted jandal award from Alick Shaw, board member of NZTA.

Waitakere City Council were the first winners, taking the best practice walking facility for **Project Twin Streams** walk and cycleway, a sustainable storm-water management project which constructed nearly 10km of walk and cycleway. Hutt City Council took the award for the first New Zealand **puffin crossing**, an innovative new pedestrian crossing with sensor pads, near-side displays and no ambiguous red flashing man.

Other winners included **The Great Perimeter Walkway** encircling Christchurch; 'Taking a walk in Cambridge Park, a new design for a housing estate centred around public

space and aiming to reclaim the streets for pedestrians; **10,000 Steps Northland**, a high profile and successful health promotion scheme and finally **Buggy Walks**, a project that has helped over 400 care-givers get out and active in a series of walks designed to be done with a buggy in tow.

Judges were particularly pleased with the number of entries from people and local community groups who achieved a lot with limited funds but grand ideas. Special mention went to Bronté Davenport, a finalist for best small walking project. Bronté, aged 11, entered her school project, she designed and produced a walking school bus stop sign, making it easier to meet and use the walking school bus.

It was a great evening, rounded off with champagne in the chamber foyer and a celebration for all the winners and highly commended finalists. It was great to see such amazing projects happening around the country and an honour to acknowledge and celebrate the walking successes. Let's hope that these awards can inspire people to run more walking projects in the future, or even just to get out and walk around more often.

Congratulations to all winners and finalists!

Best practice walking facility

Winner: Project Twin streams walk and cycle way, Waitakere City Council
Highly commended: Turanganui Riverside Walkway, Gisborne District Council
Te Arawai, Kapiti Coast District Council

Top commitment by organisation

Winner: The Great Perimeter Walkway Urban Landscapes Group
Sustainable Otautahi Christchurch
Highly commended: Travel Smart, Tauranga City Council | Mangawhai Walking Weekend 10th anniversary, Walking Weekend Committee.

For a full list of the prize winners please see the back page.

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Contributions, articles and feedback can be sent to the editor: footprints@livingstreets.org.nz.

Past editions of Footprints can be read online: www.livingstreets.org.nz/newsletter

Content deadline for the November 09 edition of Footprints is: 16 October 2009.



Bronté Davenport from Timaru's Craighead Diocesan School, highly commended for her school project 'walk this way', finalist for Best small walking project, pictured with Alick Shaw, NZ Transport Agency.



Celia Wade-Brown and Janine Moy from Sport Northland, award winner for **10,000 Steps Northland**.

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From the Director's Desk



Liz Thomas, *Director*

Spring is in the air, and new life is blossoming everywhere. I was recently elevated to the rank of proud grandmother for the first time. Through dotting eyes, I've been watching this small creature exercising her limbs at every opportunity, preparing for the day when she can shuffle and crawl by herself, and then, cheered on by her family, take her first step, the start of a lifetime of walking.

Parents encourage their children to walk, run around, and play. Hopefully, from an early age they also teach them that walking is a means of transport, a way of getting around – walking with them to visit friends, go to the shops, the playground or kindergarten. Good habits – and bad – start early.

When children go to school, the majority are driven there in cars – gone are the days when most kids walked. One of the main reasons parents give for not allowing them to walk, or cycle, to school is the traffic – too many vehicles, going too fast. So what do parents feel obliged to do? Pop the children

in the car and drive them to school, putting yet another vehicle onto the road.

Congestion caused by the "school run" is a well-known phenomenon. During term time streets outside schools are notoriously dangerous, as vehicles jostle for space, and children leap in and out of cars and dart across the road. Even people without children can tell when it's school holidays by the miraculous decrease in traffic on the roads.

There must be a better way. It's not good enough that we clog up the roads at peak times, expose our children to dangers at the school gate and further pollute the air they breathe. Why should we have to deny them the opportunity to exercise daily, get to know their neighbourhood, socialise with friends, develop independence, and arrive at school invigorated and mentally alert, better able to learn?

What can concerned parents do to make streets safer, so their kids can get regular healthy exercise walking to school? They can support schools in encouraging active transport to school through travel plans, walking school buses, school drop-off points further from the school gate, and participating in the Feet First programme. They can lobby their council to make the streets round schools safer for walking and cycling. They can join and support Living Streets and its network of local Walking Action Groups who work to make communities more walking-friendly for everyone, especially the new generation of walkers.

