

# St Albans News

The Voice of our Neighbourhood

July 2010



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# You Are What You Eat

by *Bill Demeter*

I like prawns and occasionally indulge if and when they are on sale. What I should have said is - I used to like prawns. I don't like them any more. Why? Because I recently found out that virtually all the prawns consumed in New Zealand are imported from Southeast Asia. It is common practice to fertilize prawn farm stock with human faeces. This doesn't appeal to me so I decided to purchase only prawns I could be assured were not grown using human faeces. This is almost impossible because you won't be able to find out. Why?

When you buy fresh fish, fresh and frozen vegetables, lamb, beef or pork from the supermarket, you probably assume they come from New Zealand. But the chances are they don't. Why?

New Zealand imported an astonishing \$3 billion worth of food (\$750 per person) in 2008, including \$31 million worth of fish, \$43 million worth of vegetables, \$28 million worth of beef, \$18 million worth of lamb and \$116 million worth of pork (over 40% of the pork we consume doesn't even come from here).

Let's not argue the merits (or not) about importing food because all countries

import some of their food. What we should discuss is, why we are not allowed to know where this food is coming from and what it contains.

Are you aware there are few requirements regarding imported food labelling and both National and Labour governments have opposed such labelling? Would you not think we have a right to know what we eat?

But when shopping, you will be hard-pressed to find any label that indicates where all this imported meat, fish, frozen vegetables - and many other foods - has come from. Because in New Zealand (unlike most other countries), there is no requirement for retailers to declare where food comes from - it is completely voluntary.

Many shops are reluctant to tell their consumers where the cheap food they are selling really originates from because they know that most Kiwis want to buy Kiwi food, which we know we can trust. That's why a lot of our imported food has no label telling consumers where it has come from.

New Zealand does not have mandatory country of origin labelling. There is absolutely NO requirement to identify on

*continued on page two*



**Orion Site:** It now appears the developers of the Orion site will be able to build a supermarket of up to 800 square metres as part of proposed mixed use residential development. The supermarket size came as a result of an agreed upon negotiation between the developer and the city. The agreed upon size was not what was originally determined in the rule change nor that recommended by the independent commissioner. This entire process seems flawed at best and it appears there were processes at play that the general public and submitters were not informed about. We are gathering facts and information about the entire process and will report back to our readers when we have all our facts verified and reviewed by legal experts. Stay tuned.

**New Community Centre:** Great initial progress is being made on our new Community Centre. Christoph and I have been having meetings with CCC staff to review the initial plans and property for expansion has been purchased. In just a few weeks all of you will have the opportunity to see the concept drawings and plans and be able to comment at an open meeting at the Centre. This centre expansion could be completed in two years. This community has worked very hard

lobbying for this much needed facility upgrade and it is great to see the city respond to our needs.

At our current projected rate of use, some 36,000 people will use the Centre this year or about 100 per day. When the doors open on the new Centre I guarantee we shall have one 'hell of a party.'

**Gathering in the Square:** Several Sundays ago I attended a gathering in Cathedral Square. Numerous speakers voiced concern that the central government seems determined to put water into the hands of large corporate companies and continue the move to privatise water. Crowd estimates put the number of people around 3000 and it was quite pleasing to see a mixed age group, plenty of children all respectful and well behaved. It was far from a protest and more like a sombre gathering of people who hope to get both their elected councillors and their water back.

Those in attendance helped build a large cairn by placing stones from the various rivers in Canterbury. The intent is to leave the cairn in the Square until Environment Canterbury is once again allowed to vote for elected representatives in a free and open election.

**What We Eat:** Why don't we have the right to know what we eat? Our lead article examines a real and growing problem that could be solved if the people in power wanted it solved? Why don't they?

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

### *continued from page one*

labels where this food comes from and what it contains. This, of course, limits your freedom of choice in comparing one brand versus another. Often you will see on a label; "made from local and imported ingredients". I have made numerous calls to different companies and they often reluctantly admit there are no local ingredients. This is often the case if you check out canned fruit salads.

Another surprise Kiwis get is when they find out the fresh milk they buy in the supermarket isn't as pure and fresh as we have been led to believe. Why? About 40+% of the milk we buy contains "milk solids". Some of us remember always drinking powdered milk when we were kids. "Milk solids" is just another way of saying, "powdered milk". If you look very carefully you might just be able to see "milk solids" somewhere, almost virtually hidden on the milk container.

You owe it to yourself and to your family to become a reader of labels and also use your buying power, choosing not to buy any product where you cannot determine where the product comes from and what it contains. There are excellent examples to look into on your next trip to the store. Packaged nuts and dried fruit are often not labelled

in a way where you can tell where they come from and often only say "distributed by ABC Company".

Be very careful about seafood products. The food processing protocols in Asia are far different from those used in OECD countries. A processor of seafood might have hundreds of suppliers versus just a few. As a result, quality control is almost impossible to monitor and the risk of contamination increases significantly.

There are several things you can do immediately:

- Carefully read every label of each item you buy. If not clearly labelled as to what it contains and where it comes from DON'T purchase it.
- Tell the store manager. Often they have no way of telling themselves but they will remember your complaint and will mention it to their management.
- Tell your friends and neighbours about what you learned from this article. If you want a reprint of this article drop by the Centre and we can make you one.

In a future article, we will examine the reasons New Zealand has such lax labelling laws and why there is almost universal opposition, by most political parties and the large food importers, to having stricter laws.

You are what you eat!



### *Commentary by Christoph Hensch*


In the last few columns I've been commenting on the need for participation in the democratic process, especially in the upcoming local body elections. Now, we are registered on the electoral roll and we have resolved to go voting, how will we be able to choose the best candidates to lead our city?

There will be a large number of candidates to choose from. Only few of them will get adequate exposure in the media, fewer still will engage in public debates and still fewer you'll ever get to meet in person and talk to. The mayoral race is sure to get media attention. Council contests will also likely get some attention in the local papers, especially where qualified candidates rise to challenge incumbent office holders.

