

St Albans News

The Voice of our Neighbourhood

November 2008

Civic Award for Transition Initiative



Highlights

St Albans
Working Party
page 4

Heritage
Awards 2008
page 5

Early St Albans
Industry
page 6

Election Pages
page 9

Corner of
Barbadoes &
Edgeware,
part 3
page 16

The fledgling St Albans Transition Town movement that began only a few months ago has already been recognized for its efforts by receiving an award from the Christchurch Civic Trust, which was accepted on behalf of the group by St Albans Residents' Association co-chair Bill Demeter, at the awards ceremony on 14th October.

It is heartening to see that this worldwide movement has the endorsement of the wider community, and the publicity generated will be useful in furthering its aims and spreading the word that we need to respond sooner rather than later to issues of peak oil, climate change and sustainable growth.

In presenting more awards to community initiatives such as this, the Civic Trust is widening its focus considerably, reflecting the fact that the 'battle front' for the defense of healthy communities is widening, as we begin to see the longer-term effects of the loss of heritage buildings, and the erosion of communities that occurs when increasing density takes place without regard for amenity values. It also recognizes that most of the problems communities face are interconnected. It is becoming increasingly difficult to achieve a sense of belonging in our modern world, and the Transition Initiative has the advantage of cementing community relationships while at the same time adopting a very practical grass roots approach to saving both resources and money.

Whilst the Civic Trust has been in existence since 1965, many readers might not be aware of the importance of its role in protecting Christchurch as we know it. It was formed by a small group



If we may quote from "City Pride, Civic Trust": If the public shows no interest in planning, those who make the decisions will lose interest too.

of concerned residents in response to a number of frightening developments in the early '60s, chief of which were the proposals for a road through Hagley Park, a traffic bridge across the Avon linking Antigua Street and Rolleston Avenue, and the felling of several large, predominantly healthy trees in Rolleston Avenue. The original members were Peter Beaven, John Oakley, Harold Royds,

Chair Chat



Yesterday, I had the great pleasure of attending the Community Centre's 10th Birthday Celebrations where we toasted the fact that we have not only survived ten years in a resource-challenged environment, but we have flourished. It was great to see many of the fine people who have helped us along our journey: Garry Moore; Megan Evans; Yvonne Palmer; Ngaire Button; Tim Barnett; Norm Withers; Douceline Wardle; Christoph Hensch amongst others, as well as sharing our recollections of those not able to join us on the day: John Wardle; Tony Guilliland; Doris McLennan; John Gallagher; Margreet Stronks; Graham Condon and many others. I clearly remember the celebration we had to open the Centre, and the effort entailed in achieving the vision of a Centre for St Albans. It is wonderful to see new ideas continuing to blossom from this setting. The collaborative efforts of our politicians and our residents have enabled many tasks to be achieved...so a huge vote of thanks to you all.

St Albans also had another cause for celebration earlier this week following the unexpected achievement of a Civic Award for the Transition Towns Initiative. Congratulations to all those involved in this recent piece of important work.

Our Centre is bursting with donated books which we are thrilled about as it enables us to develop an

excellent lending library as well as sell off any surplus to good homes at minimal cost. Many 10th Birthday attendees left with armloads of interesting books!

St Albans Community Centre has again been frequenting the media with both newspaper articles and two radio interviews in one week! We did not solicit this coverage, however, we have responded to requests for comment. We feel confident we will be able to resolve our concerns regarding the CCC contract's 'gagging' clause; however, as yet this is still under negotiation. The stand has been taken due to our ongoing need to have 'freedom of the press' with our local newspaper. Our citizens' advocacy role demands this, we believe. I would like to take this opportunity to remind you all that you too are welcome to submit your stories for publication in the newspaper. All views are welcome, provided they are not libelous or abusive.

Our recent AGM was a great opportunity to review our year's work and account for it to you our community. Some new committee members were elected to work alongside existing members, and we welcome any other interested parties to be in touch. The guest address by Peter Townsend from The Canterbury Chamber of Commerce was most interesting and thought-provoking.

Well...as the busy season creeps up on us I am enjoying the fresh new spring growth evident everywhere as well as all the local fairs. Enjoy the warmer weather and longer days. And...DON'T FORGET TO VOTE! The Centre will be a polling booth again.

Ka Kite ano

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

Hugh Montgomery, Phil McShane, Cyril Steel and John Drennan. Dismissed at first as a 'vociferous minority,' they went on, through a concerted campaign of education and awareness raising, to become a permanent watchdog and respected lobby group, and to make local government realize that they spoke for a large majority of citizens. The early Trust made people aware that they did not have to simply surrender to higher powers, and that direct action could produce results.

The Trust has since grown to over two hundred members, and has clocked up an awe-inspiring list of achievements, which include preventing the road through the park; the preservation of Mona Vale, the grounds of which were to be subdivided; the protection and preservation of major city landmarks such as the Supreme Court, the Provincial Government buildings, and the old University; the protection of our unique colonial suburban heritage; and the creation of Mt Vernon Park in the Port Hills. Whilst it

didn't achieve these things single-handedly, the list of ways in which the Civic Trust has influenced positive outcomes for our city seems to be never-ending and is described in detail in an excellent book on the history of the Civic Trust called City Pride Civic Trust by John Wilson, which is essential reading for those of us with any interest in preserving and developing healthy communities.

The Civic Trust is actually a perfect example of community-in-action, and serves as a model for what a small group of civic-minded individuals can achieve, not only in working as a watchdog to keep local government accountable for its actions, but also to increase the public's awareness of issues that demand action. One might think that by its very nature the Civic Trust would be extremely conservative, but this is not so. It is a very forward thinking organization whose success is based on the knowledge that organizations need to constantly evolve to respond to the changing needs of the times.

Max Feutz

Events Calendar

1 Nov, 11am	St Albans School Market Day (www.stalbans.school.nz)
5 Nov, 5.30pm	Family Fireworks Extravaganza (355 6522)
6 Nov, 7.30pm	From Ancient Gondwana to the 2008 Festival of Pacific Arts (366 3844)
16 Nov, 11am	Ratana Church Service, Rehua Marae (355 5606)
18 Nov, 12.30pm	St Albans InterAgency meeting (374 2465)
20 Nov, 7pm	Workshop Consultation on Plan Change for B2, CCC (941 8397)
26 Nov, 12pm	St Albans Uniting Church Garden Club-Christmas Party
26 Nov, 2pm	St Albans Working Party - share your ideas (379 6305)
27 Nov, 7pm	SARA Board meeting (374 2465)
9 Dec, 12pm	Christchurch Transition Forum (374 2465)
14 Dec, 3pm	Family Movie Fundraiser (980 9702)

Birthday Bash

What a fun Tenth Anniversary birthday! Over seventy people attended our party on Saturday the 18th.

A beautiful cake was provided by Kidd's Bakery. Other treats were provided by Peter Timbs, and a cash donation by Fuse Partners Ltd. Many of the people who have helped the Centre over the years were in attendance, people like Douceline Wardle, Kate Taylor and Garry Moore. In fact, Douceline, the initial Centre Manager, cut the first piece of cake which was quickly consumed.

