

# St Albans News

The Voice of our Neighbourhood

April 2011



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## There are many stories to tell!

*By Monica Guy*

Whilst I am quite aware that everyone has probably read more than enough about February 22<sup>nd</sup> and it's aftermath, I would like to share the experience of living in St Albans (Coles Place) on and after that date which shall forever remain in history.

When the quake hit I was in the car in Glandovey Road. I pulled over as quickly as I could, wondering at first what on earth was going on... Within 30 seconds there was water flowing over Heaton

Street. My next thought was which child do I get first? (I have three at different schools). Thankfully my middle daughter is at Heaton (so I was very close) and even more thankfully my eldest had a half day due to a PPTA meeting and had just gotten home before the quake hit. Once I had pulled over, she texted me and was on her way to get her youngest sister.

I ran (and my children will tell you I never run) into Heaton through rivers of water/liquefaction and could hear my name being called as soon as I was near

*continued on page three*



My name is Emma Twaddell and I became the chairperson of the St Albans Residents Association (SARA) last December. I have lived in Christchurch and St Albans since the first day of spring 2000 and I have been allowed to continue to blossom in this wonderful suburb and city ever since.

I had my life ripped apart for the first time at the age of 13 when I lost my brother Matthew in a car accident. I hoped I would never be bereaved again. But I am and I am hurting so much. Because of my past experience I know I am grieving but I also know it is ok to feel this grief, even though lots of people in Christchurch have been personally affected so much more than me.

The last 7 months have been hard on us all and we are all feeling bereft of our existences. Be good

to yourselves and those close to you. Take time out to laugh and relax and use this situation we all find ourselves in to involve yourself in your local community and its rebuild.

Having lost our home, our staff and most of our projects in the September earthquake, the SARA board and volunteers are plodding along doing what we can to support our community. We are posting updated local information on our website (<http://stalbans.gen.nz>) as we receive it and everyone has been working hard on getting STAN out to you all again.

We are also involving ourselves in conversation with other local organisations and groups and will, with your input, piece together how we can best support and provide for our community in the future.

Emma Twaddell  
Chair of the St Albans  
Residents' Association

## Editorial

We live extraordinary times. These are times of which the stories of the future are made. These are also times of hurt and tears, loss and trauma. But reading the stories in this issue of the St Albans News we realize that underneath the tears and the hurt there is also resilience and a community of people that comes together supporting each other. Do you have a story to tell? Please send it in to [news@stalbans.gen.nz](mailto:news@stalbans.gen.nz). We will either print it and/or publish it on the St Albans website.

Welcome back to the St Albans News – after a 5 months interruption. The new board of the St Albans Residents Association has decided that we will endeavour the resurrect our local paper again and find ways to make it work. The scope of the paper will be smaller than in the past, and we explore different ways of distributing it to the community as well. All the content in here will also be made available online through the newly revamped website at <http://stalbans.gen.nz>. At this stage, the paper depends entirely on the the advertising we can sell. Thank you to all the local businesses that have done so!

*by Christoph Hensch, Editor*

## St Albans News, April 2011 Vol. 18, Number 1, Issue No. 188

The St Albans News is a community newspaper. This newspaper is delivered monthly, and is free to over 3000 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

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With regular contributions from:  
Maxine Feutz, Hilaire Campbell, Doug Craig, and others.

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

**St Albans Residents Association meetings are held monthly on the 2nd Tuesday. Please contact 374 2465 or email: [communitycentre@stalbans.gen.nz](mailto:communitycentre@stalbans.gen.nz) for more information.**

*continued from page one*

the courts. It was my neighbour's daughter and I will never forget the fear in her voice. I found my own daughter and then found that my neighbour was there too and rounding up all the children who live in our street. We found all five of them and headed home. I can never ever explain how incredibly lucky I felt to have all of my children in one place so quickly. This is something I think about daily.

After a few hours of many many phone calls trying to locate everyone in our street, friends and family, finally everyone was home and safe. We spent most of the day outside supporting each other with hugs, sharing phones, getting food/drinks for the children, making conversation whatever could be done. I know at least two of my neighbours headed to the CBD to see if they could help. When one neighbour finally got home, his 6 year old son announced "Daddy, we've been having lots of fun!" I see that as a testament to the wonderful spirit of our street.

