

St Albans News

The Voice of our Neighbourhood

August 2009



Highlights

Stress
page 6

WE - Speak
2009
page 7

Crisis - an
Opportunity
page 8

History of Swim
Club, part 9
page 10

Don't Dig This
page 12

Community Centre to be Extended and Pool Land to be Sold



There has been a mixed, but overall positive, reaction to two major Christchurch City Council resolutions made last month in the context of the Long Term Council Community Plan (LTCCP).

The first was to add to the LTCCP budget more than \$3.6 million for extensions to the St Albans Community Centre.

This decision has prompted a variety of responses. Christoph Hensch, Manager of the Community Centre, said, "The Community Centre is positively surprised and happy about the Council decision — we are looking forward to working with CCC to consult the community, establish the needs and plan for the centre extension." The Centre Management is pleased that in the future it will be able to respond to, and accommodate, the needs of the rapidly growing population in the area.

Christoph envisions that a modern facility will be built, sporting the latest

technology in terms of energy self-sufficiency and sustainability. He is convinced that the new extension will aesthetically complement the historic building of the present Centre.

However, the Council decision was not unanimous, with some councillors concerned about the timing of this extra expenditure in a period of economic recession, especially when funding has been cut to other community projects. Councillor Johanson said that once again he felt uncomfortable about the speed of Council decision making, which makes it hard to clearly establish priorities and results in this kind of inconsistency. In his opinion, the decision should have been put on hold until the Community Facilities Review is completed in December, but Rachael Western, Community Facilities Manager, said that submissions to the Community Facilities Review had already established a strong case for expansion of the St Albans' facility and

continued on page four

Chair Chat



I am tying hard to develop a positive attitude to the cold weather and reflect on the celebratory approach taken by some European cultures with their winter festivals and mulled wine, but I have to be honest and say it's not really working yet!

I recently had the disturbing experience of visiting the Community Flu Clinic and it was a sobering event. Seeing so many very sick people of all ages and ethnicities being cared for by a large workforce of masked and togged-up medical staff was at one level comforting but another frightening. I am pleased that our DHBs are so well prepared and that many of our local health professionals have got in behind this community effort. I am also relieved that this strain of flu is not normally deadly which enables us to develop our skills for managing epidemics with less pressure.

I had the pleasure of attending a recent community event held at the old pool site which formally unveiled the cheerful mural painted on the old swimming club wall. The idea was to cut down on the graffiti and vandalism by showing the site as cared for. The beautiful, colourful result is the culmination of the efforts of several young people from Natcoll Design School. The event was held on a bitterly cold Saturday, but the hot soup, sausages and coffee warmed people up as we listened to some fascinating stories from some of the original swim club members. These older people, well in their 80s regaled us with stories of their antics at the pool as children. Who said the youth of today are so badly behaved? These guys used to ride their pushbikes off the high dive board — which was at that time the highest board in NZ — just for a laugh. The 84-year-old who had had the first swim in the pool before it was finished being constructed was promised the first swim in a new pool if it ever gets built. Great credit must go to Val and Paul

Somerville for all their efforts to organize the event, along with researching the colourful history of the site.

I was delighted to tuck into a delicious mid-winter meal kindly provided by our local Community Board for all those who volunteer at the Community Centre. Our Centre only functions because so many generous souls donate their time for the good of the community. Thanks to the volunteers and the Community Board.

I also want to mention how pleased I am with the CCC's decision to provide our city with the excellent rubbish collection system we now have in place. To be able to conveniently move my unwanted material on has really relieved the constant task it was to remove stuff I no longer needed from my property. My Monday rubbish day means I feel motivated every weekend to work on some aspect of 'stuff' I no longer need. Despite my long-term commitment to composting, I never quite manage to process all my green waste on-site. The only bin I never seem to need to empty is the red one as we have so little non-recyclables. So I reckon a huge vote of thanks is due to the CCC for their vision.

Another element of my recycling is a special little space on our street's footpath that allows us to place items out for 'giveaway' without obstructing movement. Whether it be surplus plants, crockery, furniture or produce it all seems to get happily claimed. I have no idea where most of it goes but I am delighted that items are of use to someone else. I have been amused to see how long items take to disappear. Most often it is mere hours.

I will finish with an excerpt from a speech by President Obama to Notre Dame University graduates.

"Make it a way of life. Because when you serve, it doesn't just improve your community, it makes you part of your community. It breaks down walls. It fosters cooperation. And when that happens — when people set aside their differences to work in common effort toward a common good: when they struggle together, and sacrifice together, and learn from one another — all things are possible."

Keep warm,

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

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

Would you like to receive this newsletter by email? Send us your request to news@stalbans.gen.nz

Community Centre News

Residents' Association Meetings

Please note that Resident's Association meetings are held every 4th Thursday of the month. All are welcome to attend. If you have an issue to present, please let us know in advance, so that we can add it to the agenda. Contact: 379 6305 or email 'communitycentre@stalbens.gen.nz'. The next meeting is scheduled for 27 August..

Clarification

The vote of the Community Board that Bill Demeter refers to on page 2 of the July 2009 issue was not a direct vote to 'sell the land'. More precisely, the Community Board's vote was to reject a motion to the City Council that was intended to oppose the sale of the land and to retain it instead for community use. We regret any confusion that might have arisen from the original statement.

The Editor

Have Your Say

Christchurch City Libraries is reviewing the Mobile Library Service timetable. The Mobile Library Service fills in gaps in library services, where there is no library close by. The gaps and areas of need change from time to time because of other Libraries' initiatives, and the mobile service also needs to change so it can still fill those gaps.

The Mobile Library services Edgware every Tuesday. That service is provided to compensate for the closing of the St Albans Library in 1996. The new proposal includes the removal of the Edgware stop, not to be replaced with any other stops in the area.

Consultation on those changes is open until 28 August 2009, 5pm. To participate in the consultation, visit the Council website at <http://www.ccc.govt.nz/HaveYourSay/> or phone Rosemary Nicholls for more information at 941 7842.