Others who have been highly supportive and worked hard for the Centre also dropped by: Tim Barnett, Norm Withers, Yvonne Palmer, Ngaire Button, and Meagan Evans. Jane Demeter, one of our ward ECan Councillors, and Yani Johanson, a City Councillor, also dropped by for a piece of cake.

It was wonderful to see so many of the residents including Garry Moore at our party; because without Garry the Centre might not have become a reality and grown into a Centre that this year will provide services for over 30,000 people.

Here's hoping we see another ten years of Centre growth and we will see everyone at the next Birthday Bash.

Bill Demeter

(see page 7 for pictures)

The St Albans News relies on your contributions. Please send us your articles, letters and notices. The deadline for the December issue is 20 November



**St Albans
Community Centre**

Te Pokapū Hapori o Hato Ōpani

St Albans News, November 2008 Vol. 15, Number 10, Issue No. 166

The St Albans News is a contribution driven community newsletter. It is published by the St Albans Community Centre, 1047 Colombo St. This is a not-for-profit newsletter, delivered monthly, and is free to over 8500 homes and businesses. All contents are copyright by the original authors. Please acknowledge the source of any excerpts as the "St Albans News"

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

Email: news@stalbens.gen.nz
Phone: 374 2465 or 379 6305, fax: 374 2467
Website: <http://www.stalbans.gen.nz>

The newsletter is produced by a dedicated group of community workers.

Editor: Christoph Hensch

Proofreading: Terry Connor

Design, layout, advertisement design: Maria Hayward

Printed at the St Albans Community Centre

With regular contributions from:
Maxine Feutz, Hilaire Campbell, Bill Demeter, Maggy Tai Rakana, Doug Craig, and others.

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

St Albans Working Party: up and running...

As you already know, the Council has asked the St Albans community to partner with them in figuring out what is the best use of the Edgeware Pool site for our community. As Bob Parker was quoted in June, "It's a really positive step to have a working party come together to explore all the options to help guide us in future decisions about community facilities in the area."

The working party has come together, a chairperson has been appointed, and now it's time to roll up our sleeves, look at all the possible options for improving our community facilities in St Albans and guiding the Council in the future decisions about our community.

The working party is being led by Ross Banbury, who is probably best known locally for the establishment and the continuation of the Papanui Youth Development Trust (PYD). The PYD Trust now has 4.5 full-time staff, and operates the Papanui Youth Centre which is a state-of-the-art building offering multiple options of use for all young people.

Ross's approach to his role is to help all parties work together by listening and understanding other views and finding a win-win scenario. He stood for the role because of the tremendous energy and passion he has seen put into this issue by the St Albans community, "a credit to all involved." And he is looking forward to seeing that energy building something fruitful and lasting.

Ross is a big believer in the value of the community and the people within, along with the power and insights that they bring.

So people within... what insights can you bring?

What assets or strengths does St Albans have?

How can we max them out to benefit the community?

Is there a community facility St Albans lacks?

We need to hear from you! Let us know your ideas and concepts by writing to:

1047 Colombo Street, St Albans, Christchurch

Faxing: 374 2467

Email: communitycentre@stalbens.gen.nz

Or post your ideas on our forum at: www.stalbens.gen.nz/forum/

Emma Twaddell

Sleeping Beauty

On a recent 'spring Sunday,' warm weather greeted thirty to forty members of the St Albans community who met at the site of the proposed St Albans Pavilion and Pool. Their goal was to 'muck in' together to restore some beauty to an environment soured by rampant weeds, vandalised outbuildings and litter. What eventuated was an example of how a slice of the 'multi-layered cake' that is the St Albans community can come together to provide



Happy gardening at the former pool site

a makeover to a 'bygone princess' that was our community pool.

During the day, volunteers shared conversation, spades, grubbers and wheelbarrows to plant donated shrubs and plants, while children moved between rows of plants, workers and lumps of soil to ferry tools, transplant worms and munch over cooked sausages from a shared barbeque.

In reflection, the day was significant for the creation of a picnic area surrounded by a semicircle of decorative planting, a thirty-metre 'embankment style' garden that proudly resides over the site, and some 'feel good' that comes from restoring some beauty to the 'sleeping princess' that is the site of our community pool.

Volunteers will continue weeding on Mondays from 11 a.m. to 1 p.m. to maintain the achievements of this day.

WORD WHIZZ ANSWER - 4 bindi glass

Clew, clod, cod, code, coed, coke, coked, col, cold, cole, cow, cowed, cowl, cowed, deck, dew, dock, doe, dole, dowel, elk, koel, led, lewd, lock, locked, lode, low, ode, old, owe, owed, owl, wed, WEDLOCK, weld, woe, woke, wold.

(Reference: www.websters-online-dictionary.org)

St Albans Veterinary Practice

Cnr Cranford & Berwick Sts

Phone us when your pet needs the vet

355-6747 (24 hours)

Dr. Geoff Mehrtens B.V.Sc

CATS on CRANFORD

(Next door to St Albans Vet)

102 Cranford Street

Phone Rebecca

355-6743

Inspection welcome

Heritage Awards 2008

It was one of Christchurch's beautiful crisp, but clear and bright spring mornings which saw a group of residents gathered outside the Rehua Marae for the Shirley/Papanui Heritage Awards.

As this ceremony was to be informal, the group was able to amble across the beautiful lawns and into the Whare. Terry Ryan welcomed all with a Mihi, in which he stressed the importance of heritage. "It is a reminder of our past; where we have come from, and the efforts – mahi - of our ancestors." The Whare itself is a beautiful example of a Heritage

site, being over fifty years old, and holding a myriad of memories; "Nga Tapuwae o Matou Tupuna," "Footsteps of our ancestors." Terry reinforced Rehua as an integral part of our community, and he encouraged people to feel comfortable in the Marae, and to, "Please visit often." His warm welcome was followed by a prayer – Karakia – from Sonny Livingstone. Bill Bush then responded and was joined by the Community Board for a Waiata. The Heritage Awards are comprised of three main categories: Heritage Education & Awareness, Heritage Education & Exploration, and Heritage Maintenance, plus there is an award for Supreme Heritage Winner. The awards themselves are beautiful pieces consisting of a former Cathedral roof tile, which is etched and mounted on rimu

with some paua inlay. The certificates are actually glass, with etched text and mounted on rimu. The supreme award is a large stunning Maori woodcarving by Ricki Manuel.



