

St Albans News

The Voice of our Neighbourhood



July 2008

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A New Direction?

On Thursday, 26th June 2008, the City Council made a significant decision. It takes a bit of understanding to fully appreciate this new direction.

First, the council vote 9-4 to allow the creation of a task force consisting of one representative from each of the following groups: the St. Albans Community Centre; the St. Albans School; the St. Albans Pavilion & Pool Group; the Shirley-Papanui Community Board; a City Councillor who represents the ward; and a person representing the business community. An independent chair will be elected who does not belong to any of the above mentioned groups.

This group will look at a wide range of options for the use of the land where the Edgware Pool used to be. The purpose will be to figure out what is the best use of the land for the St. Albans community.

This significant decision was a direct result of the Pavilion & Pool Group working with a City Councillor, Ngaire Button, to see if something

could be worked out. Ngaire deserves high praise for her willingness to listen and work towards a solution that would benefit the community. Thanks also to Douceline Wardle and Bill Demeter, who gave deputations on behalf of the Pool Group, and recommended a solution similar to the task force that was adopted.

At the same time, the Council voted against an extension of time for the St. Albans Pavilion & Pool Group to raise money for an outdoor pool on this specific site (the former Edgware Pool). That does not preclude the Pool Group from continuing to raise funds or looking at alternate sites. It also does not prevent the task force from deciding at a future date that a pool might be the best use of the site. While this seems unlikely, it does signal the task force can look at any and all options.

This could be the beginning of the Council working with the community in a manner that benefits everyone.

Christoph Hensch



Bill Demeter and Douceline Wardle giving a deputation in favour of the St Albans Pavilion & Pool



Every now and then a special thing happens to remind us that we live in a blessed little nook of the world. The Community Centre recently received a warm complimentary letter from a visiting Canadian woman who sang the praises of the St Albans Community, the Community Centre and the St Albans Community Newspaper. It is very easy to take for granted the privileges we enjoy living here and to just get caught up in all the aspects requiring change. My thanks to that letter writer for her 'strengths approach' prompter!

The 26th June is the date for the all important decision by the CCC re: the future of the St Albans Pavilion and Pool project, and at the Residents' Association we are waiting with bated breath to see whether our elected members will have the courage to decline the staff's recommendation to kill the community's dream. I pray the community's clearly articulated desire, its enormous voluntary effort and creative vision will win on the day.

Also atop the local community's concern agenda are the many new developments springing up haphazardly all over the suburb with seemingly little thought, design, planning or care. We have been informed of a gigantic project planned for the Orion site by a private developer which will see high density housing alongside retail development. This is the largest piece of land remaining in the Christchurch area, and presents a wonderful opportunity for an innovative design proposal. We would love to see something echoing the European Urban Design model which enables high density housing alongside open space in recognition of the environmental necessity to better utilize land without losing living quality. This is the chance to have a world class showcase, but I fear we will have yet

another boring, soulless, ill-planned clutter. We will keep the community posted as information comes to hand.

The Residents' Association has also been engaged in conducting a large-scale survey of St Albans residents through the Community Newspaper, and returns to date are statistically unprecedented. Please keep those responses rolling in as the information received will inform much of our on-going work. To date, the single most concerning issue for residents is the plethora of unsightly building developments all over the suburb. We plan to advocate strongly on issues raised in this survey, so don't miss the opportunity to have your say. Spare copies are available at the Centre.

The Prime Minister's recent announcement to look at reviewing the Liquor Licensing Legislation process is most welcome as we have yet another outlet open locally.

We are anxious to hear the result of our application to CCC for funding this year, under their new arrangements as we are rather dependant upon their support. We will let you know how we get on.

Well I think that's all for now. Keep warm..... the Centre is, if home is not!

News Flash

The CCC decision is out and whilst the CCC did not vote to extend the time period for which they would hold the Edgeware Pool land a great alternative solution did get passed. An independent taskforce will examine the community's needs regarding the use of this property and report back to CCC within 6 months. This decision resulted from some fabulously creative brainstorming by Pool Committee people and was led at the CCC Table by our own Councillor, Ngaire Button. This decision does not preclude a pool option and constitutes a very workable compromise. We thank and congratulate all those involved in the hours of work required to achieve this decision and in particular Ngaire, Bill and Douceline.

Maggie Tai Rakena - Co-Chair of the St Albans Residents' Association

Character Housing Maintenance Grants

If you own a character home within Christchurch City, funding is available to help towards the external upgrading and maintenance of individual family homes which have a distinctive visual character and make a key contribution to the quality and identity of local streets. The grants are made available by the Christchurch City Council. For further information, please contact Aimee Holland (03) 941 8628 or Katie Smith (03) 941 8089 or email chmg@ccc.govt.nz. Applications must be received no later than 15 September 2008.

Events Calendar

- | | |
|----------------|---|
| 15 Jul, 7pm | St Albans Residents' Association meeting (374 3465) |
| 17 Jul, 7pm | Launch of Transition Community St Albans (374 2465) |
| 20 Jul, 11am | Ratana Church Service, Rehua Marae (355 5606) |
| 22 Jul, 7.30pm | NZ-Japan Society (355 9903) |
| 23 Jul, 2pm | St Albans Uniting Church Garden Club (366 0396) |
| 19 Aug, 7pm | St Albans Residents' Association meeting (374 3465) |

Letter to the Community

My husband and I are coming to the end of our third 4 month stay on Springfield Road at Edgeware Road. We previously stayed in the same cottage in 2004 and 2006.

We always enjoy receiving and reading your "St Albans News" and would like to compliment you on the format and information you bring to the residents. It is always informative and well presented.

We love our time in Christchurch and particularly "our neighbourhood" St Albans. The beautiful park, around the corner (Abberley Park), is such a beautiful place to enjoy. You seem to have a real and caring group of volunteers in your community. The Community Centre, along with the volunteers, help people to feel a sense of belonging.

The "History of the St Albans Swimming Club and Edgeware Pool" articles have been very interesting to read. I would hope that the Christchurch City Council will support such a worthy effort of the concerned and hardworking "St Albans Pavilion and Pool Group" Your Member of Parliament should also have positive input for such a worthy project.