**St Albans
Community Centre**

Te Pokapū Hapori o Hato Ōpani

Events Calendar

11 Aug, 12pm	Christchurch Transition Forum (374 2465)
15 Aug, 1.30pm	TISA: Maintaining Character Buildings (374 2465)
16 Aug, 11am	Ratana Church Service, Rehua Marae (355 5606)
25 Aug, 7.30pm	NZ-Japan Society (355 9903)
26 Aug, 2pm	St Albans Uniting Church Garden Club (366 0396)
26 Aug, 7.30pm	Seasons for Growth (355-6522)
27 Aug, 9am	St Albans Arts Society exhibition – till 30 Aug, 5pm (385 7304)
27 Aug, 7pm	St Albans Resident's Association meeting (379 6305)
28 Aug, 7.30pm	Making the Family Dollar Go Further (355 6522)
5 Sept, 1pm	Reconstruct Your Clothes, workshop (942 0721)
16 Sept, 12.30pm	St Albans Interagency Meeting (374 2465)

St Albans News, August 2009 Vol. 16, Number 7, Issue No. 174

The St Albans News is a community newspaper. This newspaper is 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 news 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.stalbens.gen.nz>

Editor: Christoph Hensch
Board Delegate: Bill Demeter

Proofreading: Terry Connor
Design, layout, advertisement design: Maria Hayward

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.

Community Centre to be Extended and Pool Land to be Sold

continued from page one

was just one step in an overall plan to improve or establish 'suburban facilities' citywide, especially in areas where 'neighbourhood facilities' were no longer adequate.

It seems clear that the timing of the decision is because the Council had made a commitment to put the proceeds of the pool land sale back into the same community.

This promise dates back to public meetings as far back as 2006, and also reflects one recommendation of the Working Party Report in January this year, which suggested an extended community facility.

Pauline Cotter, who attended the CCC meeting at which the decision was made, said that the Mayor in particular was adamant that the grant should go ahead and be part of the healing process for the community. She also stressed that she was impressed by the calm, reasoned manner in which the discussion took place, where respect was shown to all points of view and the need to move forward emphasized.

In the second decision by Council in the context of the LTCCP, Council voted to sell the Edgeware Pool land. The proceeds are to go towards the building of the extension of the Community Centre. In what is seen as significant, councillors voted to subdivide the land and put it up for sale by tender without rezoning it to a residential Living Zone, and not to decontaminate it.

This is viewed as a major step forward by most supporters of a new pool complex, because it means that the charitable trust set up to raise funds for a new pool could try to purchase the land in the knowledge that there would be no resource consent battle over zoning. Pauline Cotter, long time pool supporter and Community Board member, said that in her view the decision indicated that Council members hoped the Pavilion and Pool Group would be able to raise sufficient money to go ahead with the project independently. She said that the group has never expected the rebuilding to be funded by Council, and this decision makes it clear that Council is out of the picture. Owning

the land outright would remove a previously major barrier to the fund-raising effort. Decontamination of the site is not considered by the group to be a huge stumbling block, because building a new pool requires excavation no matter where the site is, and a community effort with donations of labour, material and equipment would hopefully go a long way towards reducing costs. Kevin McDonald, President of the St Albans Swim Club, also feels that, "This is the best decision the community could have got. It clears the way for a community group to raise funds for a new pool, which will have our full support." The Club will not be attempting to purchase the land itself but will play a big part in the fund-raising effort.

However, praise for the decision is not universal. Craig Dickson, spokesperson for the Pavilion and Pool Group, is one of several who asked, "Why should the community have to buy land which is ours already?" He also believes that it might be too early for optimism unless the purchase of the land also came with some form of guarantee that a resource consent would be granted.

So where to from here? Because the grant to extend the Community Centre had not been applied for, no plans yet exist for the extension. However, planning for the project will begin almost immediately, with funding having been allocated over the next four financial years. In 2009-2010, \$700,000 has been budgeted for land purchase and design work, and in the following three years sums of \$1,140,000, \$1,072,000 and \$776,000 respectively are earmarked for the development.

The Community Facilities Team will oversee the project and will themselves be 'clients' of other CCC teams, using the expertise of the Corporate Support Group and Capital Programmes Group.

There is a great deal of work to be done and it will be a very exiting period for all involved. The St Albans News will keep readers informed as more details come to hand.

Max Feutz

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

trade ■■■ **skills**

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

Trade Skills

Phone
Peter on 332-6274

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 Arts Society Exhibition



The St Albans Art Society will present an exhibition of exciting artwork at its annual display in Merivale on 27-30th August. Guest artist this year is Tony Evrard who will exhibit in both watercolour and acrylic. Entry is free to the viewing starting at 9am until 5pm daily. The wonderful Uniting Church hall buildings on the corner of Rugby St and Papanui Road make a fine backdrop for the event. The Art Society has just celebrated its 10th year, and attracts a rising membership both those who have just embarked into their painting hobby or from retired people seeking social friendships. The group holds regular classes and tuition by more well known artists throughout the year. All age groups are welcome and entry forms to join the group may be obtained from the exhibition or by contacting Ivan Morris (3857304)



**Two Free Seminars
hosted by Christchurch
North Apostolic Church,
at 19 Thames Street,
St Albans.**

Seasons for Growth

Wednesday 26th August, 7:30 – 9:30pm

This 2 hour programme introduces parents/caregivers to the issues related to grief, loss and change, offering you the opportunity to understand how you can best support your children through difficult times such as death or divorce. Presented by Lyn Wilson, a trained course facilitator and counsellor.

Making the Family Dollar Go Further

Friday 28th August, 7:30-9:00pm

This seminar is a taster and introduction to the highly popular 4-session course, Making Money Matter. Presented by Paul Webb of Kingdom Resources, you will gain practical tips on how to better manage your family's limited finances in a tightened economy.



**For enquiries or
to register, phone
Neighbourhood
Trust (355-6522) or
Christchurch North
Apostolic Church
(356-1939).**

Opinion Piece

On the Button



Is there one near you?

Since the Prostitution Reform Act became law, single owner operated brothels, or SOOBS, have been operating in many of Christchurch's suburban streets. Some people are offended by them - usually those who live next door or across the road and see the comings and goings - but most of us never know they even exist.

That could all be about to change.

The Regulation and Planning Committee of the Christchurch City Council has recommended the bylaw governing brothel signage in the city be revoked.

There are lots of controls to help us to regulate signage, like the requirements of the Advertising Standards Authority Code of Practice relating to criteria for offensiveness and decency of advertising, and the provisions under the Resource Management Act 1991 enabling the control of offensive signs.

The Committee believes these methods are enough to control offensive signs and a Bylaw is not the best way to do it.

I personally am worried about that, which is why I have chosen to pay to place this column here to alert you to the issue.

I have had several people tell me they don't like having a brothel operating in their street. My answer has to be that there is nothing the Council can do; it is a legal and legitimate cottage industry.

I can only imagine how upset local folk will be if signs start going up in local streets, beside schools, churches, hospitals and hospices, openly advertising commercial sexual services.

