

St Albans News

The Voice of our Neighbourhood

May 2009



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Our Local Councillors Say "NO" to Retaining Pool Land for Community Use

Contribution by Darel Hall, Deputy Chair of 2021

Councillors Ngaire Button and Norm Withers who represent the St Albans community have voted against a motion to support the retention of the Edgeware pool site for community use. Community Board member, Pauline Cotter moved a motion to support the land retention in the Community Board's submission on the Long Term Council Community Plan at the Community Board meeting of 15 April.

The desire to retain the Edgeware Pool site for community use was the very strong outcome of numerous meetings, deputations to the Community Board and City Council, surveys and a meeting of 60 St Albans residents at the St Albans Community Centre on 7 April.

Community Board Chair, Yvonne Palmer, said that the Board could not know the wishes of the St Albans community because it had received no deputation from them on the matter. All Community Board members were invited to discuss the Edgeware site on 7 April. No apologies were received.

Button said the site should not be

retained because it is not safe, Abberley Park is only a few hundred meters away, the pool had very poor use and the community wanted a larger community facility on the site as expressed by the Pool Working Party. Button also dismissed the preponderance of community support expressed for a pool in the same Pool Working Party process used to support her contention that the community wants a larger community facility.

Button linked the sale of the Edgeware pool site (\$300,000 est.) to the expansion of the St Albans Community Centre (\$3,700,000 est.). That sale will cover less than 8% of the costs. The budget lines are unrelated in the Long Term Council Community Plan.

Ms Cotter reported the mood of the meeting on 7 April, detailed the extensive community support over a long period of time for the site, preferably for a pool and the site's spiritual values.

Button, Withers, Palmer and Condon voted against the motion that the Board support the Edgeware Pool land be retained for the community.

Edgeware Pool Meeting

On Tuesday, 7th April, a public meeting was held to explore ways to ensure that the old Edgeware Pool site be kept for community use rather than being sold off to private interests as has been mooted by Council. The meeting, which was facilitated by Maggy Tai Rakena, was attended by more than 60 people who heard three speakers and then had the opportunity to put their own questions and comments up for discussion.

The first speaker was Craig Dickson, of the St Albans Pavilion and Pool Committee, who spoke convincingly of how, in his view — and that of a large number of people in the community — this issue illustrates 'a breakdown in participatory democracy'. He summarised the history of the fight to retain the pool land to date.

He stated that the one year allowed to the group to fund-raise for a new pool

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Chair Chat



Pool Site Sale: How tragic the politicians and bureaucrats went against doing the right thing and instead decided to sell the old Edgware pool site to a private developer. This CCC decision says volumes about how the CCC treats input from either 'working parties' or the wishes of resident rate payers. Sad indeed!

Centre Expansion: A proposed significant expansion of our existing St Albans Community Centre was barely approved in the first round of the Long Term Council Community Plan. Were this proposal approved in the final LTCCP it would bring a most welcome and needed upgrade that would benefit not only St Albans but the entire city as well. Let's not forget about 50% of our users are not from St. Albans. The Centre has submitted a detailed submission with signatures of our many users in support of the proposed expansion. If this to be approved it would be a wonderful asset for everyone and a facility our city leaders could be quite

proud of making a reality.

Our Reporter On Youth Issues: In the last three issues we have been fortunate to have articles written by Daniela Petrosino, our new reporter on youth issues. Her articles concerning youth and issues that are important to them have been insightful and refreshing. This issue, Daniela probes the disconnect between youth and local politics and comes to some interesting conclusions. We are appreciate Daniela's excellent contributions.

Fundraising Drive: We have just kicked off our important contribution drive to obtain much needed funds to continue to run the centre without loss of quality or cutting back on services. It is too early to judge success but one senior citizen walked about eight blocks to give us \$6.00 which I know was for her a sizeable contribution. Thank you so very much.

My Dog Zoe: A few weeks ago my beloved Bernese Mountain Dog, Zoe, died. What a wonderful pal she was. I learned so much from her and was so fortunate to have her in my life. On page 12 you will find a wonderful story about a lawyer's summary to the jury about the loss of a dog. I hope you enjoy it.

Bill Demeter
Co-Chair of the St Albans
Residents' Association

continued from page one

was never going to be enough time, and that the refusal to grant an extension was designed to end the matter, in spite of the offer to set up an independent working party to explore all the options for use of the site. He said that in spite of the fact that all the members of the working party had entered into discussions on behalf of their respective organisations in good faith, it was apparent from the outset that the whole process was flawed, since the CCC tried to manipulate the process from very early on. It is claimed that one Council manager stated categorically: "there will be no pool", even before the group met. Working party members felt increasingly pressured to come up with a pre-determined result, although 80% of submissions had favoured a pool or green space for the site. Mr Dickson said that members of the working party were not given the opportunity to seek endorsement of the draft report from the groups they represented before it was released to the public, leaving many groups feeling that in the end the whole process had been just for show.