The most important decisions in our city will be made by the councillors and the mayor. Those are the people we are going to elect to lead our city. The leadership of the city needs a variety of skills, talents and qualities. All candidates will have a variety of labels. Yes, as voters we want to know what kind of positions any particular candidate supports, what interests they represent and what ethics they apply to decision making. If you could ask three questions of each candidate - what would they be?

What are the issues that are dear to your heart? Is it irresponsible public spending? The way the city treats the socially and economically disadvantaged? Safety? Maybe you are interested in local democracy issues, or what is happening to our clean drinking water? Or something else altogether? No matter what, all your concerns are valid concerns. All your questions are valid questions, and you have a right, even an obligation, to debate all candidates, new or current office holders.

Every three years the time returns when we have our say on who represents us in government. First, we elect our local body representatives, then, one year later, our central government politicians. Instead of bemoaning the fact that our expectations have once more not been fulfilled, we can now take the opportunity to inspect the candidates before they are elected. Office holders have a voting record, inspect it! New and untested candidates bring skills, opinions and ethics, find out about them.

Have you thought about the three most important questions to ask the candidates in your ward? I encourage you to follow through with this exercise; it's easy – ask them your questions, and tell them you expect your questions to be answered promptly. Remember, the well-being of yourself, your family and your community depends on you making an informed choice at the next election! 



## St Albans Community Centre

Te Pokapū Hapori o Hato Ōpani

### Community Centre Notices

The Next meeting of the Residents' Association will be held on 3 August at the St Albans Community Centre.

Would you like to be involved in giving a small but regular donation to a local registered charity? There is a new system that has been introduced recently called payroll giving. You can contribute as little as \$1 per week, which is directly deducted from your wage, and of which you get 33% back from IRD. Ask your employer to set up payroll giving for you. The St Albans Residents Association (SARA) Incorporated is a registered charity (no. CC41629)

**The St Albans News relies on your contributions. Please send us your articles, letters and notices. The deadline for the next issue is the 22th of July**

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



# Raping New Zealand's Rivers

by Doug Craig

I attended a recent gathering in Cathedral Square to protest about the takeover of the resources of Canterbury's rivers and impressed by the range of people and groups represented and the passion of their voices. I was also left wondering why there appears to be a new gold rush on the resources of our rivers in the South Island? As gold rushes go, this one is more regulated than the ones in the 19th century, but this particular government wants to fast track and reduce the public's input in the process. What could be the hurry?

To find out, I researched the justification for river modification – either for proposed large agricultural irrigation schemes; or for more “renewable” hydro schemes. I put “renewable” in quotes because while the water energy is potentially renewable, the river environment and associated ecosystems are not. For example, where will black stilt, wrybill and banded dotterel (see DOC website on Project River Recovery) go when the rivers are diverted or dammed (damned?) What of the recreational interests, the cultural and tangata whenua values, and modification of the iconic landscapes. What makes Canterbury distinctive is the sight of large, braided rivers snaking their various ways down towards the sea. Yet, some farmer spokespeople say that the water flowing unrestricted in river channels instead of farm races is wasted. They want further allocation in catchments that are already over-allocated.

The hydro-power justification also interests me. Has our population and consumption increased so fast that we need to build many more hydro dams on our rivers and up to 27 additional wind farms?<sup>1</sup> I am in favour of more renewable energy and less fossil fuel use in electricity generation, but according to the Minister of Energy, Hon Gerry Brownlee (Press release Release 16 June 2010) we are now up to 73% renewable generation and new wind farms such as Nga Awa Purua (138MW), and additional geothermal generation at Wairakei and Kawerau are coming on stream. Will the need for fast broadband rollout and broadcast of the 2011 Rugby World Cup really require that much more new electricity generation? Recent figures suggest residential sector demand is almost flat, while the commercial and industrial sector (that includes agriculture) consumption is up by 3% and 2% respectively annually (MED NZ Energy Data file 2009.) Surely, the main issues are not a panic to increase power production, but are in cutting transmission losses and outages and thus

increase security of supply; and in increasing energy efficiency in homes and businesses?


My understanding about electricity consumption and forecasts of future demand is that:

- While the Ministry of Economic Development Energy and Resources unit publishes an annual Energy Outlook, their role is monitoring the trends (see [www.med.govt.nz](http://www.med.govt.nz)), and not in requiring forward planning of new infrastructure development by the major energy generators.
- The NZ Energy Strategy to 2050 drafted in 2004, consulted on and released in October 2007 by the Clark Labour Government, projects a 90% renewable electricity generation target by 2025. This Strategy, and the related Energy Efficiency and Conservation Strategy, was announced in August 2009 to be replaced by a new Strategy to be drafted by the economically-driven Ministry of Economic Development. The promised new Energy Strategy has not yet arrived.
- That the big power users are those industries that consume vast amounts of power and they are on individual supply contracts.
- That our dairy-driven agriculture is becoming less, not more, energy efficient.

What I think we are seeing, is the individual major power generators (Contact Energy, Meridian, Mighty River Power, Genesis Energy, Trustpower) are engaged in a head long rush to capture potential energy generation sites before they disappear. In other words, a classic gold rush. Unfortunately, regional councils have not assessed the



need to preserve at least a good portion of our rivers and valued landscapes and do not have to include Plan changes, allowing for new renewable generation activities until March 2012<sup>2</sup>. These Plan changes, of course, would include public consultation and allow for submissions. It was only the Living Rivers Coalition<sup>3</sup> that has endeavoured to save the rivers from further exploitation, through supporting and advocating for National Water

Conservation Orders under the RMA. And we know what has recently happened to those in Canterbury! 