I am also concerned about the cost to Council of trying to regulate the signage and the legal rigmarole involved in trying to determine what is offensive, in what context and to whom?

The good news is that there will have to be consultation, so you, the good people of St Albans, will have the opportunity to come to Council and say a big NO if you are worried about it too.



Ngaire

Ngaire Button - City Councillor

Phone: 352 6002

Mobile: 027 491 6832

Email: ngaire.button@ccc.govt.nz

Community Coping and Stress

I was thinking again about the implications of the Quality of Life survey covered in the last issue of the St Albans News, and how it interacted with the findings on prescriptions for depression in Canterbury. It occurred to me that the link could be people's experience of, and reactions to, stress.

It is said that stress is part of living. Yet stress, when prolonged, can also lead to life-threatening illness and disability. Stress — that is any event that is unexpected or unanticipated — that calls suddenly upon physical and mental resources, can have a number of physical effects which include: dry mouth; racing heartbeat or palpitations; shortness of breath; clammy hands; headaches or migraines; stomach upsets; vomiting and diarrhoea or constipation

These physical effects are brought about by the reaction of the flight or fight autonomic nervous system and the release of cortisol into the bloodstream. There is also a reaction of adrenaline and noradrenaline from the adrenal glands and on the brain chemistry.

These physical effects above are accompanied by feeling states such as impeding or overwhelming anxiety, hopelessness, fear, anger or tenseness, and by rationalisations for the feelings.

Some of this thinking can be translated into behaviour such as: compensatory overactivity—trying to do too many things at once and not succeeding — accident proneness or inattentiveness; sudden aggression; growing addictive behaviour; and lapses into inactivity and apathetic behaviour.

It is important to note that not all events bring this on, nor does everyone react in a similar way. However, some events if sufficiently prolonged or intense, can bring upon unhealthy physical changes and chronic mental states. Each person's stressors are individual to them.

So it is vital that we know what are our stressors and stress reactions, and manage them constructively to achieve long-term wellbeing.

A recent book by Dr Robert M. Sapolsky, "Why Zebras Don't Get Ulcers" (2004), details how people's reaction to stress affects sleep and addictive behaviours, and impacts on anxiety and personality disorders. There is increasing evidence that stress affects the cardiovascular, digestive and immune systems and can be a major contributing factor in heart disease, strokes, colitis and ulcers. For example, I do not know what sort of lifestyle Kiwi music icon, Chris Knox, had in recent times, but his recent stroke at an early age may argue for impact of prolonged stress upon his way of coping.

However, I found that another book, recently published by Consumer Magazine, "I've had it up to here: from stress to strength" [Gaynor Parkin and Sarah Boyd, 2008] which spoke about the links between stressors and unhealthy behaviours

was the most useful. It also covered some strategies on how to manage stressor events in our daily lives.

Some things that can be stressors are:

- environmental conditions (noise, crowding, relocation)
- work relationships
- ongoing financial pressures
- unrewarding occupations requiring high effort but with low control
- strain in personal relationships over time
- predictable but stressful events such as driving in heavy traffic, or meeting deadlines.

It is the inability to manage these stressors over a period of time that leads to ill health.

Coping with Stress

Keeping active, eating well, (that is: less junk food), limiting the stimulants of coffee and alcohol, getting enough good quality sleep and relaxation methods are all recommended in the above book. You can also deal with the stressors in terms of coping strategies (sharing or re-arranging the workload), or engage in short periods of relaxation away from immediate surrounds. Lunch outside of work or brief periods of meditation and muscle relaxation may help. Relax by getting a massage or facial, or take a warm bath. Alcohol, a favourite relaxant, is recommended only in moderate doses — otherwise it ends up as an habitual coping addiction that produces its own long-term problems.

One of the unrecognized ways of managing stress is to engage in creative activities, or activities that engage different mental and physical states.

The role of Community Centres and continuing community education in teaching methods of stress reduction and more healthy behaviour could be vital in this respect.

Recent cuts to community education funding don't seem to have considered the positive mental and physical health aspects of such courses in coping creatively with stressors.

For example: St Albans Community Centre caters for Tai Chi, Yoga, and Wu Tao Dance — all helpful methods of physical activity that can put us into more responsive mental states. There is also meditation that taps into calming brain states and possible spiritual insights. Gardening is another relaxing physical activity that is encouraged through the Transition Initiative of St Albans Community Centre.

Art, photography classes and other creative activities offered through community based classes also enable us to reduce stress by teaching patience, relaxation and new ways of seeing. Other pleasurable activities include music making, and dance. Walking or biking, especially in pleasant natural surroundings, can also be great stress busters.

Stress can be a killer — if we let it.

Doug Craig

Doug was trained as a community psychologist in a former life, before becoming a community activist.

WE-Speak 2009

On Friday, 20th May, I attended the White Elephant Youth Conference at the James Hay Theatre. WE-Speak '09 followed on from the 2007 conference, which was set up by White Elephant — a charitable trust “that exists to promote the positive development of young people” — in response to issues raised by the Edgware Road events. Approximately 40 mostly high school students attended the Conference which ran from 9 a.m. till 2:30 p.m.

The day began with an overview of the 2007 Youth Conference Report, which highlighted the safety of young people, the image of youth, opportunities for youth voices, and the relationship between youth and authority as key concerns. Various MPs were invited, with Brendon Burns and Nicky Wagner sending their apologies. However, Labour spokesperson for Youth Affairs and Justice, Jacinda Ardern, came in the afternoon for an interesting and vibrant discussion. The Christchurch City Council were “behind the Conference” but not present on the day.

Following the introduction was a ten minute “meet and greet” session. Once I hoisted myself from my seat and began the awkward “Hi, my name is...” I met some thoroughly interesting and engaging people. Hallelujah, youth doing something good! Quick, call the media! Alas, the Conference was not covered by any large papers or radio stations. Indeed, several people opined on the day that they felt youth were the victims of an agenda in the media to portray them negatively, which seems a reasonable claim to me when examples of positive youth events like this one are ignored.

After this, we separated into small groups to discuss issues that came out in our conversations. Some of the topics included: inner-city security; the environment; youth involvement in politics/youth council; boy racers; media misrepresentation; and youth venues/all ages gigs. A few hours were spent discussing these issues and trying to come up with some solutions to them, followed by a break for lunch.

In the group discussions I took part in, we considered many issues, including...

The culture of binge drinking: 54% of under-age drinkers obtain their alcohol from parents — binge drinking is NOT a youth issue, it is an issue for all of us. While no one denied that drinking has many negative effects in Christchurch, some felt that alcohol laws in the inner-city targeted youth more than actual alcohol abuse. Current alcohol-related policies attempt to reduce the effects of the problem rather than change attitudes before they are formed.

