

the Chronicle

Merivale's Community News

COMMUNITY EVENTS ORGANISED BY THE CORNER

COMMUNITY MORNING TEA

on

Tuesday 30 March 2021

10:00 am – 10:45 am
(presentation)

followed by morning tea



'What is Advance Care Planning?'

Jane Goodwin

Canterbury Initiative Advance
Care Planning Facilitator
from Christchurch Hospital

We invite you to join us at The Corner to hear Jane speak on (ACP) Advance Care Planning. ACP involves thinking and talking about what is important to you as you age, including your goals, values and preferences. If you wish, this can include creating an advance care plan to record your wishes in terms of current and future medical care

\$5 per person appreciated

RSVP/Book Now

Call us: 03 3554197 / 021 222 7543
or email: thecorner@allsouls.org.nz
Good on and off-street parking available

COMMUNITY OUTING

on

Tuesday 16 February 2021

to the

Water Drop Cafe



10:15 am at The Corner for those that want a ride, departing 10:30 am or meet at venue at 10:45 am

We invite you to join us for morning tea at this lovely venue followed by a tour of the Temple and Art Gallery. This Café offers visitors a pleasant and tranquil dining experience from rich aromatic coffees to a wide array of scrumptious vegetarian foods. This cafe is ideal for everyone to relax, unwind, and discover natural beauty

If requiring a lift meet in the carpark at The Corner
30 Church Lane, Merivale
Otherwise at the venue
2 Harakeke Street, Riccarton

RSVP/Book Now

Call us: 03 3554197 / 021 222 7543 or
email: thecorner@allsouls.org.nz

What is a standard drink?

Standard drinks measure the amount of pure alcohol you are drinking. One standard drink equals 10 grams of pure alcohol.

*RTD (READY TO DRINK)



330ml CAN OF BEER @ 4% ALC	100ml GLASS OF TABLE WINE @ 12.5% ALC	35ml BOTTLE OF RTD SPIRITS @ 8% ALC	750ml BOTTLE OF WINE @ 12% ALC	100ml BOTTLE OF SPIRITS @ 43% ALC	3 LITRE CASK OF WINE @ 12.5% ALC
1	1	2.1	7.7	37	30

STANDARD DRINKS





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.

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

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!

Restarted Wed 20 January

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

THE FILM CLUB

Movie and venue will be advised

Second and fourth Monday each month

We begin on 8 February

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
resumed in late January.

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

THE CORNER MERIVALE'S COMMUNITY HUB MISSION STATEMENT

We provide a gathering place in Merivale for community neighbours and friends who share companionship, support, encouragement and fun

We offer our services and diverse activities in a culturally sensitive and non-judgmental manner

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

Please Phone 355 4197 for more information



CRAFT GROUP

From 10am - 12noon

First, third and fifth Wednesdays of the month

We begin on the third Wednesday in 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 for the corner

MAINLY MUSIC FOR PRESCHOOLERS

Mainly Music will be starting

Monday 15 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

Next meeting is 17 February

at The Corner Ph: Cathrine 355 8914

Please join us if you love reading – everyone is 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 March 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

Do you love to dance, but think you can't, think you're "past it", over the hill, have no rhythm, uncoordinated – RUBBISH!

DANCE FITNESS CHRISTCHURCH now has a class at "The Corner" every Wednesday at 5.30pm

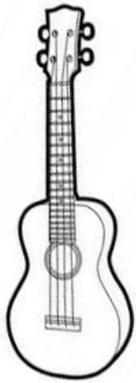
Our classes at "The Corner" are filled with enthusiastic, friendly women – some of them first time exercisers, who are enjoying nearly an hour's worth of "ME" time – taken by an award-winning qualified Group Fitness Instructor in her 60s who used to be a Customs' Broker for a Removal Company and started her exercise journey attending just one class – so it just goes to show that you can do anything life throws at you.

Your FIRST class is FREE – so it's easy to come and see if this is what you've been looking for.