Physical activity is important for all ages, from birth to the elderly. Having this facility in a neighbourhood allows people to visit without having to arrange transportation. In this day of high priced petrol and environmental issues, this is also very important and will continue to be so for the long term. I wish the group success in their efforts.

Recently the CCC brought a Danish architect to Christchurch to speak about "designing cities that are people friendly" "planning public spaces designed to facilitate people meeting each other, not staying apart – meeting each other is what people want to do".....Jan Gehl, urban designer.

An additional note:

I feel that the Christchurch region has an exceptional bus system but I am always surprised at the few people "riding" the buses. It might be an idea to support a campaign that encourages people to ride the bus, "Come ride with Us"

Thank you for your efforts on behalf of your community.

Sincerely

Judith Wyckham.

West Vancouver, B.C. Canada

Initial Immigrant Night a Success

The St. Albans Centre Immigrant Night was well-attended, and the guests had an opportunity to tell their stories of why they came to New Zealand and some of their experiences since arriving. Names and numbers were exchanged and a list of skills will be circulated amongst the group shortly.

The Centre will continue doing this at least once a quarter in small groups like we had with eighteen persons attending. A wide range of countries were represented...they were: Australia, USA, Switzerland, The Netherlands, Romania, Iran, China, Taiwan, France, Ireland and England.

A special thanks to Alison Elmes for her efforts on making this a fun and interesting evening.

LifeLine needs volunteer counsellors

LifeLine provides a free 24 hour telephone and email counselling service to Canterbury and rural areas receiving 40 calls per day. Full certificated training is provided. If you are a compassionate person and you wish to give service to our community please phone Val on (03) 366 6742 during office hours for details. Applications close on July 15th.



**St Albans
Community Centre**

Te Pokapū Hapori o Hato Ōpani

St Albans News, July 2008

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Send your contributions and adverts to:
St Albans News, P.O. Box 21-102, Christchurch

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website: <http://www.stalbands.gen.nz>

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The opinions expressed in this publication are solely those of the authors, and do not necessarily reflect those of the St Albans Residents' Association.

Private Plan Change Procedures in a Nutshell

On 5th June, the Regulatory and Planning Community of the Christchurch City Council accepted an application for a Private Plan Change for the block of land between Packe St and Madras Street that is also known as the Orion Site. A plan change is the first step of an extended process, if a planned development is not in keeping with the existing planning provisions. Elisabeth Resl, Planner at the City Council, has kindly responded to the request of the St Albans Community Centre, and has written a step-by-step overview for our newsletter, outlining the whole process.

The Private Plan Change process is a relatively new mechanism as part of our statutory procedures, because a Plan needs to have been operative for two years before any Private Plan Changes can be lodged. (The Christchurch City Plan became operative on the 21st of November 2005).

1. Any person may request a change to a district plan or a regional plan.
 2. The request shall be made in writing and contain an evaluation under section 32 of the RMA (Resource Management Act) (effectiveness and efficiency test) for any objectives, policies, rules, or other methods proposed. Any environmental effects that are anticipated shall be described in an Assessment of Environmental Effects according to the provisions outlined in Schedule 4.
 3. Further information may be required by the local authority within twenty working days.
 4. As a result of further information the local authority may, with the agreement of the person who made the request, modify the request.
 5. A local authority shall within thirty working days either adopt the request as if it were a Council initiated Plan Change or accept the request and proceed to notify the request.
 6. The local authority may deal with the request as if it were an application for resource consent.
 7. The local authority may reject the request on the following grounds: the request is frivolous or vexatious, the substance of the request, or part of the request, has been considered and given effect to or rejected by the local authority or the Environment Court within the last two years, the request is not in accordance with sound resource management practice, the request would make the plan inconsistent with Part 5 (RMA) or the plan has been operative for less than two years.
 8. In case the local authority accepts the request to NOTIFY a Private Plan Change the Plan Change Proposal shall be publicly notified within four months of agreeing to accept the request.
 9. A person who requests a plan change can appeal against the Council Decision to the Environment Court within fifteen working days.
 10. Notification and Submission Procedures
- The Plan Change will be publicly notified in a public newspaper, in the public libraries and the Council Service Centres.

Any person including the local authority in its own area may make a submission on the plan change within twenty working days.

A summary of the submissions will again be publicly made available.

Further submissions can be lodged within twenty working days after the date of notification of the summary, but only in support of, or in opposition to, those submissions already made. No new issues may be addressed at that stage.

11. Hearing Procedures

A local authority shall hold a hearing into submissions on a private plan change and give at least ten working days' notice of the date, time and place of the hearings to each submitter or further submitter who requested to be heard

12. Decision on Private Plan Changes

After considering the private plan change proposal, the local authority may decline, approve, or approve with modifications (which have to be within the scope of issues addressed by submissions received) and shall give reasons for its decision.

13. The applicant of the private plan change or any person who made submissions on the plan change may appeal the decision of the local authority to the Environment Court.

14. With the agreement of the person who made the request, the local authority may at any time before its decision on the plan change, initiate a variation of the plan change.

FAQs (frequently asked questions) on Private Plan Changes in Plain English:

Q. Will a Private Plan Change always be notified?

A. Yes, unlike a resource consent application there is no "minor" test for a Plan Change, it will always be publicly notified.

Q. How can I find out what Plan Changes are notified at the moment?

A. You can go to the CCC website, go to the section "Your Council" in the left column, click on "City Plan," again check out the very left column and click on "Proposed Plan Changes." This opens a page with all the Plan Changes that are currently proposed. Mind that those which are not marked "privately requested" are Council initiated Plan Changes.

All notified Plan Changes are held in CC Public Libraries and Service Centres.

Q. How can I make a submission?

A. A submission has to be made in writing, on a form that will be provided by the Council. You can either pick up a form at all Council Service Centres, or call the Council Service Line to have the form mailed out to your address.

Q. I am uncertain about how to write a submission.

A. There are no strict rules about the format of submissions and you need not be a lawyer to do that. However, as a rule of thumb it is useful to try to be fairly specific about the concerns that you have with a particular proposal. It is easier for Council staff to process your submission if you clearly outline what it is that you agree or disagree to on any

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Norm Withers - working for the People

My colleagues at the Christchurch City Council often quip that my life is in the large diary and satchel full of papers that are my constant companions. And they are right. The round of weekly meetings, appointments and events that are itemised in my very precious black diary do indeed reflect the scope and variety of the local government business that I love so much.

