



# the Chronicle

## Merivale's Community News

### AT THE ELEVENTH HOUR OF THE ELEVENTH DAY..... ARMISTICE SERVICE



Armistice Day at All Souls Anglican Church in Church Lane was celebrated a little differently this year. Armistice is remembered as the moment at the 11th hour of the 11th day of the 11th month in 1918 when the guns fell silent over Europe marking the end of the hostilities of the First World War.

All Souls had also been unable to observe Anzac Day this year due to the Covid-19 lockdowns. So on Wednesday 11th Nov we held a combined Armistice/Anzac service to remember those from the former parishes of St Mary's

Merivale and St Matthew's St Albans who had lost their lives in the two Great Wars of the last century.

When the new All Souls Church in Church Lane was built, the WW1 Memorial stained glass window from the former St Matthew's Church was installed in the new building, but the accompanying plaques were never displayed. Nor was there any memorial to the fallen from the parish of St Mary's. This was put right on Armistice Day when the St Matthew's plaques and a new plaque remembering the fallen from the St Mary's congregation were affixed and dedicated by the vicar Rev Megan Herles-Moore.

The service was particularly special because it also involved the rededication of a memorial font given by the parents of Flight Sergeant Geoffrey Walter Strong. This font was in use for more than 60 years in St Matthew's church, both at



the original Edgeware Road church and then later in the newer Cranford Street church. It was retrieved after the earthquakes and put into storage. Thanks to the help of a number of parishioners, it was again retrieved and lifted by a hired crane completely over the top of the complex to its present position in the fern garden outside the Memorial Window.

Flight Sergeant Geoffrey Strong was the bomb aimer on an operational attack on Wuppertal on the night of 24th June 1943. His four engined Stirling bomber of 75 Squadron RNZAF was shot down by either German night fighters or flak over the Netherlands. His body was washed up on the island of Nordbeueland and the Dutch buried him in the Flushing General Cemetery. The captain of his plane, Pilot Officer Norman Bluck, was aged only 22. All seven crew were lost.

The service at All Souls was attended by a number of Geoffrey Strong's relatives and a representative of the RNZAF. The congregation gathered around the Memorial Window while Rev Megan Herles-Moore went outside to the fern garden to re-dedicate the font.

The Vicar re-dedicates the WW2 Memorial Font watched by two relatives of the late F/S Geoffrey Strong and Squadron Leader Kate Bint RNZAF who saluted the Memorial window and font after laying a wreath at the table (left)



### Christmas Party

You are warmly invited on  
**Tuesday 15 December**  
to pop in between **11am - 1pm**

to share our  
*Christmas Cheer  
and Nibbles*

Come and join us in the  
All Souls Complex in Church Lane  
Phone 021 2227543 or 3554197 and leave  
a message for catering purposes

Stay local - Please support Merivale shops and businesses  
The Chronicle appreciates their support which enables our publication



Coordinator  
**FRANKIE ROAKE**

Phone 03 355 4197  
(leave a message)  
or 021 2227543 or  
Email: TheCorner@allsouls.org.nz  
Koha/donations always appreciated

## WEEKEND GROUP

A friendly group which meets for friendship and company with lively chat, a glass of wine or juice and nibbles on the last Saturday of the month.

Next one is 12 December so we connect before Christmas - last one for the year

We meet in the delightful new community room towards the back of All Souls Church, Church Lane, from 4 pm to 5.30pm

We would love you to join us!!

Good car parking is available in the carpark or in front of the building

RSVP/Book now

Phone Frankie 021 2227543 or leave a message on 03 355 4197

or Email: TheCorner@allsouls.org.nz

## BODY BEAT IS NOW DANCE FITNESS

**Wednesdays at 5.30pm,**

We focus on body beat/music/dance/Zumba – enjoy at your own pace.

Step out of your comfort zone, come along and hide at the back of the class if necessary until you burst with confidence and vitality!

Last for year 16 December Restart Wed 20 January

Ph: 021 2227543/3554197 for more information  
\$6 per session

## THE FILM CLUB

Movie and venue will be advised  
Last one for 2020 will be 30 Nov  
and back on 25 Jan 2021

Please ring Judy on 022 1894597 for more information  
Come and join us !!