You are more than welcome to join our private FaceBook group – DANCE FITNESS CHRISTCHURCH - then your second class is also FREE

No time like NOW to get started

THE UKULELE GROUP



The Ukulele Group is flourishing with two new members already in 2021. Both are complete beginners, so at first it must feel like a baptism of fire. However, they are welcomed, taught the basics and immediately feel part of the group.

We meet for an hour every Tuesday at The Corner from 9:15 am. Our song list, a work in progress, is a real mixture, mainly well-known and easy to sing. It's great fun and, apparently, good for the brain. Come along - an hour of musical pleasure, coffee and laughter for only \$4 a session.

Contact Cathrine Ackroyd, phone 3558914, for more information.



The ukulele group entertained at The Corner Christmas Party



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Open Mon-Fri 7.30am to 6pm
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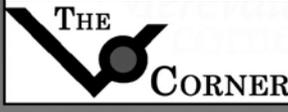
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"BODY BEAT" - is now...

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.



NEW ZEALAND EXERCISE INDUSTRY AWARDS PEOPLE'S CHOICE FINALIST 2019



NZ Register of Exercise Professionals



Exercise Association of New Zealand
Representing the Exercise & Fitness Industry

*** ALL AGES***
*** ALL LEVELS***
*** ALL WELCOME***

for more information contact Gillian
021 821 260

FURTHER COMMENT ABOUT THE MERIVALE MALL DEVELOPMENT

from John Burn

"In The Chronicle of December - Issue 78 I contributed an article on the ongoing dispute regarding the claim of Merivale Mall to largely increase its footprint and height, with the consequent increase of motor and foot traffic which this must cause. Readers will know that the Mall slipped its application through in secret, persuading Mr Gimblett the Council commissioner, to order no public notification - this despite the fact that the Mall had failed three times before in similar applications which were made known to and opposed by the public.

Our group of objectors, with hundreds of supporters, then made an application to the High Court for a judicial review of this decision, and in my last article I described how the Mall and the Council had combined in deciding to run the issue through again, without public notification. I must stress that the High Court is not involved in this in any way - our appeal has not yet reached that Court, and the current secret negotiations which I can now reveal have been designed to prevent that.

We are now officially advised that the Mall and the Council have combined in secret in arranging a second hearing - not before just Mr Gimblett, but before him and another Commissioner, Mr Caldwell. The Mall has prepared and served new submissions - not that we have seen them - much extending their earlier ones, and one can only

(Ctd on page 5)





**FENDALTON WAIMAIRI
HAREWOOD COMMUNITY BOARD**

DAVID CARTWRIGHT

Happy New Year to everyone. As I write this it is 36 degrees outside, my tomatoes plants are in need of water and I am thinking how lucky we are to be in Christchurch, New Zealand.

Events around the world, a new President in the White House, vaccination programs being rolled out and new strains of the Covid virus spreading everywhere still seem to be making the headlines. Locally the media have taken interest in the Wings to Wheels Cycleway proposed for Harewood Road. Your local community board are at odds with the design and the removal of car parking spaces and the affect it will have with local businesses.

On the council website site is your opportunity to comment on such projects (local and city wide). Currently the council is asking for feedback on the The draft Central City Parking Policy (reviewing how they manage parking in the central city, in particular on-street parking). Our proposed policy will help the council make decisions about how we use space and provide safer and more people-friendly streets; plus the proposed amendments to the Christchurch Central Recovery Plan to manage noise from the Canterbury Multi-Use Arena. They are proposing a range of noise-related conditions and rules for the Arena, including noise limits, finishing times, numbers of concerts a year and requirements for noise insulation and the council is interested in your views.

I am encouraged that many of our neighbourhood businesses report strong local support, with residents enjoying a coffee, getting a haircut or buying a gift voucher for a friend as a sign of support. This is great and thank you to everyone who is doing that.

