

National LETS Conference 2007

This conference, which readers were informed about in last month's STANN, took place over the weekend of 14th to 15th April, at St Mathew's Church hall here in St Albans. It was well-attended by members from as far afield as Taranaki, Wanganui, Timaru, Motueka and Invercargill, and was hosted this year by Canterbury Community Dollars. It gave the public a great opportunity to

making adult-sized sleeveless hoodies. Various speakers in the so-called 'voluntary sector' gave interesting and inspiring talks at the Conference. Katherine Peet, from Sustainable Otautahi Christchurch, spoke of the need for a change of mindset from individualism to an agreed-upon set of community ethics, and co-ordination between various community groups to give us all a stronger voice.

Chris Twemlow, a Lyttelton resident who is very active in his community, outlined the Lyttelton Timebank scheme and Project Port Lyttelton, both of which have resulted in visible community growth, and led to a greater understanding of how commercial and social aims can complement each other.

Sharon Torstonson, from the Council of

community such as St Albans, which is more close-knit than many other areas, has excellent communication across the generations, and which already has a lot of energy and enthusiasm for social projects.

In recent community newsletters, our focus has been directed towards strengthening our community through sharing of expertise and ideas, buying locally, and expanding networks that can be used by St Albans' people. This goal ties in well with the aims of Canterbury Community Dollars, whose not-for-profit trading system is a very practical method of participating in our local economy even if we happen to be cash poor.

As Canterbury Community Dollars Chairman Nigel Weston says, 'a dollar spent in Community Dollars is a dollar spent helping a neighbour.'

This is a wonderful way to meet people, help our community grow, and perhaps involve some of the younger members of our community in something both practical and ethical.

For more information, email: communitydollars@gmail.com or phone (03) 366 1992

Maxine Feutz



Katherine Peet speaking about the need for a change of mindset

acquaint themselves with the philosophy behind this kind of trading system and how it works.

The Saturday Market held in conjunction with the Conference showed the wide variety of goods on offer. These included plants, handicrafts, books, records, jams and pickles, and many other homemade items. Many of the products on sale reflected members' commitment to ideals such as sustainability and caring for the environment. For example, one stall holder makes trackpants for babies and toddlers out of the fabric discarded when

Social Services, spoke about 'Making Connections in Social Services.' She was enthusiastic about the possibility of Green Dollar groups beginning to trade with organisations like hers that want to implement sustainable management practices, and invest their funds ethically.

Christoph Hensch spoke on the future of Canterbury Community Dollar (CCD) and LETS systems in general.

Although the idea is far from new, having had its heyday in the mid-90s, it is increasingly relevant again in our own time, and is particularly suited to a

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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 the St Albans Residents' Association and printed by New Century Press.

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

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Chair Chat

Before we know it the local body elections in the Christchurch area will be upon us. Our Mayor and the City Councillors will be decided. ECAN Councillors throughout the region will be determined. Neighbourhood Community Board and Hospital Board positions will also be chosen.

The 13th Oct 07 elections are not that far away, and most of us don't have a clue about the major issues that will affect our personal lives and our finances. This is further confused by a Postal Vote method that many people still do not understand. Are you



registered to vote? Has your address changed? Do you understand how Postal Voting works? If you are concerned or have questions, please drop by the Community Centre and we will help.

Your vote in these local elections really counts. Two elections ago in Christchurch, one person running for a City Councillor position lost by only four votes. The last voter turnout in our area was estimated to be a dismal 34%. We don't want this to happen again.

In the months to come, St. Albans Community Centre will host meetings that will help you learn about the issues and meet the candidates. While remaining neutral, we will aggressively promote a meaningful dialogue between different opinions, parties, candidates and key issues.

The St. Albans Community Centre will take the lead in making sure all area voters are aware of how important their individual vote is, and why it is essential each person votes.

A wise person once said: "There are three kinds of people. Those that make things happen; those that watch things happen; and those that say what the Hell happened?"

Don't be one of the last two groups.

Sincerely,

Bill Demeter – Co-Chair

St Albans Community Notices

Community Resource Centre

1047 Colombo Street.

Phone 379 6305 or 374 2465

Email: office@stalbands.gen.nz

Office Hours 10 am – 3 pm Monday to Friday

Offers to the community:

- The Press - available in lounge area
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\$10 per hour non-profit community rate

\$15 per hour Commercial rate

\$30 per hour for private functions

The Centre is run by Christoph Hensch, Manager
and Alison Elmes, Community Worker

Funding

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

- * The Lion Foundation - \$1,500 towards new LCD computer screens.
- * Christchurch City Council - \$8,500 towards Youth Programs.
- * Christchurch City Council Social Initiatives Fund - \$33,000 towards the Manager's salary the general running costs of the Centre.