In my role as Deputy Mayor I am currently involved in a multitude of issues, but in this, my first column for this newspaper, I will focus on just two.

Last month one of the highlights for Council was three days of hearings on the Annual Plan and amendments to our Long Term Council Community Plan. One of the very good things about the development of both plans is the community involvement in this process. Nothing makes me happier than to see the passion that our residents have for the city when they get involved in the decision making process.

Council is likely to adopt both the Annual Plan and the Community Plan amendments at its meeting on 25 June.

This Council is committed to keeping rates increases at a sustainable level for our residents. I was particularly pleased that our draft plan proposed an average residential rate rise of just over 5 per cent which is around half the rate increase that had been signalled for the year ahead in our long term plan.



As a Council we will still be able to deliver the level of services that our long term plan commits us to.

There were only 14 submissions on the proposed rate increase which to me indicates that ratepayers are satisfied that the Council is keeping rates at a reasonable level while delivering good value on the essential services such as water supply, wastewater collection and treatment and streets and transport.

Most of the submissions related to the rent increases for Council housing units and the tram consultation.

At the moment councillors are going through a process to prepare our next long term plan which will go out for public consultation next year.

We're having workshops with staff every month. This early preparation will ensure that we will be in good shape to present an excellent draft plan to go out for consultation early next year.

Another of the issues I have been quite outspoken on in recent months is the need for improving safety in our city. I was appalled at the attack on a group of young tourists in the City Mall in April. I abhor violence of any sort and totally support Christchurch police in their stated stance of zero tolerance.

With the Mayor I have met several times with police to discuss ways that we work together and make the streets of our city safe for both residents and visitors.

From a Council perspective we are looking at putting in more crime cameras in the central city and also the possibility of increasing lighting.

At Council we have a number of initiatives underway targeting safety, most involving partnership with other organisations such as Police and the Hospitality Association. Safety in our city is paramount and if we are to make any progress, we need to work together for the good of the city.

Christchurch is quite simply the best city in the world. I am committed to ensuring I will do all I can to ensure that it will always be so.

Norm Withers

continued from page 4

aspect of a proposal and what changes you would feel important to be made.

Q. Can a proposal be changed or amended once the submissions and further submissions period have expired?

A. After all submissions have been received and have been summarised, a report on submissions is drafted and if there are submitters who have stated that they want to be heard there will be a hearing on the proposal.

The hearing panel will then decide whether it thinks fit to amend or change the proposal further to the suggestions made by submitters.

Q. What happens after the hearing?

A. The hearing panel will write a recommendation to the Council whether to accept the proposal with or without changes, or whether to reject the proposal. Any changes that will be recommended can only be within the scope of the issues raised by submitters.

We are happy to answer your questions and clarify any issues that sometimes are so hard to understand in "legal lingo."

Please contact Elisabeth Resl, Planner, City Plan Team on: 941 6303 Or: Elisabeth.resl@ccc.govt.nz for any further questions.

Elisabeth Resl

St Albans Leisure Group

The St Albans Leisure Group has met several times over the last two months for a "Chat over Coffee" at venues close to the Centre. Participation at these meetings has given the members a chance to put forward ideas on future activities to include in the programme. If you are over the age of fifty-five we would like you to join us. Please phone Alison on: 379 6305 for more information.



Profile: Martin Coffey

Martin Coffey is one of St Albans' senior residents, and has a wealth of stories and memories of the area. Martin arrived in the neighborhood in the 1930s, when his father Dennis Coffey bought the Caledonian Hotel, (previously named The Rising Sun).

The Coffeys were hotel people, having owned the Leithfield Hotel, the Papanui, the Phoenix and the Waimate Criterion.

"My grandmother came from Tralee in Ireland where her family owned hotels...my brothers owned various hotels as well, including the Ashley and Oxford. It was just what we did."

Martin recalls the early Caledonian days with a twinkle in his eye. "There were six of us kids, we thought that was a 'small' family then. In the school holidays my brother and I had a job pouring whiskey from a large container into 5oz bottles and then sticking the labels on. People didn't have much money in those days," he says in reference to the 5oz bottles. "The hotel was a real community centre. There was always a piano and someone playing it, and some of them were very good. The patrons had to go home at six o'clock closing time. My father wouldn't let them back in till half past seven, after they'd been home and had dinner with their families. If the police came around they would give one long ring on the doorbell, that would be the signal to clear the bar," smiles Martin. "I had the bedroom over the bar...I can well remember my father and some of his mates singing Irish songs long into the night."

Martin has an old sepia photograph of the hotel, showing a horse and cart outside, taken in the late 1800s or early 1900s. "It'll be a great shame to see the building go over to make way for ninety-eight units," he says wistfully, alluding to the planned development for the site.

World War II took Martin to Egypt, Italy and Japan, with the occupation forces. "I ended up running the supply warehouse for the NZers. In charge of the cigarettes and booze! Me and another fella lived in the building. It was on the waterfront in Shimona Seki, often referred to as the Inland Sea. It was one of the few buildings left standing. I'll never forget the harbour. It was full of ships' prows sticking out of the water. The Americans had bombed them all."

It isn't long before the conversation turns to a subject Martin is passionate about: the old St Albans Pool at the Edgeware Road site.

"The Council had no right to demolish that pool. They should have fixed it up. It wasn't much to fix. Look at the millions they pour into QE2. I went to school in Leithfield. There were only twenty-six pupils but we had a swimming pool; every school had a pool! Swimming is important for kids. It keeps them occupied in a healthy way, especially boys, they enjoy competing."

Martin is, in fact, critical of the history of the Christchurch City Council's management of many of the swimming pools in our city. "Look at the Centennial Pool, for example," he says. "For a start, the grandstand faced into the bitter

Christchurch easterly winds. When they realized it was no good for competition swimming, they had to build a new complex for the Commonwealth Games. And, why on earth did the Council choose a disused racecourse way out in Brighton? There was a perfect site available in Westminster Street that they already owned. And, look at the millions of dollars that has now been spent fixing the ongoing mistakes at the QE2 complex," he says shaking his head. "That's all our rates' dollars, when they claim they couldn't spare a few thousand to repair the St Albans Pool, despite the wish of the community. Bulldozing the St Albans Pool was another mistake that councils have made with our swimming pools. They're closing all the small suburban pools. They are funnelling people into the Council's own mega pools, to help make them viable," he claims.