The underlying negative vibe in Christchurch: Many people notice that Christchurch has a definite feeling of unease and tension, particularly at night. There are several contributors to this “vibe” and excessive drinking and racism were identified as two prominent ones. These are complex issues that we found no solutions for, but all agreed that being scared to be in the CBD at night is a massive problem, and one that needs to be addressed with measures that are preventative rather than reactive. I remember being told once that a city should be considered safe when the number of police officers in it decreases, not increases.

Young people want more culture in the inner-city and suggested an area could be established to display exhibitions of youth art, music and writing. This idea preceded an engaging conversation about the politics of corporate vs civic interests and the need to reclaim public space in central Christchurch.

MP Jacinda Ardern (the youngest MP at 28), then addressed the Conference and responded to some questions put to her by attendees. She gave frank and generally well-informed answers, and provided an insight into the inner workings of parliamentary life. She pointed out that although violent crime has increased overall, youth crime has remained static for a decade. Furthermore, the greatest increase is in males aged 55–90, leading me to think that maybe “we youth” aren’t such a bunch of rascals after all.

A brief conclusion from the organisers brought WE-Speak '09 to an end. The Conference highlighted the abundance of keen, motivated young people in this city who are, in my opinion, hindered by a lack of connections and poor communication; problems which may hopefully be remedied by more efficient networking and prioritization on behalf of the Council.

Daniela Petrosino




St Albans Pharmacy

Your Pharmacy on Hand

- Personalised Pharmacy Healthcare
- helping you make the most of your medicines
- Health and Beauty Products
- Gifts for any Occasion
- Open 6 days including Saturdays 10am to 3pm
- Shop Online @
www.pharmacyonhand.com

1073 Colombo Street, Edgware Village
Phone 366-0404

Rata TV Repair Centre Quality Guaranteed Repair Ph/Fax 03 386 2350 416 Innes Road, St Albans rata416@yahoo.co.nz	 <p>TV, VCR, Microwave Stereos, Amps, Remotes, PlayStation, Electrical items, Computers, Laptops, CB & Marine Radios</p>	<p>ALL BRANDS</p> <ul style="list-style-type: none"> • Software & Hardware • Virus detection & Removal • Computer Lan set up • Data Backup and Recovery • PlayStation Upgrades 	Rata Computer Repair Centre Quality Guaranteed Repair Ph/Fax 03 386 2350 416 Innes Road, St Albans rata416@yahoo.co.nz
--	--	--	--

Crisis—an Opportunity to Reassess our Relationship with the Natural World

At the recent annual ACE (Adult and Community Education) Conference held in Christchurch, Dr Wayne Cartwright of SANZ (Sustainable Aotearoa New Zealand), spoke about 'Times of Great Change'. Dr Cartwright stated "A complex sequence of global changes has already begun that will take human civilisation outside the range of prior experience in terms of magnitude, speed of arrival and simultaneity. All are subject to uncertainty." He went on to talk about "...abrupt and radical shifts in human living, work and recreation." Dr Cartwright pointed out that all this is caused by people unable to live in harmony with ecological systems and with each other.

At this time, those changes are most obvious in the current economic crisis. This crisis is not about the conflict between capitalism versus socialism, left versus right, or about questions of globalisation versus social justice. The current crisis happens at a time when we start feeling the impacts of climate change and the degradation of the biosphere on a large scale. It has become an opportunity to examine our perceptions of our personal and economic relationships with the natural world. The current crisis gives us an opportunity to move from the business as usual of economic growth to an understanding and adoption of ecological economics.

How can we find a real response to the needs of climate change and other challenges of our times? In terms of current popular culture, a fundamental realignment of approach and priority and a culture shift is needed. We need an approach of 'strong sustainability'. Changing the conventional order of things, this approach postulates that the economy is a subset of society (humanity) and that society is a subset of ecology. All activities, therefore, ultimately need to conform to ecological limits.

Ecological systems operate in cycles and are self-regenerating. Consumption and the use of biosphere services need to happen within the limits of this regenerative capacity.

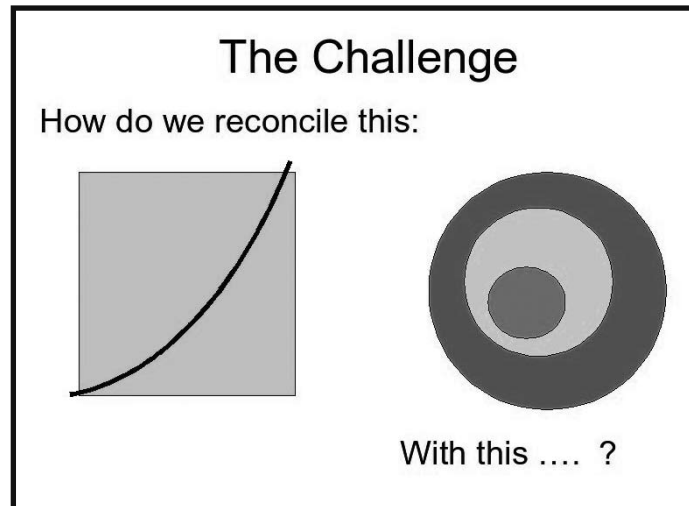
A successful reorientation is possible and it requires that we adopt a new set of ethics. In the new set of ethics, we leave the purely utilitarian approach behind and adopt a set of ethics that values life and the integrity of all systems that support life above all else.

The success of this approach and the successful application of appropriate (government) policies can be measured by a set of specific indicators. What must be measured, first and foremost, is the health and quality of the ecology/biosphere. Among the available indicators to measure this are the ecological footprint, biodiversity indicators, air, water and soil quality standards.

The next priority must be the quality of life and the development of human society. There are indicators that can be used for that purpose, such as the Human Development Index, and other Quality of Life measurements.

"The economy is a wholly-owned subsidiary of the environment." What does that mean? Not only does it mean

that economic institutions and systems need to function in accordance with nature, but it also means that economic indicators come in third priority only, after the more important ecological and societal indicators. Since a strong sustainability approach cannot accommodate an ever- and exponentially-growing economy, a set of indicators must be adopted which reflects the quality of economic activity, rather than just its size and throughput. One such



Unlimited growth versus a contained & balanced
model of sustainability

indicator may be Genuine Progress Indicator.