Proud Supreme Heritage Award winners: Bill and Jane Demeter

The judging panel spent days touring the area and discussing the entries. (Amanda Ohs, Anna Crichton, Dr Terry Ryan, Te Awhina Arahanga-Doyle, and Warren Hudson). They gave their time generously as they are all passionate about our Heritage. Anna Crichton spoke about the interesting character of chimneys. How many are left? Check out their

designs, chimney pots etc. Some chimneys were the signature of the builder. The Rehua Marae and the Shirley/Papanui Community Board have created a wonderful partnership to organize these awards, and together will ensure that this enriching event will continue. Entries to all categories are open from the middle of the year, with judging taking place around August, so please enter your properties, landmarks, literature etc, (or you can nominate others), for an award next year to help encourage awareness and protection of our Heritage. For further information contact Roger Cave, Community Engagement Advisor, Shirley/Papanui Community Board, on: 941 5407 or: Roger.Cave@ccc.govt.nz

Pauline Cotter

Community Centre

1047 Colombo Street. Phone 374 2465 or 379 6305

Email: office@stalbans.gen.nz

Office Hours 10 am – 3 pm Monday to Friday

Offers to the community:

- The Press – available for visitors to read in our lounge area
- Fax facility
- Photocopying @ 10 cents per A4
- Hall Hire – Conditions apply

St Albans Tennis Club

**Summer season has started
new members are welcome**

Senior tennis from 2 pm every Saturday
Children's coaching available
Social tennis to suit everyone
New Senior members get 4 free lessons

For more information contact John Laffey 351-2992 or Brian Wyatt 385-3848

Or visit us at our Dover Street courts near the Edgeware Road shops

An Early St Albans Industry

Aerated water manufacturers had long been established in the area, but bottling of a different beverage was also being carried out in St Albans.

The Springfield Brewery was in operation in Springfield Road in the 1880s. The business was run by George PITTS. There is a high probability that Pitt Place was named after George as the land was the site of the brewery buildings.

Research has found that the St Albans Brewery Company Limited was operating at 27 Devonport Lane in the 1920s. Robert Edward HALL was a Director, but by 1926 it had ceased to carry on in business and the Company was dissolved. After a long search, the History Group has at last managed to find an example of the bottles used by the brewery, together with one of the types of labels which were affixed to these bottles.

The "Brand" name is interesting in itself. HALL was the part-owner of a racehorse, "Will Oakland", hence the "W.O" brand and the choice of a horse's head to promote his product. Robert ELLIS of Sockburn was the trainer and also part-owner of the horse.



With the demise of the St Albans Brewery Company, the business was purchased by a group of businessmen headed by Bernard BROWN, a draper from Leeston. This group called itself the Southern Cross Syndicate.

Other members of the syndicate included Herbert Charles WATSON, a publican of Christchurch, George Robinson CROLL, an engineer, Thomas Jack HALLIBURTON, an agent and Frederick William MAPLES the business' accountant.

The Southern Cross Brewery Company Limited was formed in January 1931, and purchased the brewing business from the syndicate. The directors of the new company were BROWN and MAPLES. This company traded through the '30s, but by 1942 had ceased operations and the assets had reverted back to the mortgagee.

Two of the labels used by Southern Cross Brewery show the range of beverages produced by the Company.

Compiled by the St Albans History Group



Annabel & Rab Blair

OFF THE TRACK

Curtains

We Buy & Sell good quality
Second-hand Curtains & Tracks
Curtains made to order

CNR WESTMINSTER & CRANFORD ST. CHRISTCHURCH
 PH. 355-8398 WWW.OFFTRACK@IHUG.CO.NZ

St Matthews On Cranford #145

A Church "In" And "For" The Community

Traditional Prayer Book Service Sunday 8:45
 Informal Service With "Real Time Kids"
 Children's Programme @ 10:30
 Phone 355 7004
 Email: stmatt@paradise.net.nz

St Albans Community Centre Birthday Bash



Douceline Wardle and Garry Moore, two very influential people in the history of the Community

Why can't I sleep?

There are several factors which contribute to lack of sleep - for many women the cause is a hormonal imbalance resulting in a lack of melatonin production. Women tend to wake around 1am, 3am or 5am (if not all three) and then have difficulty going back to sleep.

Melatonin is a hormone that is released from a gland in the brain as we wind down at the end of the day, to prepare for us for sleep. Melatonin is only produced when it is dark—it is imperative that your bedroom is dark. As you drift off to sleep more melatonin is produced, but the maximum is not reached until you reach your 'deep sleep'. Unfortunately most of us wake before we

even get to our 'deep sleep' which means we don't produce enough melatonin to sleep through until morning.

If you wake in the middle of the night and look at a clock radio, that is enough light to tell your brain that daytime is coming, and it starts to reduce melatonin production. When the body clock (circadian

rhythms) are disrupted night after night, poor sleep becomes a habit which will continue until something changes.

Tru2U has released a natural source of melatonin, available in a delicious Tart Cherry Concentrate, which is changing peoples lives by giving them restful and restorative sleep.



Are you experiencing

- ✓ A lack of quality sleep?
- ✓ Difficulty going back to sleep?
- ✓ Sleep disruptions through age or stress?
- ✓ A job involving shift work?
- ✓ Disrupted sleep patterns due to travel?
- ✓ Babies / children who wake frequently?

Melatonin is necessary for regular, restful and restorative sleep and assists you to...

- Go to sleep more easily
- Return to sleep when woken
- Adjust your body clock to suit desired sleep pattern

Montmorency Tart Cherry Juice...

The only NATURAL source of melatonin available in New Zealand! • 100% pure concentrate, no additives, no preservatives. no added sugar • Sweet-tart delicious taste—5 week adult supply

For more information visit www.tru2u.co.nz or call 0800 87 82 82. For melatonin and tart cherry research see www.choosecherries.com



St Albans Pharmacy
Your Pharmacy on Hand

You are invited to an instore tasting

Thursday 6th Nov, anytime between 11am-1pm
Saturday 8th November, anytime between 10am-1pm
1073 Colombo Street, Edgeware, p. 366 0404

Vocal Locals



Pastor Kyle Richardson

Seventh Day Adventist Church, Madras Street (near St Albans Park)

Pastor Kyle is really very nice. Here you see him giving a sermon. It is Saturday of course, the Sabbath, and he has just got to the best part, which is about understanding how Jesus can help in our lives. Soon he will move on to the other things He gives us: Heaven, for example, and eternal life. But one of my friends is critical of my portrayal of him. For a start, she says, I have got the pulpit all wrong. It is far too high, she points out, making a good man look like a criminal in the dock. And why, she wants to know, is his hand so clenched? Possibly, if I had more time, I would redress these issues. Certainly I would give him a better face. And I would try to show more of the great warmth and humour you see in the person.

Pastor Kyle was born in Perth. He is less than thirty-five years old, and he has a young family from two to twelve

years old, and a baby due on Christmas Day. He met his wife at one of the teenage camps they worked at in Western Australia, and they came to NZ about four years ago. The Seventh Day Adventist Church in St Albans was built about eighty-five years ago. It is a small functional structure with sea-green windows and a large blue baptismal bath which is set beside an early oil painting of the rushing headwaters of Ashley Gorge. It has a built-in ladder for full immersion — generally something only adults would consider. The congregation is small and local. Everything it sits on and looks at is entirely original, but to me it has a very contemporary feel. But as Pastor Kyle says, buildings are about people. And these are wonderful people, kind people, who enjoy each other's company and support Pastor Kyle's commitment to pastoral care. They also make lovely lunches...to which you and I are warmly invited. Bring a friend or two.

Hilaire Campbell

Special Election Supplement

Christchurch Central



Toni Severin, ACT New Zealand

Why should the people of the St Albans elect you to office?

Are you looking for a change in government?

Do you also want a change of direction?

ACT is here to provide that charge of direction.

When you vote please give your PARTY VOTE to ACT and your Candidate vote to Nicky Wagner this will insure

we have a charge in direction. This would insure a National ACT government.