As the minute book from the original 'St Albans Swimming baths action group' formed in 1934 will attest, Martin's father, Dennis Coffey, was supportive of the proposed baths. "Yes," says Martin, "he would have made a contribution. He believed keeping kids occupied was the key to keeping them out of trouble."

The community raised the funds for the pool with Friday night dances, gala days, sports events. Plant and equipment were donated by local businesses such as Hardy & Thompson, and there was plenty of volunteer labour. Even then they had to fight the Council all the way.

"Now to today...this Council smashed the pool, instead of repairing it. The community are asking for a chance to rebuild it. What is the problem? Any councillor that votes against giving this community a chance, is anti-community. The residents should take note of who they are and throw them out at the earliest opportunity."

On this issue, Martin has a raft of newspaper clippings, old photographs and firsthand memories to back him up. Martin Coffey is a real character with a sharp memory and strong opinions. Perhaps, at nearly eighty-six years of age he has the right to express them!

Authorised by: Martin Coffey

Written by: Kevin McDonald

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Transition Communities, St Albans Style

In the last issue of St Albans News, Doug Craig wrote about urban design and its potential contribution to 'pleasantness' in a community. Illustrating this novel concept was a picture of Packe Street Community Garden, an oasis of love, community, food and passion (wow!).

Readers of this newspaper will be well aware of the pressure St Albans is under as 'intensification'—the bowling over of character homes and the erection of featureless townhouses—sweeps through the community. However, a larger challenge that we are only starting to come to terms with is the rising cost of hydrocarbon energy sources (read 'oil') coupled with climate change.

This is a huge issue that is going to radically alter the way we live our lives, and soon.

Indeed, it seems impossible to deny the fact that if we keep doing things the way we currently are, there is going to be a huge crash in our lifetimes. Paul Roberts, in his book *The End of Oil*, claimed that 'each year that energy consumption continues unabated, the end of the current energy system not only becomes more inevitable but appears more likely to occur as a traumatic event.' He advocated for 'a gradual, smooth change, phased in over time,' allowing us to 'adapt, minimizing our losses' and even allowing for some better scenarios to emerge than those we have now: in a word, I suppose, 'pleasantness' in our communities.

This is where the idea of 'Transition Communities' comes in. The goal is to find ways of transitioning smoothly from our 'oil addicted society' to one that can cope as available energy begins to decline, so that it isn't the traumatic event Roberts wrote about. It's about building up those projects and dreams in our neighbourhoods that will help us when personal transportation; the movement of food and other commodities; rising costs of heating our homes and so on; begin to pinch even more than they are now.

We will be looking more and more thankfully at places of love, community, food and passion like Packe Street Park. We will be much more likely to transact our business at our local shopping centre, like Edgeware Village. We will be more likely to do recreation locally, like at the St Albans Pavilion and Pool. All of these places, and others like them,

are part of the bigger picture of imagining St Albans as a Transition Community.

I have been part of the citywide Transition Communities group for some time and, as Chair of the Shirley/Papanui Community Board's Greenspace Traffic Works Committee I'm extremely pleased that we recently endorsed the concept of Christchurch Transition Communities and agreed 'to support, as appropriate, transition community initiatives arising in the Shirley/Papanui area.' This includes, of course, St Albans.

I'm really delighted to be part of the Transition Community St Albans group initiated by Christoph Hensch, and we are about to hold a public launch. We're keen to have as many people as possible along to share ideas about creating the kind of St Albans we want. The challenge of the transition is actually a huge opportunity, and it is something worth getting excited about. We hope to see you there!

Matt Morris

**Transition Community St Albans Launch:
Thursday 17 July, 7pm, at the St Albans
Community Centre, 1047 Colombo St.**



Fiftieth Birthday St Albans Uniting Church Garden Club

Members of the St Albans Garden Club gathered on 28th May 2008, to celebrate the 50th Anniversary of its foundation. The birthday celebrations in the Berwick Street Church hall, which was specially decorated for the occasion, featured a catered luncheon which was followed by entertainment by Sing & Swing.

Invited guests from the Horticultural Society and past presidents from the Club were presented with an orchid spray. The President, Mrs Necia Jones, welcomed the Rev. and Mrs Hugh Perry, the auditor, Mr Jim McKhie and all Club members.

The birthday cake was cut by the oldest member, Mrs Bessie Ryan.

The Club meets on the fourth Wednesday in each month to listen to speakers on a variety of gardening subjects, and enjoy floral demonstrations by visiting artists. A floral competition is a feature of meetings. In company with other clubs in the region, St Albans takes an active part in the Annual Floral Festival.

The Club welcomes new members. Contact phone number is: 366 0396 (Margaret)

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Are You Living in Fuel Poverty?

Many people in Canterbury—particularly those living on a low income—could be living in fuel poverty. Whilst this phrase is relatively new to most Kiwis, families all over New Zealand are all too familiar with the actual experience of living in fuel poverty every winter.

A household is living in fuel poverty when essential household energy services such as heating, lighting, cooking, hot water are unaffordable to the residents. It is a concept used widely in the United Kingdom. A benchmark used there to identify households living in fuel poverty is to calculate if it would cost more than 10% of the household income to heat a home to a healthy living temperature of 18°C–21°C (recommended by WHO) and provide other essential services. This definition includes households that do not heat their homes at all and spend little on energy because it focuses on the energy efficiency of the building, rather than how much a household is actually spending on essential energy services.

Fuel poverty has been used in the UK to inform and implement substantial government strategies that work to improve the warmth of cold, low income households. Compared to NZ, the UK Government spends around eight times more than the NZ Government on making cold homes warm and more energy efficient.

On 4th June, Community Energy Action (CEA) hosted New Zealand's first fuel poverty workshop. Keynote speakers were Gill Owen and David Green, leaders in initiatives on fuel poverty in the UK. Over one hundred stakeholders attended from all over the country including NGOs, electricity suppliers, central and local government plus health representatives. As a result of this workshop, CEA will be setting up regional and national-level Fuel Poverty Action Groups. Membership will consist of key individuals and agencies committed to working towards addressing fuel poverty in New Zealand. For more information about fuel poverty, visit: <http://www.cea.co.nz/news-research/#fuelpoverty>

Christchurch has a legacy of old, cold, poorly insulated houses. New Zealand-based research indicates that people living in houses like these either give up heating their homes altogether, under-heat their homes or struggle to pay their power bills.