Big changes come about when many people make small changes. We can all do our bit to make a difference. And what better time to start than spring?

Living Streets AGM

A new president and two new Executive Council members were elected at the Living Streets Aotearoa AGM, held during the Street Cred weekend in late July. Celia Wade-Brown, president since



The new Executive Council of Living Streets Aotearoa (missing: Grant Schofield).

the national organisation was set up in 2002, retired from office after many years of work dedicated to making a difference for walkers. The new Executive Council is:
President: Peter Kortegast (Nelson)
Vice: Mike Mellor (Wellington)

Secretary: Gay Richards (Auckland)

Treasurer: Andy Smith (Auckland)

Members: Nina Arron (Lawrence)
Daphne Bell (Hamilton), Carina Duke (Christchurch), Grant Schofield (Auckland), Rhys Taylor (Christchurch).

New Living Streets Aotearoa President

Peter Kortegast - Transportation Engineer Nelson

I feel a bit nervous – almost like a toddler taking his first steps moving into Celia’s shoes as the new LSA national president. In the coming twelve months there is a real need for strong walking advocacy and we have an exciting year ahead. So to tell you a little about me as your new president, this is my background.

I am a Transportation Engineer specialising in road safety and sustainable transport solutions. I work for Opus International Consultants out of the sunny Nelson Office. In my current role I work for a variety of clients including NZTA, local authorities, and private developers. I have experience with the resource consent process including being an expert witness at the Environment Court and High Court.

I have a beautiful family of two young girls (nine and four years old) and live with my partner in a rambling old villa. I have a great passion for adventuring and get into the wilderness whenever I can.

I consider myself a born-again transport engineer with significant experience in transportation walking projects and strategic



Pete Kortegast, LSA President

policy. I have worked as a Local Government and Regional Council Asset Manager for some 10 years and also worked in the United Kingdom. I have been involved with speaking at numerous national conferences and reviewing national research documents.

This year I will be attending the National Cycling Conference in November where I am hoping to present a paper on walking and cycling conflict on shared paths.

I welcome any questions from members to me and am more than happy to be contacted peter.kortegast@livingstreets.org.nz or via my work e-mail peter.kortegast@opus.co.nz.

It is fun and rewarding working with the highly motivated Living Streets staff and executive and look forward to the coming year. I believe Living Streets Aotearoa as an organisation is in a strong position and we as group can make a real difference to the walking environment in New Zealand. I look forward over the coming year to meeting as many members of Living Streets as possible and hope to see many of you at the 2010 New Zealand National Walking Conference.

Cheers, Peter

New Faces round the table at Living Streets

The two new members elected on to the Living Streets Executive Council at the recent AGM come from opposite ends of the country.

Grant Schofield is Professor of Public Health at Auckland University of Technology. He is the Director of the Centre for Physical Activity and Nutrition Research and has a strong research and teaching interest in physical activity and health promotion especially urban design, youth, and workplace health.

Nina Arron has recently returned from New York to Lawrence, in Otago. Her work experience has included being partner in a training and consultancy business, manager in a multinational corporation and she is now working as a freelance copywriter. Nina is a keen walker, and is missing the infrastructure for walking that she enjoyed in New York.



Grant Schofield

The sign of a civilized country

At a recent fundraiser for the organisation Transportation Alternatives, the former mayor of Bogota, Columbia, Enrique Penalosa spoke.

While mayor, Peñalosa was responsible for numerous radical improvements to the city. He promoted a city model giving priority to children and public spaces and restricting private car use, building hundreds of kilometres of sidewalks, bicycle paths, pedestrian streets, greenways, and parks.

Penalosa said he had seen countries where the poor people had no clean water to drink, and yet there were highways upon which rich people could drive because the people with money and power get what they want while the poor stay thirsty.

He also spoke of seeing transport systems where poor people had to walk or bike unprotected on highways and risk being killed because figuring out how to move poor people who had to walk was less important than figuring out how to move rich people who had fancy cars. This, he said, is not civilized.

A country's transportation systems should be designed to maximize the happiness of the people who live in it.

A country that attempts to maximize the happiness and quality of life of its citizens? Now that is civilized.

And by that criterion, what marks a country as civilized is not a good system of highways. Instead, what marks a country as civilized is a good system of sidewalks.