In addition, he said it seemed strange that no one other than unelected CCC staff members has suggested that the land be sold, yet the draft Long Term Council Community Plan (LTCCP) adopts this view, suggesting perhaps that unelected staff — rather than elected Councillors — made

the decision, which would indicate that they have assumed a role in Council far beyond their mandate as employees. Mr Dickson's final comment was that St Albans seems to have been treated differently from other communities facing similar issues; Belfast for example, and he stressed the need to challenge Council on inconsistencies in policy, and to keep up a dialogue with them.

The second speaker was Darel Hall, Deputy Chair of 2021, who developed the theme of communication with Council through the submissions' process. He made four points about the submissions' process. Firstly, he stressed the importance of continuing to make submissions about issues we know about and care about, even if we doubt the usefulness of doing so. Secondly, he said that it is not the community's job to have solutions to problems. It is the job of elected politicians to set priorities and reconcile different interests. Thirdly, he emphasised the need for submissions to be personalised, because politicians always reject formula submissions. It is Mr Hall's strong view that we cannot lose the debate if we stick to what we know, that is, the needs of our families and our community. He reminded the audience that a recent survey showed that only two out of five residents believe the Council acts in our interests at the moment. We really do need to participate actively in the democratic process.

Events Calendar

13 May, 12.30pm	St Albans Interagency Meeting (374 2465)
17 May, 11am	Ratana Church Service, Rehua Marae (355 5606)
19 May, 7pm	Mayoral Forum Steering Committee on the Canterbury Water Management Strategy, Baptist Church, Oxford Tce (365 2399)
26 May, 7.30pm	NZ - Japan Society (355 9903)
27 Apr, 2pm	St Albans Uniting Church Garden Club (366 0396) "Helen Cummack - visit from Nurses Chapel"
28 May, 7pm	St Albans Resident's Association meeting (379 6305)
6 Jun, 10am	Matariki winter working bee at Packe Street Community Garden (366 3844)
9 Jun, 12pm	Christchurch Transition Forum (374 2465)
11 Jun, 7pm	TISA: Integral Philosophy (374 2465)

The third and final speakers of the night were Paul and Valerie Somerville, who have worked tirelessly in recent months to research and present a detailed history of the original pool, which has slowly been unfolding in installments in the St Albans News. At the meeting, they showed a number of slides depicting the most important stages in the life of the pool, the purpose of which was to reconnect the audience with the historical values inherent in the site, and to develop the theme of 'spirit of place'. This is something that is of enormous importance in Maori culture, but Val and Paul submitted that it should be of equal importance for our whole community in understanding the strong emotions we feel about this piece of land. An interesting fact which came to light, and which might make one consider the ground 'tapu', is that the ashes of Mrs Christine Yorston—who started a lifesaving programme that became renowned throughout the country and learn-to-swim lessons that provided a model for other swim clubs — were actually scattered on the site. We were reminded also that the pool was made possible by community effort alone, from 1930 when the land was given by the Council to the community for a pool, until 1984. Up until that time, local government had no role in the running of the pool. The fact that the facility was created by the blood, sweat and tears of local people and that it endured for so many years, accounts for the strong emotions surrounding the loss of this important piece of heritage, and leads some people to ask whether it was really the council's to demolish.

Max Feutz



**St Albans
Community Centre**

Te Pokapū Hapori o Hato Ōpani

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With regular contributions from:
Maxine Feutz, Hilaire Campbell, Bill Demeter, Maggy Tai Rakena, 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.

Local Politics - what?

Are young people interested in local politics? When asked this question, I am immediately inclined to say no. But is that true? If it is, what are the reasons for young people's disinterest in community/local politics? I shall refrain from saying that we don't care simply because local politics are boring, as there is surely more to it than that. I don't claim to know how all youth feel about local politics because that would be presumptuous, to say the least. In my own group of friends however, some are interested enough to have participated in community youth projects and boards, some care when elections roll around and others couldn't care less. I think this reflects the mixed nature of young people's interest in the politics of their communities.

I was a great deal more interested in local politics in 2006, because of my vehement opposition to the closure of Edgeware pool. At the tender age of 16, I completed submissions and wrote letters in an attempt to "Have My Say" on the issue. I had my say, but the council wasn't listening. For me personally, my initial interactions with local politics resulted in my relative apathy towards matters now. It is disillusioning to be involved in community activism, with all its feelings of energy and empowerment, only to be ignored by your elected (not by me!) representatives.