If your house is not energy efficient, maintaining a healthy indoor temperature is expensive and beyond the means of many people. Heat can be lost through ceilings, floors and draughty windows and doors. Many people also do not realise ceiling insulation aged over twenty years can settle and thin, which significantly reduces its effectiveness. Ceiling insulation may need to be 'topped up' with another layer of new insulation to reinstate good levels of energy efficiency in the roof space.

There are lots of things you can do to save energy and keep warm:

- use external door draught-stops, internal door 'snakes' or 'sausages,' plastic window insulation kits, and V-Seal draught stripping to prevent draughts and heat loss through

your doors and windows. CEA sells these products online at: <http://www.cea.co.nz/retail-shop/> Costs range from \$5 to \$16.20!

- heat the room you use the most between 18°C–21°C, rather than your whole house. Heat your bedroom for around half an hour before you go to bed to 16°C
- use heaters with a thermostat. These will maintain an ideal temperature without wasting electricity. If the heater you are using does not have a thermostat, it can be a good idea to keep a thermometer in the rooms you are heating. This will help you make sure that you are keeping your room at a healthy temperature, and at the same time avoid overheating and spending unnecessary money on heating costs.
- a damp house is much more expensive to heat. Minimise dampness in your house by keeping your house ventilated. You can do this by opening a few windows a little throughout the whole house for a couple of hours a day, two or three times a week
- if you use an unflued gas heater, seriously consider replacing it with an electrical heater. LPG is no longer cheaper than electricity. An unflued gas heater will also release up to half a litre an hour of moisture into the air and will make your house damp and more expensive to heat
- ensure your house gets plenty of sunlight during the day. Cut down any trees or bushes that prevent the sun from shining into your house
- make sure your curtains are lined. Keep them open during the day to let the sun in and draw them in the late afternoon to trap as much free heat as possible
- make sure your hot water cylinder is set at about 60°C. This will ensure that your hot water flows out of the tap no higher than 55°C and minimise hot water heating bills
- most power companies offer the option of making weekly, fortnightly or monthly payments at the same pre-determined amount throughout the year. This means you pay a little bit more for electricity in the summer, but you aren't hit by very high power bills during winter. Give your power company a call and ask them about "smoothed" payments.

Katie Nimmo



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Cathy's On Cranford

Cathy's whereabouts is a mystery, but when Shan Zhong bought this place in 2005, he retained the name because it happens to be his young daughter's. He explains, with a face wreathed in smiles, that this was not his motive for buying, but anyone with a little superstition could not overlook a good omen. Technically, it is called The Mad Discounter Dairy Ltd...under Mad Cow and Mad Butcher in the phone book. On the corner of Westminster and Cranford Streets, it is, to use a tired old word, iconic, because it has masqueraded for years as a Coca Cola® advertisement. Possibly it is no surprise then that Shan does best from drinks. Most things bring a lean profit and Shan has a strong message for the Government about GST. He says that only by working long hours can his or any other family, hope to stay afloat. Born near Shanghai, Shan has few regrets about being here. "We have nice air and peace and mountains and that is everything to me," he says. Actually Shan is a chemical engineer, who worked for a huge automotive company in China, and he is looking here for this type of work, but today he is philosophical about selling sausages and painkillers and cigarettes (with brightly coloured pictures of gangrenous feet and rotting teeth). And he hasn't been robbed. He answers all my nosey questions while he smilingly takes a load of coins from a young woman with an urgent need for soap. Yes, he has many customers...mostly strangers, but many locals on their way to buy meat or curtains or a wash and wear perm. A propos of nothing, he says that his native tongue is Mandarin. This is the official language of China since 1917. It comprises many picture characters, for example a row of mountain peaks (dear to his heart) is represented by a zigzag. A lid thing and some squiggles means

there are pigs in the house. This is a brilliant idea for winter heating says Shan, as they keep you very very warm. Take hold, Kiwis. I am telling you all this because I have failed to provide a history of the shop. It seems slightly Greco-Roman, and if you look beyond the paint and the hoarding you will notice it is similar to the Century Supervalu in Edgeware. At the very least it is art deco and I hope it lasts. In the meantime thank you and good luck to Shan Zhong and his family.

Hilaire Campbell

CATS on CRANFORD

(Next door to St Albans Vet)

102 Cranford Street

Phone Rebecca

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A History of the St Albans Swimming Club, and the Edgeware Pool 1923 – 2008. Part 4

The opening ceremony as recorded in the Christchurch Times on 12/1/34

ST ALBANS BATH OPENING CEREMONY

“Nearly five years’ endeavour towards the building of the new swimming bath in Edgeware Road was brought to a conclusion on Saturday, when the bath was officially declared open and Canon W. S. Bean took the first plunge and swam a length. The ceremony took place in the rain, but, in spite of the weather, there was a good attendance of local swimming officials and followers of the sport.

The bath which will be the scene of the National Swimming Championships on February 17, 19, and 21 is the most up-to-date outside bath in North Canterbury, and is the only one of 33 1/3yds length, with the exception of the Tepid Bath. The pool was in splendid condition with the water crystal clear. The rapid progress of the past weeks was noticeable with the grandstand nearly finished and the dressing sheds complete, and the first class diving boards and platform in position.

Heavy rain began to fall as the chairman of the St Albans Bath Committee (Mr F.J. Prouting) opened proceedings. He traced the history of the efforts to construct the bath dating from 1929. He said that the committee was pleased that the bath was now complete and would be in order for the New Zealand Championships.

Mr Thomson, treasurer of the committee, gave a review of the financial situation and declared that the bath was the best outside pool in North Canterbury, and should amply meet the requirements of the national meeting. He added that the charges for administration would be very low, so that everything was being done to encourage the sport and instruction in swimming. He thanked all who had helped and especially mentioned Councillor J.W. Beanland, chairman of the Works Committee of the City Council.