Following the principle of perceiving the economy as a subset of ecological activities, economic systems, institutions and policies need to be designed in a way that they permit and promote a steady state and ecological economy which flexibly adapt to natural cycles of growth, decline and regrowth. Economic activity can be steered by ecological taxes, a social safety net that promotes social justice and a raft of other policies. Institutions like the financial and money system, and values that are built on the premise of unlimited growth need to be abolished and replaced with systems that can usefully act within the natural limits of nature.

The financial system needs our special attention because it is the 'operating system' of the economy. The global economic growth imperative is inherent in the nature and is integral to our current money system, and as a result one of the main drivers of global warming and environmental destruction. Any challenge to the established economic growth paradigm must not just

include the regulation of the financial industry, but extend to a fundamental reform of the money system. Invention and transformation can draw on countless experimental — as well as established and proven—alternatives to the current financial infrastructure which is based on bank-issued debt money with compound interest.

Such an approach is a significant departure from the conventional way of thinking. It will not only provide a new vision for the future, but will also require workable ways of transitioning from the current economic thinking to a new economy. Because in current practice, economics and financial profitability are the final bottom line, any vision of ecological economics and any policies and strategies for transitioning to it must be able to address any economic concerns individuals and the business community might have. One must be able to clearly show that the welfare of people is guaranteed even if we work within the ecological constraints of the planet and the land and abandon the growth imperative.

On a community level, that means strengthening local resilience. The Transition Initiative St Albans (TISA), supported by the St Albans Community Centre, has started several projects where local residents come together to, as Dr Cartwright puts it, “...become sufficiently engaged and press for more vigorous societal shifts towards sustainability” recognizing that overall we will be better off this way, rather than when we keep ignoring the ecological limits.

Christoph Hensch

Brendon Burns
Member of Parliament
for Christchurch Central



Contact my electorate office
Monday-Friday, 10-4pm
Level 3, 103 Worcester Street
Phone: 377 8840

Working for your future

**WINTER SERVICE SPECIAL
NOW ON**

\$ave dollar\$

Get your mower ready for spring now

FREE PICKUP AND DELIVERY (conditions apply)

Hurry offer finishes 31 August 09
Ph. 366 3924

**EDGEWARE MOWERS
and chainsaws**
1036 Colombo Street

Reconstruct Your Clothes!

Reconstruction, also known as ‘upcycling’, is the process of taking something (in this case, an item of clothing) and cutting and altering it to create something new. We’ll spend the afternoon remodelling your old, outdated clothing to come up with totally fresh and exciting new looks. Depending on your project and level of ability, you’ll make good headway or even finish your reconstruction project. We’ll also cover some of my favourite basic techniques, like making your own iron-on patches, or blanket stitching to make a nice finish to a rough edge. I’ll bring some of my own stuff, and some books and Web links for inspiration.



You’ll Need to Bring:

1. Some clothes you want to alter – bring a selection. Clothes that work best for reconstruction are simple in shape and design. T-shirts, men’s shirts, denim skirts, big wool jerseys, jeans.
2. Some fabric you may want to add to your clothes, or use to make patches.
3. Sewing equipment (scissors, needles and threads, pins etc), including a sewing machine or overlocker, if you have one. Most projects can be sewn by hand, but I don’t have the patience.

About the Tutor:

I finished a Certificate in Craft Design in 1989, and have well over thirty years’ experience in reconstructing clothes. My business ‘rethreads’ makes the most of this and can be found here: www.rethreads.felt.co.nz. I also have a lot of experience teaching successful and exciting workshops, to adults, children and families.

Briar Cook

Date: 5 September
Time: 1 — 5 pm
Venue: St Albans Community Centre
1047 Colombo Street
Tutor: Briar Cook
Number of Participants: 12

The History of the St Albans Swim Club and the Edgeware Pool—Part 9

The Swim Club entered the 1970s with a new “Looking Ahead” programme to address a decline of Intermediate and Junior members. The committee, led by Mr R Meyer as President, Mr H Middleton as Captain and Mrs Christine Yorston as Ladies’ Captain, aimed to promote social activities for the younger members — social evenings and picnics to out-of-town areas and to incorporate fun events into club nights.

The highlight of the 1969–‘70 swimming season was the selection of Joy Meyer in representing Canterbury in the NZ Championships. She gained 6th place in the 1m and 3m springboard events. Many

excellent performances were recorded at the Canterbury Champs, with Joy 1st in the Ladies’ Springboard Dive and Ladies’ Tower Dive, and Pat Horne 1st in the Junior Freestyle. At the Wharenui Junior Olympics, Pat Horne was a member of the Junior Girls’ Freestyle relay team that recorded an NZ record of 4 mins 28 sec equalling the senior record.

Mrs Yorston’s Saturday morning lessons for children were held throughout the season, also the Learn to Swim week for children and weekly sessions for adults. Her lifesaving classes for juniors and adults continued to be held with the amazing results of 477 certificates & seals and 74 lifesaving awards. Mrs Tully was congratulated for gaining the Royal Lifesaving Society Distinction Award. Starting four years previously as a non-swimmer, she also gained the Instructor’s and Examiner’s Certificates. An innovation was a class of 22 from St Mary’s Primary School which started as an improvers’ class and progressed through to lifesaving, gaining 54 awards at the end of the season.

At the Annual General Meeting, Mrs C Yorston, Mr R Meyer and Mr D Stewart were awarded Life Membership for their long and unstinting service to the Club. The season ended with a prizegiving and Social to follow with

a “very fine band, variety acts including a magician and Maori folk songs.”

Mr D Stewart became the new president for the 1970–‘71 season, which saw an increase in membership. Mr



Mrs Toni Tully(right) tows Mrs Anna Uilislag, by the hip method. Both women passed their bronze crosses that week, but a few years before neither could swim.

Don Inkster was appointed the official swimming coach, putting in place regular daily training sessions with marvellous results. Club nights changed to Wednesday to avoid conflicting with Thursday late night shopping, and were very successful and well supported by parents.

The club was well represented at the Canterbury Championships by Denise Harvey, David Scott, David Dickson and Gordon Knight. David Scott represented Canterbury at the National Champs. Learn to Swim week was unable to be held because of a lack of helpers, but Mrs Royston’s lifesaving coaching continued. At the prizegiving she presented many certificates with the words: “You will never know whose life you may save by your efforts.”

The 1971–‘72 season was “very successful financially and competitively” however, at the start of the season there was a problem with the heating plant. This did not deter the enthusiastic swimmers and it was rectified by the installation of a new boiler. Membership increased considerably again from 97 to 166 members. Mr H Middleton became the new President and Mr R Cox the Club Captain. New swimming costumes in St Albans’ colours of royal blue and light blue and monograms for tracksuits and costumes promoted a new club identity.