Last year, a friend of mine was on something called the Pegasus Youth Health Council—a group of young people advocating for youth health matters. It is great to hear about things like this, but how many people do? It is nearly impossible to get any information, even if one has the desire to obtain it. I don't believe that young people are encouraged to participate, engage with and learn about community politics at all, and hence it is not surprising to discover that the majority of youth pay little attention to political process. It is also telling that when I visited the Christchurch City Council website to view their Youth Strategy, the document that appeared was written in 1999. Of twenty-seven strategies listed by the Council, the two

pertaining to children and youth were the most dated (1996, 1999). (Political) Ignorance is a two-way street.

What's to be done?

Firstly, lack of information is an obvious problem and one that needs rectifying. Secondly, students ought to be taught far more about politics than what is currently in the curriculum. All I recall being taught about political process in New Zealand was a basic overview of the MMP system, and local politics were not taught at all. But placing the responsibility for teaching young people about community politics solely on the education system is a flawed notion, as it is surely better if ideas of democracy and involvement and knowledge are developed organically within families and communities themselves. A widespread youth interest in local politics will never be achieved if we do not create a culture of awareness in the home through straightforward measures such as discussing politics and relevant issues at the dinner table—something New Zealanders always seem to be reluctant to do out of fear of "rudeness", which is downright stupid in my view.

Moreover, we need to feel that if we do take the initiative to involve ourselves in issues that are important to us, we will be listened to. I do believe young people are often treated with an air of automatic, and probably subconscious, disrespect simply because of our age and perceived inexperience and naivety. In this vein, lowering the voting age to 16 has many merits. For youth who are keen, it is unfair to be prevented from voting while simultaneously being obliged to pay taxes like any adult. Uninterested adults don't vote; interested adults do. The same privilege should be afforded to us.

Daniela Petrosino
Reporter on Youth Issues



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Alcohol in the Community

The Alcohol Advisory Council (ALAC) is urging communities concerned about the effect of alcohol misuse on their neighbourhoods to seize the opportunity to influence New Zealand's alcohol laws.

ALAC is a Crown entity charged with 'the encouragement and promotion of moderation in the use of liquor, the discouragement and reduction of the misuse of liquor, and the minimisation of the personal, social, and economic harm resulting from the misuse of liquor.'

Speaking at the Community Boards' Conference in Christchurch this month, ALAC's Manager Strategy and Research Dr Andrew Hearn said the momentum for change had picked up over the last year and there were now significant opportunities for communities to have their voice heard.

"Alcohol misuse is a contributory factor to a huge proportion of crimes. Exact figures vary from country to country, but in many countries alcohol is a contributory factor in 60-70% of violent crimes, including child abuse, domestic violence, sexual assault, and murder. Alcohol is far and away the leading element in public disorder, street fights, etc. In short, alcohol misuse is one of the prime drivers of violence and crime in modern society as well as a major contributor to a huge number of injuries as well as a considerable number of health related deaths and diseases.

"The impact of this and the associated fall-out is something that many local authorities deal with at a community level. For local government costs include the tangible and intangible — from cleaning up the streets to locals feeling unsafe in their own town centre to dealing with grief stricken communities when its young people are injured or killed in alcohol-associated accidents.

"For some time now, we have been hearing from communities frustrated by their inability to influence alcohol decisions that impact on their communities. There are exciting opportunities to have your concerns raised."

Dr Hearn said the Sale and Supply of Liquor and Liquor Enforcement Bill had just been referred to the Justice Select Committee. Closing date for submissions was 23rd April 2009

The bill proposes that:

- Local councils could restrict the number of liquor outlets in an area, the location and proximity of outlets to other community buildings such as schools, and hours of operation.
- Selling stores would not be able to obtain a liquor licence unless they have a floor area of at least 150 square metres. Existing licensees would have to comply upon renewal of their licences.

- Grocery-selling stores would continue to be restricted to selling beer, wine, cider and mead.
- The allowable blood alcohol content for drivers under 20 years of age who don't have a full drivers licence be reduced to zero.
- It would be an offence for adults to give alcohol to a young person without the consent of their parents or guardians — giving parents more control over their children's access to alcohol.

Another opportunity arises with the current Law Commission review of the Sale of Liquor Act, he said.

"The brief to the Commission is comprehensive and covers many of the issues that ALAC has been concerned about such as the proliferation of specific types of liquor outlets and the effect this has on consumption; the purchase age for alcohol; the responsibilities of parents for supervising young members of their family who drink; restrictions on trading hours for liquor outlets; the relationship between the Sale of Liquor Act 1989, the Resource Management Act 1991 and the Local Government Act 2002; alcohol advertising; and the contribution alcohol consumption makes to criminal offending.

"The commission is due to produce a public discussion paper by 31st July this year which will outline the nature and extent of the problems and pose key questions for public debate. The Commission is to undertake a nationwide consultation in the months following," he said.