With no power, we had planned on sandwiches for dinner but ended up in our neighbours garage and shared whatever food needed eating from the freezer etc and cooked it all on the barbeque and thankfully heated water for coffee :-)

At around 10:30 that night, my girls and I were on mattresses in the lounge (no way was anyone sleeping upstairs that night), listening to the radio when the power came on. This was so unexpected and amazing. Our first instinct was to turn on the tv and we got our first detailed news of what had really happened. It was then that it really hit home what an incredible tragedy had really happened and how truly fortunate we were.

The next day and for many days afterwards in true St Albans (indeed Canterbury) fashion, everyone joined together and helped in whatever way they could, not just in our area but in others where people were so very much worse off than we were. So many people dug silt, did baking, ran errands, looked after others' children, checked on the elderly, cleaned up at school, and so very much more. Whatever could be done was done. Our lovely neighbour even dug us a long drop which my youngest daughter thought was very cool.

With no school for the foreseeable future, another amazing neighbour decided to start home schooling her children. This quickly swelled to at least 20 of the children in Coles Place. Other parents took school other days and we spent the mornings doing maths, science, art, English, kiwi trivia and sport. We even had a Big Day Out to Willowbank with five parents and 20 kids and we had a blast ! The home schooling was an amazing experience - we bonded as a community even more than we had before (which is saying something!) and it gave the children (and the parents!) some focus and some sense of normality/routine. I can never thank my friend/neighbour who started this enough.

St Albans school reopened more quickly than we could have hoped, which was fantastic and a huge credit to the Principal, staff, BOT and PTA as well as so many others from the community. It was wonderful to have this normality for so many children and I know my youngest was absolutely thrilled to get back to school.

Whilst we now feel that we are nearly back to normal, things will never truly be the same for anyone. However, one thing will never change and that is how incredibly fortunate we are to live in St Albans, truly an amazing community of amazing people.



Our Big Day Out to Willowbank

## **Kia ora, Talofa and Greetings**

Your Shirley Papanui Community Board is committed to supporting St Albans and other badly affected residents however we can as we move towards recovery this year.

To make the best possible decisions about local needs and aspirations we need purposeful and appropriate participation with you as residents and groups like SARA. Our role is to ensure that you are engaged and represented and with the new CERA structure to emerge this month citizens voices must have the space to be heard.

Engagement means being kept informed, consulted and involved in a more in depth nature if appropriate. The highest form of engagement is empowering citizens and we regularly invest resources (time, money and expertise) into community organisations and sometimes individuals. This process is also known as Community Development.

We are mindful of our role as board members and that our responsibilities lie in the domain of community governance and advocacy. We take an interest in wider and longer term developments and trends that do and will affect our 'patch' of Christchurch. These interests include business, education, employment, environment, health, justice, policing, recreation, social services and transportation.

Your community board is supported by several capable and committed staff working with your board to ensure that residents have a voice in decisions that matter to you. This team is lead by Peter Croucher, our Board Advisor, who is the first point of contact for requests of the board. Peter's number is 941 5414.

For CCC requests for service (including chemical toilets) call 941 8999 and ensure you ask for and keep the reference number.

Kind regards,

**Chris Mene, Chairperson,  
Shirley/Papanui Community Board**

## Community Spirit and Resilience

*by Doug Craig*

At 1.22pm on Tuesday 22<sup>nd</sup> February I was in a library going through emails and working on a presentation that I was to deliver the following week. Ironically I had just received a document to review on Community Resilience after Natural Disasters. The violent movement, noise and crashing of shelves and books etc was almost totally unexpected, and caused widespread disruption to many lives, my own included.

It was in the following days (daze?) that I saw demonstrated the spirit of community as neighbours and friends checked up on each other, offered food and practical help and passed on information about where to get water, dig pit latrines and provide comfort and sympathy. I was on the end of a shovel moving silt in several backyards and footpaths for days after, and could sense the spirit of all being in this together. Students turned up with youth and enthusiasm just as ours was running low and farmers came with tractors and much needed tanks of artesian water. I saw that the spirit of community was flowering amongst the debris as helicopters flew in hot meals to

people in New Brighton. I also saw it as I helped deliver food in Aranui while the dust swirled around the increasing numbers of earthmovers and trucks on the lumpy roads in the eastern suburbs.

