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Christoph Hensch: New Manager of the St Albans Community Resource Centre

Most St Albans locals will be very familiar with our wonderful local Resource Centre at 1047 Colombo St, and the pivotal role it plays as, quite literally, the hub of our vibrant and growing community.

Most will also by now be familiar with the fact that Douceline Wardle decided at the end of last year to pass the reigns of its management and that of STANN magazine to someone else.

The role of Resource Centre Manager and Community Facilitator has expanded a great deal in the last few

years, as the Centre has reached further and further into the community, and has become far broader than the original job description required. It was with great anticipation therefore that I recently went to meet the new manager, Christoph Hensch, who took over this rewarding job in mid-January.

He was born in Basel, Switzerland and, in the several years of meandering that finally brought him here, has lived in a huge variety of cultures and gained a wealth of experience of community issues.

He started out adult life as a banker in Lucerne, but realising that the corporate life wasn't the path he wished to follow, he became involved in the International Committee of the Red Cross, working off and on for many years in Management and Logistics, which took him to several countries, among which were Afghanistan, Cambodia, Iran, Sri Lanka, Russia and Somalia, to name but a few. This was hands-on, practical, at times life-threatening work which directly resulted in improvements to the communities involved, and it gave him an enormous sense of satisfaction. Since a very early age Christoph had felt that he was a 'global citizen', and his work in international aid led to an increasingly strong conviction that the 'third sector', that is, the community, is of the greatest importance in our lives.

This philosophy means that Not For Profit organizations and movements, environmental issues, and sustainability became and still are his biggest passions.

Christoph came to NZ in 2001 and settled for a while in Golden Bay, where he immediately became involved in the community. He worked in an organisation called Earthcare Education Aotearoa, a trust managing a project called 'Planet Organic', a one year residential programme to train people in permaculture, and contributed his expertise to many other trusts and voluntary organizations.

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Douceline passing the buck (or should that be reigns) to Christoph Hensch

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STANN is a contribution driven newsletter We need your input to offer a balanced content. Please send in contributions on local groups, activities, etc. or express your opinion. All contributions are treated equally and with respect.

STANN does not have an opinion of its own (just a strong community bias). Any opinion is that of the writer only.

STANN is published by SARA and printed by New Century Press.

STANN is a not for profit newsletter, delivered monthly, free to over 5000 homes and businesses.

Promoting good community with accessible, honest, non-profit communication

Community Notices

Community Board Meetings

Ordinary meetings of the Board be held at 4.00 pm at either the Papanui Service Centre or another venue approved by the Board on the following dates:

7 and 21 February 2007, 7 and 21 March 2007, 4 and 18 April 2007, 2, 16, and 30 May 2007, 20 June 2007, 4 and 18 July 2007, 1 and 15 August 2007, 5 September 2007

Phone Elaine Greaves (Community Board Secretary) on 941 6726 or email elaine.greaves@ccc.govt.nz for information or about making a deputation to the Board.

St Albans Residents' Association meetings

Every third Tuesday of the month at **7.30 pm at the St Albans Community Resource Centre, 1047 Colombo St, St Albans.** Any resident can attend or bring any issue to the meeting or Ph 374-2465.

Funding

The St Albans Residents' Association wishes to acknowledge and thank the following funders for their support:

- The Canterbury Community Trust - \$7,500 towards the manager's salary.
- Lotteries - \$12,000 towards Salaries and other costs.
- Christchurch City Council Community Development Scheme - \$1,650 for Volunteer support costs.

After School Care - 12 Years Upwards

The St Albans Community Resource Centre has been approached to provide after school care from 3.30 – 5.30 pm Monday to Friday for young people aged 12 years upwards. We are exploring the need for this service in St Albans and would like to hear from interested parents.

We would also like to hear from retired teachers who would be free to help with the planning and running of this group.

Please phone the Centre on 379 6350.