"ALAC urges everyone concerned about the influence of alcohol on their communities to seize the opportunity to have input into changes to New Zealand's alcohol laws."

For advice please contact ALAC's southern office at: southern@alac.org.nz or phone: (03) 365 8540.

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St Albans High School Student Wins Gold Medals

Local resident Christopher Wiremu has recently completed a remarkable track and field season competing in local, national and international competitions and winning gold medals and breaking records in all three.

Christopher is a 14 year old Christchurch Boys' High School student who this year moved from Rolleston to St Albans with his family to be closer to training facilities.

In November last year, he was selected to compete for New Zealand at the Pacific School Games held in Canberra. After breaking his ankle eight weeks prior to the competition and having to work incredibly hard to be fit enough to compete, he was able to bring home gold and bronze medals. His 4 x 100m relay team broke the Pacific School Games record in the gold medal winning performance.

This year, Christopher has also won Canterbury Junior and Senior titles, as well Canterbury, South Island and National Secondary School titles.

His favorite events are hurdles and long jump, and has several records in these events this year. He has recently taken up triple jump and is looking forward to training for this over the winter in anticipation for next season.

Christopher first started competing when he was eight years old. He has enjoyed the friendships he has made

though athletics, and now has many friends throughout New Zealand and Australia through competing at various competitions.

As with all successful athletes, he has a very supportive team behind him. His coach, Jo Steele, dedicates many hours a week with her athletes, and has recorded some outstanding results with both Christopher and her other athletes this year.

His personal philosophy is that 'it has to be fun'. He trains hard, but is adamant that there is more to life. In Christopher's case, that is hanging out with his friends and eating whatever food he wants to!

Goals for next year include being selected to represent New Zealand at the Youth Olympics in Singapore, and to perform well at National Secondary School level again this year.

Until then... it is the rugby season and he is looking forward to travelling to Argentina and Chile with his Christchurch Boys' High School team in June.

Linda Arbuckle



Among Christopher's favourite: hurdles



Brendon Burns
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Hundreds of years ago the Browns ran a double dairy/grocery with living upstairs, now it's Sue and Esther's hot spot café. "We like the circus feel, the beads and baubles and awnings, the roadshow outside," says Sue. It is part of a solid block of firewalls and painted over brick, housing a strong group of businesses selling rubber stamps, beauty, and powders from a pharmacy which has been there forever. They are all owner-operated, all working together, knitting a sense of community. It's a nice thing says Sue, which comes together in its own good time.

Music at Circa Café is Ella Fitzgerald and Louis

Armstrong, soft and slow, for the old set, and nice light Brazilian for young ones. "Esther is half my age with twice the energy so she draws them in," says Sue. She comes to hospitality from industrial design, where she specialized in one-off bench units, but she also knows how important it is to have a comfy seat in a café. Not too high, not too low, and not cold on your bum or wobbly. Good food on the tables and plenty of flavour for fading taste buds. "I'm not trying to promote anyone but truly, Daily Bagel bagels are so authentic. And we fill them and sell them!"

Hilaire Campbell

Composting Delights

The Christchurch City Council is funding home composting workshops around the city to help cut down on financial and environmental costs. The free workshops are being run by worm farm company Earthly Delights to show the public how to recycle their garden and kitchen waste at home.

Earthly Delights' director Annmarie Banchy, said composting helped her to "complete the natural cycle that I'm an integral part of".

"Composting's a key part of closing the loop — it puts the organic outputs, or waste, back into the earth as inputs, or compost." People who attend the course learn how to use different types of composting, including hot garden compost, worm farms, and the Bokashi fermentation method.

"There's a method suited for anybody, any lifestyle, and any recycling goal" Ms Banchy said. Attendees were often surprised at how easy it was to compost. "People are amazed and empowered after the workshop there's a lot of, 'Wow, I can do this' reactions. A lot of people come with a background in modest or failed attempts, and we help them leave with new tools to conquer the compost. Those composting for the first time should not set over-ambitious goals that were likely to end in disappointment", she said.

"You need to commit and prepare to celebrate every little

gain. It's about setting modest goals that are easily attainable and going slow and steady." Council principal sustainability adviser, Tony Moore, said the workshops were the best way to show people the merits of composting. "We've promoted composting for years, and we've found that the best way to promote it is face to face. We have brochures

and information on the Council website about it but it's not until people are physically shown that it sinks in." Recyclable organic waste made up "an enormous amount" of the rubbish going to landfills, which created an unnecessary expense for the Council.

"More home composting would actually save residents money — it costs \$160 a tonne to send material to the landfill, and a lot of the waste we send could easily be composted at home", Mr Moore said. The lack of composting was also environmentally costly

for the city, as organic waste left in a landfill produced methane, a gas with more than 20 times the global warming impact of carbon dioxide.