Some of ACT's Policies that would change the direction of New Zealand are Zero Tolerance for Crime, an Education scholarship for every child so no child is left behind no matter where they live and a 20 Point Plan to raise pay by \$500 a week. If you have not received a copy of the 20 Point Plan please visit our website www.act.org.nz or call me on 3859627 or 0274511962 and I will personally deliver one to you.

<http://act.org.nz/toni-severin>

Authorised by Nick Kearney, 137 Beach Haven Road, Auckland



Greg Kleis, Alliance

Ever since my high school years, participating in social and equal rights movements, I have been concerned about the distribution of economic and political power. Finishing tertiary education, receiving my third university degree, and after a few years of teaching I shifted to New Zealand 27 years ago. A country with more equality than America.

As a health care specialist, doctor of chiropractic, I have worked in four countries and have seen and felt the social decline, hardships and habitat destruction experienced by so many people in our world community.

An additional background as a mental health care supervisor equipped me with insight into the challenges families and our community confront. I have learned that democracy is more about a way of life than it is about elections. Democracy represents mutual empowerment in all areas of life.

I was attracted to the Alliance policies because they recognise that by strengthening our community, co-operation and sense of solidarity we will be better able to navigate these perilous times. www.alliance.org.nz

Thankyou



Jan McLauchlan, Green Party

"Why should the people of the St Albans elect me to office?"

I'm Jan McLauchlan, the Green Party candidate. I've lived in central Christchurch for over 21 years and love it. I work with intellectually disabled people and in the past have worked in community development and crime prevention. I grew up in Southland and my early experiences of the beauty of Fiordland, Stewart Island and Central Otago, helped form my love of our physical environment. Spending part of those years living in a state house while my mother worked three jobs to support her children, developed my strong sense of social justice.

You must vote for the person who you think will best represent you in parliament. I'm asking you to give your party vote to the Green Party.

In the last nine years the Greens have won major improvements for all New Zealanders and our environment. The Green Party is the only party with a practical plan for how we can live a better life while protecting our beautiful planet.

jan.mclauchlan@greens.org.nz, Phone 021 206 6408



Christchurch Central



Andrew Beaven, Kiwi Party

I'm 47, 22 years married and have three children. I'm presently a Director of a number of companies, have a Bachelor of Engineering degree and am a Board member of the Kiwi Party. I was the inaugural chairman for Heart Children New Zealand for four years; the result of my eldest son being born with a congenital heart defect.

I joined the Kiwi Party as I admired the values and commitment of its leader, Larry Baldock and the Kiwi Party's policies. Policies that will repeal the "anti-smacking" law that criminalises good parents. Policies that will invest in families and marriages and promote justice by ensuring there is no parole for violent offenders. But most importantly, policies that will introduce binding referendums. That's where the people's voice becomes law.

Your vote for me and the Kiwi Party will help restore democracy in this country and stop the social engineering and injustice that has taken place.

Vote "the Kiwi Party" – Your Voice.



Brendon Burns, Labour Party

I will be a hardworking MP, able to represent everyone in Christchurch Central and not afraid to take a stand on issues that matter to us all.

I am proudly Labour because I believe in a good public education system, access for everyone to health care, security in retirement and support in more difficult times ahead.

My priorities include getting Christchurch homes insulated and assisting those on lower incomes into housing. I will work to protect Christchurch's pure water from the spread of corporate dairying. Already I have sparked tougher laws against boy racers and pushed for liquor law reforms to combat crime in our city.

These are some of the issues that require a strong voice for St Albans residents and for Christchurch Central. My wife Philippa, Christchurch born and bred, shares my commitment.

I ask for your support so I can keep working for you and our future.



Mike Britnell, Aotearoa Legalise Cannabis Party

You should vote for me and the Aotearoa Legalise Cannabis Party because we bring the best policy, in fact a 'new pie', to the table. I work in Tourism. I am standing for policy that will help our economy save billions of tax dollars from direct cost of prohibition, as well as developing a sustainable cannabis industry to enrich our economy.

Since The Misuse of Drugs Act 1975, drug taking and violence has increased.

If prohibition worked, we would not have 15,000 cannabis convictions every year along with the increase of black market crime and gangs. Our youth, not protected by this policy, need credible information. Recent UNICEF report shows Holland with enlightened cannabis policy, has lowest teen cannabis use.

Our conservative policy helps restore Law, Order and Trust. We advocate R 18 model, similar to alcohol, with Dutch Style Café outlets for safety, quality control.

This valuable plant brings food, medicine, fuel, clothes, shelter – the basics of life.



Christchurch Central

Nicky Wagner, National Party



I have lived, worked and brought up my family in Christchurch Central, and I am a proud, long time, Canterbury supporter! As a National List MP I have championed reducing crime and stopping boy racers in our community. Violent crime is at unacceptable levels in our city and boy racer, loud exhausts are bad for everyone. National will provide the legislative tools to make Christchurch a far safer place.

I am particularly keen to keep families close. I hate the thought that many of our young people feel that they have to leave the country permanently to get ahead. I believe National's economic policies will make it better for us, and our kids, to live and work in New Zealand.

There is much to do to make Christchurch Central a safer and better place! So, if you want a hard working, strong, local representative and a brighter future for New Zealand, please vote for me, Nicky Wagner on November 8th.



Byron Clarke, The Workers Party

I first got involved in politics in the anti-war movement, and remain a staunch opponent of the war in Iraq and New Zealand's involvement in Afghanistan. I got involved in workers' issues as a fast food worker when I became a union delegate and then a volunteer organiser for the Unite Union's Super Size My Pay campaign. I've since worked as a factory hand and a picker-packer. I currently work in retail and am studying at Canterbury University. In this campaign the Workers Party is arguing for the abolition of GST, a regressive tax that disproportionately affects those on low incomes, the right to strike, a living wage for a shorter working week, and other issues of importance to working people. If elected I pledge to take only the average worker's wage to live on and put the rest of my MP's salary toward 'fighting funds' for industrial action and donations to groups advancing workers' interests.



Somnath Bagchi, Progressive Party

Candidate has not supplied any contribution

Te Tai Tonga



Dora Roimata Langsbury , Green Party

My marae at Otakou has been the focal point of my life. I have always set ambitious goals for myself and work hard to achieve them. I have won national sporting titles and large international business deals in emerging markets. I now work for our people as a Student Support Advisor at Te Wananga o Aotearoa. I have achieved these goals through focus, commitment and integrity. My focus and commitment is now for our people, and our planet, and their future.

Key issues facing our people in Te Tai Tonga are Education, Justice, and protecting the role of Maori in our democracy. The Green Party policy platforms include better funding for tikanga Māori education, improving outcomes for Māori in the legal system, and entrenching the Maori seats. Education is the key to eliminating poverty, providing our youth with positive work outcomes and is an investment in our people's future economic development. These are enshrined in te Tiriti o Waitanga.



Mahara Okeroa - MP for Te Tai Tonga

I am privileged and honoured to represent Te Tai Tonga, a privilege I have never taken for granted.

