

# St Albans News

The Voice of our Neighbourhood

October 2007

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## Remembering



**Graham Thomas Condon**  
**11 February 1949 - 8 September**  
**2007**

# Chair Chat



Tena koutou katoa  
Greetings everyone.

It is with considerable disbelief that I write this month's column, as the news of Graham Condon's tragic accident sinks in. The St Albans Community Centre set itself the goal of increasing participation in the democratic process in the forthcoming Local Body Elections and towards this end has actively worked to raise its profile.

One such activity was our well-attended forum for Mayoral, City Council and Community Board candidates to meet with the community. This took place just a few days ago, and Graham was there as he campaigned for re-election to the Council. As always, Graham was chatty and knowledgeable. His very confident presence gave no room for anyone to see him as disabled. No doubt he had to exert extraordinarily courageous efforts to give such an impression and to achieve to the admirable level he did. Graham was a community advocate over many years and in various settings including sport, disabilities and general civic matters. I have to say I did not always see eye-to-eye with Graham on a couple of issues, but I greatly respected his efforts on behalf of others. I made the observation at the political forum that none of us has a democracy unless generous individuals put their time and money into standing for election. This usually thankless task enables us to have some input into how we are governed and how our country is run. Once again I encourage you to find out about your local candidates and VOTE.

Thanks Graham, on behalf of St Albans, for your regular involvement in our community and your availability to discuss concerns. We salute your community spirit.

Moe mai i te rangimarie o te Atua.

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

## Events Calendar

- 24 Sep – 5 Oct Youth Holiday Programme (379 6305)
- 27 Sep St Albans Residents Association AGM – Speaker Mark Prain (379 6305)
- 2 Oct Friends of Edgeware meeting (980 5584)
- 3 Oct Water Wisdom meeting
- 9 Oct Linux User Group – Blender 3D animation
- 11 Oct Breast Check Seminar (348 4627)
- 16 Oct St Albans InterAgency Meeting (374 2465)
- 16 Oct St Albans Residents Association meeting (379 6305)
- 21 Oct Ratana Church Service, Rehua Marae (355 5606)
- 23 Oct NZ-Japan Society (355 9903)
- 28 Oct Canterbury Community Dollar Market (374 2465)
- 10 Nov St Albans School Monster Fair

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

- Shirley-Papanui Community Board - \$1,605 towards Volunteer Support Costs

### Your vote counts

## USE IT !

before 13th October



St Albans News, October 2007.  
Vol.14, Number 10, Issue No. 154

The St Albans News is a contribution driven community newsletter. It is published by the St Albans Community Centre, 1047 Colombo St. This is a not-for-profit newsletter, delivered monthly, and is free to over 5500 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 contributions and adverts to:  
St Albans News, P.O. Box 21-102, Christchurch

email: [news@stalbans.gen.nz](mailto:news@stalbans.gen.nz),  
phone: 374 2465 or 379 6305, fax: 374 2467

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With contributions from:  
Maxine Feutz, Richard Bradley, Hilaire Campbell, Bill Demeter,  
Maggy Tai Rakena and Dafyd.

### What's happening at the St Albans Community Centre:

#### Computer Course:

Struggling to use the computer?  
Come to a course tailor made to suit your needs.  
Small classes of six.  
Available soon. Small classes and low fees

#### Leisure Group:

Come along & join the fun with the St Albans Leisure Group – get to know our city & what it offers in entertainment & activities that are of low cost & high value.

Phone Alison at the Centre – 379 6305

### Is your club or community group looking for an income opportunity?

The St Albans News is a community and neighbourhood paper, and we are looking for groups to do our distribution each month. As we do now, we will pay for the distribution, but prefer the money to stay in our neighbourhood. If you are interested, please either phone 374 2465 or email [news@stalbens.gen.nz](mailto:news@stalbens.gen.nz) for more information.

### Neighbourhood Week 2007 Fri 26 Oct – Sun 4 Nov

Neighbourhood Week is about meeting your neighbours and getting to know them.  
It's about fostering a stronger and safer community.  
Organise a BBQ or an event...  
get together for a celebration.  
The Community Board provides small grants for great ideas!  
Contact Sharon on 941 5403 or visit [www.ccc.govt.nz](http://www.ccc.govt.nz) for more information.