## PLAY THE UKULELE

Meet at 9.15am on Tuesdays \$4 per session

We're closing the year with a singalong on Tuesday 15th at The Corner's Christmas Party, and after a break we'll resume in late January.

Phone Cathrine, 355 8914, for further formation. New members are always welcome.



**FRANKIE ROAKE**

Corner  
Coordinator



**JUDY ASHTON**

Editor  
Photography  
and Layout

**CIRCULATION:** THE CHRONICLE is a Merivale community newsletter, including local information about services, groups, organisations and upcoming events, delivered to over 4000 homes and businesses in the Merivale/St Albans area. This is a non-profit community newsletter produced bi-monthly and the next edition is due out at the end of January 2021. Printed by **CANTERBURY PRINT SERVICE**

The Chronicle is published by **THE CORNER**

**Contact: Frankie Roake** Email: TheCorner@allsouls.org.nz

*Opinions and views expressed in submitted articles, advertisements and advertorials are not necessarily those of this publication. Neither the Chronicle nor The Corner has any political interests or associations.*

Should you NOT wish to receive community information please contact  
The Chronicle on 021 2227543 or leave a message on 03 355 4197

**The Corner will be closing on  
Thursday 17 December and will be back on  
Monday 18 January.**

**We wish all our community a safe and joyful  
Christmas and we look forward to seeing you in  
the new year. Here's to a 2021 that is 'Covid free'  
and hoping our lives will get back to some  
sense of normality!!**

## ACTIVE PERSONS' EXERCISE GROUP

**With Lisa Manners**

This group meets in the Large Hall at  
All Souls Church

Monday 11:30am - 12:30pm  
and/or Thursday 1:30pm - 2:30pm  
ending with coffee  
and a snack

Finishing on Thursday 17 Dec and  
restarting on Mon 18 Jan

Please Phone 355 4197 for more information



## CRAFT GROUP

From 10am - 12noon

Last for year Wed 2 Dec Restart on Wed 3 February  
Contact

Lyndsey Sturge on 352 9761 for further information

## TAI CHI FOR HEALTH AND WELL-BEING

Tuesday 1:15pm - 2:15pm

Thursday 10:30am - 11:30am  
followed by a cuppa

For more information see contact details above  
Restart week of 18 Jan

## MAINLY MUSIC FOR PRESCHOOLERS

Christmas party Monday 7 at 9:30am

Mainly Music will be back in the new year  
starting 1 February at 9.30am.  
followed by Morning Tea

Co-ordinator Bridie Boyd - 0223154991  
Email: boyd.bridie@gmail.com

## BOOK SHARING GROUP

Third Wednesdays each month - 1pm  
at The Corner Ph: Cathrine 355 8914

Please join us if you love reading – everyone is welcome.  
See article on page 3 for times for next year

## SOME MORE NOTES ABOUT MERIVALE MALL DEVELOPMENTS

Readers of The Chronicle will be aware of the application made earlier in the year to the City Council by the owners of Merivale Mall. Their application was for approval of a new building to be added to the present one. The effect would have been to extend the current retail space by 86% - by building new shops to cover the entire existing car park, with a double deck parking station across the top of the entire structure. They also included a few town houses along Akela Street and Office Road, but these were seen as purely a gesture to make the whole edifice fit in somehow with the existing environment. Which of course it in no way did or could.

The application was referred in this case, with the co operation of the Council, the Mall applied to Mr Ken Gimblett, a planner and agricultural advisor, who was appointed by the Council to decide the application. It is relevant to note that over the last 10 years the Mall had applied three times for virtually the same expansion, but after proper hearings by councillors, lost twice - once on an appeal, and another when it withdrew in the face of wide citizen opposition.

Despite this the Mall had the nerve to apply that this application should not be publicly notified, as having no appreciable effect on the environment - its main point being an unsupported opinion that no more than 20 vehicles would likely be added to the traffic on Papanui Road. (Papanui Road of course was not the issue - but the crowding effect on the other narrow streets surrounding the Mall would have been oppressive and dangerous.) However Mr Gimblett agreed with the Mall and his approval went through. Immediately this became public knowledge, many residents showed their concern - I myself wrote an article in The Chronicle, opposing the development, and was interviewed by The Press, from which I received 140 emails in support from local residents.