I'm committed to investing in the future of Maori by supporting economic development and the utilisation of Maori resources, more skills and better wages. Providing quality education to tamariki and rangatahi, making sure strong public services provide affordable and accessible healthcare and ensuring whanau are supported when they need it most.

I'm committed to supporting local initiatives that focus on strengthening whanau like the services at Rehua marae and Shirley Hub, protecting fundamental rights like freedom of speech, and affordable social housing. I am opposed to the city council housing rent increase.

I'm committed to making sure the issues in Otautahi are raised at the decision making table. Recently I have successfully advocated for the retention of TEC baseline funding for our training providers in Otautahi.

With your support, Maori will have a real voice of influence in a Labour led government.



Rahui Katene, Maori Party

Candidate has not supplied any contribution

Doug Craig

We should feel privileged to have volunteer Doug Craig at St Albans Community Centre. He began offering his services about five months ago and has two roles. He is one of an army of helpers in the NeighbourNet computer room and, more importantly maybe, has become a regular contributor to this publication.

A 'short' list of his broad range of skills, interests and achievements makes impressive reading.

A published writer, he has two books, six reports, and numerous articles to his name, and is also a published poet. In addition, he is a sometime actor who is involved in theatre sports and is keen to write his own screenplays, and is an avid reader, which makes him one of the most well-informed people I've ever met.

As well as being 'arty,' he is also a keen outdoorsman, who runs, hikes, bikes and explores whenever the opportunity presents itself.

Over the years, Doug has been involved in many, many

things which illustrate his strong sense of community: teaching the disabled (he is a trained educational psychologist); community broadcasting; environmental activism and education; anti-nuclear campaigning; Aid and Development agency volunteer work with VSA and CORSO; and researching social history and heritage, to name but a few.

But the thing which most defines Doug is his strong commitment to environmentalism, biodiversity and sustainability...causes that he espoused many years ago, long before they became fashionable. In his work as an Environmental Planning Consultant he is constantly exploring Man's interaction with nature and the social impact of urban development, and he brings a wealth of knowledge to his writing for the St Albans News, where he is usually called on to investigate resource consent and town planning issues, help with submissions to Council, or write about that endangered species, the heritage home!

Max Feutz

Letter to the Editor

Can I add a "Hear, Hear" to Peggy Kelly's plea for a clean-up of the Edgeware Village shopping area (October issue, St Albans News). The rubbish, broken glass, weeds and tagging are pretty off-putting.

I would like to call on village retailers to take the initiative. As a former retailer and business-owner, it makes economic sense to me to provide a pleasant, welcoming environment for your customers.

All it would take is a roster of local businesses who could assign one staff member to whip around the area once a week with a rubbish bag and broom: e.g. Supervalu one week, KB's the next etc.etc - it's not rocket science!

Further more, as soon as tags appear - get out there with a can of paint and get rid of them - Don't leave it for weeks until a member of the public complains to the City Council to do something about it.

Come on Edgeware retailers, show us you want us to Shop Local and give us a shopping area we want to visit.

Cheers,

Sarah Johnston



Career Opportunity...
think PORSE

Work available with children NOW!



In-Home Childcare & Educator Training

PORSE Christchurch Ph 377 9911 • www.porse.co.nz



Born here
Lives here
Works here

Nicky Wagner
FOR CHRISTCHURCH
CENTRAL
nicky.wagner@national.org.nz

National

AUTHORISED BY A HANWORTH, 17 JANE DRANG CLUSE, RECCARTON, CHRISTCHURCH

In Memorium –St Albans Built Heritage

The following houses have been demolished in the past few months and sections remain empty:

392-398 Manchester Street
537-543 Manchester Street
435-439 Madras Street
512-514 Barbadoes Street
550-552 Barbadoes Street
32 Eversleigh Street
51 Bishop Street

The following homes have been replaced by newly completed townhouses and apartments:

32 Packe Street
130-136 Packe Street
142 Packe Street
472 Barbadoes Street
475 Barbadoes Street
496 Barbadoes Street
537-539 Barbadoes Street

Both cleared sections at 88 and 110 Edgware Road remain empty.

The burnt-out historic house featured in St Albans News at 194 Geraldine Street remains.



NEW ZEALAND
Labour

**Brendon Burns
for Christchurch Central**

PO Box 25382, Christchurch 8144
Phone: 381 6522 Mobile: 0274 305 501
Email: bb@brendonburns.co.nz
www.brendonburns.co.nz

- Christchurch - pride in our heritage, plans for our future
- Warm, affordable homes
- Reform of the liquor laws to really reduce crime

Authorised by P. Wheeler, 64 Stapletons Rd, Christchurch

Ray White
REAL ESTATE

*Selling real estate in St Albans for over 25 years.
For service that stands the test of time.*

To sell your home, call
Phil Adcock

Phone: 359 3441
021 909 950

A J McPherson & Associates
MREINZ

Market

**The St Albans
Community Market**

Every Saturday 9am - 2pm
at English Park,
Cranford Street

*up to 40 stalls selling plants,
fruit & vegetables, cakes, crafts,
collectables, household goods
& much more*

Enquiries phone 351- 9727

**"From \$799
down to \$599
with trade in"**

**EDGEWARE MOWERS
and CHAINSAWS**

Ph: 366 3924

**"Get \$200 trade in
on any Lawn Master
Rotary Mower"**

1036 Colombo Street

**When it's time to
sell your home...**

Don't miss the bus...

Call Wendy Kappler

Ph 377 0377
or 021626 415

Harcourts W Thompson & Co Ltd
MREINZ

Wendy Kappler

Local knowledge
and experience
count!

Contact Wendy today
at Harcourts Contact
for a no obligation
market value on
your property!

Harcourts Phone: 377 0377
021 626 415

How To Get the Healthy Lifestyle You Want!

Hi my name is Peter Evans; I'm a Personal Trainer.

Over the last couple of months we've covered two areas of our six-stage journey towards greater health, fitness and quality of life.

The last edition introduced some ideas around lifestyle change and why people make choices, which at times can seem destructive or illogical.

For example, have you ever met a serial dieter who never seems to lose weight? Or perhaps someone who says one thing but does another?

In this month's edition, I'd like to provide exercises to empower your thinking towards a healthier and fitter you.

Before we look at some simple approaches, it's useful to start with responsibility. Personal Responsibility – In order for change to be truly effective you need to believe that you have the power of change within yourself.

Draw two circles... inside one write all the things you control in your life, and in the other write all the things you can't control. After five minutes, clients usually get the idea; as individuals it is us alone who control how we feel, how we act and how we behave – unless you have someone pointing a gun at you, you have ultimate control over the choices in your life. Things we can't control are how other people think or act, and the weather; everything else in your life is there because you've chosen it to be. Stop reading now if you don't believe it, if you do however, your world can change for the better in an instant!

Success on any level, be it healthy eating – enjoying physical activity, or even improved relationships with the people around you, begins with understanding what is called the 'success formula.'

- Know what you want
- Define it — what does it look, sound or feel like and when would you like it?
- Take action to get it
- What manageable steps can you take alone or with others?
- Notice the results you are getting from your actions

- Are your actions taking you closer to your goal? If not...
- Change your actions until you get what you want
- Who else has achieved what you want? And what different actions have they taken?