After the success of last season,

### the St.Albans-Merivale Bowling Club

is again offering FREE membership to new members for this season. Coaching is also free, as is the loan of bowls while you "give-it-a-go".  
We have two very good greens, modern facilities, friendly people, social activities, as well as competitive games with other clubs.

Join us any Wednesday or Saturday at 1.15 pm at 5 Donald Place, Merivale (off St. Albans Street) or phone Alison on 352 0681 for more information.

## Canterbury Linux Users Group

We are a completely informal group of individuals who are linked by our mutual interest in the computer operating system popularly known as Linux. We use an electronic mailing list as our primary method of keeping in touch. To join, just send an email to [mailserv@it.canterbury.ac.nz](mailto:mailserv@it.canterbury.ac.nz) with the words "subscribe linux-users" - but not with the quote characters - in the body of the message from the computer on which you are going to read the resulting mails. Normally, it's not a particularly busy list, so you won't be totally overwhelmed with emails.



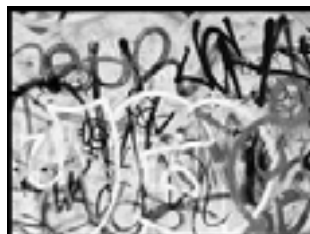
experienced professional software engineers, tertiary students, ordinary people, a few dedicated geeks, and a growing number of school pupils, all of whom like to enjoy the freedom, the economy, and the secure and almost virus-free computing environment offered by installing a Linux distribution. We have an informative Website at <http://www.clug.org.nz>

. Our meetings are open to the general public and new members are always welcome.

For more information please email 'csawtell@gmail.com'

*Christopher Sawtell*

We meet in person ten times a year on the second Tuesday of every month, barring December and January, at the St. Albans Community Centre. The meeting talk topics range in complexity from simple social and fix-up evenings, user-oriented talks such as 'An Exploration of the OpenOfficeOrg Word Processor and Office Suite', to lectures on 'The Configuration and Secure Setup of the Apache Web Server'. We also have members who are interested in other Open Source computer operating systems such as BSD Unix, the HURD, etc. Our core membership consists of several



**Tired of graffiti  
in your  
neighbourhood ?  
Call Council  
at 941 8666**

## So...you think you know how to Recycle? So did I



I recently went on a trip with my daughters Year 8 class. We visited Terra Nova, the Eco Depot, the Super Shed and the Burwood Landfill. Having been on a similar trip (though on a smaller scale) when the same daughter was in Year 5, I was a bit cocky and figured I already knew what we were about to

learn. However, I am the first to admit that I was wrong ...

- Removing the lids from lemonade, milk bottles etc, is VERY important. I knew that you were meant to do it, but I did not realise exactly why. Now I do—the lids are made of a different type of plastic from the bottles, and if the lids are mixed up when the bottles are in the recycling process, the plastic is useless, thus creating a huge mound of plastic that ends up in our landfills.

- Aerosol cans can be recycled – I learnt this on my first trip to the tip/recycling centre but I must admit I had forgotten. I also learnt that it is better if you can remove the lid (the part you push on) but it's OK if you can't, and that it is very important that the cans are COMPLETELY empty.

- Gas bottles, lawn mowers, anything metal – may be recycled. All you need to do is drive to your local refuse centre and ask. You will be amazed at what can be re-used and recycled ... and the added benefit is the reduced cost of dumping your rubbish.

- Putting food down your Insinkerator™ is no better than putting food scraps into your black rubbish bags. Having now been on a visit to the water treatment plant ... I know of what I speak ... please compost!

- Rinsing cans, bottles etc – I knew this was a good idea, but having visited the area where these are sorted, I now see why! Firstly, left over milk turns greasy, and can make the plastic un-usable. BUT - can you imagine the stink of hundreds of beer cans, coke cans, milk bottles etc etc that haven't been rinsed and have sat in a recycling bin for days and are then added to many hundreds of others in the same state? I rest my case.

- Paper – of course we all know this can be recycled, but I know now that if we put it in our rubbish, which then goes to the landfill, it rots just like food waste and produces poisonous gases, just like the food waste. Some of this gas is being used for good purposes (eg heating QEII) but unfortunately some is still released into our atmosphere. I'm sure we all agree

that the ozone layer doesn't need a bigger hole.