Time to join in

**Matariki Celebrations and Winter Working-Bee in
Packer Street Community Gardens**

PLANNING MEETING

Tuesday, 22nd May 7.30pm at 115 Packer Street, St Albans

Agenda: Creative play for the Children

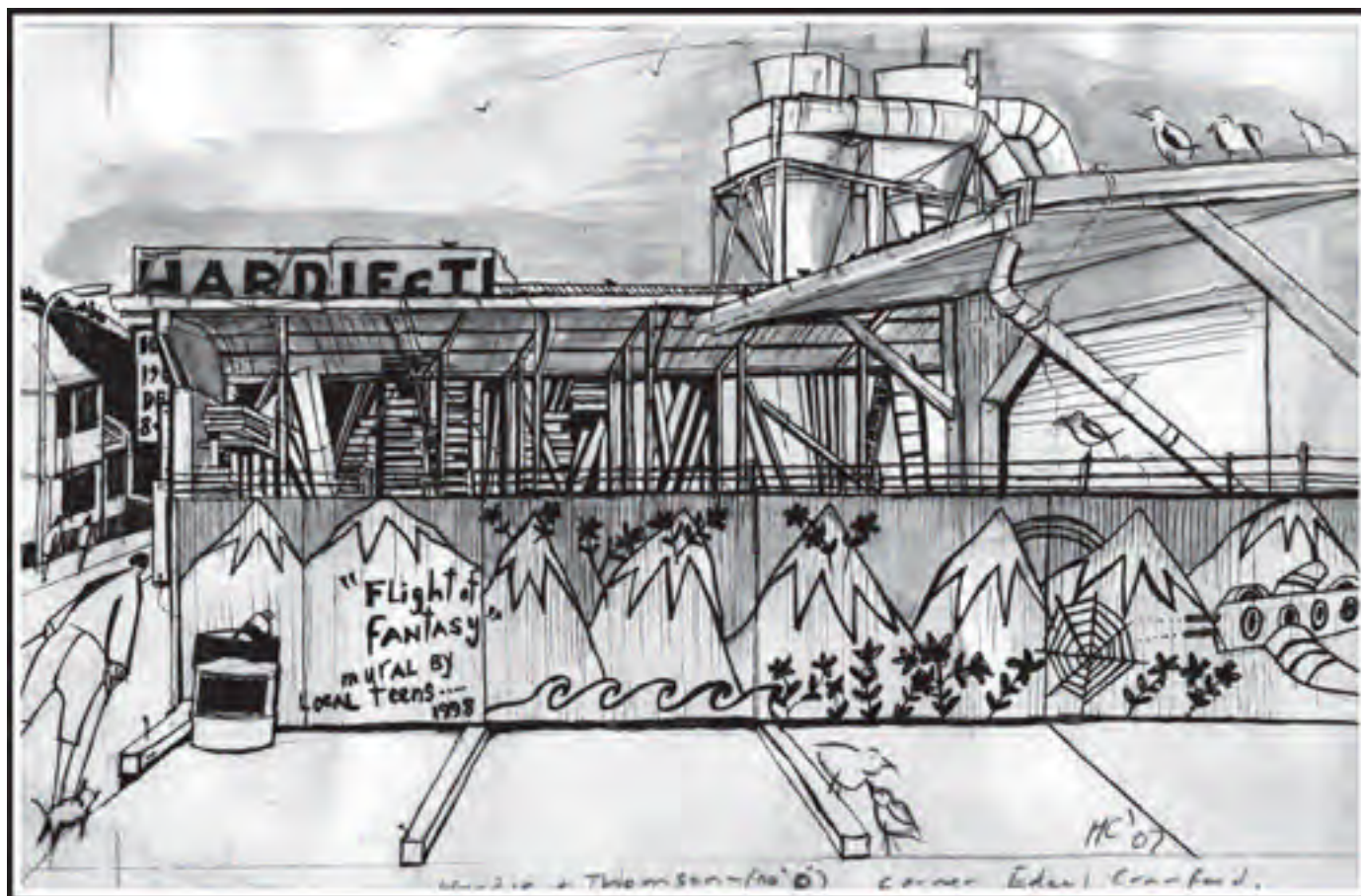
Playful work for the grown-ups

Lunch for the hungry

Time to join in and organise a real community enterprise

*The planning meeting will be followed by
"Friends of the park at 125 – 129 Packer Street" AGM
Minutes, Business and Election of Officers*

It is envisaged that the Celebration of Matariki and Winter Working-Bee will be held at the park in the second half of June



Edgeware Bowling Club

The Edgeware Bowling Club's winter programme of pavilion bowls commences in the first week of May. This programme has been going since the 1970s in one of the few custom-built bowling pavilions. Catering for players from learners to international many top bowlers started their careers from this source. Sessions are available most days of the week with up to three seasons a day. Last season the club installed a new playing surface of UK and Australian manufacture to UK county standards.