Then with the support of Mr Frank van Scheijk, an application was made to the High Court for judicial review of this absurd plan. Since then I have been asked constantly when the appeal would be heard, but the Mall managed to have it adjourned twice during this year by claiming that its lawyers were not ready. All this is generally known and understood by the residents and readers of The Chronicle.

However, now things have taken a turn against those residents. The Mall itself, out of the blue, has applied for the issue to be re-determined by other commissioners, and the Council has signified that it is happy with that. For some time the Council has been urging rebuilding anywhere, of any nature, even going so far as approving a huge ugly building in Merivale Lane, containing 18 flats, two months ago - which was also approved by a commissioner without public hearing, and which has caused much upset for neighbours in this narrow street.

But for the Mall, all is getting complicated. The High Court, to which all citizens look for justice in this country, is not involved in this second-trick move, and the Council and the Mall are clearly manoeuvring to avoid any involvement of public opinion.

Merivale is a balanced little suburb, with retail and residences sitting well together, but what can happen when big money pushes in can change everything

John Burn burnjohnf@gmail.com.

# "BODY BEAT" - is now...

## DANCE FITNESS

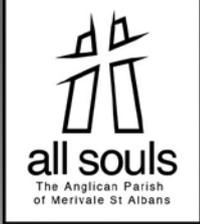
### CHRISTCHURCH

#### IN COORDINATION WITH...



**THE CORNER**

30 Church Lane  
**Merivale**



**all souls**  
The Anglican Parish  
of Merivale St Albans

**\*WEDNESDAYS**

**5.30PM\***

Fitness should not be something you dread. It should bring you joy and restore your soul. Dance Fitness CHCH combines moves from jazz, hip hop and ballet into fun, simple choreography, set to upbeat music of the 70's, 80's, 90's - right up to today. Each class includes a playlist with up to 16 choreographed routines that is simple enough for the beginner yet challenging enough for the more experienced dancer.





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for more  
information  
contact **Gillian**  
**021 821 260**



### THE CORNER BOOK SHARING GROUP

Our last meeting for 2020 will be held on Wednesday 16th December, a chance to stock up on reading material before the Christmas season. In the last couple of months we've shared a variety of books, as always. The beautiful cover of The Dictionary of Lost Words by Pip Williams enticed us, and the book lived up to its promise. A New Zealand novel that has received huge international success (snapped up by Hollywood and already translated into several languages), The Girl in the Mirror by Rose Carlyle, produced mixed reactions from those of our group who read it, but we love mixed opinions! Next year we'll resume our book conversations on January 20th. Please get in touch if you'd like to join our monthly sessions.  
Phone Cathrine - 355 8914

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## FENDALTON WAIMAIRI HAREWOOD COMMUNITY BOARD DAVID CARTWRIGHT

It was with great pleasure that Bridget Williams (deputy chair) and myself presented to the full Council our 'Ward priorities' for the Long Term Plan last week.

Our Ward often leads the way in trying to set an example to our parts of the city around financial responsibility.

It is no secret that a large percent of the city's rates are collected from our residents and we as a Board try hard to ensure that it is not wasted on projects that are not as well deserving as others. It is a balancing act between safety, service expectations, operational requirements and the impact rates increases have, particularly post Covid19, on the resident.

One particular priority is the installation of Big Belly Bins at high usage parks – these bins at a cost of around \$8,000 each and are able to hold significantly more rubbish due to a compactor mechanism within the bin, require less resources to empty and prevent rubbish spill. The Board will contribute money from its Discretionary Fund to match funding within the Parks budget to achieve this. The cost savings in operational spending will be considerable and will pay for themselves within months. We are also wanting to see these bins include a recycling option supporting the Councils sustainability goals.

Other priorities included the removal of the old caretakers house in Burnside Park – abandoned some years ago, the building has fallen into ruin; the construction of a footpath along Gardiners Road between Wilkinsons Road and Sawyers Arms Road (this can be achieved by deferring an intersection improvement elsewhere in the Ward – resulting in a cost neutral effect) and the increased mowing and maintenance schedule to parts of Tulett Park particularly given the popularity and increase in membership at the local football club.