- Squashing cans – even when I have been really good about rinsing, I wasn't always good about squashing my cans. This is extremely important for at least two reasons. It is s a common occurrence for dogs and cats to find their way into recycling bins and try to get scraps out of tins. This can end up resulting in serious injury as they may get their heads stuck in tin cans or be seriously injured trying to escape. It is very easy to squash the lid of a tin eg banked beans – trust me we recycle at least five a week!

Squashing cans and tins also means that more fits in our kerbside bins, and it also means that the trucks fill up more slowly and make less trips to the recycling centre – thus saving on petrol and polluting emissions from the trucks.

- Please only put things into your green kerbside bin that can definitely be recycled. All plastic with a 1 or 2 on the bottom, tin cans, aluminium cans, egg cartons, glass (as in beer bottles, jam jars etc) paper, cardboard and supermarket bags placed in plastic bags tied (must be no bigger than the size of the green bins). If you are not sure, please ring the Council.

- “One man's trash is another man's treasure” – garage sales are a great way of getting rid of your unwanted items and making a few dollars. Have you thought of a street garage sale or if you live in a big street, maybe just combining with your neighbours? If a garage sale seems too much like hard work, put unwanted clothes, knickknacks and household items into local collection bins so they can be sold at places like Save-mart or take larger items like furniture to your local eco-depot – these things may very well be re-useable and can be sold at the Super Shed. Now, that is a place I could write a whole article about – what a treasure trove! When my girls are old enough to go flattening, that is the first place I will send them ?

I have recycled for many, many years and have always been very passionate about it. Over the years I have realised that I have more and more to learn, and that it is important to be aware of how things change and how incredibly important recycling is in saving the future of our planet. There are times when I find it a hassle to rinse and squash, to separate and read labels. Then I think about standing on a mountain that is made of rubbish, what I saw at the recycling centre, about the rising sea and widening hole in the ozone layer and the effect that this will have on my children, my grandchildren etc and I realise what a small thing it is to simply squash a can, and yet what an enormous difference this can make.

*By Monica Guy*



# Pavilion and Pool Update

St Albans Pavilion and Pool raised \$2700 in September, thanks to a lot of hard work from the community. On the 1st September, a garage sale held at St Mathew's Church raised \$903.00!! Thanks to all who offered their time and their donations! Last weekend, we once again had a stand at Dunkley's Great New Zealand Craft Show. Thank you so much to the Dunkley family for donating this stand, as it is fantastic to be able to publicise our cause to such a big audience!

We ran a raffle for hampers and sold bumper stickers and helium balloons and raised a total of \$1705.00!!



Two of our younger supporters, Ella Soryl and Amber Guy, ran a cake stall at the St Albans Shirley Junior Football break up on Sunday at St Albans School. We raised \$104.30 and treated people to some great home baking to enjoy with their coffees! Thanks to all who contributed to these fundraisers!

Watch out for Peggy Kelly's fantastic plant sale coming up in November! All proceeds to the St Albans Pavilion and Pool Project. Check out the website for details!

[www.stalbans-pavilionandpool.org.nz](http://www.stalbans-pavilionandpool.org.nz)

*Aynsley McNab*

**Kay Fisher**  
Chartered Accountant (CPP)  
Shop 5 at 680 Barbadoes St  
phone 385 2950  
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Inspection welcome

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*vote*  
**DEMETER**  
Regional Council (ECan)  
Christchurch North

**DEMETER, Jane** ✓

- Spend your rates money wisely as if it were my own ✓
- Safe water now and in the future ✓
- Protect Christchurch drinking water ✓
- Increase bus use, safe cycle ways, and a fair share of government funding for transport ✓
- No public money for private shareholder water schemes such as CPW ✓
- Monitor the environment effectively ✓
- Improve energy efficiency and conservation ✓
- Ensure adequate river flows ✓
- Increase energy supply from solar, wind and waste ✓
- Reduce pollutants ✓

**Decisions made at ECan will have far reaching effects on our economy and environment.**

**Do the right thing – your children depend on it.**

Independent representation working for you, not for a party.

Extensive knowledge of ECan's many responsibilities having spent over 250 hours in the last 18 months attending ECan meetings and hearings.

Management experience as a business owner.

Informed decision making supported by a background in science.

Farming background gives a rural and urban perspective.

Support a viable economy underpinned by a healthy environment.

Willingness to listen to your views and represent you.