Compost workshops are held on Wednesdays from 12 p.m. to 1.30 p.m. in Canterbury University's Okeover Community Gardens, and on Saturdays from 1 p.m. to 2.30 p.m. at the Opawa Community Garden. Bookings are not required.

Sam Sachdeva



Lily White and Annmarie Banchy

Compost Worms, Worm Farms And Education

When: Every Wednesday Noon until 1.30pm
Where: University of Canterbury, Okeover Community Gardens
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Energy to Burn

Just after Earth Hour* on 22 March, the City Council, with the aid of the Energy Efficiency and Conservation Authority (EECA), sponsored a very interesting series of workshops on energy awareness at the City Art Gallery. Although energy was low at the beginning of Energy Awareness Week with only 20 attendees, it picked up as the week progressed with a nearly full house on Friday for the Renewable Energy segment and over-subscribed field trips by bus on Friday and Saturday to the Burwood Landfill and the Windflow turbine at Gebbies Pass.

I only managed to attend three of the workshops but the highlights for me were:

* EECA support for developing sustainable biofuel sources, and some users now taking up this option; for example, the Lyttelton fishing fleet now powered on a B80 mix; and flax oil, dairy whey, chip fat, and algae being developed as possible biofuel sources. For more information go to: www.biofuels.govt.nz

* Gary Moore's warning of institutional drag in institutions, including councils, which naturally defend or protect themselves from change. He also said that from his experience collaboration did not come naturally to bureaucracy and they were locked into silos. Interesting comments from one on the inside!

* Rhys Taylor from Sustainable Households Programme spoke about household travel planning and making good travel choices. His preference was for reducing car use for short journeys and increasing cycle facilities. Other options could be car-free zones in central city (use tram or biodiesel buses to get around and new planning requirements allowing only one car park and motor scooter or bicycle park per multiunit development. Over 25% of land space is now devoted to the car (roading and parking).

The second day concentrated on housing energy, and mostly on energy efficiency and conservation measures... Heat pumps as a heating (and cooling) source had grown by 40% in Christchurch in the past five years, but solar hot water was slow to take off. New houses after 1970 were now up to 2°C warmer than old houses because of insulation requirements. Community Energy Action (Katie Nimmo and Adam Reid) was now concentrating on retrofitting of these older homes through energy advice, audits and some subsidies and grants available via EECA for energy efficiency measures. Their mission statement emphasized warm home standards of at 18°–21° C at affordable rates. This is most essential for health and comfort as temperatures start to fall and winter power charges rise.

The Renewable Energy workshop had presentations from Geoff Henderson CEO of Windflow; Emertius Professor Arthur Williamson on solar power; and an interesting presentation from the City Council's Energy Manager Leonid Itskovich. The Council has made great strides in energy efficiency, and the new Council Civic buildings' plans include energy measures (including triple glazing) to be funded from the approx \$4m carbon credit sold to British Gas. Other measures discussed included the use of landfill gas from Burwood Landfill for heating and running QEII Pool, and a proposed use of methane from sewage to pipe into the new Civic building (not the other way round, as at least one person has said.). Twenty-eight energy saving initiatives have been proposed in the draft Long Term Council

Almost all of these presentations and podcasts are available at: www.ccc.govt.nz/energyawareness.

By the way, Christchurch citizens saved 8.4% on normal power output citywide down on last year's figure of 12%.

Doug Craig



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LTCCP or Gazing in the Rear View Mirror of Nostalgia?

By the time this newsletter hits the streets, the public consultation period for the draft Long Term Council Community Plan (LTCCP) will have closed. For the reader who doesn't know, this document sets out what the Council will do over the next ten years, how much it will cost and from where the money will come.

It runs into the hundreds of pages, a daunting document that is definitely not for the faint-hearted!!

My area of interest is active transport: walking and cycling; and public transport.

These functions have been rather neglected over the last 50 years as motorised transport has been treated as Kings of the Road.

While the LTCCP has some positive things to say about encouraging cycling and active transport generally, this is contradicted by the LTCCP Community Goals which indicate there will be no increase in cycling (as a percentage of total transport trips) over the next ten years. This is despite the Council's own cycle counts showing a 25% increase in commuter cycling over the last five years.

The budget figures for proposed LTCCP expenditure on Active Transport contain even worse news for cyclists. Of the \$67 million budget proposed for Active Transport over the next ten years, \$50 million is for footpaths (\$48 million for re-surfacing, \$2 million for new footpaths) and \$10.5 million is for the Southern Motorway extension (SME) cycle path and "auxiliaries".

That leaves only \$5 million over the next ten years for all other cycleways' improvements (down from the \$21 million proposed by staff); no money for off-road cycle paths other than along the SME (down from \$30 million proposed); and less than \$1 million for travel demand management (down from the \$4 million proposed).