Some of my clients initially try to tell me they don't know what they want, so to start them off I ask two questions...

- "If you knew it was OK to fail what would you want, do or become?"
- "How will you know once you've got it?"
- What will you hear, see, feel and believe which lets you know you've really achieved it?"

Being as specific as possible will help you immensely.

For example: "I want to lose 5kg of excess weight and exercise three times per week by 13th June," is better than: "I want to lose a bit of weight and get fitter."

Knowing what you want is crucial to your personal success – just as much as the action taken to achieve it. Imagine you were on a large cruise ship sailing around the Caribbean Sea with enough fuel to go anywhere in the world, but the captain didn't know where the next port was. Do you think at least some of the passengers might get upset at being taken to an unexpected destination? You bet!

And that's what I find talking to people who don't know what they want — they have a sense of frustration and disappointment as they end up somewhere else.

Lastly – If what you are doing is not working, change what you are doing! Humans are the only animals on the planet who repeat the same actions and then expect a different result!

My intention is to inspire, motivate and even entice you to consider your actions...are you getting what you want out of life?

For a free goal-setting session feel free to contact me via my advertisement...see you next month!

Peter Evans

For "A" grade service to all cars

John Radley Mechanical Ltd

961 Colombo St, 377-1588
Corner of Purchas Street



Full lubrication service, W.O.F., tyres, batteries and all mechanical repairs

Hours: Mon to Fri 8.00am - 5.30pm

Support your local businesses

trade skills

Building - Carpentry
Painting - Plastering
Electrical - Plumbing
Paperhanging
Waterblasting
General Handyman
and much more

Trade Skills

Phone
Peter on 332-6274

Free Personal Training session!

Get your health & fitness started today!

With...
Peter Evans
Registered Exercise Professional

0274 - 872 - 468
health.TC@gmail.com

Corner shops at Barbadoes & Edgware, Part 3

Etcetera...Etcetera...

Antiques, Curios, Coffee

When I'm stopped at the lights on the corner of Edgware Road and Barbadoes Street, I am often on the receiving end of indignant toots from the irate motorists behind me, because when the lights change, I'm still gawking at the enticing window display of this interesting treasure trove of things from a bygone era. And actually, I'm usually looking at, and dreaming about wearing the vintage clothes in their bright '70s colours and thinking, "Could I get away with wearing that at my age?" Sadly, the answer is often "No!" but I can tell my daughter about them and send her down there. I can smile at the fact that eventually old always becomes new again.

Clearly, I love second-hand shops, and it's because we can always see something that sat on the mantelpiece of our childhood home, or in our grandparents' kitchen and we're instantly transported back into that time in history. The buildings themselves too are part of the attraction, and once they are gone will be irreplaceable.

This shop is particularly interesting because of the variety of things that are sold there. There's the excellent selection of vintage clothing, costume jewellery and hats, well-chosen items of good quality furniture, NZ non-fiction books about local history that would be of interest to genealogists, and of course lots of vases, lamps, paintings and so on.

The owners of the shop, Tim and Michelle, say that in their nine years of ownership, it has slowly evolved and the emphasis has changed a lot. When they took it over, it was a rather dusty, cluttered junk shop, mainly selling second-hand furniture. Now it is bright and airy, and has been renovated bit by bit, so that now you will see a pleasant courtyard on the Barbadoes side, with some wrought iron tables and chairs, and the verandah on the Edgware side has been spruced up and is now an inviting place to sit, listen to music and have a coffee. Michelle and Tim offer excellent C4 coffee or a delicious hot lemon,

ginger and honey drink in takeaway cups as refreshments while you browse. It's a great idea because there's so much to look at, and so much to learn from the owners about the origins of some of the pieces. Tim's pride and joy is

the display of militaria at the back of the shop. There are uniforms, belts, helmets, and some lethal-looking weapons. If collecting war memorabilia is your thing, I strongly recommend taking a look. It's fascinating. Check out the "bomb" rucksack and the Early Military Busby in black sheepskin.

Other highlights on my most recent visit included a wonderfully kitsch painting with a clock set into the corner, the pink curtains adorned with large rosettes framing the entrance to the verandah, and a flamboyant hat with masses of pale green feathers waving in the breeze, which I desperately want to buy. "Could I get away with it?"

I ask my daughter. You know the reply.

Do drop in and take the time to get to know the owners. They

are local people; they own the building and are passionate about preserving this aspect of Kiwiana.

If we want to see places like this survive, we need to support them, so next time you want a coffee on the run, don't give your money to the big corporates...spend it in a family-owned place like this.

Bertram H. Rush—Cabinetmaker

I'd poked my nose into the door of this business a few times over the last year or so in the course of delivering St Albans News, and had long intended to write about it. I had a memory of someone tall and stooped, standing in a drift of sawdust up to his ankles in a shadowy, cluttered workshop. I think I'd transposed a childhood image of Geppetto onto the whole scene, because when I returned there to take a better look recently, I found that the floor was clean-swept, Bertram is certainly not a stooped elderly man, and Pinocchio was nowhere to be seen! My imagination had been working a great deal of overtime.

The two tradesmen probably do have a lot in common though, since good craftsmanship is the signature of



Busby with faux pearl earrings

both.

Bertram (I didn't dare ask if anyone calls him Bert) has worked in the cabinetmaking and furniture repair business in the same premises for twenty-five years. Having worked in sales for a furniture manufacturer and a woodwork machinery firm, he developed an extensive knowledge of different furniture styles and decided to give it a go himself. What started as a hobby then eventually became his full-time employment.

In the past, he has employed one or two staff, but at present he is working alone. Most of his work is bespoke, and he works around the customers' ideas to make anything from large kitchen cabinets to small decorative pieces. Not all of his customers are domestic. If you want to see some very public examples of his work, the frontal pews in the cathedral, where the choir sits, and the music stand are his creations, and he also supplied display cabinets for the tower when it was refurbished after a fire. At present he is working on a rustic park bench made of branches, and repairing the broken fingertips of a wooden figure of Christ, amongst other things.

He enjoys working with solid timber and often sources and cuts this himself, if possible, locally. Through his membership of the Woodworkers' Guild he has a good network of contacts, and is often offered trees by people who are loathe to see excellent timber cut up for firewood.

Like his near neighbour at Ambrose Heal Furniture, Bertram laments the fact that cheap imports have flooded the market and made it more difficult for artisan woodworkers to survive. He commented too on the waste of good timber that has come about through the locking-up of huge tracts of West Coast forest. In his view, selective removal of trees is feasible and in fact more sustainable than the current management method, which sees a lot of timber rot on the ground. He has clearly given a lot of thought to environmental issues and works in an eco-friendly way.

However, he is also a pragmatic person who does not have all his eggs in one basket. He is equally happy to work with other materials such as melamine and laminates if that is what the customer requires.

I asked him if he had any plans to retire. He smiled and told me that he has three sons who have all gone into IT, so I guess that means no. However, I got the impression that he really enjoys his lifestyle. Being self-employed gives him the flexibility to pursue other interests, one of which is the Packe Street Park. He is currently chairman of the committee, and as you might expect, some of his sawdust ends up as mulch for the community garden there.