This community spirit helped us all get through the first weeks, but now comes a larger task as people assess their futures and livelihoods in a severely disrupted Christchurch. Much of that assessment depends on critical information from EQC, Council, Government and the Civil Defense administration. While understandably they were focused on the Central city to save lives and protect property in the first week after the quake, the suburbs pretty much had to get on with it themselves. People helping people.

The uncertainty of the future, whether it is finding out if a house is repairable and when; the likelihood of going back to work or restarting a damaged business; of reconnecting with larger social and community events, looms large in most people's minds. Information has been patchy and has caused some anger and despair amongst those who have lost home, business or friends. It is then they need to reach out to friends and

relatives and others in the community for support.

The Council can also aid in this. One of the things I discovered after the Sept 4<sup>th</sup> quake was the focus on the CBD and on infrastructure because that seemed to be the most visible and public aftermath of the quake. The suburbs got on with it and adjusted their lives around restrictions and damage to streets and buildings. If the Council had learnt lessons from the first event, it should have set up a network of Community and Neighbourhoods with its staff and supported those in the community who were doing heroic things in the days after the second quake. Instead I saw most of the effort centered on media presentations and walkabouts through the cordoned off areas. It wasn't until the last week in March that the council staged Community meetings to impart information. Yet the flow is still mainly one way — how about listening as well to community concerns and responding appropriately?

Yes there is community spirit and resilience here in Christchurch but lets give it some nutrients to make it grow and flourish in the future. *✍*

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## Standing Up for Christchurch

Our city is devastated by the February 22 earthquake. I hope you and those you hold dear have come through it unharmed. Tragically, in a community of our size, we are all touched by the loss, and our hearts go out to those who have lost a loved family member or friend. The scale is huge. However, the thing I have noticed the most is the scale of kindness that communities have shown to each other. This is an unprecedented event which has been followed by an unprecedented outpouring of help, many times

to complete strangers. While we are saddened by the destruction of buildings, it is people who make a city great, and I have been incredibly proud to call Christchurch home when witnessing how resilient, patient, and caring the people in this city are.

There is increasing frustration as people battle to get information about their homes, businesses, and buildings. I am advocating on your behalf with the various agencies but do so with the awareness that many things will take some time to fix. Our patience will be stretched but we will

get through this.

My electorate office was destroyed in the quake so I have been operating caravan clinics throughout the electorate. I am hoping to open a new office soon; in the interim we are working from the office of Ruth Dyson, MP for Port Hills at 642 Ferry Rd. My staff and I are here to help with earthquake or other issues. Just call 377 8840 or email [brendon@christchurchcentral.org.nz](mailto:brendon@christchurchcentral.org.nz).

Kia kaha, lets get through this together.

**Brendon Burns**  
*MP for Christchurch Central*



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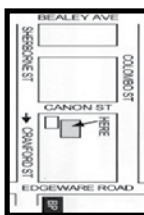






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# Weeping, Wailing and Gnashing My Teeth

by Reetah Mitchell

If someone is prone to crying, my Nanna says their bladder is too close to their eyes. If Nanna had seen me in the weeks following the quake of 22 February, I reckon she would have diagnosed my tear ducts with incontinence.

I don't know about you, but I have been emotional. I wish I could say just a "tiny bit fragile" but that would be stretching the truth — actually, it would be flat out lying. My current mental state could best be described as vicious pre-menstrual tension crossed with a few unstable pregnancy hormones, stir in a little manic depression and sprinkle lightly with a dash of schizophrenic psychosis. I have cried myself an ocean: silent tears of disbelief, torrents of terror, streams of stress and raging rivers of anger.

Pre-Quake, my tears would only be tempted out by sentimental movies or revoltingly sappy books. However, Post-Apocalypse reality means that my imagination does not have to work hard to find something to be maudlin about.

Like all Cantabrians in those awful initial days, I wept for those killed, those missing and those who were left behind to mourn them. As the days turned to weeks, I cried for the loss of the buildings, infrastructure, roads, schools, parks, jobs, businesses and

livelihoods.

But most of all, and most selfishly of all, I shed tears at the loss of my routine. I had lost the serenity of my stability. All that I held safe and secure had been turned on its head — literally. I was not nearly as resilient as I perceived myself to be, and this realization is what has made me cry most of all.