I would like to thank a couple of local Merivale residents who recently spoke with the Board about their concerns. Two residents, who both live in Andover Street, shared their frustrations at people who consistently park across their driveways. As a Board we will now have new painted markings installed plus work with the local businesses and schools around better methods to control and limit the impact increased traffic has on them. Thank you also to the

other resident who regularly picks up litter within Merivale Reserve (Rugby Street). Unfortunately, litter is a problem in our society. However, with active citizenship like yours and other people's, our community becomes a better place.

Other news within our Ward that will become more important in the New Year will be the preparation and installation of two new cycleways. The Wings to Wheels cycleway as previously announced plus a new cycleway linking the University across to Harewood Road. Whilst the exact routes are yet to be determined and number of impacts unknown the Board will be watching this closely and ensuring maximum community input. We have made the request to be involved from the design stage onwards.

Lastly, a big thank you to our Community Police team. At a recent briefing it was heartening to hear that the crime figures in our Ward are not growing. It is a point to remember that often we repeat negative stories that we hear and can get trapped into thinking the situation is worse than the reality. The Police, and Community Watch do a fabulous job of serving our community and face difficult situations daily and deserve our acknowledgement and gratitude when we see them next.

Dates for the Community Board meetings are available on the council website and everyone is welcome to attend.

Merry Christmas to all, if you are holidaying elsewhere in NZ over summer – please remember to travel safely.

Regards,

David Cartwright

Chair, Fendalton Waimairi Harewood Community Board

Ph: 0274 965 977 Email: david.cartwright@ccc.govt.nz



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## HONOUR FESTIVAL 2021



In February 2021, a brand-new festival enters the calendar. The inaugural Honour Festival, honouring mind, body, and planet will take place on 27th February 2021, at Amuri Estate, high on the Hanmer River Terrace, with a stunning uninterrupted view of the Southern Alps.

Olivia Reid created the festival to empower people and provide a connection with a broader community.

“With a more than challenging 2020, I feel like the time is right for people to come together to enjoy an atmosphere of live music, food and beverage in a stunning setting, while at the same time celebrate all the good things we can do for ourselves and our planet.”

The festival combines outdoor yoga classes, live music, inspiring talks, stalls with ethical and sustainable products, cooking demonstrations and food and beverage options – including wine and beer. A complimentary shuttle for ticket holders is running from Hanmer to and from the festival.

All the businesses and individuals contributing to the festival have met specific criteria to be able to be involved.

For Honour Festival information, competitions, prizes, and tickets

[www.honourfestival.nz](http://www.honourfestival.nz)    [www.instagram.com/honourfestival](https://www.instagram.com/honourfestival)  
[www.facebook.com/HonourFestival](https://www.facebook.com/HonourFestival)



## WHAT LEGAL PROTECTION DO I HAVE IF I BUY A CAR PRIVATELY?

Buying a vehicle privately can often

mean you get a better bargain - especially if you know a lot about cars - but you have to be careful, as you have less consumer protection.

If you buy a car from a private individual (or from a car market which provides a venue for private sellers but was not involved in the sale), you are not covered by the laws that cover purchases from dealers (i.e. The Fair Trading Act or the Consumer Guarantees Acts).

However, you are covered against a seller's misrepresentation of the vehicle (if you can prove that misrepresentation caused you loss), under the Contract and Commercial Law Act. You are also covered by this Act if the seller wasn't the legal owner of the vehicle when they sold it (see our information about checking a vehicle's history)

If you have a problem with a vehicle bought privately (ie not from a motor vehicle dealer), you can make a claim with the Disputes Tribunal.

If you have any queries call us on:

0800 367 222 / 03 349 5236 or check out our website <https://www.cab.org.nz/> for more information.

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## Have you heard about Bellbird Hearing?

November saw the opening of locally owned and operated hearing clinic - Bellbird Hearing. We spoke to the Bellbird team about the top reasons locals are seeking hearing advice and care. Here's what they said:

### Ear Wax Removal

It's not the most exciting thing to talk about, but ear wax build-up is a problem many people face and is a common reason for temporary hearing loss. That's why our hearing care service always includes easy access to ear wax removal.