<sup>1</sup> (source: ministry Ministry of Economic dDevelopment 2009 Energy data Data file at [www.med.govt.nz/templates/MultipageDocumentTOC](http://www.med.govt.nz/templates/MultipageDocumentTOC) )

<sup>2</sup> (see <http://www.mfe.govt.nz/publications/rma/nps-renewable-electricity-generation/index.html>.)

<sup>3</sup> ([www.livingrivers.org/about](http://www.livingrivers.org/about) - consisting of Fish and Game, Royal Forest and Bird Society, NZ Recreational Canoeing Association and the Federated Mountain Clubs)

# Cleaning up the Avon River

by Roseanna Gamlen-Greene

On a crisp Saturday, the 22<sup>nd</sup> of May, the youth of Christchurch joined together to clean up the Avon River banks and surrounding drains in an event called FRESH. About 100 young people and older supporters turned up to help make a difference to the health of our rivers. This event was organised entirely by youth, for youth by the newly-founded group, Youth River Action Christchurch. The group comprises nine different Christchurch high schools so far – we eventually want to include all the schools that lie alongside our urban rivers. This was our first event to kickstart our longterm project to improve the health of our rivers by uniting all the schools, communities and organisations that are working with the river, so that we can achieve this goal together.

We already have the support of ECAN and CCC and the sponsorship of the Avon-Heathcote Estuary Ihutai Trust.

We are now looking for more sponsors and groups to co-ordinate with. We plan to achieve our long term goal of healthier rivers by sectioning up the Rivers, starting with the Avon River so that each school along the River looks after a section. Actions such as regular clean-ups of visual rubbish along the riverbanks are envisaged as part of this project. We also want to plant more native plants on the riverbanks, which will in turn prevent some of the street pollution from entering our rivers. Another important aim

we have is to educate and raise awareness that everything that goes in the streets and drains will end up in our rivers.

This is what FRESH was all about - publicising that littering on the street significantly affects the health of our rivers.

We think that Youth River Action Christchurch's FRESH really brought to everyone's attention that we do have a problem but we can fix it if we work together. FRESH stopped nearly 200kgs of rubbish from entering our rivers in only 1.5 hours and over less than 2km<sup>2</sup> of central Christchurch City. We found much more rubbish than expected – an array of bottles, plastic bags, old cigarettes, car parts, CCC parking ticket receipts and takeaway packaging, to name a few popular items. Many people hold the perception that our Christchurch rivers and streets are clean, but when you actually take the time to look, the reality is far from that.

The Avon and Heathcote Rivers

run throughout our city like a lifeline interconnecting us, but this lifeline is polluted. This is not a passing issue; we need to improve the health of our rivers now so that our generation and the generations to come can enjoy beautiful, healthy rivers that we can feel proud about protecting and restoring.

*Roseanna Gamlen-Greene is Youth River Action Christchurch and FRESH Coordinator. Roseanna is in Year 13 at Rangi Ruru Girls' School*



Photo by Jane Demeter

## The Korean Presbyterian Church of Christchurch

aims to

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### Church Services

Sunday morning service	09:30 am
Sunday main service	11:30 am
Dawn service (Tues-Fri)	06:00 am
Youth group service Saturday	06:00 pm

## Nicky Wagner

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Available for appointments/contact  
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chchoffice@nickywagner.co.nz

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## Rehua (heavenly guardian)

by Kevin McDonald

He aha mea nui o te Ao  
(what is the most precious thing in the world)  
He tangata, he tangata, he tangata  
(it is people, it is people, it is people)

History: Rehua where it stands today has a recent history dating back to the 1950s. Originally, there was a Rehua hostel for Maori girls in Stanmore Road and this later housed Maori boys, attending a new trade training

scheme. The trade training scheme (TTS) was an initiative between Ngai Tahu elders, Hahi Weteriana (Weslyan Methodist Church) and the Christchurch Polytechnic and was the first of its kind in Aotearoa.

The TTS was in response to the post World War 2 urban drift by young Maori, from rural areas to the cities. This was the largest migration of any people in the history of New Zealand. State housing was the catchcry of the day and the TTS gave Maori the opportunity to take up apprenticeships in trades necessary to build our young nation. Carpenters, electricians, plumbers, drainlayers etc were in high demand and young Maori from all over New Zealand answered the call to train.

The Stanmore Road hostel was quickly outgrown. In 1952, the hostel moved to the present site in Springfield Road, where extra accommodation was built for the burgeoning number of boys, at that time more than 70.

A decision to build a wharenuī was made in 1955. There had not been a carved wharenuī erected in Te Wai Pounamu (South Island) for over 100 years. Marae from throughout Te Wai Pounamu were consulted about the construction of the wharenuī. At a hui (meeting) at Rapaki it was agreed that the wharenuī would represent all tribes of Aotearoa. ✍

### WINTER DOCUMENTARY FILM SERIES

The St Albans Centre, with the help and cooperation of Alice in Videoland, are pleased to present six documentaries that have significant importance to Kiwis.

The films in the series is picked by Paul Stewart of Alice in Videoland and his excellent staff. Each of the six films will clearly relate to current issues, problems and opportunities we face in New Zealand and you will leave each film realising how important it is for you to get involved.

#### Screenings

Earth Whisperers/Papatuanuku

11 Jul, 6pm

End of the Line

25 Jul, 6pm

The Great New Zealand Fishing Scandal

8 Aug, 6pm

The films will be shown at the St Albans Community Centre, 1047 Colombo St, St Albans. There will be a \$4.00 charge to help our Centre. There will be a further showing on the 22 August and the programme for this date will be announced in due time.

## Energy Expo

**Sunday 8 August  
2010**

**1pm - 4:30pm**

**St Albans Community Centre  
1047 Colombo Street**

The St Albans Community Centre presents a mid-winter **Energy Expo** to highlight ways in which people can save power, find out about energy efficient appliances and methods, and try out some alternative energy sources. The Expo will look into:

- Energy Conservation
- Energy Efficiency
- Alternative Energy

It will feature displays on the above, talks by local experts, energy-related videos and a demonstration of electric bikes.