A pump truck sucking the liquefaction out of the sewer on the corner of Madras & Edgeware Sts

Oddly enough, it was a telephone conversation to Nanna that brought some perspective to my overwrought emotional state. In a Post-Quake call, after ascertaining that we were all OK, Nanna went on to tell me about the two big quakes in Wairarapa in 1942.

Her frail voice crackled down the phone line, "No-one can tell you how bad the noise is, eh love? The sound of bricks falling and roof iron buckling."

Nanna described working in the Hansells factory in Masterton and how in the aftershocks of those quakes, the factory workers had run outside and clung to each other as the fields around them rolled and rippled. She talked of the devastation of homes, land and roads and how the Army had helped them clear up and re-build.

It was both a surprise and a comfort to know that when Nanna said, "I know how you feel, love," that she really did know, and was not paying me trite lip service.

The epiphany came when I realized that in the thirty-nine years of my existence, I'd never once heard Nanna tell this story. I had heard tall tales of major Scrabble battles with Granddad, accounts of prize winning cabbages and lettuces, chronicles of favoured varieties of dahlias and roses, along with too many narratives of my childhood mischief and

monkey business — but not a single anecdote of an earthquake.

Those destructive forces of nature had not defined Nanna's life. They did not stop her from marrying a good man, having lots of babies and living a life stuffed full of happiness ever after.

Maybe the serenity of her stability had been shaken. Maybe at the time she had drunk a little more sherry than was seemly. And just maybe, her tear ducts had suffered from extreme overuse syndrome. But at some stage, both the ground and her emotions steadied. The enormity of the event faded and real life began again.

And that gives me hope that this crazy roller coaster of emotion that is the "new normal" will calm down. Perhaps not today. Perhaps not tomorrow. But eventually this gargantuan event that has affected all of us in so many heartbreaking ways, will be nothing more than a story we tell our grandchildren.

✍



## Letter to the Editor

None of us will ever forget the earth shattering moments on 22nd February. What has emerged in the weeks since the quake have been tales of heroism, and an overwhelming sense of community spirit and engagement. Although suffering devastating loss we have gained an opportunity to rebuild Christchurch as an example of a resilient, sustainable 21st century city.

Think forward a few years and imagine our rebuilt city, with affordable, warm, dry, environmentally friendly housing. Imagine a safe, prosperous, vibrant city where the roads are places for people, not for constant streams of traffic. Where new green spaces join places where people live in the inner city. Picture strong local communities that are linked together by seamless public transport and communication systems. And where our quality of life is measured by the time we spend with family and friends, not by the dollars we spend shopping.

To achieve this vision we must ensure that we retain our voice and our right to be represented during the rebuild,

and not let the process be captured by powerful interests. Already, accountability is at risk from the Canterbury Earthquake Recovery Agency (CERA) proposal which vests enormous powers in the hands of the Minister.

Although a majority of kiwis prefer a temporary earthquake levy on higher earners, rather than borrowing to fund the rebuild, the government is using our tragedy to push ahead with its plans for spending cuts. It has also chosen to borrow for the rebuild which passes the costs onto future generations and increases pressure for mortgage interest rate hikes.

You will have an opportunity to discuss our vision for the new Christchurch over the next two months in a series of community meetings. Look for advertisements in your local media or email me at david.moorhouse@greens.org.nz for more information.

**David Moorhouse**

*Green Party Candidate for Christchurch Central*



A two storied house becomes one in Winton Street



**What Will the Future of St Albans Hold for the Local Business Community?**

To register your interest in being part of the St Albans Business Association please email [communitycentre@stalbens.gen.nz](mailto:communitycentre@stalbens.gen.nz)

**"Opportunity is a bird that never perches".**

—C McDonald



### Rebecca Toone Ray White St Albans

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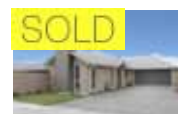
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## St Albans Fire Service

*by Hilaire Campbell*

Brian Reid stumbled into fire fighting in 1979, when he learned to tie knots for a carpentry apprenticeship. "I loved the camaraderie and the emergency response atmosphere. The boss must have thought I was suited because I'm still here."

For the last 6 years he's been a senior fire fighter at the St Albans Fire Station in Cranford St. "It's a great wee place, we even have our own kitchen." Built in 1957 to a standard plan, the building incurred little earthquake damage. "Because of that, our projected move to Mairehau is on hold."

