

Bank, postshop and bookshop closing



A grocery store and later a bookshop both at the corner of Edgeware Rd and Sherborne St have hosted postal services in St Albans. Where next?



by Lynne O'Keefe and Belinda Carter

If you frequent the bookshop in Edgeware Mall for postal services, bill payments or banking, you need to find a new location to do this. From Friday 25 March, Kiwi Bookshop will close permanently.

Jo Hamblin, along with her daughter and son, took over the post shop five years ago and have maintained a steady business over this time. "Our customers are so upset for the community and the staff," says Jo. "It is with much sadness that we have had to make this decision. The lease expires and we have been unable to re-negotiate favourable terms."

There have been challenges. Kiwi Bookshop has "endured numerous roadworks and the construction of a new build next door." Nevertheless, its standard of service has not faltered.

PO Box customers have been sent a letter advising them that from March 12 their boxes will be moved to the Christchurch Box Lobby on the corner of Cashel and Montreal Streets. The box number will remain the same as it is now. However, the postcode will change to 8140 and cost an extra \$15 as it is classed as a priority service.

The alternative for box holders is to move their boxes to Shirley or Merivale. Mail will be redirected free of charge for four months, but post box owners need to fill out a form and attach a copy of the NZ Post letter.

A NZ Post spokesperson told StAN: "We are currently in discussions with a couple of local businesses about whether they are interested in operating a NZ Post retail agency and hosting our postal services. We're still too early in this process to share any further details but will make sure to update customers accordingly."



The Post Office has had a long presence in St Albans, in various locations and under different names, dating back as far as 1864 when it first opened.

In 1928 a post office agency was established in the grocery store housed in wooden buildings on the corner of Edgeware Rd and Sherborne St. (Check out the the mural on the Colombo St side of Bailies Bar advertising Amber Tips tea.)

From 1967 to 1995 it occupied a purpose-built building on the site of the current Edge cafe carpark. Post Office operations were then absorbed into the bookshop which has been operating in the mall since the early 70s.

Last bank in St Albans

Kiwibank also has a counter in Kiwi Bookshop, and Kiwibank's External Communications Manager, Kara Tait, said the bank is keen to retain a presence: "We are presently in the early stages of negotiations with another business in the area to provide banking services on our behalf. Once an outcome is confirmed, we will be writing to customers to update them on the situation."

It is the last remaining bank outlet in St Albans. At its peak in the last quarter of the 20th century, the area hosted the BNZ, ANZ, Westpac and more recently Kiwibank.

Westpac used to operate a branch in the space occupied by IO66 and then Bailies, and its ATM was, at one stage in the late 1990s, said to be the busiest in Christchurch. However, its ATM service closed a few years ago.

Richard Norton, a spokesperson from the Edgeware Business Association, was "disappointed" to hear about the possible closure of a popular business in the village. While waiting to talk to Jo Hamblin one morning recently, one of the writers of this story observed a constant stream of customers for NZ Post and Kiwibank services.

It is hoped that alternative premises can be found so banking and postal services in St Albans can be preserved. And it would be handy if another bookshop chose to locate here as the Kiwi Bookshop has been the main source of stationery, magazines and gifts in Edgeware Village for decades. ☞

SARA and Centre news

New Zealand Sign Language at Kohinga

by Jo Ritchie

Some members of the St Albans Residents Association (SARA) management committee and community centre staff completed a basic New Zealand sign language course recently.

The course was run because SARA wanted to ensure that people who use sign language feel welcome at Kohinga St Albans Community Centre and are supported in the use of their language.

The course was taught by Julie Fraser from Sign Equity, a social enterprise that teaches basic New Zealand Sign Language to businesses, individuals and community groups. Sign Equity's vision is for deaf and hearing communities to

communicate more easily.

Note to fluent sign language users: Be kind to centre office staff, they are just beginners.

If you are interested in finding out more about what Sign Equity has to offer then please contact Julie Fraser (Founder, Director and NZSL Tutor) on mobile: 021 24 99 474 (text only please) or email:

sign.equity@gmail.com.



SARA chair Jason Harvey makes the sign for "centre"

Have you got time for a chat?

If you feel a little lonely but like the company of others join The Corner Conversation Group hosted by All Souls Church's St Albans-based community hub.