## wondering about websites?

Are you planning a new website or wanting to revamp an existing site? If so, you need to contact Steven for a **free** one hour consultation and quote.

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# Mairehau Primary School

## Mairehau Primary's Budding Young Writers

Recently, selected students took part in the Young Writers programme on site. The focus of their learning was to craft creative pieces of writing. Students worked solidly with Glyn Strange, who guided them through the learning process of how to create images in the reader's mind. Jethro Maffey, aged nine and Isabella Silver-Hessey, aged eight were among students from the programme who were chosen to read their brilliant poetry pieces at Hagley Community College. Isabella and Jethro read their poems in front of their supportive family and friends. We are very proud of our school representatives and invite you to share in their success by reading their thought provoking, insightful poetry.

### *Island Adventure*

On Quail Island  
a girl stands alone  
lost in the wilderness.

Her mouth opens  
like a cave  
in a sea of challenges.

Her imagination  
stretches out  
across the vast  
Canterbury plains.

The sun licks her head  
as she eats an orange  
and waits to be rescued.

- Isabella Silver-Hessey (Year 4)

### *Educating Animals*

Classrooms rumble  
on Friday afternoon  
as elephants charge  
down the road.

A school of mice  
learn in silence  
on a quiet weekend.

Seagulls squawk  
on Monday morning  
and fight over the crumbs  
of leftover sandwiches

- Jethro Maffey (Year 6)

✍



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## Elm Lodge Aids Recovery



*by Hilaire Campbell*

John Rooney opened Elm Tree Lodge as a guest house in 1942. Cars filled the wide driveway, and there would have been a party with a few celebratory drinks - something today's guests have to waive; they are all people recovering from alcohol and other drug dependence. Peter Ryder, supervisor/community support worker, says "Elm Tree Lodge isn't a treatment facility, it's a halfway house for people who identify they need ongoing support

before, during, or after treatment for alcohol and drug addiction. In the early stages of recovery, he says poor quality accommodation, where there is shared drinking, can cause relapse. We offer clean sober support."

Elm Lodge takes six people in single rooms, says Peter. Beds are allocated on an as need basis; men and women are treated the same - usually there are more men - and it's a question of first in for the best room. "The house is client focused so we work with whatever mode of recovery they



identify with.” And you can’t stay longer than six months says one resident. “Knowing that keeps us all on our toes.” Referrals are mainly from the Christchurch area, through a case worker from a registered agency. Some came through Hanmer before it closed in 2002. If you go there,” he adds, “have a look at the buildings. They are sadly neglected.”

Rules are tight at the house. Daily supervision, no substances, in by 11 pm, and no weekend leave without approval. Visitors are limited to three days from 1 -5 pm. “This is not an open home,” says Peter. “But it’s a happy home; there is humour and goodwill, and the satisfaction of sharing - you can’t beat Katy’s shortbread or Suzy’s stews. There are chores and morning groups. Usually there is a waiting list. Residents pay \$140 all found.”

Elm Lodge is one of a row of two story buildings with old rose beds and rolled lawns. There’s a leaning brick wall and a massive elm which casts its shadow usefully into bush. The house was bought in 1971 for \$23,000 when Minister of Health Judith Tizard approved a special grant for initial expenses. It closed in 2006 for two years

because of insolvency, and reopened in October 2008 after a full refurbishment by the Canterbury Community Trust and alcohol and other drugs (A.O.D.) “It ran successfully for 35 years,” says Peter.

With the support of the Christchurch City Mission, which funds Peter’s wages, Elm Lodge has a new Board of Trustees, and a full house. “We’ve had 52 clients since we reopened,” says Peter. “Seventy five per cent have transitioned successfully. We know because they keep in touch with us.”

“We were well prepared for reopening and would like to thank all those who support us,” he says, “not least the neighbours. With the bishop on one side and a social worker on the other we can’t lose.”

PS: Every home needs a mascot. Meet Elmo the cat, named for the tree; she’s always at the gate. Story goes she wandered in one day, heavily pregnant. Turned out she was not only not pregnant, she had also been spayed... and micro chipped. She belongs to the house across the road but won’t go back.

*2*

## **School Holiday Rugby Programme**

The Christchurch Football Club will again be running a School Holiday Rugby Programme this July. This rugby-specific programme is for both boys and girls aged 6-13 years old.

The programme aims to encourage participation and develop rugby skill sets for kids in this age group.

Starting Monday, 5th July ending Friday, 9th July, it will be based at the Christchurch Football Club grounds, 250 Westminster St Mairehau.

The five day programme costs \$168.75 (Inc inc GST) and runs from 9am to 3pm daily.

The programme is delivered by the club’s Rugby Development Manager, Mike O’Donovan and Division One senior players and is supported by Westminster Sports Inc.

Registration information and enrolment forms are available online from [www.christchurchfootballclub.co.nz](http://www.christchurchfootballclub.co.nz) and from CFC clubrooms.

*For further information please contact Eddie Cropley on 3851984 or email [westsports@xtra.co.nz](mailto:westsports@xtra.co.nz)*

*2*



## New Community Choir Thriving



*by Christopher Musgrave*

A new community choir started in the Shirley/St Albans area in November 2009 and it's going great! We're having sessions on Tuesday evenings, 7:15 - 9pm, at the Scout Hall in Harrison St (off Flockton St).

We're singing World Spiritual songs, which is my personal favourite genre. I totally love it that, with plenty of different world cultures to choose from, there's plenty of styles/feels to choose from too, like funky African, lilting Celtic, uplifting African-American Gospel, dramatic Georgian, Eastern-European songs with their characteristic crunchy harmonies, sweet, sweet Hebrew songs... even the occasional funny one! My interest is in being part of a group that is pro-actively inclusive. SO:

We are open to all who want to sing, or even come and listen, and there is no membership fee, simply a request for koha - whatever you can afford. Also there are no auditions, or need for musical/singing experience - the only 'requirement' for membership is a desire to sing!