### Tinnitus Help

Tinnitus or 'ringing' in the ears is a troubling issue for many people. While there is no cure, we have some effective treatment options available that can greatly improve symptoms.

### Hearing Aid Fittings

Technology has advanced substantially over that last decade. But for hearing technology to work well it must be matched to your unique hearing and lifestyle goals, fitted properly, and set for your comfort and safety. We help with that so you can get the best hearing outcomes.

**Well, isn't that interesting to hear?**

## HOLLY LEA / THE MANSION/ THE DENTAL NURSES TRAINING HOUSE/ THE ACADEMY

ALL of these names refer to the building at 357 Manchester Street Christchurch. It has over its 120 years of existence been many things. Today and for the past two years it is slowly coming back to life! It still stands just as erect and proud as when it was first built in 1899. The Christchurch earthquakes of 2010/2011 created very little damage compared to similar sized buildings in the central city.

Today it is still visible in Manchester Street although a very large copper beech tree is rather like a curtain in front of a stage, hiding what is happening behind and inside the building. It is coming to life again and the intention is it will have a new life, restored to looking internally and externally much as it did when it was built for Allan McLean just over 120 years ago.

The obvious question is why would a bachelor in his 70s ask the architects, the England Brothers, to build a house with 52 rooms? How did he afford what this building must have cost?

Allan McLean's actions may have been a response to the forced sale of his 48,000 acres at Waikakahi. Historians have voiced various ideas. Some think McLean and others saw the then government's reasons for smaller farm settlements as encouraging more migrants to New Zealand at an important time for the colony.

By this time his mother, who had emigrated with Allan and his brother John McLean, was living on the land in Manchester Street (at that time he had all the land between Colombo and Manchester and all the way to Bealey Avenue). Was the reason for a large house of 52 rooms to accommodate his mother partly in case she was left by herself?

When he died in 1907 his legacy was a Trust Board to establish a home for indigent gentlewomen.

His mother was living in "Holly Lea" by then and did so until her death. This Trust Board looked after her and her housekeeper, plus women in a similar situation, for many years.

So why restore this property ?

McLean's Mansion is an exceptional building – both in design and on a scale not found elsewhere in New Zealand.

It is structurally sound. It is the most significant building of its kind in the Southern hemisphere. It has a real WOW factor.

It will be a tourist attraction, boosting the local economy and it will provide work for tradespeople and artisans. Christchurch will gain a wonderful new art gallery, a unique events venue and a recreation of our Victorian past.



# How to make your own face covering

Grab a handkerchief or square piece of cotton fabric.

Fold the handkerchief from the top inwards.

Then fold from the bottom inwards to form 3 layers of thickness.

Loop two hair ties or elastic bands over the ends.

Fold the outer edge inwards.

On both sides.

Pick up your face covering using the bands.

Now loop over each ear, one at a time, with the folded side touching your face.

For updates and more information on staying safe, visit [Covid19.govt.nz](https://www.covid19.govt.nz)

New Zealand Government

**Unite against COVID-19**

# Gerry Brownlee

National List MP

[ilam@parliament.govt.nz](mailto:ilam@parliament.govt.nz)  
03 359 0582

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The club has been very busy over the last few weeks with hosting events as well as keeping up the grounds and playing club games. Over Show weekend we held the Muriel Foster Golf Croquet Competition, open to all the clubs in Canterbury, which was won by players from Cashmere.

Our members have played in Interclub Games and are doing very well. We have gone to Fun days organised by other Canterbury Croquet Clubs - they are always very enjoyable.

The club has been participating in the Elmwood School programme, which introduces their pupils to all the sports that are played in Elmwood Park - these include cricket, bowls and croquet. These have been a lot of fun and the children become very competitive very quickly.

With the end of the year in sight we are busy with groups of people having their end of year functions with us. We instruct them how to play (they all seem to enjoy themselves) and they may stay for food as well. Happily this year we have had new members join us, which is great.