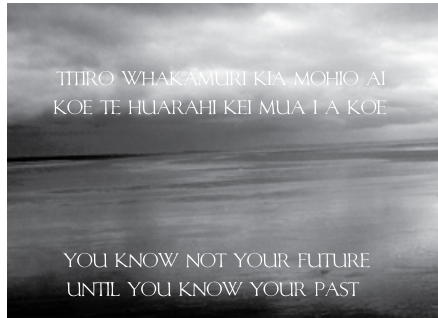
Thanks to Lisa Bridson for sending this article, from: www.noimpactman.typepad.com (The blog of Colin Beavan aka No Impact Man).



A History of Living Streets Aotearoa

Celia Wade-Brown

Living Streets Aotearoa is New Zealand's primary advocacy organisation for people on foot. From the first steps of WalkWellington in 1998, through incorporation as Living Streets Aotearoa in 2002, 2004's inaugural conference, and a full-time director in 2005, we've grown to five staff, several contractors and many volunteers in 2008. It's been a busy decade and worth reflecting upon.



New Zealand is a fascinating ethnic mix with cultural elements from the original Maori tangata whenua added to by Scottish, English and Irish settlers plus more recent immigrants and refugees from Polynesia, Africa, Europe, the Middle East, Asia and the Americas. Unfortunately many of our cities have followed the path of sprawl and North American car dependency. We have four million people spread through islands with a land mass comparable to the UK. Due to its topographical constraints, the small capital – Wellington – has relatively good walkability. Nevertheless, it's certainly not perfect and its imperfections sparked a desire for change.

In 1998, several people at a Road Safety meeting realised that while motorists, professional engineers and cyclists all had an advocacy voice in transport, there was none for pedestrians. Key people in the call for a pedestrian advocacy group included Ina Smart, a cheerful woman with severe visual impairment, someone from Public Health, someone working in the corporate car driving industry and myself! I'm a City Councillor and at that time was chairing the Road Safety Sub-committee and becoming increasingly aware of the silence of pedestrians. So we contacted the media who do free "community event" notices and had a good turn-out at our first meeting, forming **WalkWellington**. An early project, funded by the City Council's Road Safety Coordinator's budget, was the production of Yellow Feet saying "Don't Tread on Our Toes" with some of the many reasons not to park on the footpath. Free meeting rooms at Council were helpful given zero budget.

We held a few raffles and a treasure hunt – with the prize being "Bread for a Year" and were officially included on the Wellington City Council Road Safety Sub-committee. Small grants, again from the Council, plus modest sponsorship from local health organisations, such as Diabetes Wellington, enabled us to produce some local walking maps. This Wellington group made various submissions to local and regional Councils while I spent the next couple of years in the UK. I enjoyed traveling the Sustrans routes and met the Living Streets UK people. I saw both huge traffic jams and excellent traffic calming schemes, and explored continental Europe by foot, bike, train and car. I'd been pondering the dreaded dullness of the word "pedestrian" and while "People on Foot" is a useful phrase, it isn't magnificently exciting either. Christchurch City Council had already done some traffic calming schemes and described them as Living Streets but the staff there weren't possessive about the name. Rather than setting up the "NZ Pedestrian Association", we learnt from the research done by Living Streets UK, They rebranded The Pedestrians Association formed in August 1929 (www.livingstreets.org.uk/about/our-history) and I asked if they minded if we chose the same name. In my view "Living Streets" works better than "Walk X" because the emphasis is on the street rather than being mistaken for a rambling organisation.

Returning to NZ in early 2001, it was obvious we needed to have input to national policy and access to central government policy-makers. For example consultation on the draft National Energy Efficiency and Conservation Strategy demanded a nationwide walking response rather than a single city-based one. So we set up a national organisation. We chose to be an incorporated society so we could apply for grants, have democratically elected governance and a membership structure. The constitution was debated at the founding meeting and has been modified since – to clarify our charitable status and our branch structure. We act as an umbrella so each branch doesn't need to have audited accounts, a constitution and so forth, although some choose to become independent organisations.

A big step forward was our first conference in 2004. We have now had three conferences with some excellent local and international figures including walking gurus Rod Tolley and Dan Burden, transport visionary Todd Litman and physical activity researcher and advocate Brian Oldenberg.

The contacts I've made through international conferences, email groups and the International Federation of Pedestrians have been invaluable.