Saturday morning beginners' and improvers' classes were popular. Morning sessions for adults were also very popular with one young mother even driving in daily from Rangiora. Over three hundred swimming and lifesaving certificates were awarded to children and adults, one passing with distinction. Mrs Yorston remarked, "It is very gratifying to see our members preparing to be of use to the community in an emergency. No one knows when this knowledge may save a life."

Don Inkster continued as official swimming coach taking regular training sessions at 6.15 a.m.–6.45 a.m. daily, and the squad was represented at the Canterbury Champs by Brian Honeybone, Chris Roberts and Simon Andrews. With the closing of Centennial Pool at this time there was a great increase in lunchtime swimmers from city business people. Schools continued to use the pool for lessons, annual sports and inter-school sports. The club was greatly supported by the Canterbury Underwater Club who painted and prepared the pool and manned it two nights a week.

The new president, Mr S Williams, started the 1972–'73 season with a dilemma. The swimming coach, Don Inkster, gave late notice of his resignation; however, Harry Pitama was found as a replacement — ably supported by his son Willie and daughter Sally — resulting in the most successful season competitively for many years. They also offered to continue training during winter at no extra cost. Twenty medals were won at the Canterbury Champs and Junior Olympics. Brian Honeybone swam in the Open National Champs and Brian, Kerrie Olsen, Robert Tullett all qualified for the National Age Champs.

Mrs Yorston once again produced many recipients of lifesaving awards. Saturday morning lessons were popular with certificates and seals being gained by many children. At the prizegiving, Mr Williams said, "For many years we have led all clubs in lifesaving and this has continued in fine force. The teaching of swimming and water safety is fundamental to all swimming activity and in these two spheres of work we hold a premier position in Canterbury." In congratulating everyone in the making of a successful club he said, "It depended on the good work and sacrifice of time, of a lot of people. In fifteen years this club of usually 100–120 members has built clubrooms, dressing sheds, heated and filtered the water and what is more important paid for them."

As the new president for the 1973–'74 season, Mr R Cox had to deal with considerable troubles with the boiler and repeated appeals to the manufacturers for assistance were not successful. Subscriptions were increased to cover rising oil prices from 18c per gallon to 49c per gallon. The committee considered converting to gas heating. An appeal was made to the Ministry of Sport for financial assistance. By the end of the season the Lions and Jaycees had been approached to help with running costs. St Albans Club was the only Christchurch Club teaching lifesaving

and Mrs Yorston once again produced many recipients of lifesaving awards for "the young and not so young." It was said "St Albans and Mrs Yorston are synonymous."

The price of oil continued to increase alarmingly during the 1974–'75 season, and consequently the higher cost of heating the pool. Solar panels were considered as a more practical way of heating the pool. Further problems with the boiler meant the start of the season was delayed. Mr R Cox and Mr Bob Andrews coached swimming assisted by Joanna Parks who helped out with the youngest swimmers. The morning adult swimming sessions dwindled as many women were returning to the workforce. Extra volunteers were sought to man the pool at this time, as Mrs Kirk was spending so much time manning the pool to the point of endangering her health.

The 1975–'76 season was described as the worst year. Membership was down, and the club suffered the "inhibiting effects of an atrocious summer." Increasing costs of oil, chemicals and maintenance didn't help. To add to the woes, Mrs Yorston was laid aside by illness, with many ladies volunteering to carry on her good work during her absence.

During the 1976–'77 season, Mrs Beverly Knowles started up her own swimming business which contributed to an increase in membership, and Mr R Cox assisted with coaching swimmers who competed very well in the Canterbury Championships. The senior girls received two gold, one silver and one bronze medal. Mrs Yorston, who had taught one hundred to swim during that season, was thanked as "the club's greatest stalwart."

The 1977–'78 season was "the best weather for many years resulting in a very successful year in terms of patronage and finances." However, the Club suffered a great loss with the death of Mrs Christine Yorston. In twenty-five years she had been involved in every aspect of the club's activities. Her service had also been recognised by the NZ Swimming Association as a NZ Service Award holder and as a Canterbury Honours Service Award holder. Consideration was given to a suitable memorial, and after consulting her family it was decided to scatter her ashes at the pool site. Mr S Williams resigned owing to physical disability with the remarks, "The club is significant in its contribution to the community and I hope it will always be so."

The 1970s ended with optimism at the end of the '78–'79 season: an increased membership, Mr R Cox as the new president, and Mr Chris McEwan the new swimming coach, successfully training a 31 member squad for the Wharenuī Junior Olympics whose performances "put St Albans back on the competition scene with the future looking bright." The president concluded the season by saying "The only clouds on the horizon are the fuel costs and a shortage of parents to help. Let's hope that one of the clouds disappears."

Valerie Somerville.



Archaeologists love outside dunnies and rubbish pits. If they are on the site of early workers' cottages, they give a complete picture of how we lived, our day-to-day struggles, our health, our relative wealth. And, if there is the odd skull... who murdered whom?

Animal bones, especially long bones, tell us someone drooled over a Sunday roast. Bits of dolls, oyster shells from the saloons (which were as beer is to a pub) and glass soda bottles, torpedo shaped because they had to lie flat to stay fizzy. Food mixers, or parts of, which had a handle for turning.

All this and more, if archaeologists are lucky, and fossickers haven't got there first (see The Press 27 March 2009 re Caly site) and destroyed the layers which give context to these artefacts — defined rather nicely I think, as something made or given shape by man — such as a tool or work of art. Horse shoes for instance, or thousands

of Willow-pattern plates, with the picture of the angry mandarin and the doves which represent his daughter and her lover flying eternally in the sky.

The Great Sanitary Awakening, begun as a formal movement in Britain in the eighteenth century, was ahead of the scavenging pigs Christchurch relied on to clean up rubbish; in 1902, they were replaced by a destructor with a very tall chimney, which also heated the tepid baths.

Dumps were used after the 1930s, but into the '60s night soil contractors still did the rounds in St Albans. They were nothing if not the source of good jokes. Did you hear the one about the man, whose cart overturned on a frosty corner, spilling all the contents? Someone, late on the scene, asked if he'd had an accident. Our quick thinking chap replied, "Accident? No, no accident, I'm just doing the stock taking!"

Hilaire Campbell

Letters to the Editor

Kia ora

I have always looked forward to your newsletter that your community publishes. However, I am disappointed at the content theme that has over taken the wonderful positive activities that I know occur in your community. The continual hounding of our local body representatives; of whom I also work very closely with in my work and in a very positive manner; and the negative stories and comments has left me requesting you to please delete our email copy in the future.