Mr M. E. Lyons president of the Canterbury Centre of the New Zealand Amateur Swimming Association congratulated the Bath committee on the fine bath. He felt that with such a bath the New Zealand Championship would be a great success. He appealed to those present to lend their support

as he understood the committee was not yet financially ‘out of the wood.’

Mr H. Holland, Member of Parliament for Christchurch North, also spoke. He congratulated the committee on such splendid facilities for swimming of which he was an ardent supporter. He had promised a donation of £5 when things got underway, and had then hoped that that time would not be until the restoration of salary cuts. However, he meant to redeem his promise and he handed over a cheque for £5 to the Treasurer amidst applause.

The last speaker was the Deputy-Mayor (the Rev A. K. Archer), who apologised for the absence of the Mayor (Mr D .G. Sullivan) who was in the North Island. Mr Archer congratulated those responsible for the construction of the bath and after Canon Bean clad in his overcoat had taken his place at the end of the low springboard, the Deputy-Mayor declared the bath open.

Canon Bean—who for many years has opened the season at the Addington bath by taking the first plunge—said that he was honoured by being asked by the St Albans people to take the first plunge. Although not a very strong swimmer, he had always been fond of cold water. (Laughter) After congratulating the bath committee on the results of their efforts Canon Bean, in spite of being over seventy years of age, stripped off his coat and posing for newspaper photographs, took the plunge and swam a length.

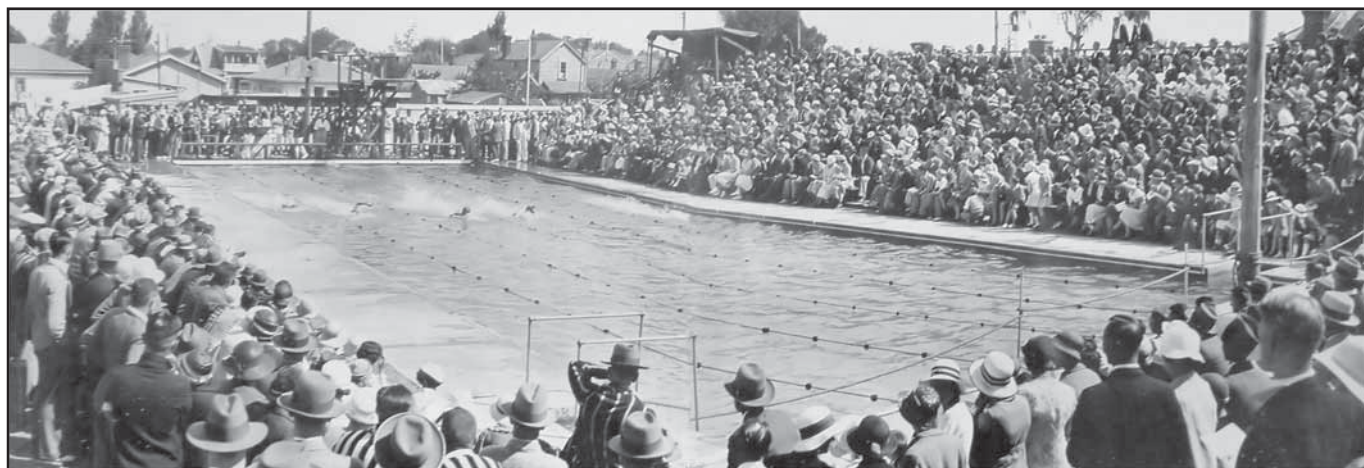
Proceedings concluded with an exhibition of diving and swimming by Messrs C.R. Riordan (Canterbury diving champion) and R. Rimmer.”

The New Zealand Swimming Championships followed on February 17, 19, and 21, recorded in the newspapers with a number of photos.

Next month:, Part 5. It is the aftermath of the Championships, financial panics, and the organisation of managing the pool.

Sourced from Christchurch Public Library Archives, by

Valerie Somerville



New Zealand Swimming Championships, 17 - 21 February 1934

Therapeutic Massage Centre

Christchurch Therapeutic Massage Centre has been operating as a small business in your community for seventeen years. It started with humble beginnings in 1991, with partners Charles McGrosky and Heather Wright returning to NZ from USA, after training as massage therapists at Boulder School of Massage Therapy—one of the elite massage colleges in North America. “We started with a one room clinic in town and in between clients either Charles or I would rush in and adjust the table height, up for Charles or down four notches for me,” laughs Heather. We worked whenever we could get a client on the table, into the evening or on weekends doing promotions at sports events. The early ‘90s were a time when massage was still the main advertising into the sex industry, and there certainly was no place available in the Yellow Pages™ for advertising unless you were included under massage parlours. Since then we have worked hard at public education, along with many voluntary hours for the Massage Association to improve public awareness and perceptions of massage therapy as a profession. Many hours of writing courses and teaching at the Canterbury College of Natural Medicine has been a great complement to building our business and reputation in the community. Over the years, Charles has been involved in rugby, with four years at High School Old Boys’ Rugby Club, working closely with coaches of developing runners, and made a speciality of sports massage going to the Sydney 2000 Olympics and the Melbourne Commonwealth Games in 2006. Heather has worked a lot with chronic pain clients and developing a network of complementary health professionals to support this. With her background in yoga teaching and self-help interests she has also written a training text for the massage schools: “What About Me?” a self-help book for massage therapists.

Within eighteen months of starting business they moved into St Albans on the corner of Colombo St and Bealey Ave where they built a busy city massage clinic over the next ten years. The business exposure on that corner was good and everybody knew where to go, but parking became a problem and the steep stairs were a limiting factor for anyone with back pain or pregnant wanting a treatment. So five years ago they purchased an art deco cottage in Hills Rd and

moved the business there. “The first thing we did was lay a car park, put in a disabled access and hook up EFTPOS, and things have never looked back. We now have six massage therapists on staff, including us, and pride ourselves in providing high quality body work with well experienced therapists.” For further information and to meet the therapists check out our new website that is about to go online: www.theramass.co.nz

By Heather Wright
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and business partner
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Nicky Wagner