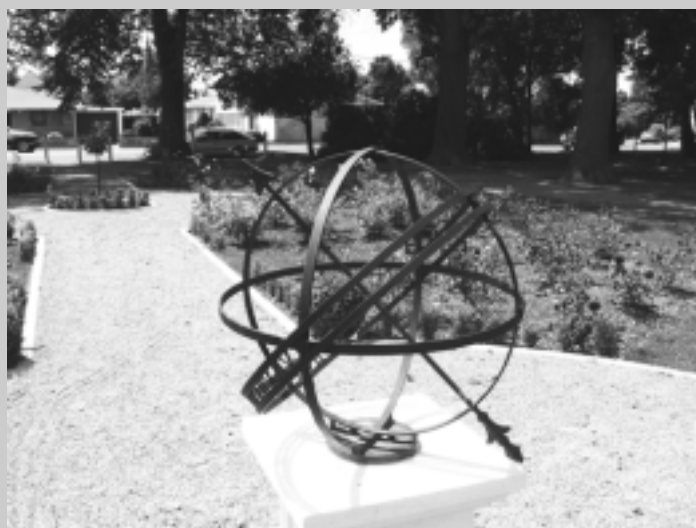
Bouquet to City Council and City Care for Abberley Park's latest addition

Last year residents were consulted about the establishment of a rose garden where Abberley Park's original caretaker cottage once stood. Records and early photos indicated that Abberley Park had a well-established rose garden, originally as part of the old homestead and added to when Council purchased the land. To reflect this piece of history, the north end of the park was re-established with an old-fashioned rose garden. Landscape Architect Jocelyn Mahoney chose 20th century species similar to the types used in the original rose beds. The central feature - an astrolabe - (the dictionary describes that as an instrument formerly used for taking altitudes) often was a garden feature typical of this era. The base of the astrolabe was sculpted by a City Care employee.

William Mitchell (aka Mitch) who was long-time caretaker of Abberley Park has donated the park bench in this tranquil spot. Take some time out of your busy schedule and absorb the ambience in this latest addition of the Park.

Thanks to CCC for the funding and City Care for the development and maintenance of this project.

Douceline Wardle (Photo taken by Mark Williamson)



Tim Barnett

*Christchurch Central's
Member of Parliament*



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Derelict Packe St Houses



This long drawn saga appears to be coming to an end. Under the new Local Govt Act, CCC has stronger powers to sell a property if the owner is behind in rates. This has been the case for these houses with an American absentee landowner and the squatter (of at least 15 years!) getting into arrears. The Council has passed on the properties to the Public Trust which is in charge of selling the properties on behalf of Council. The local contact person there is Dennis Robertson on 977 3902. One property is unoccupied and severely derelict –this will be going up for auction at the end of February. The other was sublet by the squatter and the tenants have been notified –this will be going up for auction in 4 –6 weeks time.

Contd from pg 1

Moving to Christchurch around a year later, he has been actively involved in many similar projects such as the Sustainable Cities Trust, and a feasibility study for a social housing project aimed at providing affordable accommodation for those who can't access Housing NZ services. All the projects he becomes involved in reflect a deep belief in every community's ability and responsibility to take care of its own members and reach out to others.

So, what does Christoph want to achieve as part of our community?

Of course the Community Centre is already a success story, so one of his main tasks will be to continue to expand it's role as a meeting place for people of all ages and achieve higher occupancy of the building. To this end, he plans to oversee an upgrade of the website, and, as the new editor of

STANN magazine, increase the effectiveness of our inter-community communication.

He will continue to monitor local body plans and decisions, helping to make submissions and lobby on issues that concern our community.

He will endeavour to give SARA a much stronger voice and is looking forward to

working with the committee of the Residents' Association as well as with the residents themselves on the continued improvement of the neighbourhood.

Bringing together disparate organisations in the wider community that in fact have very similar core values and goals, and which would be strengthened by working together, is another future possibility.

If it were possible to condense Christoph's philosophy into one word, that word would in fact be STRENGTH, contributing our own strengths as individuals to a community based on cooperation, not competition, and using that communal power to improve every aspect of living in our city.

Christoph is now a New Zealand Resident who lives locally with his wife and two NZ born daughters aged 2 years and 3 months old. Luckily, he seems to have already put down very strong roots in our soil, and we might all hope to have him in our community's service for some time, because talking to him in his rather drab office, I had the feeling that he will manage to broaden all our horizons, and that once again, we have been gifted an important asset to our special community.

Maxine Feutz

Wendy Kappler

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Integrated Mind/Body Medicine

Integrated mind/ body medicine- a new fad just released from the cabals of new age spin doctors? (No pun intended)- No it is a form of medicine that has existed since human beings sought to heal their broken bones and wounds, their fevers and fears. In traditional medicine for a person to get well and to stay well all levels of their being had to be evaluated and treated- physical, mental, emotional and spiritual. It was believed that all aspects had to be in balance for there to be true health and this remains to this day.