We succeeded in getting Walking Networking funding also in 2004, from the national government Transport Agency, through an intermediate organisation. If we hadn't worked closely with the Cycling Advocates' Network (CAN), we'd never have been aware of the opportunity.

Special mention should be made of our current director in any potted history. Liz Thomas started as Director in 2005 and has brought the necessary attention to correct financial budgeting and staff employment issues, as well as becoming a passionate walking advocate herself. With her gentle guidance, and her inspired networking part-timers, we now have twelve active local walking action groups, and more setting up. Once a branch exists, that's just the beginning – they need new blood, reminders about submissions, encouragement neither to take a single focus nor to try to do too much at once. With a new Projects Officer, we plan to boost activities and broaden our funding base by taking on Street Reviews, Walking Maps and other projects that deliver walking benefits while covering their production costs.

Our governance is purely voluntary and without the commitment of a dozen stalwarts on the Living Streets Executive Council, we'd have ceased existence almost as soon as we started! It seems it's the busiest of our local and national advocates who also serve on our Council. The development of employment, and other policies and attention to stakeholders, funders, projects, strategic planning and changing political landscapes takes considerable time. However, much can be borrowed and altered and we've drawn on the work of a number of other organisations. Community Net Aotearoa has some useful templates.

Over the years, health and the economy have arisen as matters equally important to road safety, congestion and accessibility. Walking's small carbon footprint should mean it's seen as a key contributor to Climate Protection but all too often the Think Big projects or technological fixes are preferred politically. We have revamped our website with a current focus on the economic benefits of walking.

We exist to make the invisible mode visible – and audible – while enjoying each others' company, preferably on foot with pleasant refuelling stops!

Celia Wade-Brown

Human Nature Contact

Mardie Townsend

Contact with nature meets an inherent need in people that is part of our genetic make-up. Public health expert Mardie Townsend from Melbourne's Deakin University presented this captivating concept at the Agencies for Nutrition Action (ANA) conference in May.

Ms Townsend has extensively researched the links between people, health and places. She says the connection between people and nature has only been lost recently.

"The concept started with a Harvard biologist who began to recognise an almost universal affinity between humans and nature. He found that people had evolved in the company of other species and had separated from them only in the last 150 years. He concluded that this separation from the natural world has resulted in many of our ills."

Ms Townsend told the ANA conference that this separation is a product of the way our society has developed.

"We've become obsessed with economics as the measure of success in our society. The human frenetic lifestyle and focus on money, allows little time for the natural world."

Ms Townsend demonstrated how contact with nature can be used to alleviate health problems, and how lack of access to nature can contribute to health issues.

"In a study called Feel Blue Touch Green, we took people suffering from depression, anxiety and social isolation into nature.

They spent time engaging and interacting with the natural world. We then measured their mood and sense of wellbeing and found some dramatic effects. All participants were effusive about the positive impacts from being in nature."

She described various ways the health sector can work to improve people's contact with the natural world.

"Actions that can be taken include the use of animals and gardens therapeutically. For example, we know that people who garden every day have a 36 percent lower chance of developing dementia. So why not develop ac-

tive gardening programmes for the residents of nursing and residential homes?

"There's also evidence that more parks in built-up areas encourage people to do physical activity. We need more green spaces to keep our communities healthy, fit and in touch with nature."

Ms Townsend wants to see the health sector and the environment sector working as partners in the promotion of human health.

"If they work together, it will add strength to the work of both sectors. This means a win for health, a win for the environment and a win for the people."



Tree-lined side street in Vienna (photo courtesy of Lily Linton).

Street Cred

An action packed weekend challenged participants at the Street Cred workshops in Wellington last month. Walking advocates from twelve Walking Action Groups around the country, and from three areas keen to set up their own groups, met to exchange experiences and good ideas, and to learn new skills.

The thirty five keen walkers had the opportunity to participate in the one day Fundamentals of Planning and Design for Walking course, usually run for transport planners and traffic engineers. Tim Hughes from NZTA and Glen Koorey tailored the course to help advocates understand best practice. This will help groups when they make submissions to councils and suggest ways of creating more walking-friendly communities.

The weekend wasn't all hard work – there was time to attend the Golden Foot Awards, walk the streets, and even indulge in a spot of belly dancing after dinner!

See photos on back page.

International Snippets

WALK21 IN NEW YORK, 7-9 OCTOBER 2009

New York will host this year's Walk 21, the annual pedestrian planning conference. From 7-9 October the city's Department of Transportation will welcome pedestrian advocates and professionals from around the world.