Authorised by Jane Demeter  
117 Champion St · St Albans · Ph 365 2399  
[www.janedemeter.org.nz](http://www.janedemeter.org.nz)

# St Albans Community Centre Activities - Term 4

1047 Colombo Street. Phone: 379 6305 Fax: 374 2467 Email: office@stalbans.gen.nz

## Weekly Activities/Courses

Activity	Day	Time	Cost	Contact
Art Society	Monday	10am-midday		Ph: 385 3123 (Janet)
Dance Academy	Tuesday (5-7 yr olds)	3.30 - 4.30pm		Ph: 021 120 6540 (Pam)
Dance Academy	Thursday (3-4 yr olds)	9.30 -10am		Ph: 021 120 6540 (Pam)
Choir	Monday (2 <sup>nd</sup> ,3 <sup>rd</sup> ,4 <sup>th</sup> )	7.30 - 9 pm		Ph: 379 9188 (Heather)
Dance Fitness	Monday	2 -3 pm	\$60 for 10 weeks	Ph: 365 6585 (Donette)
Dance Fitness	Thursday	5.30 - 7 pm	\$60 for 10 weeks	Ph: 365 6585 (Donette)
Email/Internet	Mon - Fri	11 - 3 pm	\$2 per hour	Ph: 379 6305 (Centre)
Email/Internet	Saturday	1 - 3 pm	\$2 per hour	Ph: 379 6305 (Centre)
Friday Night O/A	Friday	7.30 - 9 pm		Ph: 381 2974 (Damien)
Hatha Yoga	Tuesday	10 - 11.30 am	\$65 for 10 weeks	Ph: 980 8760 (Pauline)
Laughter Club	Sunday	11 - midday		Ph: 021 998 109 (Hannah)
Meditation Talks	Wednesday	7 - 8.30 pm		Ph: 027 545 4823 (John)
Pilates Levels 2 & 3	Friday	9.30 - 10.30am	\$60 for 10 weeks	Ph:342 3172 (Coralea)
Tai Chi -Maintenance	Mon & Thur	12 - 1 pm		Presbyterian Support - Ph: 366 5472 (Pip)
Tai Chi -Beginners	Mon & Thur	3.30 - 4.30pm		Presbyterian Support - Ph: 366 5472 (Pip)
Wu Tao Dance	Tuesday	6 - 7.30 pm		Ph: 354 9328 (Karen)
Youth Café	Thursday	7.15 - 9 pm	Gold coin	Centre - Ph: 379 6305

## Monthly Groups

Friends of Edgware	Tuesday (1 <sup>st</sup> )	7.30 - 9 pm	Phone: 980 5584
Linux Users Group	Tuesday (2 <sup>nd</sup> )	7.30 - 10 pm	Phone: 981 5469
SANDS	Monday (1 <sup>st</sup> )	7 - 9 pm	Phone: 323 9850
SARA	Tuesday (3 <sup>rd</sup> )	7 - 9 pm	Phone: 374 2465
NZ Japan Society	Tuesday (4 <sup>th</sup> )	7.30 - 9.30 pm	Phone: 355 9903