We finish the year with our own Christmas luncheon and a well deserved break and then it will be all go after New Year.

Jenny Tait



Marty, Naomi and all our great staff wish you all a VERY MERRY XMAS and thank you for all your support during this interesting year!"

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**CHRISTCHURCH : UNDERVALUED REAL ESTATE**

I am sure that one of the conversations amongst friends and work colleagues is the state of the property market post Covid lockdown.

As a professional real estate agent and business partner in Harcourts Gold, even I was caught in the 'what if this happened or what may happen' mind set. We did start preparing for the worst possible market reaction as we had post the 2010/2011 earthquakes.

The last few months have defied the expert predictions and the real estate market on a national basis has strongly surged ahead. A number of factors have created the strengthening; lower interest rates, stability of most jobs, Covid management compared to the rest of the world, plus the opportunity for buyers to secure home ownership in New Zealand.

To reinforce the market conditions, we were privileged to enjoy a seminar with Tony Alexander, senior economist, about the state of New Zealand's economy post covid and the second term of the current government. The discussion was around the Christchurch property market and the next few years ahead.

Tony discussed where Christchurch was on a national basis and that, in the last few years, the property market was flat with limited or no capital growth. This was from the large supply of greenbelt new build subdivisions and land availability for new homes to be built in the \$450,000 to \$700,000 range post quakes. This land supply has slowed down with limited buildable sites available due to the increased infrastructure costs to regional councils. These councils are now in catch up mode. It is now clear that the

by Mark O'Loughlin

current Christchurch and Canterbury market is adjusting to overdue capital growth.

Tony's comment, that this is a permanent repricing of the Christchurch market rather than a speed bump in the short term, was a clear signal of the strength and stability of the local economy. The limited number of listings for sale is continuing to put pressure on values and affordability. School zones and the current limited out of zone options are also a driving force in property values.

What does this mean to you and your property? The new values are here to stay and pressure is on for development land in key areas including Merivale and Fendalton. There are recent land sales in Merivale of \$2000+ per square meter. It is not long ago that that I would have joked at this. These were stunning sites for these sales and doesn't mean all land has this value. However, in an auction anything can happen. The reality is that money in the bank doesn't provide a good return; property does.

Christmas is close and like everyone I am looking forward to a wonderful holiday with my family travelling the South Island and spending time with friends and family. Have a good break, rest and renew energy as next year may be just as busy.

The male staff at Elmwood Normal School participated in the very worthy 'Movember' campaign.

Movember is an annual event (run by the Movember Foundation) involving the growing of moustaches during the month of November, to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's mental health. Paul, Brendon, Bill, Willem, Isaac and Logan showed a variety of styles



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## Dr Duncan Webb

MP for Christchurch Central

366 5519

chchcentral@parliament.govt.nz



## Sarah Pallett

MP for Ilam

ilam.mp@parliament.govt.nz

Authorised by Dr Duncan Webb MP,  
Parliament Buildings, Wellington

As I enter my second term as MP for Christchurch Central I'm delighted to welcome Sarah Pallett as the new Labour MP in the neighbouring electorate of Ilam. Sarah and I plan to work closely together on a number of issues – with a shared border in Papanui Road our electorates also share many concerns.

One such issue is the plan by Corrections to use a property in Bristol Street as a residential facility to run a rehabilitation and reintegration programme for people sentenced to home detention for violent offences. As an MP I am often asked to intervene in respect of changes to neighbourhoods whether it is social housing, commercial developments, intensification, or social and other serviced providing help from residential areas.

I agree that it is important that communities are heard in such matters and my role includes ensuring that this occurs. Decisions of this kind are made by the City Council under its planning and consenting process which faces the difficult task of ensuring a fair spread of services around the city, while protecting and preserving communities.

On the campaign trail many issues were raised, but what was also clear was support for, and trust in, Labour's plan to help New Zealand recover. Already evidence is supporting our stance that a health response was the best economic response, with a Bloomberg survey ranking New Zealand first in both response and in countries where business feels safe investing.

Compared to the rest of the world our open economy is already supporting investment and recovery opportunities, and the rest of the world is taking notice.