Including station manager Tony Phillips, there are 16 staff members doing 4 x 4 watches 24 hours a day. "We're all different, but we're professional. We work well together."

The single fire engine is a magnificent thing called Te Taniwha or water monster, after the original horse drawn steam pump which Brian says was unique to St Albans.

The station's patch extends from Fendalton/ Merivale to Mairehau but also up the Main North Road, where there are many traffic accidents. Sometimes it's recovery only, but if electrical systems short circuit they can ignite petrol.

The worst things by far, Brian says, are house fires where a family member is lost. "It's not uncommon for someone to come home from the pub and put the pan on, then fall asleep on the sofa."

Brian would like to see fire safety resources better spread. "It's a case of the squeaky wheel getting the oil. We install smoke alarms as a community service, but houses in Fendalton have as many as 7 or 8. Around Emmett St or Mairehau, the other side of the

economic coin, you'd be lucky to find one. Even that's probably got a flat battery."

1400 calls (averaging 28 a week) are made each year from St Albans Station. 30% are false and only 5%

judgement calls."

Training is ongoing, says Brian. Every 2 years fire fighters undergo a Physical Competency Assessment (PCA) with a set of pre-determined exercises to be completed in a certain



actual fires. The rest are "fire related and other stuff, for example, kids locked in a bedroom, cats stuck in wall cavities, horses in ditches and TVs left on stand-by. There was a man who fell asleep in his car outside the Caly with the engine running and foot flat on the accelerator. The exhaust set fire to his boot."

Lately in St Albans, Brian and his colleagues have been making chimneys safe and checking abandoned buildings, including the community centre. "A red sticker means we need a civil engineer to enter, but at 5am you can't just whistle one up. All the time we're making

time. It also re-evaluates ability to cope with full face breathing apparatus. "If super hot air is inhaled it causes swelling of the throat and suffocation."

In-service coaching deals with new equipment. "We've got a fancy disc-cutting saw, but after the earthquake we had to chop through Forsyth Barr's car park roller door with axes."

Brian says things are usually more mundane. "There are lots of elderly people in our neighbourhood. They don't like the siren, so we try to be as quiet as possible."

✍

## Rising from the Rubble

by Max Feutz

We will soon be able to celebrate a small local triumph with the reopening of Ambrose Heal Furniture, on the corner of Edgware and Barbadoes Streets.

In double quick time, the building at the front has been rebuilt, while all along business has carried on as best it could from the house and yard at the rear, with much of the restoration work being undertaken outdoors.

In fact, this business will be one of the first in the area to be fully operational again, which is testimony to the inner strength and feistiness of owner Peter and his team. Having been severely damaged in the first quake, the shop was almost ready to open again when the February quake struck, sending him back to square one. But he's no quitter, and by Easter or thereabouts he will have his showroom back again and will be able to market his own exquisite pieces in addition to dealing with the avalanche of repair work the earthquake will no doubt send. After a well earned holiday put on hold by recent events, we might expect to see him back to his old smiling, loquacious self.

But at the moment he says, "I'm tired and I'm grumpy." Who can blame him?

✍



Above: On the morning of September 4

Below: Today rebuilt with care.

Left: Inlay detail on exterior window frame



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## Community Notices

### Connect With Your Community

In response to Christchurch's 2nd devastating earthquake the St Albans Residents Association has revamped its website. This website is dedicated to the recovery of St Albans and its city, Christchurch. It is a place where people can go to find relevant local information. If you are from an organisation or a business and have essential information you would like to share with the community, then please get in touch by email to [communitycentre@stalbans.gen.nz](mailto:communitycentre@stalbans.gen.nz) or by phone to 374 2465, and we will endeavour to publish it here.

### The St Albans Leisure Group

The Leisure Group is an older adult's recreation group that provides social contact and activities for its members. The group generally meet fortnightly and visit many of the free and low cost events that the city offers and follow each event with coffee and a chat. If you would like to enjoy the camaraderie and social contact the Leisure Group provides contact Wendy at [communitycentre@stalbans.gen.nz](mailto:communitycentre@stalbans.gen.nz) or 374 2465.

### ARE YOU IN NEED OF A HOLIDAY?

If you and your family and friends could do with a holiday then check out <http://www.operationsmiles.org.nz/>

What is Operation Smiles?