Players do not need to be registered bowlers to enjoy participation...the general public are welcome. Both competitive and social events, as well as an inte-house or business competition are held. There are vacancies in most sessions, coaching is available, bowls are provided and new bowlers are particularly welcome. Enquiries to Kevin 3553410 fax 3554710

**Flight of Fantasy - and soon to be 100 year old
Hardie & Thomson Workshop.** by Hilaire Campbell

Events Calender

- | | |
|--------|--|
| 2 May | Friends of Edgeware AGM,
St Albans Community Centre |
| 9 May | Golden Tours, Westpac Rescue
Helicopter, St Albans Baptist Church
(355 6522) |
| 15 May | St Albans Residents Association
meeting (379 6305) |
| 22 May | Friends of the Park Packe St AGM
7.30pm at 115 Packe Street. |
| 23 May | Golden Pathways, St Albans Baptist
Church (355 6522) |

Ray White

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Alders of Allard Street Decapitated

As the City Council informs us, many of the Italian Alders in Allard Street are in full contact with the overhead electricity lines. Substantial sections of the crowns of half the trees on the west side of the street had to be removed in order to comply with the 2003 Electricity and Trees Act. Once the pruning work is completed, the situation will be reassessed and further action considered. If some of the trees need to be removed, the decision will only be made by the Community Board after consultation with the community. For any more questions please contact the Arborist, Graham Clark on 941 8630.

The imposing line of Italian alders (*Alnus cordata*) in Allard Street, St Albans, is clearly visible on the Google Earth website map. This species is rarely used as a street tree in Christchurch. Italian alder forms a big tree, and in this case it now unfortunately interferes with power cables on the west side of Allard Street. Just north of the street is St Albans Park, and there are two species of alder there, one being Italian alder. The other is the common alder (*Alnus glutinosa*), this making an even larger tree than the Italian alder as demonstrated by two or three large trees on the eastern side of the Park. Since it seems that at least some of the trees on the west side of Allard Street will either have to be removed or be severely cut back, some thought could be given to replacing them with a smaller species of *Alnus* since it would be nice to retain the alder theme for this street.

There are various species of *Alnus* ranging in size from

large shrubs to large trees. A nursery that specialises in such trees would know which species were most suitable. One possibility might be one of the available smaller forms of grey alder (*Alnus incana*) or the Himalayan alder (*Alnus nepalensis*) or even the rare *A. jorullensis* from South America.

Bill Sykes



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Advertising and Sustainable Consumption

Outcome of STANN's Awareness-Raising Campaign on Sustainable Consumption

Between December 2005 and March 2006, Stann participated in an awareness-raising campaign on sustainable consumption, which I designed as part of my PhD research at the University of Canterbury. The campaign emphasised the importance of sustainable consumption practices in New Zealand, as a response to Earth's growing ecological problems, and highlighted the negative social and environmental impacts of advertising and accelerating consumerism – factors known to be opposing forces to sustainability. As Alan Durning put it in his article *An Ecological Critique of Global Advertising*, "...from the perspective of the Earth's long-term health, the advertising industry looks somewhat different. Stripped to its essentials, contemporary advertising has three salient characteristics. It preys on the weaknesses of its host. It creates an insatiable hunger. And it leads to debilitating over-consumption. In the biological realm, things of that nature are called parasites." Hence, "advertising's main ecological danger" is the "consumption it inspires..." Representing New Zealand's Parliamentary Commissioner for the Environment, Rochelle Selby-Neal stressed that education for sustainability would need to address the pervasiveness of advertising and the mass media because, of its influence on "human values, fears, expectations and desires – those things that consciously and subconsciously drive hearts and minds, and influence what we care about, what we take responsibility for, and ultimately what we do."

I am now in the process of writing my thesis, a chapter of which includes an impact assessment of the campaign. Although the campaign did not have an effect on people's overall views about advertising and consumerism, I am quite happy with the overall outcome because the campaign significantly contributed to people's understanding of what "sustainable consumption" meant. Another interesting outcome was that there was a statistically significant increase in the number of parents who expressed their concerns over advertising's impact on their children.

I believe STANN's participation adds empirical evidence to

the potential for community media in conveying "alternative views" that may sometimes not get its place in mainstream media. Joe Smith, editor of the book, *The Daily Globe: Environmental change, the public and the media*, pointed out that the concept of sustainability "is still a mystery to most people" and "...public's understanding of global environmental change and sustainability issues has been badly served by the media." This highlights the role community media can play in educating for sustainability.