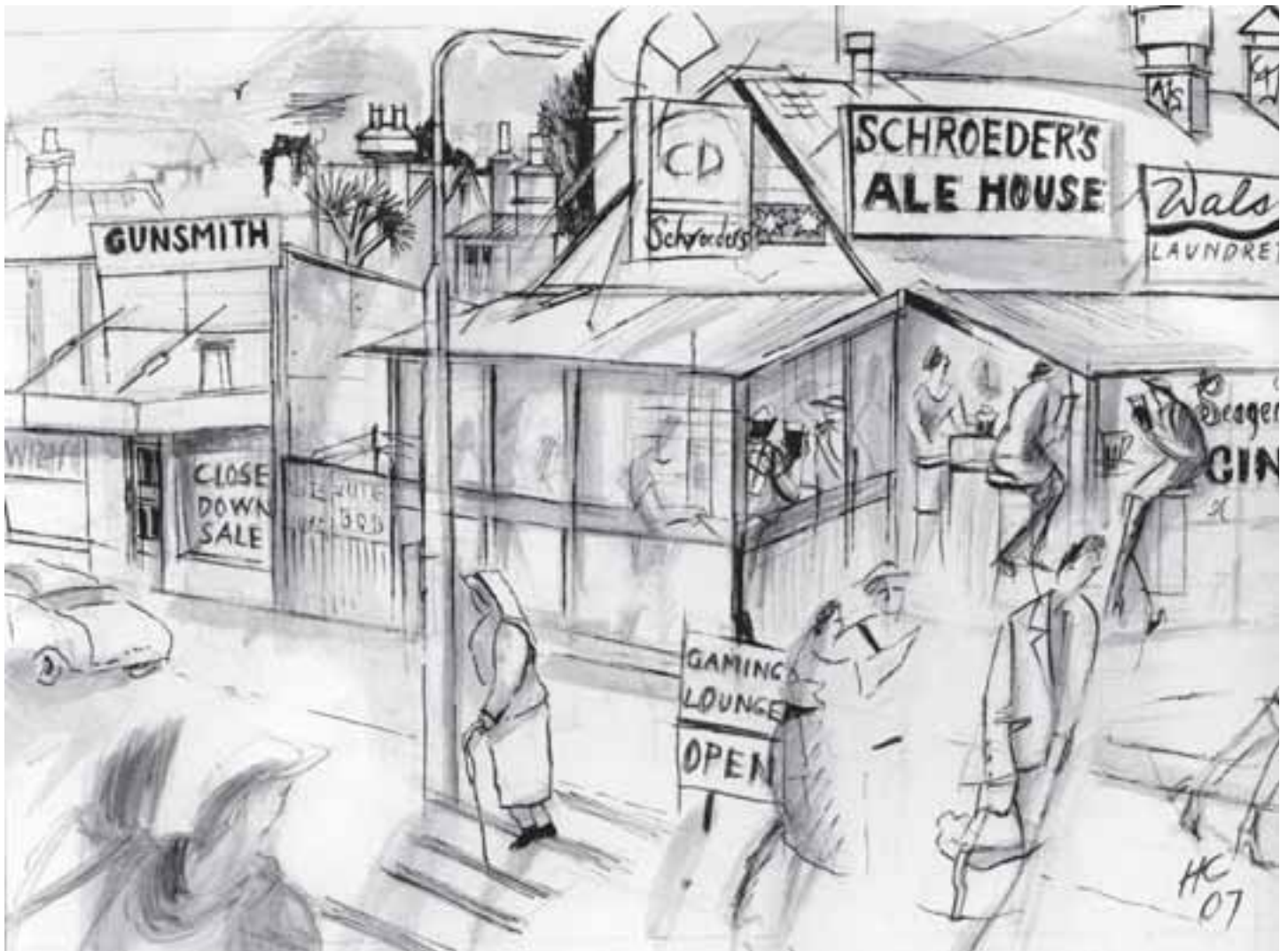
## Local Body Candidates Meetings at the Community Centre



Two candidates meetings saw 43 candidates for the different local authority bodies visit the St Albans Community Centre and engage in lively question and answer sessions with the public.

Photo: Bill Demeter

## Barbadoes/Warrington Street corner



Everything for the good life is here. Guns and money, fine beer, five star food. Splendid locals. Have a fling with Queen of the Nile or Pharaoh's Fancy and wash up after at Wal's. The greedy robber (who might be waiting in the parked car) wants the lot but hesitates before the blazing face of Norm Withers which practically screams tougher sentences at him from a poster on the wall.

Wizard Home Loans (ex-pharmacy) is almost out of the picture but like its twin, the gun shop, built of triple brick (discovered when they blocked the toilet off). Doing the magic here with your money are Linda Richardson and Kevin Burrowes, who will be very pleased to see you.

Paulus Manders could write a book. On red stag and chamois or protected birds (ask to see his early home movie of takahe). Get him to do his moose call. It is powerfully moving. I didn't ask, but I believe that he sees all his interests sitting comfortably together. Paulus has been gunsmithing and toolmaking in Christchurch for forty-five years (Kilmarnoch and Armagh St) but, at my urging, talked more about his honeymoon. Six weeks on a luxury liner from Holland in 1961. Unforgettable! Beautiful wife...beautiful weather...dancing every night...exotic islands on the horizon.

Stuff I only see at the movies. Now Paulus is shutting up shop (see the sign) and working from home, we wish him well.

Schroeders is a civilized establishment. "None of the rough stuff you used to see," says owner Danny Schroeder. Unlike two or three Christchurch pubs he could name.

He might be the newest boy on the block but he's done a heap for the locals—ditto his wife Trish, who was born a month after Danny at Calvary Hospital.