I love singing songs (in a group especially) that have spiritual meanings or messages, even if simply in the broadest sense. I particularly love seeing what kinds of group dynamics it creates when we sing together in this way. It creates connection/closeness so fast and easily.

How many of us used to "go to church mainly for the singing"?!

*For more info contact Christopher on 386 1025 or 027 568 5515 or christopher\_musgrave@yahoo.co.nz*

## I Wonder

*By Loraine*

Once I was a young girl, living in a coal mining community which was in a narrow valley 2000 feet above sea level on the Paparoa Range of mountains behind Westport.

I loved to play beside a shallow fresh water stream that flowed from the hills behind our small red miner's cottage. I liked putting the clay covered stones near the stream, into the water. When the clay was washed off the stones, the beautiful and varied colours of each different type of stone could be seen. The love of colour began at this point in my life, before I went to school.

Cockabullies lived under bigger rocks in the stream. When I lifted some of these rocks, a cockabully would dart out quickly by flapping its tail. This also disturbed the fine white sand at the bottom of the stream, creating an excellent camouflage for them to hide in, which made it difficult to catch them. When I did catch one I laughed with joy. It was always fun to play there, all by myself.

Throughout my life, I have tried to share my love of nature and colours, hoping that others lives would be enriched like mine.




## Turning The Corner

by **Brendon Burns**

Mid-winter can test us. So can recessions. The winter solstice means we are past the darkest days. Are we past the worst of economic times? As a member of Parliament's Finance and Expenditure Committee, I am able to question Government, Treasury and the Reserve Bank. They all say we've turned the corner. I truly hope so, though jobs are always last to recover in a recession and Christchurch has really suffered. Unemployment is nasty. It saps your self-confidence and the financial pressures mount. Sometimes benefits are not available, such as if your wife or husband is still working, even for low pay.

My electorate office is busier than usual helping people. I run a couple of constituency clinics in my caravan each month - including at English Park on the first Saturday of the month from 9am for a couple of hours. The market has grown in the last couple of years; I suspect in part that's because more people are having to seek some of the

sharper prices that markets can offer. At least they can buy their veges and other items. I recently visited and thanked Daniel Cheung, the Korean-born taxi-driver, who gives away hundreds of dollars worth of food every Sunday lunchtime at Latimer Square. I also spent a few hours with the Salvation Army, who distribute food and warm drinks around the inner-city most evenings. Young children were among the recipients.

You have to ask why our affluent 21<sup>st</sup> century nation, with a proud history of equality, still has people relying on charity to get enough to eat? Like many others, I will do my best to support all those generous people who do so much good in our community. But my broader challenge is to work for economic and social reforms that make life sunnier for all New Zealanders, especially our children. Labour's commitment to review monetary policy, the tax system and GST on fruit and vegetables is a start. 



**The St Albans News relies on your contributions. Please send us your articles, letters and notices. The deadline for the next issue is the 22th of July**

### An Important Message From

#### Papanui High School Adult and Community Education Department

**We are now enrolling for Term 3 Courses  
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# TERM 3 - 2010

## Weekly Groups & Activities

Activity	Day	Time	Contact Phone Number
Art Society	Monday	10 am – 12 pm	355 5090 (Reg)
Belly Dancing	Wednesday	10 - 11 am	027 201 8858 (Yurie)
Choir	Monday ( 2 <sup>nd</sup> ,3 <sup>rd</sup> ,4 <sup>th</sup> ,5 <sup>th</sup> )	7.30 – 9 pm	379 9188 (Heather)
Dance Fitness	Thursday	5 - 6.30 pm	365 6585 (Donette)
Email/Internet	Mon – Fri	11 – 3 pm	379 6305 (Centre)
Email/Internet	Saturday	1 – 3 pm	379 6305 (Centre)
Fairy Dance Academy	Tuesday Thursday Saturday	2 – 2.30 & 3.30 – 5 pm 9.30 am – 11 am 10 am -12.30 pm	021 120 6540 (Pam)
Friday Night O/A	Friday	7.30 – 9 pm	386 3183 (Carla)
Harlequin Players	Days & times change		331 6162 (Glenys)
Hatha Yoga	Tuesday	10 – 11.30 am	980 8760 (Pauline)
Laughter Yoga	Sunday	11 – 12 pm	021 998 109 (Hannah)
Leisure Group	Friday – fortnightly	10.30 am	379 6305 (Centre)
Pilates – Levels 2 & 3	Friday	9.30 – 10.30am	342 3172 (Coralea)
Qi Gong	Monday	5 – 6 pm	021 161 7831 (Mitsue)
Share International	Wednesday	7.15 – 8.45 pm	027 450 8171 (Ellen)
Tai Chi - Beginners	Monday	1.15 – 2.15 pm	366 5472 (Phillipa)
Tai Chi - Maintenance	Monday	12 – 1 pm	Presbyterian Support
The Dancing Tree	Wednesday	12.30 – 1 pm (Ages 2-4 yrs)	354 9328 (Karen) or Text 021 944 675
	Wednesday	1 – 1.30 pm (Under 12 mths)	
	Wednesday	1.45 – 2.45 pm (Adults)	
	Wednesday	3.30 – 4.30 pm (Ages 5-6 yrs)	
Dance for Dance Sake	Wednesday	5.30 – 7 pm (Adults)	
Wu Tao Dance	Tuesday	5.45 - 7.15 pm	