Your community board meets every second Monday at the Fendalton Library and Service centre, typically at 4.00pm and everyone is welcome to attend

David Cartwright
Chair, Fendalton Waimairi Harewood Community Board
Ph: 0274 965 977 Email: david.cartwright@ccc.govt.nz



**DO YOU HAVE SOME
TIME TO SPARE AND
WANT TO HELP YOUR
COMMUNITY?**

Why not volunteer for Citizens Advice Bureau?

Citizens Advice are looking for volunteers to join their team at Hornby, Fendalton or the Central City. If you are interested please email manager.cabchch@gmail.com, look at <https://www.cab.org.nz/find-a-cab/volunteer-for-cab/> or call 0800 367 222 to find out more. The next training course starts in March! You will need basic computer skills, but full training will be given, and the work is interesting, stimulating and fun! On any given day, a volunteer working their shift might be approached about a whole range of questions, from tenancy rights, requests for directions, or needing documents signed by a Justice of the Peace, to helping somebody who has just been made redundant.



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From John Burn (Ctd from page 3)

conclude that they thought the latter inadequate, and did not want to bring them before the High Court. Perhaps Mr Caldwell is to help Mr Gimblett in some way, in which he might have been previously in default. But whatever the reason, this new arrangement brings two consequences upon us as residents - much more legal and planning argument, and much more risk of cost if we fail.

The reason the Council and Mall gave for this heavy hitting was nominally based upon a Parliamentary policy announced recently - the National Policy Statement on Urban Development, which is designed to force councils to approve more housing development, and not to require car parking in any such approval. Readers will see at once that this has nothing to do with the Mall application (there are several town houses included, but only by way of camouflage of the real horrific building, and it is the Mall itself which proposes two huge decks of rooftop parking.) No reason, therefore, in any way, to open the decision already reached to such a wide ranging review - except of course to implant another set of Commissioners which the Council and the Mall have decided might improve their case.

This is not urban planning - this is more like an attack on the residents of Merivale. The Mall in fact is cutting deals with the Council - behind the back of objectors, and behind the back of the High Court - in such a way that nobody can tell how the second "hearing" will turn out, but we can be pretty sure that whatever the local residents want will not be taken into account. And the worst aspect is that both are determined that residents will have no right to be considered. For nine years I was a city councillor - admittedly many years ago - but we would never have put ratepayers out of the picture as is currently occurring. And the local councillors are majestically uninterested in the rights of their voters, and the pleasant environment of their suburb."

A PICTORIAL MEMORY OF ST MARY'S ANGLICAN CHURCH CHURCH LANE MERIVALE

Covering the beginnings of the Parish and up to the earthquake, demolition, amalgamation with St Matthews and the rebuild of the new church -
The Anglican Parish of All Souls -
Merivale St Albans

St Mary's Merivale



A Pictorial Memory

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 **BELLBIRD**
HEARING

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?



HON DR AYESHA VERRALL

**Better Later Life – He Oranga
Kaumatua 2019 to 2034 strategy.**

From the Office for Seniors
SuperSeniors Newsletter

Happy New Year. I hope you all enjoyed the holiday season and were able to spend some quality time with your loved ones. Last year was challenging for most people, and I'm sure it's one we will never forget. Although things aren't quite back to normal yet, I am very optimistic that 2021 will be memorable for better reasons.

As Minister for Seniors, I am looking forward to driving progress on the implementation of the Better Later Life – He Oranga Kaumatua 2019 to 2034 strategy.

It's common knowledge that we have an ageing population. By 2034, there will be 1.2 million people aged 65 and over, making up just over a fifth of the population. We have known for some time that we need to plan for the challenges that come with people living longer, but the Better Later Life strategy goes much further than that. This strategy is focused on creating opportunities for all of us to participate, contribute, and be valued as we age, so we can thrive in later life.

One key area for action in the strategy that I am particularly interested in, especially because of the impact of COVID-19, is enhancing opportunities for participation and social connection. Even though the strategy was developed before the pandemic started, this point has become even more relevant in the wake of COVID-19.