Spit roasts and socials and football are the gum which holds Schroeders Ale House together. Sundays' soccer in St Albans Park pitched a scratch pub team against the Squires (named for the street they live in). No one, not even 'the man of the match' seems to know who won, and what's more important, no one seems to care. And if you want something done, someone in the after-function line-up at the bar can help—nearly every profession is represented.

This rather temporary looking complex (compare it with the triple brick) was built in 1978. Some of it became the Cat and Fiddle, followed by Schroeders on April Fool's Day 1997.

**Continued on page 8**



Continued from page 7

A grain store and hardware and Geary's Dairy (1932-1965) selling Sunland Bread and Capstan, Hobday cycles—all have had their day. Remember Shirley Post Office? It's now full of videos. Wal's laundrette (see the picture) gives you all the info on the answer phone—5 minutes' washing time for two, two-dollar coins. No horse covers or pet blankets in the machines please.

The people in the street are happy proof of services provided. A woman dances with a man in tennis whites. Couples hold hands. Only the nun remains aloof. Her happiness depends upon another world.

*Hilaire Campbell*

**The Result of Last Month's Competition**

Thanks to Brumby's and to all contenders for THE BIG BRUMBY'S PRIZE (September issue). Congratulations to the winner, Anne Polaschek, who won a \$10 voucher from Brumby's. The house I sketched was at 52 Forfar Street. We are a little disappointed that only one out of three available prizes was claimed.



The Shop before Schroeder - before 1965

**Parentline offers free training for those interested in becoming volunteer telephone counsellors. Operate from your own home with hours to suit you. Training begins early October. For more information and application form please phone 0800 OK PARENT (0800 65 727368)**

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Ph 356 0228

**Tried Croquet Yet?**

Spring is here again and we are ready to take up mallets and tackle those balls again at the Edgeware Croquet Club. We would be happy to welcome anyone to have a look at how the game is played, and you will find us at the club any Thursday or Saturday We supply coaching and mallets to begin with, and good fun and companionship as you improve at the game.

As we did last year, we are offering Golf Croquet—a simpler and shorter form of the game which people of mature age find easy to pick up—on Thursday afternoons at 1pm. So come along and have a go and find out just how enjoyable it can be to be putting balls through hoops and gaining points for your side, while having mild exercise in sunshine on a smooth lawn. Try it!



The Packe Street Park before the immolation of the grand old tree.



## St. Alban's Best Kept Secret?



Sam Timbs, his wife and the staff at the shop in Oxford

I recently discovered something that is rather hard to believe. Peter Timbs Meats has been in the meat business since the 1850s, and has remained a family business for seven generations. There is a good chance this business could be the oldest business owned by the same family in New Zealand.

The business began on High Street, Oxford, England in the mid 1850s by Samuel Timbs. As the business grew there were two storefronts. One store specialised in pork and sausage products, and the other in beef and other meat products such as poultry. The business grew and prospered because of the careful attention to detail and quality. By the 1890s their reputation was known throughout the region.

Two of the grandsons of Samuel decided to emigrate to New Zealand immediately after World War II, and opened their first store in Heathcote. Once again the store prospered, and this necessitated a move to a new location at the foot of the Cashmere Hills and the end of Colombo Street. The building is still standing, but proved too small for their growing business, and another move landed them in the fast-growing area of St. Albans.

Most of us have seen the addition of a new building behind the existing store which is proof the business continues to grow and serve its customers well.

I visited their operation and talked to several of the employees as well as David Timbs. Two things became very apparent—everyone is busy and the facility is extremely clean and in good nick. David explained the business is both wholesale and retail, about 40% - 60% and they intend to remain in

only one location—St. Albans.

They contribute to the community well-being by sponsoring events and organisations such as: the St. Albans Bowling Club; St. Andrews College; Christchurch Rugby; and other groups in the area.

I asked David what was their secret of longevity. He answered quickly, “Take care of your customers and your employees and provide the highest quality products possible. It worked 150 years ago and it works just as well today.” It sounds simple, but to practise that philosophy every day of the year for 150 years requires focus, attention to detail and a dedication that is remarkable.

A business like PeterTimbs is extremely rare today and St. Albans can be proud they live, work and prosper in our neighbourhood.