Parliament was officially opened on November 25 and joining the already strong Canterbury Labour team was Dr Tracey McLellan, as the new MP for Banks Peninsula and Jo Luxton, who won in Rangitata. This brings your Canterbury Labour MPs to seven, including Cabinet Ministers Poto Williams and Megan Woods, and Māori MP Rino Tirikatene.

We know that there is still a lot more work to do to make New Zealand a better and fairer place. While I'm excited to be part of this at a national level, Christchurch and Canterbury will still receive strong advocacy and support from the team you've backed to represent you.

Sarah and I are particularly pleased that an important piece of work in pay parity for early childhood teachers is being confirmed by Education Minister Chris Hipkins. Many from the sector have contacted my office about this – the Minister has made it a priority.

Health Minister Andrew Little has already put DHB issues at the top of his priority list and met with your local MPs for discussions on this, and I am also speaking to other Ministers about what Canterbury needs from its Government.

I've also invited Finance Minister, Grant Robertson, to speak to Christchurch businesses and civil leaders in early 2021 about the Government's economic plans.

There's lots to do and I'm looking forward to getting stuck in.

If you'd like to contact Sarah Pallett you can do by emailing [ilam.mp@parliament.govt.nz](mailto:ilam.mp@parliament.govt.nz).

I welcome your feedback and am always keen to hear what is going on in your neighbourhood – email [chchcentral@parliament.govt.nz](mailto:chchcentral@parliament.govt.nz).

Ngā mihi

Dr Duncan Webb, MP for Christchurch Central and Sarah Pallett, MP for Ilam



## Christopher's Classics Series XXVI - 2021

### 2021 Concert Series

Thursday 8 April	Trio Élan
Thursday 29 April	Serenity Thurlow & Diedre Irons
Thursday 6 May	Te Koki Trio
Thursday 22 July	Lixin Zhang
Thursday 12 August	Les Voisins
Thursday 2 September	Argyle Trio
Thursday 23 September	New Zealand String Quartet
Thursday 7 October	Les Bons Vivants

Subscriptions are now open and close on 31 January 2021. Please see our website [www.christophersclassics.nz](http://www.christophersclassics.nz) for further details.

*"The busiest lives deserve beautiful music"*

*Have a very merry, safe  
and healthy Christmas  
everyone !!*

**PERSONALISE YOUR HEALTH AND FITNESS**

Jane Williams NZQA PT, B.Hort.Sc

Each and every one of us are unique in how our minds and bodies are made up. Your genes plus your lifestyle work together to create YOU. In scientific terms this is call Epigenetics. We each react differently to food, exercise and the environment and we all have our own individual greatness.



We are constantly bombarded with information about the latest “best thing” to do, one often contradicting the other. It all gets very confusing as to what you can do to achieve optimum health and to function at your best. This can result in flip flopping from one thing to the other, getting nowhere or taking no action at all. Feel familiar?

Scientific research shows that one size does not fit all when it comes to your optimum diet or type of exercise or even when to sleep. Maybe you have a friend who dropped a dress size or two by following a keto diet so you thought you would try, but it didn't work for you. Don't despair, it probably means

that you are a different health type and hence your diet and exercise needs are different from your friend's. For example, some people get great results eating six small meals a day while others are better skipping breakfast and having two good meals. Some need lots of protein, while others very little. Some of us feel great getting up at 6am and doing a high intensity workout, yet for others the best way to lose weight and thrive is doing a weights session later in the day or doing more endurance-based exercise. Do you thrive working in an open plan office or do you do your best work in a quiet place? It is important to focus on what is right for you, not get caught up in what your friends or celebrities are doing.

If you would like to know more about personalising your health and finding out what it right for YOU, please do get in touch. I am passionate about empowering people to improve their overall health and thrive.

Jane Williams, Personal Trainer and Women's Health Coach, #Iamwithyou

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## YOUNG ENTERPRISE CHAMPIONS

On Wednesday 28th October two Young Enterprise Scheme companies from St Margaret's College competed with three other Top 5 companies to be crowned the YES Christchurch- Otagaro North Region Champions for 2020. The companies are mOAT Oatmilk; Rosie Milne, Lucy Botting and Sarah Frizzell, all Year 13 and GG's Pantry Customised Granola; Tessa Holley, Chloe Derry, Pieta Bell and Rosa Cocks also all Year 13 students. The competition is made up of five challenges completed throughout the year. Challenge 1: Minimum Viable Product, Challenge 2: Business Pitch, Challenge 3: Promotion, Challenge 4: Sales and Challenge 5: Annual Review.