Those aged 70 and over were in lockdown for longer than most people. A lot of older people live alone, which can increase the risk of loneliness and social isolation. The strategy addresses ways to better support and encourage older people to be involved, as being connected with our family, whanau, and the wider community is important for our wellbeing as we age.

The other four key areas are; achieving financial security and economic participation, promoting healthy ageing and improving access to services, creating diverse housing choices and options, and making environments accessible. These priorities for action are a common roadmap for central and local government, NGOs, businesses and communities to focus on and achieve better outcomes for older New Zealanders.

We all have a role to play in implementing the strategy, to make sure older New Zealanders lead valued, connected and fulfilling lives. If you haven't read the strategy, I encourage you to check it out and see how we can make later life better for all New Zealanders.

Dr Ayesha Verrall is a Labour list MP from Wellington. She is Minister for Food Safety and Minister for Seniors, alongside Associate Minister of Health and Associate Minister of Research, Science and Innovation.

Ayesha is an infectious diseases doctor. She is passionate about preventing illness so that every New Zealander can enjoy good health and live a free and full life.

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Social and Fun! **Nightly prizes!**
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CASH BAR! **TWILIGHT** **Music!**
BOWLS
BBQ! **3 FIVE** **Membership!**
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6:00pm
5 Donald Place, Stroran

Competition runs for 6 weeks,
Entry \$40 per person

Entry gives player social membership !

To sign up or for more information contact
Matt de Vries 027 4655548 or
manager@elmwoodclub.co.nz or visit:
Elmwood Park Bowling Club Facebook page

Conditions for entry:
3 per team

**No full playing members allowed,
social or new bowlers only**

Flat shoes required

Learn to play opportunity on the 18th February
with game information



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DID YOU KNOW

City of Christchurch, New Zealand

OUR CHRISTCHURCH COAT OF ARMS

Our Coat of arms is symbolic and reflective of our City's heritage.

The motto

Fide condita, fructu beata, spe fortis.

Although the motto can be translated as 'A city founded in faith, rich in the fulfilment thereof, strong in the hope for the future', the Latin means rather more than that.

Fide condita refers to our ecclesiastical origins and the name of the City, taking fides in the sense of the Christian faith.

Fructu beata means rich in the fruits of the earth and rich in the fruits of her industry, as well as in the fulfilment of the Founders' Faith.

Spe fortis means at once strong in hope and bold in her claims upon the future.

Significant features:

The Coat of arms' main features are:

The kiwi, a treasured native bird and one of our national emblems.

The pukeko, another native bird found in and around our City.

Sail boats or galleys (in heraldic terms, 'lymphads') representing the first four ships of the Canterbury settlement which arrived at Lyttelton in December 1850.

A mitre, reflecting that Christchurch was planned as a Church of England settlement and was made a Bishop's See, (under the Bishop's authority) with city status, by Queen Victoria in 1856.

The fleece and garb, symbolic of our province's agricultural and pastoral nature.

Wavy bars, representing the Ōtākaro/Avon and the Ōpāwaho/Heathcote, our City's rivers.

Celmesia flowers, a type of mountain daisy found only in the Te Pataka o Rakaihautū/Banks Peninsula area.

Background:

The grant of armorial bearings as shown above was officially made by the UK's College of Heralds by letters patent dated 21st February, 1949.

Its official description reads:

Or on a Chevron Gules a Mitre between a Fleece and a Garbe of the first, in base two Bars wavy Azure on a Chief of the last four Lymphads sails furled, also of the first And for the Crest on a Wreath Or and Azure a Kiwi proper.

Supporters:

On either side a Pukeko proper.

Although this coat of arms belongs strictly to our City, and may therefore only be used officially by the City, a similar badge may be used by those aligned or connected to Ōtautahi/Christchurch.



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\$500 MILLION SALES
 NO.6 HARCOURTS CANTERBURY 2016-17
 NO.19 HARCOURTS NEW ZEALAND 2016-17

Harcourts gold

WHY IS THE PROPERTY MARKET SO STRONG.?

by Mark O'Loughlin

The media have really been sending mixed messages to readers and listeners with lots of experts giving their opinions as to why prices are going up - houses are selling for over-inflated prices, the market will adjust downward by 15%, job losses will force house prices down, houses are becoming unaffordable, rentals are pricey, investors are getting out of the market re new regulations, Airbnb rental homes will be sold.