In sharp contrast to the \$5 million for cycling, it is

proposed to spend \$11 million over the same period on a 1km tram track extension. A "proposed" extension whose tracks are already being laid (in Cashel/City Malls) that would strongly suggest the decision has already been made to proceed.

A tram, whose principal function is a joyride for wealthy foreign tourists. An extension for a tram rumoured not to make a profit for the city.

But what's more absurd, Council proposes to spend over \$660 million on the roading network, which principally benefits motorised transport! This proposal seems to ignore the critical state the world's vehicle manufacturing industries find themselves in. Most of whom seem to be on the brink of collapse. Anyone investing in related activities, such as building new roads, must be mad.

Meanwhile, we face serious issues with climate change caused partly by burning fossil fuels—primarily in motor vehicles. As the rest of the developed world tries to do something to reduce their carbon footprint, our leaders only offer more of the same.

I won't say anything about the Ellerslie Flower Show, the questionable purchase of a property developer's portfolio, or attempted huge increase in the rents of Council-owned housing.

With the above in mind, we must ask ourselves: is our Council seriously considering the City's long-term future (the document's title), or just gazing in the rear view mirror of nostalgia!?

Nigel Rushton

Nigel Rushton is author, publisher and distributor of world famous Pedallers' Paradise NZ Cycle Touring Guide Books, and a cycling advocate.



Discuss this article online on the St Albans Community Centre Forum at:

<http://www.stalbans.gen.nz/forum/forumdisplay.php?fid=16>

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Mark the day and don't miss out: 19th May

What's the big deal about Tuesday, 19th May? This is the only night for public presentations in Christchurch from the Mayoral Forum Steering Committee on the Canterbury Water Management Strategy, as part of a submission period and hearings for the proposal. This project was commissioned to determine a future direction for water management in Canterbury, and has been recently accelerated by central Government so that a final report is delivered later this year. (There are presentations in Canterbury towns on the other nights of that same week.)

What is this about? It is about developing a water management strategy for Canterbury with the desired outcome: "To enable present and future generations to gain the greatest social, economic, recreational and cultural benefits from our water resources within an environmentally sustainable framework." This is a multistage project that began in 2002. The website: www.canterburywater.org.nz has information about the work done to date, and discussion documents for background information. There should be more information from the group in the coming weeks.

"Assumptions have been made that the Canterbury Water Management Strategy is about specific water use, whereas the reality is that if we are to get a strategy that everyone subscribes to, it must be across all uses. This means 'uses' in the broadest sense; as many people have said at the meetings, water is important in itself, it defines who we are.

A key finding of the Strategic Water Study Stage Three Report that preceded initiation of the Canterbury Water Management Strategy programme was that before any strategic water storage and management decisions could be made, rigorous public consultation was required. This finding has driven a 'grass roots' approach focused on ensuring all possible interests and levels of understanding are canvassed...This will be a significant opportunity for everyone in Canterbury to have their say on the strategy."—Bede O'Malley, Steering Group Chair.

Don't regret that you did not take the time to get informed back when you had the chance to have some input into the process. By then it will be too late.

To quote Charles de Gaulle: "I have come to the conclusion that politics is far too serious a matter to leave to the politicians." Get involved and be a part of the solution. Don't forget about "living here as if we plan to stay". Mark the day: 19th May.

Jane Demeter

Canterbury Regional Councillor, Christchurch North
365 2399, jane.demeter@ecan.govt.nz

Public meetings of the Mayoral Forum Steering Committee on the Canterbury Water Management Strategy are held on 19 May, 7pm in:
Riccarton: Villa Maria School Hall
Christchurch City: Baptist Church, Oxford Tce
Woolston: Woolston Working Mens Club

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contributions. Please send us your
articles, letters and notices. The
deadline for the June issue is 21 May**



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A Lawyer's summary to the jury

"Gentlemen of the Jury: The best friend a man has in this world may turn against him and become his enemy. His son or daughter that he has reared with loving care may prove ungrateful. Those who are nearest and dearest to us, those whom we trust with our happiness and our good name, may become traitors to their faith. The money that a man has, he may lose. It flies away from him, perhaps when he needs it the most. A man's reputation may be sacrificed in a moment of ill-considered action. The people who are prone to fall on their knees to do us honor when success is with us may be the first to throw the stone of malice when failure settles its cloud upon our heads. The one absolutely unselfish friend that a man can have in this selfish world, the one that never deserts him and the one that never proves ungrateful or treacherous, is his dog.