Our local Community Board and Councillor's DO work tirelessly for all of their constituents not just those living in St Albans. Your community news has really become the same as the rest of the negative media we hear every day. I was reminded recently from a very wise person from your community that 'sometimes it is best to use honey than vinegar'.

Lynda Goodrick
Belfast

Hi there,

it's great to read the St Albans newsletter. I enjoyed reading the piece about etcetera. The shop was originally started by my husband Bill Manson and myself, than Diane Manson in 1975, it had been used previously as a small sewing factory that had closed down. We managed

to scrape enough money together, with the help of a loan from my parents, to paint a sign that read "Edgeware Corner Market", and slowly fill it with old furniture we'd pick up at the auction or garage sales. Some days business was so slow we'd spend more in the hamburger shop next door than we took. We had a cot and a day bed in the back room because our two children came to work with us, crawling about the shop, and were as much a part of the business as we were. Over time (6 years) we built the business up to the point where we owned the building and it was thriving. The area was full of colourful characters who would pop into the shop for a chat on their way back from getting their groceries from the small supermarket that is now Evolve hairdressing. Many a cuppa was shared on the veranda with friends and family dropping by and new friends made. I remember painting the outside of the shop and every ten minutes one of the locals coming along to suggest another colour, the sense of community meant that the locals felt it their right to offer suggestions! Once when I wasn't being as vigilant as I might, a tallboy was stolen from right under my nose!

I'm happy the shop has survived more than 30 years and at times find myself on the other side of the counter than I originally started.

Thought this might be of interest.

Kind wishes

Diane Counsell



Career Opportunity...
think PORSE
Work available with
children NOW!



In-Home Childcare & Educator Training

PORSE Papanui • Ph 352 0193 • www.porse.co.nz



SHINY!
healthy hair now!
3 late nights
latest technology
organic based, long lasting colour
PLUS
Love your haircut
BONUS!
free eyelash tint
CHI
tracetteowers
80 Derby St, Christchurch, ph 379 6368

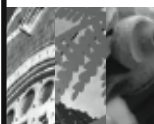
Market
The St Albans Community Market
Every Saturday 9am - 2pm
at English Park,
Cranford Street
up to 40 stalls selling plants,
fruit & vegetables, cakes, crafts,
collectables, household goods
& much more
Enquiries phone 351- 9727

Nicky Wagner

NATIONAL PARTY MP

Available for appointments/contact
my office:

chchoffice@nickywagner.co.nz
Ph: 03 365 8297, 189 Montreal St, Christchurch



National
www.national.org.nz



Community Notices

Character Housing Maintenance Grants by CCC

If you own a character home within Christchurch City, including Banks Peninsula, funding is available to help towards the external upgrading and maintenance of individual family homes which have a distinctive visual character and make a key contribution to the quality and identity of local streets.

Grants are available to individual house owners of character residences who are intending to undertake maintenance or repair work to upgrade the external appearance of the existing property.

Grant applications must be made on the Character Housing Maintenance Grant Application available at: www.ccc.govt.nz/heritage and submitted to Christchurch City Council, PO Box 237, Christchurch.

Applications must be received no later than 14 September 2009 for funding in the 2009–'10 financial year.

For further information from the Council relating to the grants, please contact either Aimee Holland: (941 8628) or Katie Smith: (941 8089) or email: chmg@ccc.govt.nz.

St Albans Organic Gardening Group

(part of Transition Initiative St Albans)

We are continuing to meet regularly for pot lucks. The latest idea that has popped up is to help each other out by doing a round of working bees in our gardens to make it easier to produce as much good food in them as possible. If you would like to be part of this group, please email Matt Morris: theyellowroom@xtra.co.nz.

Computer Training for the Over 55s

SeniorNet Canterbury – at the Shirley Community Centre - has computer courses available on a wide range of subjects for those aged 55 and over. Peer training with small classes of six to eight students and two tutors. Telephone 386-2140 between 10.00 am and 12.00 noon for an Information pack or leave a message on the answerphone.

Community Centre Services

Lounge area with local papers and wireless Internet access

Hall Hire

\$10 per hour non-profit community rate

\$15 per hour Commercial rate

\$30 per hour for private functions

Conditions apply

Photocopying

10 cents per side – A4, 20 cents per side – A3

Laminating

\$1.20 per A4, \$2.00 per A3

Faxing available

donation

Computer Room

Internet Access, Printing

Daily 11am – 3pm, Saturday 1pm – 3pm

1047 Colombo Street., Phone 379 6305

or 374 2465

Email: office@stalbans.gen.nz

Office Hours 10 am – 3 pm

Monday to Friday

CATS on CRANFORD
(Next door to St Albans Vet)
102 Cranford Street
Phone Rebecca
355-6743
Inspection welcome

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

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



REDUNDANCY WORRIES?

Protect your home and income with Redundancy Insurance from as low as \$4 week

For a quote phone/txt:
021 119 6624

Or email:
redundancy@pfg.co.nz

A Disclosure Statement is available free and on request

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

St Albans News Classifieds

SERVICES

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: Carpets and Upholstery Cleaned, Super cleaned from \$15/room, Over 25 year's experience. Ph 388 3314

Accountant: Working from home in St Albans. Self employed accounts, rental properties, GST & tax returns. Budgeting & business advice. Contact Susan Ayton 980 7334 or 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

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

Builder: Maintenance, alterations, decking, new residential, kitchen installations, bathrooms, office fitouts, etc .Phone Kevin 021 268 2832 or 366 1177

Builder: Renovations, Alterations, Bathrooms, Kitchens, New Homes & Extensions, Local Quality Workmanship Guaranteed. Ph Neill 021 352 599 or 355 7695

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 19 August.

Computer Guru: Highest quality computer servicing, fixing all hardware/software problems, installations, advice

and more. Servicing St Albans for 4 years, Call-outs start at \$40/hr. Offsite repairs \$20/hr. Phone 379 3061 or 0210243 7398, or pcguru@orcon.net.nz

Computer Problems? I do trouble shooting, virus and malware removal, PC optimization 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. No hardware repairs, Low Rates negotiable. Phone David, 356 1280 or email, davidmackenzie@clear.net.nz

Electrical: Bright Sparks Electrical Ltd. Registered Tradesmen. Call Peter at 027572 8864 or 382 5824 (after hours)

Divine Massage: Acupressure? Therapeutic? Deep Tissue Massage (Holistic non sensual) Yvonne—Diploma (Ad.C.M.A) BSYA Queensland. Welcome to new clients. Phone DIVINE MASSAGE for appointment 382 9569 or 027 6173179

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

Event Organisation: Is event organisation your strength and are you well connected within the community? We need Volunteers to help with two to three community events per year. Please get in touch with the St Albans Community Centre, 379 6305.