This year's topics will include examples of good public realm projects in New York, and the city's new street design manual that aims to ensure all future projects lead to attractive, walking-friendly streets. Conference themes promise a great mix: walkable communities are sustainable cities, investing in the public realm for a successful city, design strategy for urban quality and city design for active living.

Walk21 is an opportunity to learn of trends in urban design and transportation and to make the pedestrian advocate's voice heard.

Daphne Bell | www.walk21.org

BUY LOCAL

A short paper "Setting Up Superstores and Climate Change" by Jean-Marie Beauvais describes the results of a study in France indicating that shopping at large, suburban 'superstores' consumes more than four times as much transportation energy and produces more than four times the carbon emissions as local grocery store shopping.

www.vtppi.org/superstores.pdf

News from the regions

Living Streets North Shore

The July meeting was an opportunity for those who attended the Walking Awards and the Street Cred advocates' weekend to share their inspiration. Debbie Lang from North Shore City presented results from focus group research into people's motivations and barriers for walking in the city. Our next meetings will include planning for events such as Car Free Day in September and Walk2Work Day in March 2010. Our keen route mapper Margaret Scrymgeour is researching a Round the Shore walking route. Many pieces are already in place and we hope local knowledge will help fill the gaps. Walkers from across the Auckland region are encouraged to join the Auckland Spring Saunter starting from Mt Victoria in Devonport on the North Shore on Sunday 27 September - destination Mangere Mountain in Manukau City - that's three cities in one day - contact Auckland networker, Kelvin Aris for details.

Gay Richards

Living Streets Hamilton

Living Streets Hamilton has spent the last couple of months on submissions to Environment Waikato and Hamilton City Council LTCCPs, with a number of submissions being presented. Most recently, a number of us attended a fascinating workshop presented by David Engwicht, the originator of the Walking Schoolbus, who was brought to Hamilton by the city council while he was working with the Auckland City Council. His approach is inspiring, and has provoked us into action on a number of fronts, all aimed at "street reclaiming". Some of us have made a start at making our own streets more people friendly - street fruit trees, a neighbourhood produce table and a seat for people waiting at the bus stop are starting points, with the aim of trying for street barbecues and street "events" once the weather improves a little. One of our more inspired members has also organised a Poetry Party in Garden Place to follow Poetry Day. She has support from local councillors and celebrities who will attend and read poems. We're promoting it to as many groups as possible to encourage more public use of public spaces.

Another encouraging development is that we are about to be involved in discussions with NZTA and a number of other advocacy groups about finally getting pedestrian access

across Cobham Drive (a state highway) to one of Hamilton's main tourist attractions, the Hamilton Gardens. The absence of foot access across this major road has been a bone of contention for many years, wonderful to be nearing a solution.

Judy McDonald | Coordinator

Walk Nelson Tasman

Walk Nelson Tasman has had input into planned changes to the local state highway network to make sure walkers are not adversely affected. An ongoing issue in Nelson is conflict between cyclists and walkers on shared paths. The group's feedback to Nelson City Council is that this is often a result of poor design. Walk Nelson Tasman supports Nelson City Council introducing a protocol for shared paths but believes that a focus needs to be given to shared paths under 3 metres in width including guidelines to cyclists to reduce their speed. Walk Nelson Tasman supported several nominations for the Golden Foot Awards ranging from major infrastructure projects through to a minor alteration to an urban park.

Richard Butler

Living Streets Manukau

Living Streets Manukau City made their first submission on the MCC 10 year plan which was well received. The group received a thank you from the transport department for our help in making the case for a better walking environment. Donna Wynd and Kelvin Aris attended the Living Streets Advocates Training weekend in Wellington - great to meet walking advocates from all around the country and learn what each of the groups is up to.

There will be a Planning session meeting on Wednesday 2nd September at the Tui Room - 6pm, to map out the coming months.

I had the pleasure of walking the first part of Jim's Otara Heritage Trail recently and I'd suggest anyone interested in taking this fascinating walk come to our next meeting and book in with Jim.

Kelvin | 09 3780953.

