

RICHMOND

COMMUNITY NEWS



Avebury House: 9 Eveleyn Couzins Avenue

Phone: 381-6615

Email: rcn@aveburyhouse.co.nz

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Issue 129

Community Police BBQ

As many of us will vividly recall, the firearms incident on Eveleyn Couzins Ave, Tuesday Feb 26th, was sudden and violent; a sharp shock for the whole community, and for some a deeply personal ordeal that will take time to process and heal. We are all wholeheartedly grateful that only the gunman was wounded, and that police were able to lock down the situation within 45 seconds of the first gunshot. Thank you to them for doing a difficult job, in a far from ideal environment.

On the following Friday, as the cordon was being taken down, local builder Scott Cresswell approached Richmond mover and shaker, Hayley Guglietta with the idea of a neighbourhood barbecue. Not only to celebrate having our street back, but to bring people together, break the tension, and reclaim that space for the community.

Avebury's lawn was the obvious spot, and when police were approached casually on the street that afternoon, they responded with, 'Snap, we were just discussing the same thing at our morning meeting.' Canterbury Area Response Manager, Inspector Glenn Nalder called me and said to get back to him with whatever we required.

We got a similar response from Housing New Zealand's Ray Tye. The event unfolded right outside HNZ's recently-opened development, where residents had a too-close-for-comfort view. Ray immediately volunteered to bring homemade salads, fruit, vegetarian sausages, juice



Constable Sarfia Sparks, Superintendent Lane Todd, Inspector Glenn Nalder, Acting Inspector Mark Worner and Councillor Deon Swiggs in front of the flash cooking set-up.

and anything else we might need.

The folk at Hellers generously donated 240 sausages, Glen White from New World Stanmore Rd kindly contributed bread and sauces; and our request to police was that they bring their fabulous mobile barbecue unit!

Along with the fancy barbecue and fizzy drinks came some high-ranking police officers who appreciated the opportunity to speak with neighbours

informally about their experiences. Christchurch Metro Commander, Superintendent Lane Todd spoke to the gathering, encouraging them to take advantage of victim support services.

He also pointed out that shootings of this sort are not only rare in Christchurch, they are rare in New Zealand. The decision to arm all police, following the previous Saturday's encounter with the accused, was not taken lightly said Acting Inspector Mark Worner. But he was glad that once the offender was caught that the directive had been cancelled. He told me he couldn't speak for all police, but personally "the day [NZ] police carry guns is the day I quit." With more than three decades' on the force, Worner's experience of community policing has convinced him the best way to reduce crime and keep communities safer is simply to have more bobbies on regular beats.

Continues on page 2.

Richmond Community News is brought to you by Avebury House Community Trust and the following people:

Editorial: Tanya Didham.
Layout: Kristine Spoor.

Many thanks to our team who deliver the RCN to 2000 households and businesses throughout Richmond.

The RCN is now available online:
www.aveburyhouse.co.nz/newsletter.html

Contact us at: rcn@aveburyhouse.co.nz or ring Avebury House: **03 381 6615**.

Disclaimer: Views and opinions expressed in the Richmond Community News are not necessarily those of the editor or Avebury House Community Trust. No responsibility is accepted for incorrect information contained in advertisements or editorials. Advertisements for publication are accepted in good faith and publication of an advertisement does not imply endorsement by Avebury House Community Trust.

From page 1.

Having our neighbours over for kai and a korero felt right to us at Avebury; and the space needed some love too. We gathered under the golden elm, itself bearing the scar of a bullet, and traded stories, while kids ran round on the lawn playing tag. A huge thank you to everyone who came down to talk or to listen or to just sit and have some food with us.



A perfect evening on Avebury's lawn.

When the council's heritage representative came to inspect the damage, they said the holes in the shed would now become part of the building's story, so they will stay. The upstairs window has been replaced. As always we will take what learning we can and keep moving forward.