Allopathic or conventional medicine, (as is practiced by our mainstream health system), focus is on the presenting symptoms of various body systems; these are generally treated independently of each other. The body is not considered and treated holistically. This is not to denigrate this system- allopathic medicine is staggering in its success in the field of acute care and surgery, but for chronic long term conditions traditional mind/body medicine can be equally successful. In Europe, particularly Germany, Switzerland and the Scandinavian countries traditional medicine is beginning to take its rightful place along side conventional medicine as an equal partner in hospitals and in clinics.

Natural medicine has long understood that a person is not a disease or series of symptoms but a whole being that must be treated in its entirety. All manner of modalities are utilized in this care, from the ancient to the ultra modern. Science has

shown us the benefits and dangers of foods and plants, the effects of stress and pollutants, and the mechanics of disease. Modern natural medicine harness's this knowledge to enhance its traditional treatments. For example herbalism or to use its modern term phytotherapy, offers safe efficacious remedies without the side effects often found with conventional medicines. These can be used for all types of illnesses-physical and mental.

The recent spate of television programs and magazine articles on diets and obesity proves the importance of diet and good food on health. Natural medicine has long known and practiced this based on Hippocrates adage 'let food be your first medicine'. Natural medicine encompasses a myriad of treatments, from those mentioned above, to exercise, relaxation techniques, homeopathy, massage, and nutrition. Ultimately our health rests in our own hands and natural health therapies empower us with the knowledge and the tools to responsibly implement this.

Within the St Albans area we have a variety of practitioners available to us and one utilising the treatments mentioned is Alchemilla Natural Medicine. All ages and conditions can be treated by a fully qualified naturopath. For an appointment just call. **ALCHEMILLA NATURAL MEDICINE.**

St Albans St. Ph: 355-3503/ 0274041756
alchemilla@xtra.co.nz

Clark's Deli – one of the specialty shops at Edgware

Clark's Deli produces fresh seasonal cuisine with no artificial additives, preserves or flavouring. The meals are freshly vacuum packed ready made for you to take home to heat and eat or to freeze. A healthy choice ranging from \$7.50 - \$12.50.

Graham has been in the cheffing industry for 28 years working in London, Switzerland, Australia, the Middle East and around New Zealand. He catered at the Christchurch Golf Club so is used to catering for all requirements ranging from weddings, anniversaries, office functions to simple dinner parties in the convenience of your own home. He has a passion

for wine and can match wine with food for any special occasion.

Graham specializes in gluten free and/or dairy free products, specially made relishes, pestos, sauces, anti-pasta platters, freshly cured salmon, thai cuisine and more.

Come and check out his home made fresh products or ask for his menu samples to take home. Take the stress out of that next dinner party at home and let Graham

do the cooking.

Clark's Deli is situated in Edgware Mall opposite the Kiwi Bookstore –ph 365 3863. email: freshcuisine@xtra.co.nz



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SACRC Activities - 2007 – Term 1

Weekly Activities

Activity	Day	Time	Cost	Contact
Craft Group	Tuesday	12 – 1.30 pm	Gold coin donation	Centre – 379 6305
Dance Fitness	Monday	2 – 3 pm	\$60 for 10 weeks	Phone: 365 6585 (Donette)
Clearing Yoga	Monday	5.30 – 7 pm		Phone: 385 1408 (tony)
Angel Dance	Wednesday	3.30 – 4.30 pm		Phone: 021 120 6540 (Pam)
Dance Fitness	Thursday	5.30 – 7 pm	\$60 for 10 weeks	Phone: 365 6585 (Donette)
Email/Internet	Mon – Fri	11 – 3 pm	\$2 per hour	Centre – 379 6305
Email/Internet	Saturday	1 – 3 pm	\$2 per hour	Centre – 379 6305
Leisure Group			\$2 per week	Register at the Centre
Music Together	Thursday	9 – 9.45 am		Phone: 027 380 5992
Music Together	Thursday	10 – 10.45 am		(Jennifer Shay)
Music Together	Thursday	1 – 1.45 pm		
Music Together	Saturday	9 – 10.45 am		
Angel Dance	Saturday	11 – 12 pm		Phone: 021 120 6540 (Pam)
Music Together	Sunday	10.15 – 11 am		
Tai Chi	Mon & Thur	12 – 1 pm	Maintenance	Presbyterian Support – Phone: 366 5472 (Pip)
Tai Chi	Mon & Thur	3.30 – 4.30 pm	Beginners	Presbyterian Support – Phone: 366 5472 (Pip)
Pilates – Intro Levels 1,2 & 3	Friday	9am – 1.45pm	\$60 for 10 weeks	Phone: 941 8083 (CCC)
Wu Tao	Tuesday	6 – 7.30 pm		Phone: 354 9328 (Karen)
Hatha Yoga	Tuesday	10 – 11.30 am	\$65 for 10 weeks	Phone: 980 8760 (Pauline)
Youth Café	Thursday	7.15 – 9 pm	Gold coin	Centre – 379 6305