The reality is that in New Zealand the overall real estate market has gradually grown in the last 12 months. The average medium price in NZ has increased by 19.3% from \$628,000 in Dec 2019 to \$749,000 in Dec 2020 and in Canterbury this has been from an average in Dec 2019 of \$460,000 to a Dec 2020 average of \$536,000 - the fifth month in a row of price increases.

But why ?

Simply there is a national shortage of properties available for sale, lower interest rates, an overall strong economy resurgence plus the less than expected increase in unemployment rates. In Dec 2019 we had approximately 1800 properties for sale. On Jan 27 2021 in Christchurch

we have 1217 properties or sections for sale of which 1105 were actual properties. On a national basis we have 40% fewer properties available for sale than in December 2018. (source REINZ) .

Total house sales in Canterbury in Dec 2020 was 1,360 properties from 936 sales in Dec 2019, the highest since records were kept.

In Canterbury the overall market has been stagnant for the last three years. We had an oversupply of subdivision sections and new build spec homes in townships on the fringes of Christchurch City. As the market slowed and both councils and land developers were reluctant to create more building sites or rezone land and invest in expensive infrastructure, this has resulted in a shortage of buildable sections. It takes almost three years or more from a large land purchase to then fund, consent, develop, prepare the ground, install services, build roads, parks, and then create titles for buyers and builders to build on.

Councils and land developers are now playing catch up to supply building sites. This has put pressure on high density zones within the Christchurch area with multiple terrace style homes becoming more noticeable as buyers and builders look to compete to purchase, live and invest in.

There have been a number of multi unit developments completed recently on Merivale Lane, Leinster Rd, Rugby St, Exeter St, Hewitts Rd, Andover St and under construction projects in Innes Rd, Webb St, Derby St, Edgeware Rd, Springfield Rd, Carlton Mill Road and Hewitts Road, and more pending. Building companies and developers need to keep building and the demand for smaller, modern, easy lifestyle homes is where the market is going.

The inner city is rapidly running out of residential redevelopment land for multi units or high quality executive homes, again driven by low supply and high demand. A huge demand and a sense of FOMO (Fear Of Missing Out) is in play.

Christchurch is coming of age and with the mix of limited Covid issues, low interest rates, strong domestic demand, strong economy, and the New Zealand and world focus on quality of life in Canterbury, I don't believe our local market will slow down in the short term future.

The question today is do I upgrade my home, downsize my home, renovate, buy investment rentals (as money in the bank is virtually a 1% return) or develop my land. These are big questions to discuss. If this is you, call me in confidence to discuss. I really appreciate the emails, calls, and meetings I have had with the readers to provide knowledgeable free and good advice on your properties. Feel free to call me to discuss.

021339 078 or 03 352 0352



Elmwood Normal School is a decile 10, U6 State Contributing Normal school situated in beautiful grounds

in the central city suburb of Merivale. It offers a six year programme, catering for Year 0-6 children, from which the children proceed to intermediate schools.

Elmwood Normal School community is diverse, supportive and enriching. The school is well served by the individual talents of an incredible staff and a dedicated Board of Trustees. Parent involvement is a strong feature of the learning programmes. We all work collaboratively for the benefit of our children.

We are committed to empowering lifelong learners. We consider it important for students to know how to ask focused questions, make thoughtful observations, and collaborate with others in order to make meaning and solve complex problems across all learning areas. Through their learning experiences we encourage children to be open-minded, see other peoples' perspectives and to make a positive difference by promoting their own well-being, and that of others, and of their environment.

Our Vision

'Inspiring today's learners to be successful in tomorrow's world.'

Our Mission

At the heart of our vision is our mission statement:
'Striving to be the best that we can be.'