## Monthly Groups / Meetings

NeighbourNet	Thursday (4 <sup>th</sup> quarterly)	5 – 6 pm	Phone: 379 6305
NZ Japan Society	Tuesday (4 <sup>th</sup> )	7.30 – 9.30 pm	Phone: 355 9903
Piano Practice	Wednesday (last of month)	11.30 – 12.30	Private
St Albans Choir	Tuesday (3 <sup>rd</sup> )	7.30 – 9 pm	Phone: 379 9188
St Albans News	Thursday	7 – 9 pm	Phone: 374 2465
SANDS	Monday (1 <sup>st</sup> )	7 – 9 pm	Phone: 323 9850
SARA	Tuesday (6 weekly)	7.30 – 9.30 pm	Phone: 374 2465
Transition Forum	Tuesday (bimonthly)	12 – 2 pm	Phone: 374 2465

*etcetera...* **coffee**

**MILITARIA** NZ books  
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Ph: 356 1484

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needs the vet  
355-6747 (24 hours)  
**Dr. Geoff Mehrtens B.V.Sc**

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



## Matariki at Packe Street Gardens

As reported in the newsletter of the Friends of the Park at 125 – 129 Packe Street Inc, the Friends celebrated Maori New Year with a “big working-bee” on Saturday 19<sup>th</sup> June. After all the rain it was an amazing day – 20 degrees, blue sky and sunshine! Over the course of the day 36 people came to help – some to garden and some to show solidarity. By 3pm the pile of prunings for City Care to take to the municipal muncher was huge, most of the fruit trees had been pruned and all the compost turned. Special thanks to the St Albans Organic Garden Group, to Larry from City Care who turned up as a volunteer with his trimmer and blower; to Adagio (Rebecca and David) for graceful lunch-time entertainment with music by Heather Gladstone; to Fern and Hapati for ritual and representing the next generation; to Frank, Frances, Tony and Bill our inspirational elders; to Matt Morris and Pauline Cotter our supportive Community Board members; to 13 Friends who made time to come and help; to those who provided the lunch and those who washed up and to Nikki Wagner MP for our afternoon tea. The Thursday gardeners are thrilled with the inroads made into the winter workload. *(reprinted with the permission of the Friends of the Park at 125 – 129 Packe St Inc.)*



Performance by Adagio - Photo by Helen Ross

## Letter to the Editor

Very interesting article, thanks Hilaire.

John Beanland also built our house on 245 Edgeware Road, towards Hills Road. His old builder's yard in Hendon Street used to back onto a dog leg extension of our property (behind 243 Edgeware Road) and I recall many years ago climbing over the back fence once to look for our missing cat and being intrigued by the “time warp” of the yard looking like someone had walked out the gate 30 years or more ago and not been back since. There was an old timber storage lean to with very aged building timbers and a shed with an old car mouldering away in it. I had contact with Alan Beanland a number of times through getting boundary fences etc replaced and he told me our house had been built by his granddad.

Once when in our roof space I found an intact and complete (albeit fragile) 1915 copy of the Lyttelton Times, folded under crawl boards that had probably been placed there by the builders years ago. We still have that paper today!

Keep up the good work!

Allan & Hildegard Grant

### WINTER SERVICE SPECIAL NOW ON

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Get your mower ready for spring now

FREE PICKUP AND DELIVERY (conditions apply)

**Hurry, offer finishes 31 August 2010**

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1036 Colombo Street**

## 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,  
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# Community Notices

**Art Society:** Monday, 10 am – 12 pm at St Albans Community Centre. Ph: 355 5090 (Reg)

**Astronomy Open Nights:** The Canterbury Astronomical Society's West Melton Observatory is open to the public from 7:30 to 9:00 pm every Friday night from April to September. Individuals and groups of less than 15 people are welcome on any public night. Larger groups require a booking. For further information see [www.cas.org.nz](http://www.cas.org.nz), email [bookings@cas.org.nz](mailto:bookings@cas.org.nz), or phone 027 445 8443. Cost \$6 per person

**Belly Dancing:** Wednesday, 10 – 11 am at St Albans Community Centre. Ph: 027 201 8858 (Yurie)

**Christchurch Competitions Society (Inc). Festival 2010:** July 2nd – 18<sup>th</sup>. Vocal, Speech and Drama, Instrumental, Tap Dancing, Ballet, Highland and National Dancing. For more info phone Tricia Radford 341 5427 or email [chchcompetitionssociety@hotmail.com](mailto:chchcompetitionssociety@hotmail.com) or visit our website [www.chchcomps.org.nz](http://www.chchcomps.org.nz)

**Computer Training for the Over 55's:** SeniorNet Canterbury Inc – at the Shirley Community Centre - has computer instruction 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 for an Information pack or leave a message on the answerphone

**Community Gala:** Our Lady Of Fatima. Friday 19 November at Our Lady Of Fatima School from 5pm till 8pm. Food, Fun, Families, Friends. Raise FUNDS for your community. Food, Entertainment, Stalls. For more information, contact Convenor Philippa Grocott (942 6198) or Secretary Bernie Campbell (386 1024)

**Dance Fitness:** Thursday, 5 - 6.30 pm at St Albans Community Centre. Ph: 365 6585 (Donette)

**Fairy Dance Academy:** Tuesday 3 – 4 pm, Thursday 9.30 am – 10.30 am, Saturday 9.30 am -12.30 pm at St Albans Community Centre. Ph: 021 120 6540 (Pam)

**Friday Night O/A:** Friday, 7 pm – 9 pm at St Albans Community Centre. Ph: 386 3183 (Carla)

**Golden Connection:** A service for older adults, is a six week programme provided by the Neighbourhood Trust for older adults over 55. Based at the St Albans Baptist Church, 64 McFaddens Road. All welcome. For more info, contact Tony Marsh on 355 6522, email: [tony@nht.org.nz](mailto:tony@nht.org.nz). Website: [www.nht.org.nz](http://www.nht.org.nz)

**Hatha Yoga:** Tuesday, 10 – 11.30 am at St Albans Community Centre. Ph: 980 8760 (Pauline)

**JEWELS n BEADS Wholesale Jewellery have moved** to 10 Cavan Place, Mairehau.

New Phone 385 8010. We have a great range of beads, pendants & jewellery at great prices. Open 9.30 - 3.30 Monday - Friday. Saturdays 9.30 - 12. Closed Wednesdays. Also book now for school holiday classes.