When I was about to leave, I told him that I thought the air was heavy with sawdust but he didn't think so...I told him that one day he might cough up a tiny piece of furniture and he laughed. I had enjoyed my brief visit.

Max Feutz

The St Albans Working Party would like to hear from you!

We want to hear your ideas about the future use of the Edgeware Pool Site.

What facilities do you think would benefit the St Albans Community?

Pop in and tell us your ideas
Open House

St Albans Community Centre
1047 Colombo St

Wednesday 26th November 2pm - 7pm

Barbadoes Café Erratum

Unfortunately, when we wrote about this lovely café, we got the hours wrong.

Opening hours are:

Tues to Sat: 7.30 a.m. to 4.30 p.m.

Sunday: 10.00 a.m. to 3.00 p.m.

Monday: closed

Sorry Sahni and crew!



DO YOU NEED CHILDCARE?

Having a Nanny is Affordable!

We have permanent part-time and full-time nannies available NOW!

- The average cost of a nanny is \$15 per hour
- We contribute funding (non income tested) towards nannies wages
- Up to \$90 each child under 2 years per fortnight
- Up to \$60 each child over 2 years per fortnight
- Free ECE hours for 3 & 4 year olds with our service and receive up to \$162.40 per fortnight, per child
- WINZ subsidies are claimable with us, up to \$3.51 per child, per hour
- Optional FREE wage service
- Free fortnightly playgroups and newsletters
- Monthly programme manager visits to your home
- Excellent employment advice and documentation
- No placement or joining fee



**Call our friendly, well informed
staff to have a chat**

The Nanny Company

359-3730

www.thenannycompany.co.nz

Community Notices

Family Fireworks Extravaganza

5.30pm on 5th November

St Albans Baptist Church, 64 McFaddens Road, 355 6522

FREE spit roast and salads, activities and entertainment and fireworks in a controlled area after dark

Sponsored by NZ Lotteries and Shirley/Papanui Community Board

Family Movie Fundraiser

Mairehau Primary School's Hall Committee is holding a PREVIEW screening of "Madagascar Escape 2 Africa" to help raise funds for a new School and Community Hall. Join Alex the Lion, Marty the Zebra, Melman the Giraffe and Gloria the Hippo in their latest fun filled adventure. Our screening is being held at Reading Cinema, The Palms, on Sunday December 14 at 3pm. Tickets are \$10 ea and can be purchased from either the school office, 43 Mahars Rd during school hours, or Phone Suzie 980 9702. Details and a trailer of this movie can be found at: www.flicks.co.nz/trailer.php?movieid=1300. Come along and join in the fun!

Many thanks

Suzie Yates

For Mairehau Primary School Community Hall Committee

St Albans Swim Club '08 - '09

Swimming Lessons

- Venue: Shirley Intermediate Pool
- Summer Season - Nov. Dec. Feb.
- Opening: November 10th
- Mon. Tues. Thurs. Frid. 4.30- 6pm
- Wednesdays: Club Swim
- Enrolment enquiries : Phone 3556512
- Enrolment forms: St Albans Community Centre, 1047 Colombo Street, Shirley Community Centre (Opp. Shirley Primary) or Office Shirley Intermediate
- E-mail : paul.valerie@actrix.co.nz

From Ancient Gondwana to the 2008 Festival of Pacific Arts

This year's slide show for a "Good Cause" is called "From Ancient Gondwana to the 2008 Festival of Pacific Arts".

Bill Sykes (botanist) will show and discuss pictures of plants and places taken during a recent tour of New Caledonia and The Loyalty Islands; Chikako Yamauchi (researcher and writer) will show aspects of the 2008 Festival of Pacific Arts in Pago Pago, American Samoa.

There will be musical interludes by Palau guitarist Kiblas accompanied by Kate Trono on piano.

A small supper will be served afterwards.

Admission is by gold coin.

Proceeds this year will go to the Tautai Contemporary Pacific Arts Trust.

We hope that you will be able to make people aware of this community botanical/arts event which will be held on Thursday 6th November 2008 at 7.30pm at the St Albans Community Centre, 1047 Colombo Street (Edgeware Road end).

For more information about Tautai visit www.tautaipacific.com

W.H. McMenamin
Barrister & Solicitor
Merivale

For personal assistance for:

- Buying and selling property
- Wills & Estates
- Traffic Prosecutions
- Applications for Limited Drivers Licences
- Matrimonial Matters
- Property Sharing Agreements

Phone Bill McMenamin
182a Papanui Road
355-2333

ALLY Builders

A friendly, local team for all your residential building works

A complete service professionally managed from start to finish with references available

Plans & Design service available with free on-site consultation.

Experienced in the renovation, extension, maintenance and repair of character homes

Advanced trade qualified on-site owner/operator

For personal service & quality results contact
Andrew Young:
03 3561607
021748379
andyleonie_xtra.co.nz

MARRIAGE CELEBRANT
Colin Mills

With many years of experience
Your happiness is my interest
I invite you to a personal meeting

Ph 03 355 7326 or 027 473 2224

greenSpace
Eco Accommodation
Eco-friendly, relaxed
accommodation
Private and professional
Affordable

www.greenspace.co.nz
Ph 356 0228

Feel Better
Live Better

Contact Debbie
355 0684 or 0274 396 396

Want more energy?
Want to manage your weight?

HEAT PUMPS

KW	
Gree 3.5	\$1500 installed
5.7	\$1850
6.6	\$2250

Mitsubishi Floor and Wall Units 6kW to 9kW
1 x 14kW Heat Pump uses 4kW \$2750 installed
(suitable for big rental house)

KOOLCO 366 4703 021 073 8129
A Grade Refrigeration Engineers
Packer St, St Albans

Bar 1066

Where everyone meets a friend.

1066 Colombo Street
Phone 366 9668

FREE Organic Hair Care
for first 6 cut & colours

CHI

- Sulfate-free shampoo
- Moisturising conditioner
- Leave-in treatment mask

tracetteowers
hairdresser/colour specialist
80 derby st, christchurch
ph 379 6368

CHI

- Organic hair products
- Ammonia-free
- Non toxic

Offer ends 20th October
Bring in to claim offer

St Albans News Classifieds

SERVICES

0800DC3FLY

A to Z Appliances. Repairing, Selling & Buying Whiteware. Any brand, old or new. I stand by my work with warranties & offer very cheap local rates. For personalized service with a smile phone Zaine Harding on 669 2292 or 021 249 2292

Aakland Carpet Cleaning: Super cleaned from \$15/room; standard clean from \$10/rm, economy clean from \$8/room. Over 20 years experience. Ph. 388 3314

Accountant: Working from home in St Albans area. Self employed accounts, rental properties, GST and tax returns etc. Excellent references available. Phone Susan Ayton on 980 7334 or email taxayton@paradise.net.nz

Artist seeks work space like unused garage, room, or other area. It needs to be free of charge, or very low rental. I can work in exchange for rent. Ph David. 356 1280

Books: St Albans Community Centre is looking for any type of book which is in good repair, to be used in our current library for our drop-in area. Phone 379 6305 or drop off at the Centre. Thank you for all the contribution we have received!