"Our aim is to unite people from the St Albans community for company and conversation over refreshments," organiser Leigh Figgitt says.

She suggests people come with a friend if that would make them feel more at ease – the more the merrier! "Come try it out."

The weekly coffee and conversation group is held on Wednesdays each week from 11-1pm, and the nibbles and refreshment group meets every second Saturday of the month from 4-5.30pm.

"I have loved hosting at the Kohinga St Albans Community Centre since its inception in August 2021 and look forward to welcoming more of you into our friendly group. We have

a lot of good conversations and laughs, and I can see friendships forming."

Sign-in is by scanning a QR code (or by providing contact details manually) and vaccination passes need to be sighted. Mask wearing is required in communal areas and unless eating or drinking. A small koha/donation is requested to help with the running of these groups.

Any questions, contact Leigh, tel: 0212641485 or email: thecornerst.albans@allsouls.org.nz ☞



JP clinics at the centre

Parminder Khan is one of a number of Justices of the Peace (JPs) available in St Albans area to witness and sign documents or provide services such as validating IDs. She is holding drop in sessions at 11am on Friday mornings in the community centre. If she is unavailable, the centre office also has a list and contact details for JPs in the St Albans and Mairehau areas.

Computer help

St Albans NeighbourNet is not operating drop in sessions at the community centre till further notice during the COVID19 Omicron outbreak. If you do have computer queries please contact the community centre on 972 5534 and leave a message.

Slimmer News

The March edition of St Albans News is a little lighter than usual because of lower advertising and uncertainty over Covid19. We hope to return to 16 pages for the April edition.

Sophie Pascoe: Dynamo in water

by Belinda Carter

If you run into Dame Sophie Pascoe at the supermarket, do not be surprised. The 29 year old swimmer and paralympic gold medallist now lives in St Albans, after she and partner Rob Samson purchased a townhouse on the city side of St Albans in 2021.

Sophie is a Dame Companion of the NZ Order of Merit, named in the recent New Years Honours List for services to swimming, possibly to be awarded at a ceremony in Christchurch.

Born in 1993, Sophie's life changed aged two after her father ran over her leg with a ride-on lawn mower at her family's lifestyle block in Halswell. Her left leg was amputated just below the knee immediately after the accident.

Sophie found out she was good at swimming during swimming sports at Halswell primary school when she easily beat her full-bodied classmates. Swimming was an ideal sport; other school sports are contact sports which brought an injury risk.

And so she began her swimming career, entering swimming competitions for children with disabilities. Things kicked up a gear aged 8 when (the late) Graham Condon introduced her to coach Roly Crichton and she joined the QEII swim club where she remains a member.

Countless swimming competitions in New Zealand and overseas have resulted in medals and world records. Does anything stand out? She says that the Tokyo Paralympics were probably the most memorable as they came after a dark period in her life.

However, Sophie is not alone. As well as a coach Crichton, a supportive family and partner she can call on a dietician and a psychologist.

Dame Sophie doesn't have a regular 9-5 job but is supported by partnerships with half a dozen brands. Two that come to mind are: Westpac and Jockey.

These days she has more time for public involvement. To maintain peak performance requires less time than it used to. Instead of the five or six hours several times a week swimming in the pool or training in the gym it used to take when she was on her way up, three or four hours a day several times a week suffices.

But it's not all gold medals and world records. Sometimes she doesn't reach her own high standards, like the time at the Paralympics when she won a bronze medal while expecting a gold. A 200 metre individual medley race (combines the different swimming strokes) in Tokyo was almost the end of her and required oxygen to recover.

She helps other up and coming swimmers on an informal basis if they seek her out at competitions or training and ask her advice. Sophie also advocates for those with disabilities (roughly 20 per cent of the population) because she is well aware of the inequalities people with disabilities still face.

Although swimming has been her life for the past couple of decades, the high-flying swimming career will end. It comes as no surprise, after checking out her Facebook page, to hear that she plans a career in the fashion industry. She loves shoes, particularly high heeled ones, and has a custom-made prosthesis so she can wear them. ☞



Dame Sophie with her haul of gold medals from the Tokyo paralympic games.

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Send your news contributions and adverts to:

news@stalbans.gen.nz or

http://www.facebook.com/StAlbansNews

advertising@stalbans.gen.nz

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The opinions expressed in this publication are solely those of the authors and do not necessarily reflect those of the St Albans Residents Association.