**Laughter Yoga:** Sunday, 11 – 12 pm at St Albans Community Centre. Ph: 021 998 109 (Hannah)

**Leisure Group (55+):** Friday – fortnightly at 10.30 am at St Albans Community Centre. Ph: 379 6305

**Mairehau Parish Indoor Bowling Club:** behind Our Lady of Fatima Church. We welcome new members. Mondays at 7 pm. The Season is between March & September. For details phone 382 8340

**NeighbourNet:** Open Monday - Friday, 11am – 3pm, and on Saturdays at 1pm – 3pm. Internet access and Office applications, listen to podcasts, etc. At St Albans Community Centre. Phone: 379 6305

**NZ Japan Society:** Tuesday (4th), 7.30 – 9.30 pm at St Albans Community Centre. Phone: 355 9903

**Pilates – Levels 2 & 3:** Fridays, 9.30 – 10.30am at St Albans Community Centre. Ph: 342 3172 (Coralea)

**Qi Gong:** Monday, 5 – 6 pm at St Albans Community Centre. Ph: 021 161 7831 (Mitsue)

**Ratana Church Service:** Every third Sunday of the month. 11am-12pm at the Rehua Marae. (355 5606)

**Scottish Society Inc:** Great Winter activity for your child. Saturday morning dance classes for all ages- Scottish Society Hall, Corner Edgeware and Caledonian Road, 9.30 – 11am. Tutors all trained in Highland and National Dancing. Please contact Cushla Plesse 352 7251 for more information

**Share International - Maitreya steps forward:** His open mission has begun. St Albans Community Centre. 1<sup>st</sup> Wednesday of every month, 7.15pm – 8.45pm. For further information phone/txt John 027 545 4823. [maitreya.chch@xtra.co.nz](mailto:maitreya.chch@xtra.co.nz)

**Shirley Community Choir:** Sessions on Tuesday evenings, 7:30 – 9:30, at the Scout Hall in Harrison St (off Flockton St). Contact Christopher at: 386 1025, 027 568 5515 or [christopher\\_musgrave@yahoo.co.nz](mailto:christopher_musgrave@yahoo.co.nz)

**Shirley Toy Library:** Hammersley Park School, Amos Place (off Marshlands Road). Opening hours: Wednesday 9:30 am - 11:30 am, 6:30 pm - 8:00 pm, Saturday 9:00 am - 12:00 pm, 1:30 pm - 3:00 pm

**St Albans Choir:** Monday (2nd, 3rd, 4th, 5th), 7:30 – 9pm at St Albans Community Centre. Ph: 379 9188 (Heather)

**St Albans Choir Meeting:** Tuesday (3rd), 7.30 – 9 pm at St Albans Community Centre. Phone: 379 9188

**St Albans Residents Association:** The next meeting will be held on 3 August at 7.30pm at the St Albans Community Centre, 1047 Colombo St. If you have issues you'd like to put onto the agenda, then please contact 379 6305

**SANDS:** Monday (1st), 7 – 9 pm at St Albans Community Centre. Phone: 323 9850

**The Great St Albans Quiz Night (PTA Fundraiser for the school library):** Saturday August 21st, Richmond Working Men's Club. Doors open 7pm. Quiz starts 7.30pm. Tickets: \$70 per team (maximum 6 members per team). Trivia (including St Albans local knowledge!), games and prizes, including one for the best team costume! A great winter night out, so get your team together now. Tickets on sale from the School Office

**Tai Chi - Beginners:** Mondays, 1.15 – 2.15 pm. Ph: 366 5472 (Phillipa, Presbyterian Support)

**Tai Chi - Maintenance:** Monday, 12 – 1 pm. Ph: 366 5472 (Phillipa, Presbyterian Support)

**Transition Initiative St Albans (TISA):** For more information, phone 374 2465 or email [tisa@stalbands.gen.nz](mailto:tisa@stalbands.gen.nz)

**Wu Tao Dance:** Tuesday, 5.45 - 7.15 pm at St Albans Community Centre. Ph: 354 9328 (Karen)

## "A Night At The Pictures"

*Presenting an evening of old time movies*

*BBQ for starters*

*"Shorts" including Movietone News  
half time icecreams, spot prizes and raffles  
Main feature in Black And White starring the  
Marx Brothers  
Supper*

**WHEN**

**6.30pm Saturday 7th August**

**WHERE**

*Scottish Society Hall, cnr Caledonian & Edgeware Roads*

*Tickets are \$12. For more info, call 355 6512*

*All in support of the NEW St Albans Pavilion and Pool*



# 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 personalised 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

**Affordable Counselling:** Experienced Counsellor and Therapist Don Rowlands, is locally based at the Durham Centre 110 Bealey Avenue. Couples, individuals and blended families. Free counselling may be available through the Disability Allowance (WINZ) or the Family Courts. Telephone (03) 365 7776 (w) or 027 688 2061

**Alexander Technique:** For women. Pain relief and stress release through postural awareness. Take control of your own health & well-being. Call Shona on 379 0332

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

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

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

**Classifieds:** 30c per word prepaid. Deadline for the next issue is 22 July

**Computer Guru:** Highest quality computer servicing, fixing all hardware/software problems, installations, advice and more. Servicing St Albans for four years, Call outs start at \$40/hr.

Offsite repairs \$20/hr. Phone Ron 379 3061 or 0210243 7398, or pcguru@orcon.net.nz

**Computer Volunteers Required:** If you have some spare time & are knowledgeable in Internet, email & XP the St Albans Community Centre would love to meet you. Please phone Alison 379 6305

**Dave's Computer Service:** Troubleshooting, Virus removal, Tuition etc. Low rates, ph David 356 1280

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

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

**Hairdresser:** Long lasting shiny hair colour, organic based ammonia free, good for you, good for the environment! Great haircuts. Tracette, 80 Derby St, ph 379 6368.