If you were affected by this event or the terrorist shooting on March 15th, please contact the mental health helpline, available 24 hours a day, on 1737.

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In Memoriam

Of the fifty beautiful souls, citizens of Aotearoa, murdered on the 15th March 2019 while peacefully at prayer in their places of worship.

May they continue in all our hearts and memories.

They remind us our shared humanity is far greater than any perceived differences.

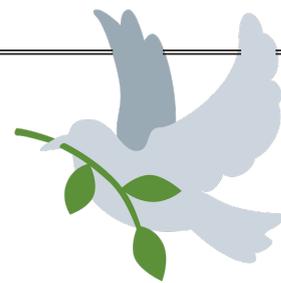
Also in Gratitude

To police and first responders, to frontline health staff, and to the bystanders who leapt into action in the face of such wanton violence.

Our deep thanks for their selfless actions, and sorrow for what cannot be unseen.

In peace.

Arohanui.



Post-trauma Care

Taking care of yourself and your loved ones after a traumatic event.

There are many normal reactions to stress from feeling like nothing is wrong at all, to panic attacks. So how do we manage our emotional reactions to traumatic events?

As adults there are some simple things we can do to look after our emotional wellbeing.

- Try to keep to routines.
- Maintain regular eating habits, avoiding drugs and alcohol.
- Spend time in nature and get some exercise.
- Beware of boredom, find things to keep you busy.
- Share your feelings with friends, and avoid news and social media coverage.
- Children require age-appropriate information. Young kids need very simple explanations.
- Provide a calm environment. Children are very sensitive to their parents' moods, so don't assume they haven't noticed if you are struggling.



The number to call for 24-hour access to a counsellor is **1737**. **It's ok to ask for help.**

Richmond Kidsfirst

By Monica Guy

As you walk or drive past Richmond Kindergarten, all you see is a plain weatherboard building, with some signage and not much else. But when you walk through the gate, you see something completely different!

Firstly, a large beautiful outdoor area with trees, flowers, playground equipment and children aged 2-5, of many different nationalities, engaging with each other, playing, learning and generally having a wonderful time.

Inside is large and welcoming, with various areas for reading, art and craft, family play and activity tables. Children's artwork is displayed on the walls for the kids and whanau to see. It is spacious, beautifully laid out, full of creativity.

The teachers are warm and friendly, they come down to the children's level to answer questions, engage with them, comfort them when needed and of course, are the "hat police" on those hot, sunny days! I felt so welcome when I visited, both by the teachers and the children, who were very keen to know my name and show me what they were doing.

The kindergarten's philosophy is free play – so kids can move freely between activities that interest them. Morning tea is rolling which means children eat as they choose mid-morning, with teachers keeping track of who has or hasn't eaten.



Richmond Kidsfirst Kindy on North Avon Rd

Late in the morning, everyone comes together for a brief mat time and then all sit down together for lunch. It's a wonderful mix of freedom and routine.

Located in the heart of Richmond on North Avon Road, this fabulous kindy was established in June 1921, and is one of the oldest kindergartens in Christchurch. Naturally there have been many changes in those 98 years, including obvious things like equipment, resources, etc. Families can choose to come from 8:45a.m. to 2:45p.m., or just attend the morning session. Kindergarten is also now available for 2-year-olds, where in the past it was only available for 3-4 year olds.

As a former kindy parent (many years ago!), I would totally recommend this kindergarten. It is welcoming, beautiful and as I saw for myself, full of happy, engaged children and caring teachers.

Richmond kindergarten is located at 41 North Avon Road, email: richmond@kidsfirst.org.nz or phone: 389-5236.



Tuition

Clarinet, Sax, Flute, Guitar, Bass, & Piano—Experienced local teachers. Phone Nicola & Ivan **(03) 385-3856.**

NEO School of English

IELTS & OET exam preparation courses. Small groups, highly qualified teachers. e: monika@neocentre.co.nz m: **022 074-1438**

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Banks Avenue School Update



After much deliberation and speculation, it was announced in 2016 that Banks Avenue School would be rebuilt on Shirley Boys' High School site. SBHS's new premises in QE2 Park are almost complete, so Banks Avenue School have released their updated school plans.