Tales from our own history

The St Albans History Group welcomes contributions about the lives of residents past and present. "I remember" pieces often pique the interest of others to also look back into their own past.

Researching the past is exciting, rewarding and informative. Trying to recall events from the past which affected our forebears, we realise with regret how little is known of our own history. The momentous events and experiences of our own young lives are slowly disappearing into the misty past. Printed contributions can be left at the Community Centre Office or emailed to the History Group c/- briangspear@hotmail.com

Dave Hinman: rewarded for his passion for the past

Trams and heritage pretty much sum up Dave Hinman who was awarded a Queen's Service Medal (QSM) in the New Years Honours List. It is a special acknowledgement to this longterm St Albans resident for an outstanding contribution stretching back decades.

While working for the Christchurch City Council, he was instrumental in the planning and construction of the City Tourist Tramway. His efforts in engaging the three vested parties, the Christchurch City Council, Heritage Tramways Trust and Christchurch Tramway Ltd, led to the doubling of the original 1995 route. Dave held various positions in the Tramway Historical Society (THS), including a stint as president during the 1970s.

After the earthquakes he was part of the Christchurch Council's Heritage Response Team focusing on retaining heritage and character buildings in the central city. A former trustee of the Ferrymead Trust, he played a key role in the planning and development of the Ferrymead museum complex and is a past Canterbury Branch Chair of



Dave Hinman

the NZ Historic Places Trust.

He's still got his hands on the controls, driving one of the trams at the weekends and the restaurant car on Sunday nights. It's a family affair too. He met and later married Dorothy (Dot) at the Museum of Transport and Technology (Motat) in Auckland.

Another heritage passion has been restoring vintage homes, including their early 1900's St Albans character home.

Dave has made major contributions to the community in other fields, as a scout leader in both the St Matthews LLO (St Albans) and the St Martins Groups. Another passion has been skiing with an involvement in many roles at the Mt Cheeseman Ski Club since 1979, including patron in 2018.

In 2019, following 50 years with the Christchurch City Council Dave retired. He is a past president of the NZ Planning Institute and a current fellow. A long term St Albans resident, he attended St Albans Primary School (before going to Christchurch Boys High School) and was a founding member of the St Albans History Group. ☞

A time to harvest and prepare for winter

The evenings are shortening but there's still plenty of warmth in the soil, so keep harvesting the many vegetables this season is blessed with. March is an ideal time to sow or plant winter greens and those vegetables that produce best in spring.

Beetroot, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, kale, leek, lettuce, mesclun, onion, parsley, radish, rocket, silverbeet and spinach are all good candidates to get in the ground now. Dig in leftover stalks and leaves from crops that you're currently harvesting and add compost generously to soils that have been depleted by summer's abundance.

It's also time to prune any diseased wood from plum, peach and nectarine trees and shape for next season's fruit, removing vigorous vertical growth if necessary.

Strawberry runners can be potted up now for planting out in the winter and giving away to neighbours and friends. It's also a good time to plant citrus trees, feijoa and

blueberries. The latter prefer an acid soil best, so perhaps plant your blueberries in the same spot you've been emptying the tea leaves and coffee grinds. Just make sure there's plenty of sun.

March is a great time for flowers, as many come to the end of their blooming season and produce seeds in fascinating pods, many ornamental in their own right. Mature seedpods can be cut and placed somewhere warm in paper bags to dry fully before carefully separating the seed and labelling in envelopes to be stored till spring.

Cuttings can also be taken in March as there's still enough warmth for them to strike and grow before the general slowdown winter brings. Seeds and cuttings are the best way to grow a garden on a budget if you have the time – something to bear in mind in this age of 'instant' garden makeovers on television.

Good gardening, *Basil*

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News about the City Council

St Albans suffering from large scale tree losses

by Pauline Cotter

We know and love the multiple benefits of trees, so too does the Christchurch City Council as shown by such things as the declaration of a climate change emergency, the goal for Christchurch to be a National Park city, and the urban forest plan. The Council has a policy that if a tree is removed for any reason, at least two more are planted in an appropriate place. However, protecting mature trees on private land is challenging.

In 2016 the revised District Plan was determined by a Crown-appointed independent panel, not the city council, and as a result many protected trees lost that protection, leaving the way open for felling.