I would like to again extend my profound gratitude to the participants of my research, members of the St Albans Community Centre and in particular Douceline Wardle who was fully supportive from the start and all the way through.

Komathi Kolandai

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Each dance creatively expresses one of the five elements of air, water, wood, fire and earth.

In oriental medicine, each element governs a set of meridians, the pathways through which the Qi Energy flows. These meridians in turn, are associated with the organs in the body e.g. The Water Element dance is associated with the Bladder and the Kidney meridians. Having learned the 5 dances you will be able to dance them progressively, reaching a place of perfect beauty, perfect harmony and perfect balance. Wu Tao calms the mind, allowing you to put aside 'issues and problems' and relax into the moment.

The creator and founder of this innovative movement therapy, Michelle Locke, always had a passion for dance and music.

In 1983 Michelle began a professional dancing career with the WA Ballet Company. Unfortunately, due to a serious back injury Michelle was forced into retirement and dedicated herself to the study of oriental medicine, alternative therapies and the healing arts in an effort to find relief from her back pain.

Michelle discovered Shiatsu, a Japanese form of massage that works on balancing the Qi Energy in the body. Bringing together her knowledge of oriental medicine and dance and music, Michelle has succeeded in bringing us Wu Tao, this flowing and energising dance experience.

Wu Tao is now available in Christchurch.

Karen Lewis, former professional dancer and teacher with the Val Deakin Dance Theatre Trust, Taranaki, has recently settled in the Garden City.

As both a practitioner and teacher of Wu Tao, Karen is providing classes and workshops at Avebury House and the St Albans Community Resource Centre and invites you to share this unique and beautiful experience.

Karen is holding a free introductory workshop on March 24th. If you are interested, please contact Karen to register.

Wu Tao, with its foundation in oriental medicine, combines original dance and ambient music, and is the ultimate way to indulge both body and spirit in healing. It is a physical, energetic and spiritual therapy for those who love to dance.

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St Albans Laughter Club

The St Albans Laughter Club was launched in March through the inspiration of three locals, who trained with Dr Madan Kataria from Mumbai India, the now famous 'Doctor of Laughter'. He knew that medical science had proven that laughter reduces blood pressure, muscle tension, increases the immune response and stimulates the natural mood-enhancing endorphins. In fact, there's practically no aspect of the human condition that won't be improved by regular laughing. To bring these benefits to the general public Dr Kataria started the first Laughter Club in 1995 with five people. Now there are over 5000 clubs in fifty-four countries worldwide. No humour, jokes or comedy are used. The benefits are gained whether the laughter is fake or genuine, the body can't tell the difference. Laughter is initiated through a series of laughter exercises that stimulate the body to laugh. Anyone can laugh. In a group the laughter soon becomes contagious and nearly always leads to genuine laughter. Laughter is our universal language, it breaks down barriers and makes us feel positive and optimistic. Come and get a dose of Laughter.

Every Sunday, St Albans Community Centre 1047 Colombo St 11.00 – 11.45am. Free Entry. Everyone welcome. Info Ph Hannah 021 998 109 Richard 021 0431 648 or Honalee 3843 614.

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In STANN ten years ago - May 1997



**Tim Barnett, John Gallagher and Garry Moore at
the Gala Day, April 1997**

Held at St Albans School, the Neighbourhood Gala Day was a great success with a large number of locals turning up. The wizard was there, Bernie the fire engine was a hit with the kids, there was lots of music provided by talented locals, heaps of food was consumed, and everyone had a great time.

The opening of the brand-new Packe Street Park is to be held on May 17... a good turnout is expected.

The plan for the development of St Albans Park was unveiled about this time, generating lots of interest.

The library (Community Centre in 2007) was planning to close down. (Where did all the books go?) Apparently the building began as "The Mechanics Institute". There's an article waiting to be written !

The St Albans InfoLink has become The St Albans NeighbourNet with a brand-new website. To come later will be the public access at our Community Centre, but "from small acorns. . ."

Friends of Edgware Update

Our community has the chance to raise the money for a new pool at the Edgware site thanks to the councillors who are now supporting the pool. We would like to thank all the local businesses for their support through contributions to our raffle last year. We also thank everybody throughout the city for donations and pledges. We wish to announce the project name of 'EDGEWATER SPRINGS'. We are meeting regularly at the Resource Centre and welcome all support, ideas, skills and donations to this wonderful cause. We will keep the community updated through STANN, and local flyers. However any inquiries and donations can be sent to Aynsley Macnab: 980 5584 or Pauline Cotter 027 296 8811. or through the St Albans Community Resource Centre.

A Wee Bit of History



Corner of Barbadoes St and Edgware Road in 1926

(Source: Christchurch Library, Online Archive at <http://library.christchurch.org.nz/>)

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