NATIONAL PARTY LIST MP

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2008 - Activities - Term 3

Weekly Activities/Courses

Activity	Day	Time	Contact
Art Society	Monday	10am – midday	Ph: 385 3123 (Janet)
Dance Academy	Thursday Saturday	9 – 10 am 10 – 11.30 am	Ph: 021 120 6540 (Pam)
Choir	Monday (2 nd , 3 rd , 4 th)	7.30 – 9 pm	Ph: 379 9188 (Heather)
Dance Fitness	Monday Thursday	2 – 3 pm 5- 6.30 pm	Ph: 365 6585 (Donette)
Email/Internet	Mon – Fri	11 – 3 pm	Ph: 379 6305 (Centre)
Email/Internet	Saturday	1 – 3 pm	Ph: 379 6305 (Centre)
Friday Night O/A	Friday	7.30 – 9 pm	Ph: 381 2974 (Damien)
Harlequin Players	Days & times change		Ph: 331 6162 (Glenys)
Hatha Yoga	Tuesday	10 – 11.30 am	Ph: 980 8760 (Pauline)
Laughter Club	Sunday	11 – midday	Ph: 021 998 109 (Hannah)
Leisure Group	Days & times change		Ph: Centre 739 6305
Maitreya Meditation	Wednesday	7 – 8.30 pm	Ph: 027 545 4823 (John)
Pilates – Levels 2 & 3	Friday	9.30 – 10.30am	Ph: 342 3172 (Coralea)
Tai Chi - Beginners	Monday & Thursday	3.30 – 4.30pm	Ph: 379 6305 - Centre
Tai Chi - Maintenance	Monday & Thursday	12 – 1 pm	Ph: 379 6305 - Centre
Toddlers Music	Thursday	10.45 – 11.45 am	Ph: 355 9458 (Kerry)
Wu Tao Dance	Tuesday	5.45 - 7.15 pm	Ph: 354 9328 (Karen)
Youth Café	Thursday	7.15 - 9 pm	Ph: 379 6305 - Centre

Monthly Groups

Friends of Edgeware	Tuesday (1 st)	7.30 - 9 pm	Phone: 980 5584
Linux Users Group	Tuesday (2 nd)	7.30 – 10 pm	Phone: 981 5469
St Albans Choir	Tuesday (3 rd)	7.30 – 9 pm	Phone: 379 9188
SANDS	Monday (1 st)	7 – 9 pm	Phone: 323 9850
SARA	Tuesday (3 rd)	7 - 9 pm	Phone: 374 2465
NZ Japan Society	Tuesday (4 th)	7.30 – 9.30 pm	Phone: 355 9903

K A R N E E S

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30 words - pretty good; 40 words - very good;
50 and over - you are on fire! (Answer in the next issue).

bindi
glass



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Letters to the editor

Dear Editor,

It annoys me that Nicky Wagner (St Albans News, June 2008) includes "not wearing helmets" amongst the law violations she would like to see "cleaned up" to stop the escalation to major crime. There was no mention made by her of those who drive a car at over 50 kph. These ubiquitous offenders truly do endanger the lives of others. They actually do kill and injure. They keep cyclists, the elderly and children off the streets and pollute our air.

I believe that the likes of Nicky Wagner who very nicely, but publicly, "observed a minute's (sic) silence for those who have been victims of crime in our city" should look at their own behaviour first and stop picking on cyclists who don't hurt anyone.

People should be encouraged to ride bikes, by safe law abiding driving and not be bullied by hypocrites.

Ken Rapson

P.S. Would Nicky Wagner be interested in starting a campaign to make helmets compulsory in cars. Why should we, the public, have to pay for head injuries caused by car use? Or would it be laughably ridiculous to propose such a law because it would be too awkward, impractical and uncomfortable for the moralistic majority to comply.

Dear Sir,

I have just read your June issue online and wish to congratulate you and your team on yet another well-constructed and informative newsletter.

With reference to Dafyd's letter (page 10) may I express my feeling of sorrow over his plight at some future date. He implies his apparent lack of religious beliefs (superstitions as he puts it) and, of course, he has every right to do so. However, one day he will be lying in his coffin and will most likely be wearing his best suit.

I can't help thinking "poor soul, all dressed up and nowhere to go".

Yours etc,

Gordon Prince.

Dear Sir,

In reply to the above letter and especially because of his desperate need for immortality, I write the following and will not reply to further communications, as I consider that I have more important things to do with my life.

Fact: The religion you might be conditioned towards is a direct result of your parents' efforts, and is in no small part influenced by the country and culture you live within.

Fact: Belief tends to fill in the gaps between pieces of knowledge. As the knowledge increases, the need for belief diminishes.

Fact: A person's level of need for any religion depends on that person's level of understanding of the universe and the rules that govern the person's ability to live within it.

I wrote the following last September to lay out my thoughts on the matter.

One life and many loves

The love of others and the loving of others

The love of work and the ability to work at the things I love

The love of self - knowing and being satisfied with accomplishments

The love of nature - ain't evolution grand

The love of discovery - technology - discovery for its own sake

And the only things that are the purpose of it all...

Passing on my DNA to another generation - done that - and
Passing on my knowledge, experience and accomplishments - still working on that

I will be remembered for a few generations more - that is immortality

And I have a lot of this life to live yet...

There is always another challenge to be mastered

And another discovery to be made

And another day of enjoyment in a life that is all too short.

Dafyd

W.H. McMenamin
Barrister & Solicitor
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Buy Fresh and Save Money... St Mathews Vege Co-Op



Photo by
David Binstead

With everyone tightening their belts as we see exorbitant price rises, you may be interested in joining a community vegetable co-op run from the St Mathews Church on Cranford St. It's been running smoothly for quite some time, with a small but loyal group of satisfied customers, as an offshoot of a successful initiative organised by St Aidents parish in Bishopdale.

How it works is this: Once every two weeks on a Wednesday, church volunteers go to the market and buy in bulk sufficient fruit and veges to make up \$9 mixed boxes of produce for co-op members. They keep a keen eye on what's good value for money that week, and try to include the basics plus some more exotic items like melon or pineapple when the price is right. Co-op members do not place an order, but each fortnight receive their 'lucky dip.' The produce is taken to the Salisbury Street Foundation to be divided up, and is then taken to the various drop-off points. In St Albans, the produce is available for pickup at the church from around 9.00 a.m. to 12.00 noon every second Wednesday. New members are more than welcome and do not need to be affiliated with the church.

For more information, phone Pamela Mitchell on: telephone 366 0363.