Tragically, this is now a commonly-seen practice around St Albans; where a house is demolished, the section is cleared and multiple units suddenly appear. Add to this the National and Labour Governments new urban development policy to allow intensification of up to three dwellings per

property without requiring a resource consent. The result is large scale tree losses. This new policy will be available for public consultation from March this year so watch out for the opportunity to support our trees.

I am receiving requests from residents to reinstate the fencing around the toddlers' playground in St Albans Park. This section of fence was omitted from the job during council renewal of the surface a couple of years ago. I am fully in agreement due to the location on the Edward Ave frontage. It's a safety precaution. This will be raised again at the Papanui Innes Community Board and I am hopeful we will be able to find a solution. Meanwhile, you may have noticed construction on the north-west corner of the park; it's an extension to the popular skate park and will add to the amazing jewel we have in St Albans Park. ☞

Pauline Cotter is a city councillor and Innes ward representative



Cleaning up waterways

Christchurch City Council has ambitious plans to improve the quality of water in Christchurch rivers, streams and creeks.

New infrastructure, such as stormwater retention basins and treatment facilities will be installed. The action plan includes an awareness campaign to stop contaminants (such as detergent and toxic chemicals) being generated and leaking into stormwater drains. This will be signed off mid-year as part of the council's annual plan consultation.

This is needed in order to reverse the continuing degradation of Christchurch's waterways.

Skatepark revamp finally underway

Years after the city council started consulting with the community, work got underway on February 8 to extend the skatepark and it is hoped it will be ready for action by the school holidays in April. Coloured concrete and seating are being added with a particular focus on beginners.

Corrections not appealing

Bristol St residents are relieved to hear that the Corrections Department will not be appealing the decision by two commissioners to not grant them resource consent for a residential rehab programme on the corner of Bristol St and Berry St.

Bus trial ending soon

Allowing bus only use of the extra lane on Cranford St, between Innes Rd and Berwick St during peak hours, is ending in February and a decision will be made about a permanent solution and road markings will become permanent.

Off street parking not required

Developers of future housing will no longer be required to provide parks for new residential and commercial builds as part of the resource consent process. A limited number of mobility parks will still need to be provided. This came into effect on February 18. It is part of the District Plan Review this year but is NOT being consulted on as it is a directive from central government. Other parts of the district plan eg: building heights, heritage and flooding plains will be consulted on from mid-April into May. More about that next month.

Time to spend ratepayers money

The city council discussed the Annual Plan for 2022/2023 at its last meeting in February. The annual plan or budget decides what items will get a share of ratepayers money and sets the rates increase for the next financial year which begins in July. Ratepayers will have a say over the next few months through feedback and hearings.

Using too much water?

From July this year if your household uses more than the average amount of water you will end up paying for the excess in your rates bill. The good news is that properties sharing a water meter with at least one other property (eg: units and apartments) won't be paying extra because the city council cannot calculate water uses of the different households sharing a meter. Find the Water Reporter here: <https://www.ccc.govt.nz/services/water-and-drainage/water-supply/water-reporter/>

Community Notices

Community Bible study: Small non denominational Bible reading class. Monday mornings from 10.30 to 12pm. All welcome. Further details, phone Veronica on 960 7655 or 021 0229 2613.

Canterbury Embroiderers' Guild: @ Hammersley Community Centre, Amos Place. Groups meet Mon, Tues, Wed & Fri. Contact Ros 021 108 5539, Marie 021 68 3547 or email CEGstitchers@gmail.com. Any form of stitching

Christchurch Senior Citizens: card section Mondays at 12.30-3pm, indoor bowls Tuesdays 12.45-3pm, old time dance 3rd Saturday of each month 1.30-4pm, live band, Scottish Society Hall, Edgeware and Caledonian Rd. Visitors welcome. Further information phone: Veronica 383 4682 or Beth 388 2375.

Citizens Advice Bureau: The North branch now at Fendalton Library, 4 Jefferies Road, 0800 367 222

Coffee and conversation: Every Wednesday 11 am – 1 pm At Kohinga St Albans Community Centre. Join us for coffee and conversation, meet others in your community. All Welcome. Koha for coffee appreciated.