Gentlemen of the Jury, a man's dog stands by him in prosperity and in poverty, in health and in sickness. He will sleep on the cold ground, where the wintry winds blow and the snow drives fiercely, if only he may be near his master's side. He will kiss the hand that has no food to offer, he will lick the wounds and sores that come in encounters with the roughness of the world. He guards the sleep of his pauper master as if he were a prince. When

all other friends desert he remains. When riches take wings and reputation falls to pieces, he is as constant in his love as the sun in its journey through the heavens. If fortune drives the master forth an outcast in the world, friendliness and homeless, the faithful dog asks no higher privilege than that of accompanying him to guard against danger, to fight against his enemies, and when the last scene of all comes, and death takes the master in its embrace and his body is laid away in the cold ground, no matter if all other friends pursue their way, there by his graveside will the noble dog be found, his head between his paws, his eyes sad but open in alert watchfulness, faithful and true even to death."

At the end of this stirring summation, the jury went out and came back two minutes later. They awarded \$50.00 of damages to Farmer Jack for the loss of Old Drum who was shot by a neighbouring farmer.

A Tribute to the Dog. This is the word for word summary that the late Senator Vest of Missouri made to the jury in his trial summation asking that damages be awarded to farmer Jack for the loss of Old Drum.

submitted by Bill Demeter

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?

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1073 Colombo Street, Edgeware, p. 366 0404

Letters to the Editor

Dear Editor,

In response to Mr Parish's letter (April 2009). How nice it must be living in his wee bubble. The luxury of an opinion or a voice is a freedom we only have because of the sacrifices and hard work of those enforcing those rights and freedoms.

The reality is that democracy provides freedoms which we all enjoy, however there are basic rules and laws in place to protect us all. Why is Mr Parish different to any one else? Does he deserve his own set of rules? Thinking we're bigger and better than those basic principals makes us as bad as the "psychopath" breaking them in the first place.

What I don't think Mr Parish understands is that it's all about safety. His, mine and that of the whole community. The LTSA and the Police Service are human organisations who undoubtedly make mistakes but share the common goal of reducing deaths on our roads.

I wonder if Mr Parish has seen the destruction of a serious road crash and witnessed the agony of losing a family member in avoidable circumstances. I wonder if he has physically picked up a lifeless body off the road who minutes before was someone's child, mother, husband, partner, sister or brother.

I have and they are experiences I will never forget.

What is his real issue? His comments go off on many tangents. Why not offer real solutions rather than criticism and blame. Here's a thought...try riding your bike with lights on like the rest of us. Maybe then Crusty the clown and his other circus mates won't have a reason to bother you. Let's hope you're not the next statistic.

Brendon Strieker

Dear Sir

I thoroughly enjoyed Stan Raymond's excellent article about the Risingholme Orchestra – Stan is a wonderful violinist, too. As I am a good friend of his, some readers might consider my opinions a bit biased. However, as a retired journalist (40 years in the business) and far-from-retired musician (68 years as a pianist), I think I am well qualified to proffer those views.

The Strolling Players is a group which, for more than 30 years, has performed more than 50 hour-long concerts of great variety each year at rest homes and for senior citizens and church groups. Stan and I belong to the Strolling Players, as do two other St Albans residents – two rather remarkable entertainers, Colin Johnson (harmonica and vocal) and Ralph Holmes (vocal), who next month will celebrate becoming 88 years young.

All four of us are also members of the Christchurch Savage Club, an entertainers' organisation which has been in existence since 1893. From April until October, this club presents monthly Thursday concerts at the Scottish Society Hall (corner of Edgeware and Caledonian Roads). If readers require more information, I suggest they contact our secretary, Allan Smith (322 8782).

Yours sincerely

Warren Cawood

WORD WHIZZ ANSWER - 6

Elfish, feis, fess, fie, file, files, fish, fishes, flesh, flies, hie, hies, his, hiss, isle, isles, lei, leis, less, lie, lies, life, seif, seifs, self, SELFISH, she, shelf, shiel, shies.

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

WORD WHIZZ - 7

How many three or more letter words can you make out of these letters? There is at least one seven-letter word. No proper names, please.

T U R A P E S

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80 words - good; 100 words - excellent; 140 and over - outstanding!

Community Notices

Winter Working Bee to celebrate Matariki

At Packe Street Community Garden (125 – 129 Packe St)
Saturday 6th June 2009 from 10am – 1pm

Lunch provided to Willing-Workers. Children encouraged to come with an adult and to join in.

Packe Street Community Garden is on a City Council Reserve so anyone can pick the fruit and nuts, flowers and herbs. The garden is maintained by volunteers with help from City Care. The winter-working-bee has become a tradition here.

At Matariki we call upon the public to help with:
- Preparing for spring planting

- Pruning the fruit trees
- Turning the compost
- Mulching the land

If you turn up to help you will be made very welcome

Bring own favourite tools

Inquiries: "Friends of the Park Inc" 366 3844

(Matariki is the name given to the constellation called Pleiades in Europe and Subaru in Japan; when Matariki appears in our sky it signifies the time to prepare the ground for the new growing season.)