Term 1, 2021 Starts Tues 2 Feb to Fri 16 Apr



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 news broke recently about a case of community transmission of COVID 19, it reinforced the need to keep scanning QR codes for even the quickest of visits.

The person concerned had been diligent in scanning, and that's how any outbreaks are contained.

Keep scanning or manually signing in – we've managed to have a summer of freedom, and we all want that to continue. We need to lead by example – and if people you know are ignoring the QR codes point out to them that by doing this we save lives.

My colleague Sarah Pallett, MP for Ilam, and I are looking forward to meeting more of the community this year. Sarah is busy preparing for her maiden speech in Parliament, always a nerve wracking moment. She will deliver this on Tuesday, February 9 at around 5:30pm. You can watch the livestream on the Parliamentary website and learn more about your new MP.

Sarah is also in the process of securing a new electorate office. Her staff are already available for constituents – contact details below.

With Parliament resuming for 2021 we are under no illusions about the challenges ahead – including a mass vaccine rollout. New Zealand is fortunate to be in the position of being able to watch and learn from overseas

experiences, and our vaccination strategy has been to purchase four different types in far greater numbers than we need to ensure supply and safety.

While vaccination will not be compulsory, we need to make sure that people understand that widespread vaccination is the only way that we will be able to return to a life that resembles that of pre-COVID days. Some countries have had real difficulty with misleading information around vaccination risk. We need to be clear that our Medsafe processes are robust and ensure we can be confident in receiving the vaccine. Approval for the first tranche of vaccines is pending as I write.

Vaccines are critical to returning to normality but it is only right that border workers will be first in line to receive them. This is a good opportunity to thank these critical workers for their work to keep New Zealand safe while ensuring Kiwis can return home. There will then be an orderly roll-out which will include critical care workers, and the vulnerable.

I'll hold a drop in on Saturday, February 13 at All Souls in Church Lane, Merivale at 9:30am to meet members of the community. No appointment necessary, just come along and have a chat about any local or national issue.

Ngā mihi, Duncan Webb

From the Office for Seniors SuperSeniors Newsletter

INCONTINENCE - IT'S NOT ABOUT AGEING

Incontinence can be an uncomfortable topic to discuss, as many people are too embarrassed to talk about their struggles with even those closest to them. However, it's a lot more common than you might think.

Women are twice as likely than men to suffer from urinary incontinence at some stage of their lives. It is estimated that between 30 to 60 per cent of middle-aged and older women are affected.

However, far from being a natural and inevitable part of the ageing process – there are things you can do about it and help is available too.

Changes in lifestyle, such as quitting smoking and eating well, have shown to help alleviate the symptoms of incontinence.

Women can also do pelvic floor muscle training and this is most effective when guided by a physiotherapist.

You can also get an assessment to see what might causing it, and what your treatment options are. Your local

District Health Board (DHB) will have a team of trained 'continence advisors' who will be able to help you. You can call the Continence Helpline free on 0800 650 659 or go through your GP to arrange an assessment.

You may also be eligible for free continence products from your local DHB or ACC, or subsidised products. For those with an ongoing need for products, funding might be available through the Disability Allowance.

For more information visit www.continence.org.nz





HOW EXERCISE CAN HELP YOU STAY YOUNG AND FEEL WONDERFUL

Jane Williams

I watched a fascinating BBC programme on how exercise can help your brain and body stay young and there are a few points I would like to share with you.

How to keep the brain young -

We all know as we age our brain can lose some of that sharpness we once had. We forget things, problems are harder to solve, words fail us.

Well, all is not lost...

They did a study where they got together a group of people all in their 60s. To start they had to do a logical and thinking test and recorded the results. Then for 10 weeks half of them walked and the other half played table tennis several times a week.

At the end of the 10 weeks they resat the same test.

The results showed three key things:

1. An increase in their cognitive processing.
2. Their brains had changed physically, the hippocampus and grey matter had increased in size. This is the area that controls memory and decision making.
3. Their emotional and mental state had improved with people feeling happier and more positive, particularly those playing table tennis.