Walk Auckland

At the last Walk Auckland meeting we were joined by members of Cycle Action Auckland to participate in a presentation on the Elliott Street shared space and the

Darby Street pedestrian mall. These are new projects for two of Auckland's CBD back streets. For more details visit: www.aucklandcity.govt.nz/council/projects/elliottdarby. The three Auckland City staff showed us plans and much discussion was had, ranging from the use of shared space by sight impaired people, to what type of stone would be used to cover the paths (images below). *Andy Smith*



Top: Proposal for Elliot Street, Auckland

Bottom: Proposal for Darby Street, Auckland
Images supplied by Andy Smith

Living Streets Lower Hutt

The newest of the network of walking action groups around the country was set up at a well attended meeting in Lower Hutt in June. Three group members attended the Street Cred training weekend. Jan Simmons and Lisa Bridson will be acting as co-coordinators, and keeping the group reasonably informal. At its July meeting the group discussed upcoming actions, and plan to:

- attend the council's quarterly Road Safety Reference Group
- attend visioning workshops for suburbs in their area
- participate in the council's Walking Strategy Review
- encourage development of a walking network plan to define main arterial walking routes
- promote improved services for vision impaired pedestrians, e.g. certain intersections, footpath clutter, standardised pedestrian crossings.
- maintain contact with associated groups and networks.

Meetings

Also available at: www.livingstreets.org.nz - under 'Regions'.

Walk Auckland

Second Tuesday of the month 5:30pm
Leys Institute Hall, 20 St Marys Rd, Ponsonby.
Upstairs in the Supper Room to the left of the stained glass doors. (The Leys Institute is by 3 Lamps Ponsonby, it houses the Library and parking is behind the building).
September 8th, October 13th, November 10th

Living Streets Manukau

The Living Streets Manukau group meet on the 4th Wednesday of the month at the Tui room at the Otara Town Centre.
Next meeting: 23rd of September 6pm, all welcome. Contact Kelvin: 09 378 0953

Living Streets North Shore

Next meeting: 5pm on Thursday 27 August at the Mary Thomas Centre, Gibbons Rd (behind the Library) Takapuna. All welcome.
September 24th, October 29th, November 26th

Living Streets Hamilton

Second Thursday of the month at 5:30pm, at 29 Claude St, Hamilton
September 10th, October 8th, November 12th

Walk Taupo

Meets as required. Taupo@livingstreets.org.nz

Living Streets Palmerston North

Meets as required
chris.teosherrell@livingstreets.org.nz

Living Streets Wellington

Meets as required.
paula.warren@livingstreets.org.nz

Living Streets Canterbury

Join us! Contact Wendy for where to meet:
wendy.everingham@xtra.co.nz
Ph 03 328 8359

Living Streets Dunedin

Living Streets Dunedin meets next:
Wednesday September 9th, 5:30pm. Meet at the Terrace outside Crocodile Cafe, in the Botanic Gardens.
Contact Judy Martin: jmartins@ihug.co.nz
Ph 03 453 4619

Living Streets West Coast

Meets as required
Rosie 03 768 1160 (ext 716)
Rosie.McGrath@cdhb.govt.nz

Living Streets Wellington

The Wellington Branch has now appointed an active committee: Mike Mellor, Ellen Blake, Paula Warren, Lainey Cowan and Bill Buxton.

The Branch continues to be active in providing comments on council initiatives, but we are also planning to take a more proactive approach and push a specific area in which significant improvements could be made. A choice has not yet been made on what that area will be - watch this space.

Key issues for the Wellington area include:

- The fate of the Basin Reserve area, where the councils wish to put a flyover and add more road capacity. Branch members attended a workshop run by the Civic Trust looking at the issue.
- Proposals by Wellington City Council to reduce speed limits in all the shopping centres within the city to 30 km/hr. The Branch is preparing its submission on the first of these - Tinakori Road. We will be strongly supporting the intent of the proposals.
- Changes proposed in a number of town centres. A submission was made on Kilbirnie Town Centre, and members of the branch have objected to aspects of the proposed new Johnsonville Mall development, as being contrary to the area's needs.
- The controversial proposal to allow buses through Manners Mall has been through its first stage, but there is more to come. Living Streets Wellington is getting some flak for supporting the proposal - we continue to believe that providing alternative pedestrian space in Cuba Street will mitigate the impacts on pedestrians, and that this is an important part of getting an effective public transport spine.
- The proposal for a walkway/cycleway around the harbour (the Great Harbour Way) is making good progress - thanks to Celia for her involvement as the Living Streets person on that.
Paula Warren

Bike Walk Marlborough

Over recent months, Bike Walk Marlborough have submitted an annual report of BWM activities, lodged a nomination for Golden Foot Awards, and are in negotiations over land purchase for the Blenheim to Spring Creek Rail Corridor Cyclepath. An application has been submitted to the National Cycleway Fund.