It's all about people. People around New Zealand giving the people of Christchurch some light relief and time out from the troubles and trauma back home. Some of Auckland's top tourist, leisure and entertainment attractions are involved (eg, Rainbows End, Auckland Bridge Climb, Waiwera Hot Pools and Tree Adventures) and what they're doing is offering FREE and/or DISCOUNTED ENTRY to their venues, starting NOW. All you have to do is provide proof of residency, and you're in!

Operation Smiles is a non-profit venture run by volunteers. (Thanks to all of you from St Albans)

AND THERE IS ALSO A CHANCE TO WIN FIVE DAYS OF FUN IN AUCKLAND AND NORTHLAND.

### St Albans Neighbours Online Forum

If you live in St Albans and surrounding areas, joining this online forum might be one of the more important things you do in 2011. We want this forum to be large, and active. You are invited to be part of that.

Recovery from the earthquake will take some of us a long time. It may take several years for us to realise all the things we've lost. Meanwhile we still have to get on and build community life, and find in that community a new place for ourselves.

This forum is ABOUT what the members want to talk about. We're not very interested in what's in the newspaper or on TV. We're more interested in what people are saying over the fence.

You can share community news, photos and announcements; recommend plumbers, electricians, builders and other trades; find lost pets; help to prevent crime; talk about new businesses; or even just discuss how our community is rebuilding.

It's easy to take part in the public forum, either on the web or by email.

Join here: <http://forums.e-democracy.org/groups/cc-stalbans>

For more information contact John S. Veitch, 352 8372 or email [jsveitch@ate.co.nz](mailto:jsveitch@ate.co.nz)

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**Computer Guru:** Highest quality computer servicing, fixing all hardware/software problems, installations, advice and more. Servicing St Albans for five years. Callouts start at \$40/hr. Offsite repairs \$20/hrs. Phone Ron 379 3061 or 021 0243 7398 or [pcguru@orcon.net.nz](mailto:pcguru@orcon.net.nz)

**Door Specialist:** Repairs, adjustments and installation of all doors and locks, ranch slider wheels and locks, garage doors. Qualified Tradesman. Ph Stewart 365 2969 or 021 185 4055

**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

**Handyman:** Pete Knuiman Ltd. For all your property maintenance, repairs, painting, carpentry, fencing, brickwork, tiling work, alterations and those odd jobs. Ph Pete 021 022 53774 or 385-1718. [pete@knuiman.co.nz](mailto:pete@knuiman.co.nz)

**Healing:** Energy healing, sound healing, regression healing. Ph Sunny on 374 3388. Facebook:

[sunnymayahealing](http://sunnymayahealing)

**House cleaning job in St Albans wanted:** By honest efficient and reliable lady on a weekly basis. \$25 per hownhouse/flat. Excellent references available. Ph. Nicola 386 1118

**Painting and Decorating:** Internal/external. 22 years experience plastering. Owner

#### St Albans Veterinary Practice

Cnr Cranford & Berwick Sts

Phone us when your pet needs the vet

355-6747 (24 hours)

Dr. Geoff Mehrtens B.V.Sc

#### CATS on CRANFORD

(Next door to St Albans Vet)

102 Cranford Street

Phone Rebecca

355-6743

Inspection welcome

#### trade skills

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

Trade Skills

Phone

Peter on 332-6274

## St Albans News Classifieds

operator, efficient service, locally based. Ph Mark 355 7670 or 027 434 3300

**Counselling** - Earthquake trauma has placed considerable pressure on some relationships. As an approved Family Court Counsellor, I am able to help people to access funding to meet with me where appropriate. Website: <http://www.dianecounsell.com> or ph 386 2746, Mob 027 338 5274 Diane Counsell.

**Intuitive healings and readings, also crystal healings.** Caring and experienced practitioner. See my website [www.healingpathways.co.nz](http://www.healingpathways.co.nz) or phone Yvonne 9609711

**Bowen Therapy:** Bowtech. Gentle therapy for all aches & pains. 1040a Colombo Street, Edgware. Workplace treatment also. Ph 0800 581 481

## TUITION

**O'Callahan Dance Studio**

Fairy and Ballet Classes; from two years Monday and Saturday Contact Ciara: [ocdancestudio@hotmail.co.nz](mailto:ocdancestudio@hotmail.co.nz) or 027 335 2759

**Yoga:** Mary Potter Centre. Tuesday 10-11.30am. Friendly, relaxing class, well suited to mature figures. Phone Pauline 0n 980 8760