Peggy Kelly

WANTED:

PARENTS/CAREGIVERS

Are you a parent, grandparent or caregiver able to work 4 hours per week in your own home to listen and support parents over the phone?

Parentline, a free confidential telephone counselling service for parents, is currently seeking volunteers to become telephone counsellors. Our fully subsidized training course starts June 09.

Please phone 0800 OK PARENT (0800 6572 7368) for an application form to be sent to you. Applications close May 30th 2009.

WANTED

Spring bulbs to plant in the old Edgeware Pool garden

If you are digging up or dividing bulbs and have any to spare Please consider leaving them on the doorstep of 115 Packe Street, St Albans For replanting at Edgeware

St Albans News Classifieds

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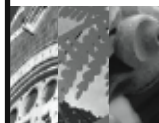
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The St Albans News relies on your contributions. Please send us your articles, letters and notices. The deadline for the June issue is 21 May

St Albans News Classifieds

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

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Gentle Exercise Class on Tuesday mornings at St Matthews on Cranford St. Mornings at 9 am. Suitable for the older adult & beginner. For details phone Paula, 365 0369

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

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Piano Tuition: Theory & practical available locally. For details phone Paula, 365 0369

Spanish for children: At the Red House Music Studio. 101 Holly Road. Phone Sol 9600693 or 027 4919930.

Yoga: St Albans Community Resource Centre. Tuesdays 10-11.30am. Friendly, relaxing class, well suited to mature figures. Phone Pauline on 9808760

The Young Eagles

It was my pleasure recently to accompany a couple of young St Albans' lads to a club day out of the Young Eagles, an organization catering specifically for young people interested in flying, run by the Royal NZ Aero Club. I had found out about the club having conducted a Google search to find out whether learning to fly would be as cost prohibitive as I thought it would be. My email enquiry was quickly responded to in an energetic tone by Peter King, who had organized the club day at West Melton, and who later proved to be an enthusiastic and informative advocate for the club.

It was a glorious, still day at the airfield; and getting the kids involved was a simple matter of filling in a registration form (no membership fee), putting their names on a list, and then waiting for a turn in one of two aircraft available for the day, a Cherokee and a Tomahawk. Each Young Eagle was taken up for a twenty minute flight, with a qualified instructor of course, and for most of the time actually took the controls themselves to experience the reality of it all. Meanwhile, the parents enjoyed the sunshine or relaxed in the excellent clubrooms. The flight cost just \$60 on this occasion, and some of the children were lucky enough to get a second flight because some kind enthusiasts involved in the Aero Club offered their time and planes free of charge. After everyone had had a turn, there was a sausage sizzle for all, followed by an aerobatic performance by a Piper Robin.



Alex Philpott at the controls of the Cherokee

I was very impressed by the whole thing, and felt that the cost of the day was very reasonable. Amazingly, you can become a member of the club and start flying at as young as nine years old, although you can't fly solo until you are sixteen.

Getting back to that question of cost. Yes, it's expensive compared to say playing soccer, but the club tries to fund-raise to keep costs down, and there are financial incentives to keep Young Eagles flying. There were several prizes offered for skilled flying on the recent day out. Most Promising Young Eagle of the Day went to St Albans thirteen year old Alex "Iceman" Philpott, who received a Canterbury Aero Club flying voucher worth \$60 plus a logbook and cap.

Alex is a great example of what a motivated kid can achieve. He has already clocked up about nine flying hours towards his pilot's licence through a special 50/50 deal with his father, the money coming from his after-school paper round. He normally flies with the Canterbury Aero Club, paying \$190 for an hour of intensive instruction in the air, but being a member of the Young Eagles provides an opportunity to have fun with people his own age, share experiences and keep costs down.

The Young Eagles needs your support and is currently having a membership drive, so kids (especially girls!) talk to your parents. Whether you fly just once or decide to make a career of it, you'll be made to feel most welcome.

Max Feutz

IF NOT YOU, THEN WHO?

As the St Albans Community Centre fundraising campaign goes into its second month, we are delivering the the current newsletter with a Contribution Form again.

Without your help we are facing a difficult struggle and we are sincerely asking you to contribute by making a donation to the Centre.

We can receive donations by cheque, cash or by transfer onto our bank account at Kiwibank, 38-9002-0405715-02.

Quote of the Month

Consider the following. We humans are social beings. We come into the world as the result of others' actions. We survive here in dependence on others. Whether we like it or not, there is hardly a moment of our lives when we do not benefit from others' activities. For this reason it is hardly surprising that most of our happiness arises in the context of our relationships with others.

The Dalai Lama