Why did this happen?

Well, when we exercise we raise our heart rate and this gets the blood flowing faster and improves the flow to our brains. It also increases the release of those feel good chemicals.

Also when we exercise with others we have a social interaction which is good for our emotional and mental state, whether it is a friend(s) or health coach.

And finally, some of the people were learning a new skill. This is what creates new connections between our brain cells.

In summary:

Movement increases our blood flow to our brain which helps to keep it healthy. And if it involves a new routine or skill then we are forming new neural connections as well.

If you would like to know more please do get in touch. I am passionate about empowering people to improve their overall health and to thrive.

Jane Williams, NZQA PT, B.Hort.Sc

Personal Trainer and Women's Health Coach, #Iamwithyou
NZ Register of Exercise Professionals Mobile 021 2727 003

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Thursday 2 September	Argyle Trio
Thursday 23 September	New Zealand String Quartet
Thursday 7 October	Les Bons Vivants

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and for booking tickets
www.christopherclassics.nz

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INTERNATIONAL BACCALAUREATE DIPLOMA

St Margaret's College is the only girls' school in the South Island to offer the International Baccalaureate Diploma and its 2020 IB students achieved a 100 percent pass rate with 27 percent earning results in the exceptional 40 plus range. By gaining 40 or more points St Margaret's College students Sophie Berrill, Sabrina Chau, Hattie Compton-Moen, Elizabeth Cross, Lucy Jessep, and Marina Kenton-Smith are in the top five percent of IB students worldwide and will heading to the IB Top Scholars Awards Ceremony in Auckland next month where their amazing achievements will be recognised. Overall the average mark for the 2020 SMC cohort was 34, significantly higher than the global average of 29. The International Baccalaureate Diploma is designed as an academically challenging and balanced programme of education that prepares students for success at university and life beyond. The programme is taught over two years and has gained recognition and respect from the world's leading universities with St Margaret's graduates attending Harvard, Princeton, Stanford, Oxford, Cambridge, Imperial College, Monash and Sydney amongst others.

NCEA RESULTS

St Margaret's College was delighted to receive their 2020 senior academic results rounding off another year of extraordinary achievements.

The provisional St Margaret's College NCEA results are:

University Entrance – 98%

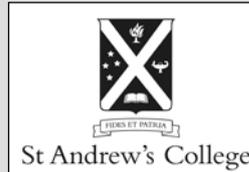
NCEA Level 3 - pass 99%

NCEA Level 2 - pass 99%

NCEA Level 1 - pass 98%

THEATRE DANCE ACADEMY (TDA).

St Margaret's College is breaking new ground as the first school in Australasia to offer the thrill of cirque aerial classes through Theatre Dance Academy (TDA). TDA is open to the wider community, not just SMC pupils, for more information and to book a place email tda@stmargarets.school.nz!



STACFIT FOR ALL

It has been an exciting start to 2021 for St Andrew's College which has just opened a brand new and highly resourced Fitness Centre called StACFit.

The new centre will benefit all members of the College community, and help support physical, mental and emotional well-being of students, sports teams, curriculum classes and staff.

For High Performance Sport Director, Rod McIntosh, the key outcomes for the new Fitness Centre were centred around:

- providing a recreation facility to help support the holistic well-being of all students and staff;
- providing an opportunity for individuals and school teams to prepare well for their respective codes;
- to provide a recreation facility for all to utilise for general well-being and good health, which meets high standards of health and safety.

Features of the spacious 41m long by 8m wide (308 square metre) facility include a high roof, which creates a sense of space, a 24m exercise strip, an extensive range of fitness equipment, and acoustic windows, which also provide a light, airy feel to the facility and a connection to Gym 1.

The works began in 2019, when the College's existing Gym 1 was renovated and strengthened so the new Fitness Centre could be constructed on top.

General Manager, David Evans says it is a "fantastic facility" which will benefit all students. "We have wrapped a management structure around the Fitness Centre to ensure people get the maximum benefit from it and that it operates safely."





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