Computer aided, touch typing course for students 9 or older with difficulties reading, writing and spelling. Run by the Seabrook McKenzie Centre in London St. Mon, Tues 4-5pm. Further information phone 381 5383 or visit the home programme version on readandspell.com

Cranford Pippins for 5 and 6 year olds meets Tuesdays during school terms, 5:30 6:30pm. Contact: info@girlguidingnz.org.nz.

Edgeware Croquet Club: Come and try Croquet, a friendly club off Forfar Street in St Albans Park. Association Croquet Thur and Sat 9.30-12noon and Golf Croquet 12.45 -3pm. We welcome visitors and new members. For more info contact Jan 021303843

Elizabeth Bridge Club: Wednesdays 12.50 (for 1.00pm start) to 4.00pm at the Christchurch Bridge club rooms, 21 Nova Place (off Barbadoes Street) Visitors welcome. Friendly club, parking. No partner, contact Maureen on 021 646 123.

Fit Beans Coffee Club: 9.30am Fridays, Reformed Church Hall, 63 Cornwall Street. Easy exercise for anyone looking to maintain or regain strength and balance. Suitable for any age or ability, sitting or standing. No running, jumping or lying on the ground required. Led by Dee Owers, \$5 per class, followed by free tea, coffee and cake. Phone Sarah on 338-1648 or 027 758 5141

Free Kindergarten Enrolments: Not for profit Kidsfirst Sunbeam Kindergarten welcomes queries and new enrolments. 13

Cornwall Street, (03) 366 7157.

Free insulation: Community Energy Action (CEA) can assess your house and if eligible organise free insulation for above ceilings and under floors. Curtain bank offering free recycled curtains (including fitting). Curtain bank is mobile so can visit your home. More information, visit cea.org.nz

HOUSIE at the Mary Potter Community Centre, 442 Durham St North, every Thursday at 12.30pm 2.15pm. \$2 per Housie card or bring a prize to the value of the card. Afternoon tea to follow. All ages welcome. Enquiries ph 372 9224. Visit our website, www.lcmchristchurch.org.nz."

Knit & Knatter Shirley: Please can anyone help with free wool for these ladies. Contact Mary 027 733 9666 or 980 0811

Laughter Yoga: The St Albans Laughter Yoga Club. Sunday mornings, 11 am – 11.45am at the Scottish Society Hall cnr Edgeware and Caledonian Rds. Contact; Hannah Airey 021 998 109 www.lotustrust.org.nz. No bookings necessary, \$3 donation.

Mainly Music: a preschool music programme, All Souls Church Complex, 30 Church Lane. Monday at 9.30 am, followed by morning tea. Warm welcome. Enquiries to Susan McDonald 027 2764653 or just come along.

Meditation, Mindfulness & Gnostic Philosophy. 8-week course. Starts 8 February. Gold coin donation. Tuesdays 7:30 to 9 pm at Kohinga St Albans Community Centre. Learn to relax and concentrate. Contact Helen at 022 354 0902 or gnosissnz@xtra.co.nz.

NZ Japan Society of Canterbury meets to promote understanding and goodwill between the people of NZ and Japan. Meetings include talks, video shows or other activities with a Japanese accent. Visitors welcome. Contact Jean Bell: 355 9903 or jeanpbell8@gmail.com

Saygo Falls Prevention: Mondays 10 – 11am and Thursdays 9.30 – 10.30 am (wait list for Thursdays) \$2 entry. Kohinga St Albans Community Centre.

Shirley International Playgroup: a fun playgroup for mothers and under fives from any cultural background. Fridays during school term time. 9:30am 11:30am at the Shirley Hub, 69B Briggs Road, Mairehau. \$2 per session or \$10 for the term. Call Shauna at Delta Trust on 03 389 0219 for more information.

Scottish Country Dance club meets at the Scottish Society hall corner Edgeware Caledonian Roads, Tuesday evenings at 7.30pm, February through to December. A time of fun, fitness and friendship. Contact: Margaret Birse, ph 327 0193.

Shirley Rugby League: Need players to join our family club, girls and boys welcome,

ages 4 to Masters age 35 yrs. Contact Rochelle 021 133 5437.