Max Feutz



SWAP
SINGLE WOMEN AS PARENTS

SWAP is a community group providing a community house for women parenting alone. We offer peer support, advocacy, information, courses, resources and a friendly gathering place for women.

We aim to relieve isolation, encourage personal growth and empower women to determine their own future for themselves and their children.

We offer: free counselling; a volunteer mentoring programme; recycled clothing; yoga; soup lunch; literacy classes in support with Hagley Community College and MAPS (Mothers and Preschoolers) in conjunction with YMCA.

We are based at: 70 Springfield Rd, St. Albans.
Contact Lorelei or Vanessa on 366 8540.

St Albans Edu-Care Centre

St Albans Edu-Care Centre has published a book of favourite recipes. The recipes were supplied by families and local businesses, and the launch of the book was celebrated with a tasting evening, where supporters could sample the recipes.

Copies of the book are available from the Preschool at:

3 Thames St, Tel: 355 9396, stalbans.educare@xtra.co.nz

Jane MacKay

Reading Tutors Needed

Shirley Intermediate is enjoying steady roll growth...three hundred and twenty, and numbers are growing!! The School is undergoing refurbishment at present, with the new library to be opened very soon by a famous author and illustrator! A new administration area is next to be started. A great school, dedicated teachers and enthusiastic students!!

To cater for students who would benefit from reading mileage, the school is about to start a reading programme called Pause, Prompt, Praise, which is a very successful programme that has been run in many primary and intermediate schools throughout New Zealand.

Several teacher aides have been trained to run this programme where they listen to a child read, ask questions about the story to help comprehension, and encourage a love of reading. A student selected for the programme will read daily to an adult for twenty minutes on a one-to-one basis, for a term. The school would welcome volunteer tutors who can give an hour or so, one morning a week (or more if they want)! Full training and ongoing support in a friendly, appreciative environment, will be given.

Anyone who relates well to young people (Year 7 and 8) is empathetic and enthusiastic, and confident with their own reading, is qualified to be a reading tutor!! Come by yourself or bring a buddy or two, then go to the Palms for a coffee!!! If you would like to find out more, please leave your name and number at the school (3852229) for Margaret Dwan and she will get back to you as soon as possible.

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Artist seeks work space like unused garage, room, or other area. Must be free of charge. Ph David. 356 1280

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Computer Guru: Highest quality computer servicing, fixing all hardware/software problems, installations, advice and more. Servicing St Albans for three years, now expanding. Call outs start at \$40/hr. Off-site repairs \$20/hr. Phone 355 4118 or 021 0243 7398, or pcguru@orcon.net.nz

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382 5824 (after hours)

Electrician – registered tradesman. Accredited Heat Pump installer. Domestic & Commercial Local rates. Call John: 021 232 1173

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Housecleaning job in St Albans wanted by honest and reliable lady on a weekly basis. \$25 per townhouse/flat. Phone Nicola 386 1118

Housecleaning, honest & reliable. \$15 per hour. Phone 356 1353

Housekeeper requires cleaning job. References available, competitive rates. Phone 027 2066844

Ironing \$15 per hour. In your home or can collect in St Albans/Merivale area. Ph. Janis 355 9034

Painting & Decorating: Qualified Tradesman, 20 years experience. Internal external plastering. Free quotes. Locally based. Ph. Mark on 355 7670 or 0274 343 300

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Self Defence Classes, non-contact, no competition. Qualified Instructors, St Albans Church, Berwick Street, Tues & Thurs 4.30 – 7.30 All ages welcome Ph 0800 581481

Translation Approved translation of documents for immigration (etc). Ph Rebecca 021 802911/ 3852483

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English Tuition: Foreign students of all levels. Individuals or groups. \$15/hr. Phone Peter 377 8197

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Ray White

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St Albans Neighbourhood News ten years ago

July 1998

Activities and events were happening at a greater and greater rate as the Community Centre gained acceptance as the centre of St Albans social life.

The place was being painted, donations of goods were flooding in and the future was looking rosy. Groups and organisations were booking the hall for meetings and events, and the general enthusiasm level was rising rapidly.

It was noted that "road improvements to Colombo St as part of the Village Green plan have commenced". Well, that one didn't happen... I wonder why? There was the Council planning on actually doing something, and then, nothing. If you remember, a map of the proposed changes was reprinted right here. If those plans had been actioned, we would not be having the continual problems at the corner.

A new administration block was opened at the St Albans Primary School.

St Albans Park had had \$30 000 spent on upgrading and more was to come. Good work by the Parks Unit. We have landscaping, play area rebuild, skateboard ramp, paths,

drainage of the north east corner, all good stuff.

Garry Moore, city councilor announced that the silly season was upon us, with the elections looming. He said that this is the time that "representatives who had been silent for three years, all of a sudden have found their voices".

Maybe it is to do with the state of their wallets that spurs them on to attempt to persuade voters that they will work for them, and it has nothing to do with money, excellent super-annuation, free overseas trips and other perks of office.

There were many other things discussed in the newsletter of July 1998 including immunization of children, head lice at a school, criticism of police (same stuff as 2008) and the ban on open fires. But you will have to pop into the Centre to get more details on these and other subjects.

Dafyd

The St Albans News relies on your contributions. Please send us your articles, letters and notices. The deadline for the August issue is July 15th.

Attention Mums at Home



As a PORSE Educator gain from the benefits of being on the PORSE Programme with FREE ENROLMENT for:

- National Certificate in Early Childhood Education & Care (Level 3)
- PORSE BabyCARES Programme
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If you are an 'at home' parent, and want to work for more than 12 hours per week, you could be earning extra money as a PORSE Educator.

Caring for another baby or young child in your own home, you will be supported by the PORSE Programme and have access to:

- Workshops and social events with other Educators
- Programme options with the children in your care, eg PlaySchools, music groups and outings
- The PORSE Educator Website for resources
- Regular home visits from our Programme Team to support you with new learning and play ideas.

If you consider yourself motivated and nurturing, with a positive attitude and would like to work with PORSE to nurture and educate children in your care then we'd love to talk to you today!



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Quote of the Month

"Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read"

*Groucho Marx
American Humorist*



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Photographs re-built and restored
Cross-stitch patterns from photographs
Newsletter production