Chloe Derry of GG's Pantry was selected from more than 100 YES Teams across Canterbury to deliver the keynote speech titled 'The 2020 YES Student Experience' at the finals event in partnership with a student from Lincoln High School.

On the Evening of the Regional Final, the Top 5 teams presented a 5-minute business pitch to a panel of judges and answered the judging panel questions. mOAT presented an exemplary pitch and was crowned YES Company of the Year for the Otagaro North Region.

Rosie Milne, Lucy Botting and Sarah Frizzell will now travel to Wellington on December 10th to represent Otagaro North in the Young Enterprise Scheme National Final and attend the National Awards Gala Dinner.



L-R Lucy Botting, Sarah Frizzell, Rosie Milne

## SHAKESPEARE SUCCESS



Congratulations to Lara Chiswell who has been selected as one of the SGCNZ Young Shakespeare Company of 2021. Each year 24

of New Zealand's most talented young actors are selected from SGCNZ's National Shakespeare Schools Production to form the SGCNZ Young Shakespeare Company. They participate in a comprehensive and exciting 'package', based principally at Shakespeare's Globe London, of workshops, talks, Q&A sessions about the plays with actors and directors, behind the scene tours of the Globe, Rose and National Theatre, watch performances and rehearse at the Globe.

Over their two weeks in London, they will have twelve rehearsals taken by a Globe Director in scenes from one of Shakespeare's plays which they will have the amazing opportunity to perform for the public on the Globe stage. In addition, to complete their nearly three-week-long stimulating itinerary, they move on to Stratford-Upon-Avon for historical Setting Shakespeare's Scene – including tours and performances there.



This year, a large group of 164 students from Years 3–11 at St Andrew's College completed the ICAS examinations in a new online format, achieving outstanding success.

Between them, seven students won nine Gold Awards for achieving the top score in New Zealand in their subject area.

Gemma Lewis (Year 10) achieved an incredible three Gold Awards, in Digital Technologies, Science and Mathematics. She was also an ICAS Gold Medal winner in 2017 (Year 7 – Digital Technology) and in 2019 (Year 9 – Science).

Other outstanding Gold Award winners were:

Toby Harvie (Year 11 – Mathematics) who was also an ICAS Gold Medal winner in 2015 (Year 6 – Writing), Callum Lockhart (Year 11 – Science), James Hart (Year 9 – Science), Ryan Gu (Year 8 – Digital Technologies), Matthew Bluck (Year 7 – Science), and Chloe Sha (Year 3 – English).

Rector Christine Leighton was delighted with the excellent results. "This reflects the capability and potential of top academic students at St Andrew's College, supported by the encouragement and guidance of their teachers. It is great that our students have this opportunity to test their knowledge and skill against other students in New Zealand across a range of subject areas. At St Andrew's, we value this opportunity to recognise and acknowledge outstanding academic success."



## SCHOOL HOLIDAY PROGRAMME

The St Margaret's College Holiday Programme is on again these summer holidays and is open to boys and girls age 5 - 13 from all schools in Christchurch. Fun activities include a visit to the Adrenalin Forest and the movies, cheerleading, rollerblading disco, Flip Out, ten pin bowling, laser tag and fish & chips on the beach. Taking the ferry to Diamond Harbour, a ride up the Gondola, art & craft, Christmas baking and swimming in the pool.

Bookings are being taken for the following dates.

7th - 11th December,

14th - 18th December,

21st - 23rd December,

11th - 15th January 2021

18th - 22nd January 2021.

To receive a booking form please contact the school office, 03 379 2000.



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December 14  
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Blue Christmas  
(a service for those who mourn)

December 24  
Christmas Eve  
11:00pm

Carol Service and  
Midnight Mass

December 25  
Christmas Day Family Service  
8:00am and 10:00am

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