Shirley Ladies Friendship Club meets the second Tuesday of the month at 10.00am at Delta Community Trust 101 North Avon Road. Interesting speakers. Walking group meets on 3rd Wednesday, and trips are arranged. For more information please phone Dale at 385 1133

St Albans Leisure Group is an older adults' recreation group that provides social contact and activities for its members. Contact Wendy at sara@stalbens.gen.nz

St Albans Community Pre school: 20 free hours, 2 5 yr olds, casual bookings taken. 3 Thames St. Contact Odette on (03) 355 9396 or look us up on Facebook.

The St Albans History Group is interested in old photos or articles about St Albans. Contact: Brian: briangspear@hotmail.com

St Albans Shirley Football Club. For players 4-40+ Phone 021 0204 2300 for team details.

Rockers Of Ages Choir: For elders and aspiring elders (any age welcome). No auditions, music provided. Wednesdays, 2pm 4pm during term time, Forfar Courts, 95 Forfar Street, St Albans. Phone 0800 843 687 for more information.

U3A St Albans: meet at St Albans Uniting Church. Monthly 4th Thursday 9.45am, morning tea followed by speaker. Many more activities. Visitors warmly welcomed. Call Noni, 03 354 5643, for further details.

Women in Harmony community choir: Meets Thursdays in primary school terms from 7.30-9.30pm at Kohinga St Albans Community Centre, 1049 Colombo Street. Sing world and popular music in 3 part harmony. No auditions. Email: women.in.harmony.nz@gmail.com; womeninharmony.wordpress.com; facebook.com/womeninharmonychristchurch

Weekend Group: Second Saturday of the month 4.00 pm – 5.30 pm at Kohinga St Albans Community Centre. Meet for friendship and company with lively chat. Refreshments provided. Koha appreciated – (recommended \$5.00 per person).



St Albans News Classifieds

SERVICES

Are you having difficulty making a decision about family, work, relationships? We can help you make a thoughtful decision and guide you to proper resources if required. There is no charge for this service. Call for further information or an appointment with Bill or Emily at 027 379 3873. We can meet at the Kohinga St Albans Community Centre on Wednesdays 12:30 to 2:00. First meeting usually 30 minutes.

Clarinet, Sax, Flute, Guitar, Bass, & Piano: Experienced local teachers. Ph Nicola and Ivan 385 3856.

ProofreadingNZ: All proofreading and editing services \$60/hour, GST incl. Contact carlaheslop@slingshot.co.nz

Becoming You Yoga Mary Potter Centre, Tuesday 4.30pm \$13, Slow mindful yoga. St Albans Community Centre, Thursday 10am \$15, Restorative Yoga. Suitable for all. Contact: <https://www.becomingyoutoyoga.com>

Yoga Class: Tuesday and Thursday 10:45am - 12pm in the delightful Abberley Park Hall all abilities and ages welcome. Tracy 022 048 6949 or 03 356 1754

Cleaner: Good personality and experience with Age Concern clients, seeks work in St Albans. Linda 021887840

TRADIES

Door Specialist: Repairs, adjustments and installation of all doors and locks, ranch slider wheels and locks. Qualified tradesman. Ph Stewart 0800 677 262 or 021 185 4055.

Eastcoast Landscapes: Specialising in all aspects of PAVING including patios, paths, courtyards and borders. We also do lawns, irrigation, garden makeovers and general property maintenance. Commercial and residential. Small, friendly business. Quality work. Free quotes. Call Blair on 027 699 5815.

Handyman: Pete Knuiman Ltd. For all your property maintenance, repairs, painting, carpentry, fencing, brickwork, tiling work,

alterations and those odd jobs. Ph Pete 021 022 53774 or 385 1718. www.peteknuiman.co.nz, pete@peteknuiman.co.nz

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Pegasus Landscapes: All aspects of landscaping, design. We do everything on the outside including planting, paving, driveways, lawns, lawn renovation, irrigation, raised timber planters, all timber work, brick and block work, full garden maintenance service. Established in St Albans in 1992. Please contact Andy Cox, ph 0274337629, email: pegasus.landscapes@gmail.com

SITUATIONS VACANT

Cleaner: the Community Centre requires a cleaner, 3 days a week up to 2 hrs each day. Times flexible. Apply to communitycentre@stalbens.gen.nz

The deadline for the April issue of the St Albans News is March 14. Please send your articles, letters and notices to: news@stalbens.gen.nz

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Kiwi Bookshop CLOSING DOWN SALE

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