We have provided cycling and walking-related input into *Urbanism Plus Ltd* - a Blenheim CBD urban design project and Marlborough's Township & Settlements' planning workshop.

BWM are hosting a BikeWalk Workshop with Councillors to discuss cycle and walking facility options to improve safety and encourage active transport alternatives.
Robin Dunn

Living Streets Canterbury

Our first Spring *walking our neighbourhoods* meeting starts at 5pm on Monday 21st September. Cindy will take us for a tour around her neighbourhood, Phillipstown. To find out where to meet and for information about our other activities contact wendy.everingham@xtra.co.nz.

Walk West Coast

We have a few members and are looking to increase our activity levels so we can get more momentum for walking on the West Coast. If you are interested please contact Rosie 03 768 1160 (ext 716)
Rosie.McGrath@cdhb.govt.nz

Living Streets Dunedin

It's official, socks over shoes do help in icy conditions! Kudos to our members and colleagues in the Department of Preventive and Social Medicine at the Otago Medical School, who have taken the trouble to do some serious research to confirm what we knew by experience and anecdote, that putting socks on over shoes does really give grip and confidence on icy streets. Sound advice, which was needed more than ever this long winter, perhaps even in the sub-tropical north!
www.otago.ac.nz/news/news/2009/02-07-09_press_release.html
Judy Martin

Living Streets Queenstown

We are starting a branch of Living Streets in Queenstown, to possibly include cyclists also. Anyone who either lives in the area or knows anyone who might be interested please contact: Robin (03) 441 1200 or miromiro@ihug.co.nz.

The Golden Foot Awards

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Consultancy Award

Winner Taking a walk in Cambridge Park, Antanas Procuta ArchitectsLtd and Cambridge Park Ltd

Accessibility innovation

Winner First NZ Puffin, Hutt City Council

Best walking promotion

Winner 10,000 steps Northland, Sport Northland

Highly commended Happy Feet, Kids Club 2, Hamilton

City on its Feet

Sport Bay of Plenty, Tauranga

Best small project

Winner Buggy Walks, Sport Wellington

Highly commended Bill Wilkes Reserve improvements, Tasman District Council
Walk this Way, Bronté Davenport, Craighead Diocesan School, Timaru



1. Celia Wade-Brown congratulates Mike Brosnan representing Sustainable Otautahi Christchurch, winners of the 'Top Commitment by an Organisation' category, for the Great Perimeter Way which encircles Christchurch.
2. Glen Koorey leads the advocates in a session on 'the fundamentals', at the Street Cred Workshop in July.
3. Sandi Ritchie from Sport Bay of Plenty is congratulated by Alick Shaw, for their Highly Commended 'City on its Feet' Promotion.
4. Walking Advocates at Street Cred Workshop.
5. Alick Shaw and Celia Wade-Brown congratulate Sandi Mills from Waitakere City Council, winners of the **Best practice walking facility** category for their Project *Twin streams walk and cycle way*.

Walking events

Auckland

www.aucklandcity.govt.nz/whatson/calendar

www.akactive.co.nz

numerous walking events

Otara Health run walking groups including some night walks based around the Otara town Centre - contact Timmy Barker on 3697165.

The Auckland Spring Saunter

Sunday 27th September

Starting from Mt Victoria in Devonport

on the North Shore - destination Mangere

Mountain in Manukau City - that's three cities in one day.

Kelvin Aris - 09 378 0953

Hamilton

www.whatsonhamilton.co.nz

Wellington

www.feelinggreat.co.nz

Keep Fit Heart Health Walk

Wednesdays at 10:00am, 40 minute walk

Keep fit and enjoy a social chat.

139 Oriental Parade, Freyberg Pool Car Park

Nelson

www.ncc.govt.nz/sports/facilities/walks/walkways.htm

Women's activator series: Walk, cycle, swim & run | Amanda Dykzeul (03) 547 9192
nelsonactivator@gmail.com

Christchurch

www.ccc.govt.nz/recreation/Walking

Dunedin

Regular walking events

www.dunedin.govt.nz/events/sports/walking-and-running