Bowen Therapy – Bowtech. Gentle Hands therapy for all aches & pains. 1040 Colombo St, Edgware, Ph 0800 581 481

Celebrant available for your marriage, civil union, or other ceremony. Ruth Gardner, phone 03 365-6943, www.ruth.org.nz

Classifieds: 25c per word, prepaid. Deadline for the next issue is 16 November.

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. Offsite repairs \$20/hr. Phone 379 3061 or 021 0243 7398, or pcguru@orcon.net.nz

Computer Problems? I do trouble shooting, virus and malware removal, pc optimisation and cleaning. Improve the speed and performance of your computer. Do better email and internet. Some free software. Backup documents, music, videos etc. Tuition provided. Low rates negotiable. Phone David, 356 1280 or email, davidmackenzie@clear.net.nz

Divine Massage: Deep Tissue /Therapeutic Massage & Acupressure. Yvonne – Diploma (Ad.C.M.A) BSYA Queensland, welcomes new clients. Phone now for appointment 382 9569 or 027 617 3179

Electrical: Bright Sparks Electrical Ltd. Registered tradesmen. Call Peter at 027 572 8864 or 382 5824 (after hours)

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

Flatmate wanted. St Albans/inner city – mature to share with 3 others, furn/unfurn \$120/\$100 + \$30 exp. Broadband, dishwasher, warm comf. char. home with

small garden. Ph 379 4184 or 027 228 7000

Furkids Doggy Daycare: dogs get stressed and lonely by themselves. Socialisation also improves behaviour. Ph 372 9253 for more info.

Hairdresser: long lasting shiny haircolour, organic based, ammonia free. good for you, good for the environment! Great haircuts. Tracette, 80 Derby St, ph 3796368

Housecleaning job in St Albans wanted by honest efficient and reliable lady on a weekly basis. \$25 per townhouse/flat. Excellent references available. 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: \$20 per hour. In your home or can collect in St Albans/Merivale area. Ph. Janis 355 9034

Painting & Decorating: 10 years experience. Guaranteed quality work at reasonable rates. Ph 027 294 8277

Roofing: New Roofs, Repairs, Maintenance, Parapet Flashing, Free Advice. Ph. Clinton 366 6019 or 027 220 1982

Wanted: Housekeeper companion, walker, driver. St Albans, Merivale area. 2 – 3 hours weekly. Please ring 379 6522

TUITION

Clarinet, sax & piano: experienced local teacher. Phone Nicola on 385 6399

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

Fairies and Angels from 2 years. Music, ballet, fantasy, fun. Thursdays & Saturdays. \$65 Term. Enrolments phone 021 120 6540 or 379 6305

FRENCH Students of all levels: prepare for exams or holidays. Practice conversation or follow a programme with a native French speaker. Ph Pascal 385 2483

Guitar Tuition: For beginner & intermediate; up to Grade 5, acoustic or electric, all ages. Competitive rates. Call Stacy – 366 3838 (evenings) 027 304 0617

Self Defence Classes. Learn practical self defence & gain health & flexibility. St Albans Church, Berwick St, Tues & Thurs 4.20 – 7.30, Ph 0800 581 481

Yoga: St Albans Community Resource Centre. Tuesdays 10-11.30am. Friendly, relaxing class, well suited to mature figures. Phone Pauline on 980 8760

The St Albans News relies on your contributions. Please send us your articles, letters and notices. The deadline for the December issue is 20 November

On Being a Good Citizen

I was both heartened and saddened at the news of the recent sacrifice of Austin Hemmings, a young family man who went to the aid of a woman in distress on an Auckland street. He was stabbed to death for his unselfish action, and this was a sudden and great shock and loss for his family, friends and work colleagues. However, as the eulogies made clear at his funeral, he would not have hesitated to come to the aid of an unknown stranger, and this was commended by everyone who knew him.

We do not have to be as altruistic as Austin—nor take the risk to our lives as he did — but this unselfish attitude is one we can seek to understand and perhaps emulate.

First of all we have to care. We have to go beyond our own concerns to identify with others in our community and feel an empathy with their position. Many community volunteers do this on a regular basis and gain much from their involvement with others in their community. The work of disability groups, child care volunteers, meals on wheels and home visitors to older people in their houses to name but few actions, enriches the lives of many people... both the givers and the recipients. This aspect of caring for those beyond our four walls could be called the moral dimension of citizenship.

Second, we have to be committed. It may not be enough just to turn up once in a while when we have the spare time, but to put in consistent effort that makes a difference. For it is not only the regular and consistent effort of involvement that makes a difference because we can begin to see progress, but also the encouragement we give to others to keep going. Martin Luther King, after a vicious conflict on the streets of Birmingham, Alabama, had a moment of agony when he doubted his ability to keep going on struggling for civil rights. But he wrestled with his conscience through a long dark night, and in the morning realized that he needed to be strong and committed to being an inspirational leader for all those around him. He realized that, for the success of their struggle, that civil rights — the right to participate in political life of the community and nation without intimidation — was a human right. We don't face the violence that he and NAACP (National Association for the Advancement of Coloured People) did during the civil rights struggles in USA, but it is still a human right for people to be treated with dignity and have meaningful involvement when political decisions that affect them and their communities are to be made. This may be at the cost of some sacrifices, but many things in life come — good and bad — after struggle. Facing difficulties with others at your side and winning over adversity could be called the personal courage aspect of citizenship.

Third, you need to have political determination. That is, you need to be engaged in political action and advocacy on behalf of communities. We are fortunate in that we have

a democratic process where citizens can participate in decisions at some levels. Registering and voting in general elections is the obvious action to demonstrate concern and commitment to the larger national political process. However, we can go beyond that to direct engagement or deliberative democracy. We can engage with representatives in meetings and forums, influence others through letters and articles to newspapers, and directly advocate on behalf of our communities. St Albans has a high degree of social commitment to community awareness and action, and much of this comes through engagement of volunteers on many small community building actions. Robert Putnam, an American sociologist, calls this “social capital,” the building up of “the glue” of networks of co-operation and trust in the community. Another way of looking at it is the notion of “complementarity”... of accomplishing effective political action at the local level where face to face interactions matter, instead of decisions being made by faceless people in boardrooms removed from the local community. Decisions made by others not directly affected, about the form and processes of community development, facilities and amenities are examples of non-complementarity.

Cicero, a Roman philosopher and a follower of Plato's Academy, once said that “freedom is the participation in power.” What he meant is that we are free to the extent we are able to debate and discuss freely and be part of genuine decisions. Manipulation and spin is treating people as immature and unable to make up their own minds, and is a symptom of an unfree and unequal society. Citizenship in a deliberative sense, is demonstrated in action, embodying the ethics of care, commitment and determination. Robert Reich, Bill Clinton's Secretary of Labour and now a Professor of Social and Economic Policy at Brandeis University, summed up the vital connection between community building and political involvement: “The real job of re-knitting the social fabric has to begin where the threads start. This means getting more people involved in politics at the local level...there are too many at the grass roots resigned to the way things are.” **Doug Craig**

Quote of the Month

To make democracy work, we must be a nation of participants, not simply observers. One who does not vote has no right to complain

Louis L'Amour

Constantly choosing the lesser of two evils is still choosing evil

Jerry Garcia