Weekly Groups			
Art Society	Monday	10 am – midday	Phone: 385 3123
Choir	Monday (2 nd , 3 rd , 4 th)	7.30 – 9 pm	Phone: 379 9188
Friday Night O/A	Friday	7.30 – 9 pm	Phone: (03) 312 9448)
Harlequin Players	Wednesday	5 – 8.30 pm	Phone: 351 2501
Monthly Groups			
Fly Fishing Club	Tuesday (1 st)	7.30 – 10.30 pm	Phone: 384 2763
Linux Users Group	Tuesday (2 nd)	7.30 – 10 pm	Phone: 981 5469
SANDS	Monday (1 st)	7 – 9 pm	Phone: 323 9850
SARA	Tuesday (3 rd)	7.30 – 9.30 pm	Phone: 374 2465

The St Albans Community Resource Centre

1047 Colombo Street. Phone 374 2465 or 379 6305

Email: stalbans@ihug.co.nz

Office Hours 10 am – 3 pm Monday to Friday

Offers to the community:

- The Press - available in lounge area
 - Fax facility
 - Photocopying @ 10 cents per A4
 - Hall Hire - Conditions apply
- \$10 per hour non-profit community rate
\$15 per hour Commercial rate

The St Albans NeighbourNet

Open Monday – Friday 11 am - 3 pm
Saturdays from 1 – 3 pm

Internet access, email & photocopying available

Volunteers:

The NeighbourNet needs volunteers for the Community Computer Centre. If you have two hours spare a week and know how to use XP, MS Word, internet & email we would love to meet you.

Phone the St Albans Community Resource Centre on
379 6305 or 374 2465

Te Tiriti O Waitangi

We continue this series of articles with number 2 out of three. The original paper was presented by Louise Tankersley at a Community Development conference some time ago. With kind permission from Louise she has allowed me to edit it for the general public into 3 articles. (DW)

The Two Original Texts of the Treaty

You will notice that I refer specifically to the Maori text of the Treaty; however, most New Zealanders don't actually know that there are two versions. However, it is a fact that there were two versions originally: the English version, which was drafted first, and then the Maori version, which was supposed to be a translation of the English. The English version was translated into Maori by Williams, who didn't do an awfully good job; the Maori version is certainly not an accurate reflection of the English version. The majority of Maori who signed the Treaty (approximately 450) signed the Maori version, and never saw the English version. There were some who signed the English version (approximately 50) but the discussion that was held by Maori about the English version during the debate on the Treaty (held on 5th February 1840) was in Maori. So most thought they were signing what they had been talking about, rather than what was written on the piece of paper in English. Therefore, the Maori version is the one that most Maori refer to when they talk about the Treaty.

In the English version, Article 1 doesn't refer to 'kawanatanga'; it says that Maori ceded 'sovereignty' to the Queen. This is quite different to the Maori version, where the retention of sovereignty is referred to in Article 2, and it is held by Maori. Therefore we can see that, in the Maori version we have Maori retaining sovereignty (Article 2), and in the English version, we have Maori ceding sovereignty (Article 1). No wonder everyone is confused!

In the English version of the Treaty, Maori cede their rangatiratanga under Article 1. For Maori, to completely relinquish your tino rangatiratanga is to give up your absolute chieftainship, which is linked to your mana. Mana is the spiritual power and authority that has been conferred by the gods, in order that their revealed will may be carried out. Some people call it status or authority; however, the best analogy I have heard about mana came from Rev. Maurice Gray. Imagine yourself sitting at the traffic lights in your new Jag. The light is red, so you don't have the authority to go through the light. You have the power, but not the authority. Mana is when you

are sitting at the lights and the light goes green. You have the power and the authority (not just the power, which on its own does not constitute power). Many people go around saying they are the 'big chief'; they have a lot of power, but they don't have the authority to go with it. This is a problem in Maori and non-Maori communities alike.