*Bill Demeter*

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## Darel HALL – Council Candidate

- ✔ Fair rates   ✔Traffic that moves   ✔Safer Streets

### One third happy with Council

Only a third of us are happy with how the Council interacts with us according to the Council's report on itself. This is because Councillors don't front up to the people. In recent weeks we have seen council staff as the chief defenders of rates rises, Hills Road bus boarders and now the demolition of the Stewart Fountain.

### Edgeware Pool

What struck me when the Edgeware Pool debacle unfolded was the absence of the Councillors. It's not good enough for Councillors to vote for a community facility to be destroyed and then change their mind when elections roll around.

It's not good enough that Councillors expect the community to 100% fund a new facility they voted to take away from us. I and your Shirley – Papanui team can do better than that. This may mean secure land tenure, it may mean a contribution to match donated funds, but you know we'll genuinely try and we will front up to the community.

### Hills Road

The Council is spending a six figure sum on the Hills Road bus boarders in a failed experiment on top of the earlier failed experiment. Once again Council staff are defending this Council decision and the responsible Councillors are absent from the debate.

If I am elected to Council, staff will be respected advisors but I will advocate positions and defend my decisions.

## Darel HALL – background

I am used to changing public policy and I want to do that for our community. As the University of Canterbury Students' Association President in 1998 – 1999 I led a vigorous campaign that made the cost of tertiary education a top election issue and resulted in a much fairer loan system.



In the last five years, particularly as Executive Director of the Industry Training Federation, I have led the charge to bring back apprenticeships.

My governance and advisory board experience includes the University Council, Canterbury Student Broadcasting, President University Sport New Zealand, UBS Canterbury Ltd, Tertiary Teaching Excellence Awards Advisory Panel, United Kingdom Sector Skills Development Agency's International Panel, and Ako Aotearoa – the National Centre for Tertiary Teaching Excellence governance board.

Your Shirley – Papanui team is Pauline Cotter, John Marshall, Gabrielle Stewart, Tracey Doreen, and Matt Morris.

Authorised by David Close, 8 Seafield Place, Christchurch 8062



## RE-ELECT YVONNE PALMER

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WILL CONTINUE TO ADVOCATE  
FOR A SAFE AND  
HEALTHY COMMUNITY**

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EMAIL: [yvonnebrian@xtra.co.nz](mailto:yvonnebrian@xtra.co.nz)

AUTHORISED BY YVONNE PALMER, 124 Harewood Rd, Christchurch.



**vote**

**2021**

**Dr. Matt Morris**

for Christchurch City Council and Community Board, Spring Pastors

**your voice for the future**

- Green Space
- Future for our Youth
- Roads that Work
- Properly Funded Community Facilities



# For Positive Change, vote Ngaire Button and Paul Young for City Council

**The people-focussed business-minded team**



**For policies visit [www.independentcitizens.co.nz](http://www.independentcitizens.co.nz)**

Authorised by E L Paynter, 30 Hanover Street, Christchurch

# Re-elect **NORM WITHERS** - your **INDEPENDENT** City Councillor

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and issues  
are most  
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I do  
respond.



Cr. Norm Withers

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Email: [normwithers@xtra.co.nz](mailto:normwithers@xtra.co.nz)



Authorised by Norm Withers, 16 Kimberley St, Christchurch 8051

## two ticks for super chicks



Shirley  
Papanui  
Community  
Board



Gabrielle ✓  
**Stewart**

2021

authorised by G Stewart & P Cotter  
1/379 Mairangi St, Christchurch

Pauline ✓  
**Cotter**





**Brumby's**

Phone 3749 336  
72 Edgeware Road,  
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6.30am to 6.00pm

Sunday 6.30am to 5.00pm

Ring us the day before with your order for a special occasion. Our bread contains no preservatives, and no dairy products. A wide range of speciality bread baked fresh each day. Bread not sold that day is donated to charity, over \$120,000 per year.

Come in and meet our friendly staff.



Cut out the coupon  
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Valid until  
31 October 2007

STAMP HERE

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Buy one white or wholemeal sandwich loaf and receive another free with this coupon. Conditions apply. Brumby's Edgeware only. One coupon per household.

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## Education in prevention of breast cancer

My name is Feebee, and I became a Breast Chek Consultant because I have regularly seen how breast cancer affects people. As an Educator, demonstrating this product and encouraging women to check monthly are important part of positively helping all women.