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: by honest, efficient and reliable available 2 or 4 hours \$15 per hours. Tia 354 4306 or 021 164 4540

Housecleaning Available: Competitive rates. References available Phone 027 206 6116

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

The Leisure Group: Meets fortnightly at the St Albans Community Centre for outings & coffee. Please phone Alison on 379 6305 for further information

Midwife / Massage Therapist: 15 years experience in massage-therapeutic relaxation-pregnancy-reiki –Private natural childbirth classes tailored to your needs. Joanne Gordon 942 6625

Painting & Decorating: Internal/external 22 years experience plastering, Owner operator, Efficient Service, locally based. Ph Mark 355 7670 or 027 434 3300

Painting & Paperhanging: Airless spraying. New work & Renovations – quality workmanship. Qualified Tradesman – established over 40 Years, Ph 355 2948 or 027 432 9870, ask for John

Precious Pets Pet Care: For all your pet care needs, Pet feeding, dog walking and more 021 2289996, Elizabeth@preciouspetcare.co.nz, www.preciouspetcare.co.nz.

Roofing: New Roofs, Repairs, Maintenance, Parapet Flashing, Free Advice. Ph. Clinton 366 6019 or 027220 1982

Stress & Relationship Issues: Local Counselling rooms 110 Bealey Avenue (Durham Centre). Counsellor Don Rowlands M Ed; MNZAC; MNZAPT. Couples, individuals, families, blended family advisor. First session free. Family Court & Disability Allowance

affiliated. Tel 027 688 2061 or (03) 365 7776. Email rowlands.don@paradise.net.nz

TUITION

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

Computer tuition: 1 on 1, Windows, Internet, Email plus much more, For beginners and over, on my PC or yours. Low rates. Ph David 356 1280 or email davidmackenzie@clear.net.nz

Dance Fitness: Adults Monday 1.30 – 2.30 pm At St Albans Community Centre Phone Donette 365 6585

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

Fairy Dance: Classes from 18 months. Tuesday, Thursday, Saturday. Phone Pamela 021 120 6540 or 379 6305

Fizzical Fun: Jump & Jazz classes for Boys & Girls from 4 years. St Albans Community Centre Tuesdays. Phone Pamela 021 120 6540 or 379 6305

Piano Tuition: theory & practice available locally for details phone Paula 365 0369

Pilates: – Beginner and Intermediate classes, Monday and Wednesday nights, St Matthews Church, Cranford Street. Phone Julie 355 8168

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

Singing Lessons: Do you want to learn how to sing? Affordable lessons for all ages, Meredith, phone 355 3672

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

Flu Pandemic News

At the time of this newsletter going to print, the New Zealand death toll from Influenza A (H1N1) Swine Flu stands at 10, all of whom had pre-existing medical conditions.

The figure of those currently infected with the virus in the country is uncertain, as only a small proportion of people with flu-like symptoms are now being tested. The next few weeks may see an increase in the pace of the spread of the virus as school children across the country return back to school after the end of the holidays.

Whilst around 400 people in New Zealand die each year from seasonal flu, the new strain is worrying due to its rapidly spreading nature.

The Ministry of Health maintain that individuals with underlying medical conditions need to be especially attentive about personal hygiene practices such as frequent hand washing to reduce the risk of catching Influenza A (H1N1).

Remember:

- If you're sick, stay at home and avoid crowded places
- Cover coughs and sneezes
- Wash and dry your hands often and thoroughly
- The majority of people who get Influenza will recover without needing any medical help

Seek medical advice by calling Healthline (0800 611 116) or your GP if someone with the flu gets worse, particularly those with underlying medical conditions.

The Ministry of Health's Dr Sandy Dawson says complications can arise quickly, particularly in people with known risk factors and existing medical conditions.

Businesses are playing their part in helping to ease the spread of the virus. Many supermarkets have taken the initiative of providing sanitising wipes for customers to wipe down trolley handles, an obvious host site for germs.

Various businesses and institutions are also providing bottles of hand sanitizer for use, and many have placed warning signs outside their buildings, cautioning those suffering flu-like symptoms to stay away for the sake of others.

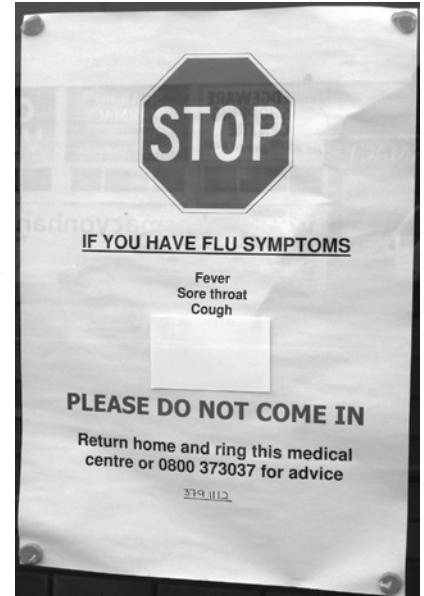
Whilst the Ministry of Health has recently made the seasonal Influenza vaccine free to all New Zealanders, Prime Minister John Key has announced the vaccine for H1N1 Swine Flu will initially only be offered to frontline health staff and emergency persons. "At this stage there are no plans to launch a mass vaccination programme, as the nature of the illness does not warrant it," Key said.

What is the reaction to Swine Flu in St Albans?

Catherine Thompson, mother of two, insists that people should be carrying about their everyday lives as much as possible. "I think Swine Flu has been hyped up by the media to a great extent, and I'm not really too concerned. Normal flu kills hundreds of New Zealanders a year, so at this point I'm just going about everyday activities as usual," Thompson said.

Jess Ross, a University of Canterbury student says, "I am more aware of people coughing and sneezing around me now, and I try and distance myself from them as much as I can." As to her preparation for the flu pandemic she says, "I don't have any emergency supply kit or anything, but I won't go anywhere that I know will be overcrowded."

Kimberley Ristrom



**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



Quote of the Month

The ideas which are here expressed so laboriously are extremely simple and should be obvious. The difficulty lies not in the new ideas, but in escaping from the old ones, which ramify, for those brought up as most of us have been, into every corner of our minds

John Maynard Keynes