**Self Defense Classes:** Gain health & flexibility, Monday & Thursday 5.30-7.30 at Foundation for the Blind, 96 Bristol St, Merivale. All ages. Ph 0800 581 481

**Clarinet, Sax, Guitar & Piano:** Experienced local teacher for the NZ Modern School of Music. Phone Nicola 377 1753

**Drums:** Experienced & qualified teacher at well-equipped studio with two kits. Rockschool exams available. Ph 980 5456. [a.s.couper@paradise.net.nz](mailto:a.s.couper@paradise.net.nz)

**Zumba Fitness NZ** — Zumba With JB: Zumba Fitness NZ has extended our great range of classes. We can now provide 9 Zumba classes each week. With 4 nights and 5 daytime classes, there's something for everyone. Come and join the party! Check out our website, [www.zumbafitness.net.nz](http://www.zumbafitness.net.nz) or email us for more information, [admin@zumbafitness.net.nz](mailto:admin@zumbafitness.net.nz). nz Casual classes \$10 — Concession cards available \$80 for 10 classes



**The St Albans News relies on your contributions. Please send your articles, letters and notices to [news@stalbens.gen.nz](mailto:news@stalbens.gen.nz). The deadline for the next issue is May 31st**

"The time, dedication & effort Mike put into selling our home was exceptional"

Debbie & Stuart

"We found Mike excellent to deal with, no pressure, always helpful"

Neil & Michelle

"Mike is a man of action and does exactly what he says he will do"

G Harr

**Mike Goatley**  
Ray White St Albans



B 03 343 0219 M 027 249 5561

[mike.goatley@raywhite.com](mailto:mike.goatley@raywhite.com)

AJ McPherson & Associated Ltd (REAA 2008)

**Ray White**

**Due to recent events**  
**Ray White. ST ALBANS**  
**has had to relocate**



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## Edgware Supervalu



Another icon of St Albans is disappearing: the 1940 Century Theatre in Edgware Road, St. Albans, which was converted into a supermarket in 1969. The building received a facelift in early 2010 and will be replaced by a modern supermarket.

### **"Munted"**

Munted is a common adjective in Christchurch describing personal circumstances following the quake. The [onlineslangdictionary.com](http://onlineslangdictionary.com)<sup>1</sup> definition of munted shows this to mean;

"Wrecked, damaged, or caused negative change of state"

- under the influence of ecstasy. Possibly from "mullered" + "c\*\*ted"
- drunk. Australian slang
- under the influence of drugs. Australian slang
- ruined

Recent quote: "However it is bad news for one of the city's key sewage facilities. "Our main sewer truck is seriously munted," Mayor Bob Parker told TVNZ. "I believe that is the technical term."

<sup>1</sup><http://onlineslangdictionary.com/definition+of/munted>

**Source: Mens Trust Newsletter: The Munted Edition**

## Sustainable city living ideas

What could happen on St Alban's Orion site now? Sustainable city living ideas from Adelaide

Here's some great news for anyone wanting to find out about options for sustainable city living. For about a decade I've been a supporting member of Urban Ecology Australia .. It's an inspiring group of people who have managed to pull off a huge challenge in addressing the disastrous impact of urbanisation:

- Many of us spend hours commuting each week, at an enormous cost to the economy, the environment and our climate.

- We live in homes that use twice the energy they used thirty years ago.

- Urban sprawl increasingly encroaches on prime agricultural land.

So what to do? Urban Ecology's extraordinary team of volunteers have succeeded in their quest to develop a working alternative model, Christie Walk, in the heart of the City of Adelaide.

Christie Walk is remarkable in that it manages to combine:

- Low impact, high efficiency housing.

- High density living – 27 households on 2,000 square metres of land.

- Facilities that encourage social connections and a strong sense of community.

- Biodiversity – despite the high density, the overall impact is of a green, welcoming space, including a community kitchen garden and relaxing rooftop garden.

As one of the founders commented, there's now no excuse. We know it can be done. Urban Ecology's determination for Christie Walk to be a model for future sustainable city development has resulted in the production of a brilliant DVD and CD-ROM pack, Christie Walk – a piece of ecocity. It's an inspiring and hopeful pack, just what's needed. *✍*

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<http://stalbans.gen.nz>



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