Therefore, sovereignty refers to mana, and a person's (or a people's) mana is attached to the gods. It follows, then, that there is no way that Maori would ever cede their tino rangatiratanga to anyone else; it just wasn't possible. There was nothing in the Maori psyche that would ever have allowed them to do such a thing.

The English version of Article 2, the English text refers to the full, exclusive and undisturbed possession of land, estates, forests and fisheries by Maori. Inherent in this is the concept of 'ownership'. It was very much the concept of land title that was behind this wording; however, Maori had no concept of the 'ownership' in the British common law understanding. For Maori, it is about belonging to the land, being a part of the land. The connection is genealogical; it links Maori back to the very beginnings of time through Papatunuku (the Earth Mother). Maori can trace their whakapapa back to Mother Earth (and through her, back to the Creator of all life); therefore we are part of her and she is a part of them. So Maori refer to 'belonging' rather than 'owning'. The concept of 'ownership' wasn't a part of Maori thought.


Article 3 gave Maori the same rights and privileges as British subjects. Therefore, they not only had the same status as British subjects, but were also guaranteed (under Article 2) the full protection of their customary rights, spiritual history and knowledge, and their tribal customs and lore.

Which Version of the Treaty Should be Used?

In considering claims, the Waitangi Tribunal uses the Maori version of the Treaty, utilising the international law of 'contra preferentum'. This means that, where there are two versions of an agreement or a Treaty (one written in the indigenous language and one written in the language of the colonisers), the version that should be considered is that of the indigenous people, because it was that version that the indigenous people understood to be the truth when the agreement or Treaty was made.

Other Treaties overseas are also dealt with under the law of contra preferentum.

**Mairehe Louise Tankersley
Kai Tahu, Kati Mamoe, Waitaha**



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Making Use of Food Labels

Ever wondered what food labels really mean? The compulsory inclusion of Nutrition Information Panels on all packaged foods has made choosing healthier foods easier. To illustrate this the Nutrition Information Panels from two food products are analysed.

In this example you can see the cookie contains 22.1g of total fat per 100g and the cereal bar only 10.9g. They both contain similar amounts of sugar per 100g. The cookie is a much larger serve providing 1880kj while the bar provides only 415kj. The bar also contains some fibre, which is good for health. In this example the cereal bar would be a healthier snack lower in fat, kilojoules and higher in fibre.

Consider the following when reading labels:

- The 'per 100g' column is a useful one to use when comparing one product with another similar one to find the healthier option for your family.
- Fats are listed in two rows, total fat and saturated fat. The saturated fats are fats from animal sources that are less healthy so if a product has lots of this then it may not be the best option for health.
- Carbohydrates are divided into total carbohydrate and simple sugars. If most of the carbohydrate in a food is from sugar, it may not be the healthiest option.
- Dietary fibre is listed separately and we should aim to increase the amount of fibre in our diet.
- Foods with lots of sodium or salt are not healthy and

packaged foods are often high in salt. Limit salty foods such as noodles.

- Use labels to compare the fat, sugar, fibre, and sodium content of similar products to help you select the healthiest option.

Chocolate Chip Cookie

Cereal Bar

NUTRITION INFORMATION (average)			NUTRITION INFORMATION (average)		
Serving size: 95g (1 biscuit)			Serving size: 25g (1 bar)		
Servings per package: 1			Servings prepackage: 8		
	Per serve	Per 100g		Per serve	Per 100g
Energy (kj)	1880	1960	Energy (kj)	415	1660
Protein (g)	5.9	6.2	Protein (g)	1.6	6.5
Fat, Total (g)	21	22.1	Fat, Total (g)	2.7	10.9
- Saturated (g)	11.7	12.3	- Saturated (g)	2.6	10.5
Carbohydrate, Total (g)	57.8	60.9	Carbohydrate, Total (g)	16.3	65
- Sugars	35.4	37.3	- Sugars	8.4	33.7
Sodium (mg)	360	379	Sodium (mg)	39	156
Dietary Fibre (g)	0	0	Dietary Fibre (g)	1.3	5.0

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