**HEALING:** through guided deep relaxation including past and present physical and emotional issues. Tel Sunny 374 3388 or sunnymayahealing@gmail.com

**Home Help/Child Care available** – by responsible female in return for board/accommodation with family. References available. Pam – Ph 021 120 6540

**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

**Ironing:** Available at \$20 per hour. In your home or can collect in St Albans/Merivale area Ph Janis 355 9034

**Mower Repairs:** and Reconditioned Mower sales. Ph Stu 021 245 3748

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

**Real Estate Sales Person:** Competent, friendly, hard

working, professional agent is waiting to help you with your property needs. List to sell and have confidence that you will get the best service and results. Phone Wendy Teague 356 1422 or 027 523 0588, Ray White Merivale, AJ McPherson Ltd. Licensed (REAA 2008)

**Relationship Counselling** - Professional, confidential counselling service by approved Family Court Counsellor. I am able to help people to access funding to meet with me from the courts where appropriate. Website: <http://www.dianecounsel.com> or ph 386-2746, Mob 027 338 5274 Diane Counsell

**Student Required:** Wanted for fence staining in the school holidays, ph Kim 386 1753

**Wanted Scrap Metal:** Damaged or old trailers, car parts, mowers etc, Free pick up, anything considered Ph Stu 021 2453748

**Wanted to Rent** – clean 1 bedroom flat or sleepout for responsible female student. Pam - Ph 021 120 6540

## TUITION

**Belly dance class:** For fun & fitness. Any age & fitness level, no dance experience necessary. City YMCA (Thurs 7:30pm, Sat 11am), St Albans (Wed 10am), Rangiora (Mon 7:30pm). Ph Yurie 352-8209, 027-201-8858, email: mebellydance@gmail.com

**Clarinet, Sax, Guitar & Piano:** Experienced local teacher for the NZ Modern School of Music. Phone Nicola on 385 6399

**Drums:** Experienced & qualified teacher at well-equipped studio with two kits, Rockschoool exams available, Andrew Couper, ph 980 5456, a.s.couper@paradise.net.nz

**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

**Fairy School of Dance and Music Holiday Programme** at St Albans Community Centre: July 12–16. Fan-fairy-tastic fun. Fairy Dancing 2–7 years; Magic Ballerina's 4–10 years. No experience necessary. Phone Pamela 021 120 6540 or 379 6305

**Guitar Tuition / Harmonica Tuition:** St Albans/City based. I am a professional musician and a very patient, motivational and passionate tutor. I cater to all ages, many styles. Complete beginners onwards, Great facilities. David 021 124 4801, (03) 379 9394. [backyardmusic.co.nz](http://backyardmusic.co.nz)

**Pilates:** Beginner and Intermediate classes. Monday & Wednesday nights, St Matthews Church, Cranford St. Ph Julie 351 2100.

**Self Defence Classes:** Gain health & flexibility, Mon & Thurs 5.30 – 7.30 at Foundation for the Blind, 96 Bristol St, Merivale. All ages. Ph 0800 581 481

**Teacher:** Maths 9 – 12 years of age; Reading & Writing 9 to NCEA 2; ESOL – Intermediate and college students, Adults – all English areas; IELTS - general and academic. Phone 365 8666 Rowena (NZ.Adv.Dip. Teaching+NZ.TESSOL)

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

## The Edgware Sports Bar

*"The Tiny Bar with the Big Atmosphere"*

13 POLES TAB  
Pool Table

Ph: 377 2294

Beside Sema's Restaurant

# St Albans Community Centre Expansion

*Article and photo by Christoph Hensch*

The extension project of the St Albans Community Centre, which was approved last year by the Christchurch City Council (CCC), has entered a new phase. The old 1920's library building will soon see a modern wing added on the back of the building, where there is now the carpark. The carpark will be moved to a recently purchased section next to the current carpark. The current building has been in operation as a Community Centre since October 1998 and the demands on the facility have outgrown the capacity of the building to accommodate all the groups and events requiring space. Last year saw 32,000 people make use of the Centre. Alison Elmes, responsible for the day-to-day running of the Centre said: "Once a week we have a request for by a group who would like to run a class or organise an event which we are unable to accommodate."

The Centre ran a preliminary survey with its users to find out what would be most needed in a new facility. Among the features requested were an additional, larger hall, additional meeting rooms, including a dedicated arts and crafts space, much improved acoustics, a better reception/lounge area and generally better accessibility to the building. Many expressed the wish that the new facility is built with environmentally sustainable practices in mind. Management staff from the Community Centre, who were recently able to see and discuss preliminary designs, are excited that the project is progressing.

"We're really keen to work closely with local community groups and residents to make sure we create a valuable addition to the current centre," says Christchurch City Council Community Support Manager, Carolyn Gallagher. "We're talking to community groups to make sure we can include as many things as possible from their wish lists in what we're planning to be an environmentally sustainable building."

There will be further community consultation on the building plans over the next month and public

consultation in late July. More information on the project will be available by mid-July on the Council website and on noticeboards at the St Albans Community Centre and at Papanui Service Centre. After consultation the project progresses to the next stage of resource consent and tender processes. It is currently hoped that the new building will be in use by April 2012.

28



View across the parking area at the back of the Community Centre, where the new facility is to be built

## Quotes of the Month

In our hectic, fast-paced, consumer-driven society, it's common to feel overwhelmed, isolated and alone. Many are re-discovering the healing and empowering role that community can bring to our lives. The sense of belonging we feel when we make the time to take an active role in our communities can give us a deeper sense of meaning and purpose.

*Robert Alan*

There is no power for change greater than a community discovering what it cares about.

*Margaret J. Wheatley*



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The QR code can be de-coded by a "smart-phone" with an embedded camera and barcode reading software installed.  
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