My name is Debra, and I decided to become a Breast Chek Consultant because my mother was diagnosed with breast cancer late last year. She is now a breast cancer survivor like so many other women. Going through the process with her—and also the ongoing support required to keep her positive—has made me want to help in whatever way I can. I did not know the proper way of checking and had never been shown. The kit makes checking so much easier. As a Consultant I am now creating awareness and educating.

The Breast Chek Self Examination Kit is a simple to use, in-home device, which helps every woman to examine their own breasts on a monthly basis. This increases familiarity and confidence. It magnifies the fingertips when you complete your monthly breast self-examination. By completing a monthly self-examination, you get to know if any change has taken place.

Women will become familiar with their breast tissue and will be better equipped to detect any abnormalities. Learning the importance of how your breasts look and feel at different

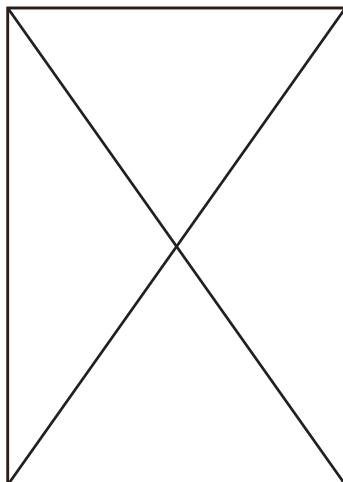
times helps women know what is normal, and able to recognise any irregular changes.

In New Zealand, one in three cancers that occur is breast cancer, and more than six women are diagnosed with breast cancer each day. Over six hundred women die from breast cancer each year. One in ten women will be diagnosed with breast cancer in their lifetime. The incidence is highest in women aged between 50-54. Maori women have a higher mortality rate than non-Maori.

Early Detection Saves Lives and Peace of Mind takes place so that you can take control of your own lives. Every woman needs to have this information.

A seminar will be held on Thursday 11 October at 7.30pm at the St Albans Community Centre, 1047 Colombo St, St Albans. For more information, please call Feebee on 348-4627 or 027-201-3077 or Deb on 359-4045 or 021-110-5598

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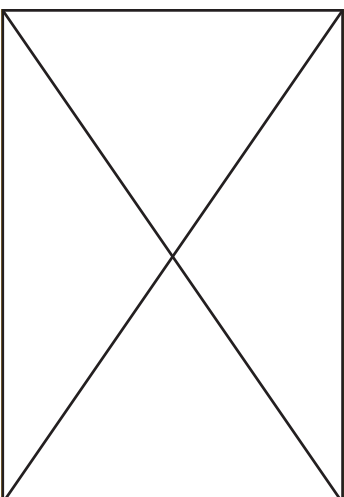
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Authorised by Tracey Dorreen, 34 Hammersley Avenue, Christchurch 8013.

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**St Albans Neighbourhood News ten years ago**

Looking at the STANN newsletter of October 1997, I noticed a delicious article about the St Albans Social English Group who had been conducting cooking sessions as part of the learning experience for new migrants. As well as pikelets - typically kiwi, they have sampled Cookies with Cinnamon from the Netherlands, Bonda from India, and Sushi from Japan. Using cooking to share cultures, to me, is an excellent idea. I wonder what is happening to link cultures these days ?



Some local teens were wanting a skateboard ramp in the area, and one wrote to STANN who replied that work is underway to organise one. For once the Council listened and a skateboard facility was erected at St Albans Park. Well done the CCC.



Diaries belonging to John Evans Brown, the owner of Chippenham Lodge in Browns Road from 1875-1884, and the first mayor of St Albans have been found. Apparently these diaries give a fascinating account of the life of a wealthy family. Displays of parts of the diary were to be displayed at the Open Day on 18 October 1997. Chippenham



became a non-profit society in the 1970s to provide accommodation for those who wished to live in a communal way. The society also owned another city house and a farm at Oxford. I wonder how those folks are getting on today.

A picture of the old Edgeware pool was printed together with a plea for volunteers.

Well, the bulldozers did their work early one morning, and the pool has gone. If you want to help resurrect the facility in a new modern way, you should contact the Community Centre.

And that's the way I see it.

*Dafyd*

**Community Resource Centre**  
 1047 Colombo Street.  
 Phone 379 6305 or 374 2465  
 Email: office@stalbans.gen.nz  
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