As of March 2019, the school has a roll of 360 pupils, a little over half of its pre-quake numbers. According to the Master Draft report, the new school will be able to accommodate 600 students. The target date to begin the rebuild is end of 2019, with plans to move in for the start of the 2021 school year.

The design phase between the school, the Ministry of Education and architecture company Opus, has been a two-year long process. Classrooms, called teaching pods, will have two large rooms separated by a series of smaller 'pods' in between. One of the facilities the school is most in need of is a space for the whole school, and occasionally parents, to have assemblies. Currently Banks Avenue School makes use of their library as a school hall. There are also plans for an outdoor amphitheatre to host performances and gatherings.



Layout of the new school grounds. With teaching pods in blue, the library & hall in yellow, and the administration building in red.

The main entrance will be shifted from North Parade to Averill St, and will include a drive-thru drop-off point within school grounds.

A decision has not yet been made regarding a change in name and uniforms for the school. Consultation and feedback from the community will be conducted later this year. For more information and updates about Banks Avenue School, visit their website at www.banksave.school.nz.



26th - 29th April 2019

Can you help us win the title of **World Biodiversity Capital** for 2019?

The goal is to record every species living in our city. From birds and insects, to plants and fungi, we need you to help record all the nature you can find.

Anyone can get involved, whether you're a nature newbie or a life-long biodiversity buff, no matter where you are in Christchurch. Just follow these **3 easy steps!**

Step 1: Download the iNaturalist app and make an account.

Step 2: Get outside and take photos of all the wild species you can find!

Step 3: Upload your findings on the iNaturalist app or website:
<https://inaturalist.nz/>

Grow Your Own Free Lunch

Gardening and Cooking Course for Beginners

Discover how to:

- Grow vegetables in your own garden.
- Cook vegetables in fresh and delicious ways.
- Save money and eat tastier food.

In this season we make bread and lots of winter warming food. If the weather is not suitable to be outside, I bring the garden inside and we look at all sorts of plants to study. However there is still a surprising amount of work in the winter garden!

May 2, 9, 16, 23, 30 and June 6
Thursdays 9.30am to 1.30pm
Avebury House, 9 Eveleyn Couzins Ave
For more info, or to sign up,
please contact 03 3890212 or
email Mary@aplaceoflearning.co.nz

Mind Yer Language: The Pelicans and the Prison

By Tanya Didham

The world's largest seabird, the Wandering Albatross, gets its name from a medieval Arabic word, *al-ghattās*, meaning literally 'the diver'. It was used to describe any bird that dove for food, and included pelicans and cormorants.

Being geographically and colonially close to North Africa, the Spanish picked up the word, changed it slightly to *alcatraces*, and applied it more specifically to pelicans.

In the 1770s when Spaniards were charting bits of North America's west coast, they sailed into San Francisco Bay. One of the harbour's islands was home to so many pelicans that the captain named it *La Isla de los Alcatraces*, the Island of Pelicans. It was said there were so many birds nesting on the island that on rising, their wingbeats created the sound of a hurricane.

It became shortened to Alcatrazes Island and in 1826 the name mysteriously moved from the original island to its neighbour (and current home). 20 years later the US Government bought it off Mexico for \$5000.

By the 1850s the US Army had fortified the island; it's bleak nature and inhospitable seas made it an obvious choice for deserters and prisoners of war.

During America's Civil War the 22-hectare island housed between 85 and 105 cannons, and became home to numerous confederate prisoners, along with the West Coast's first lighthouse.

In the early 20th century construction began on the huge cell block still standing there today. Among those put behind its bars were WWI's conscientious objectors, gangster Al Capone and Robert 'the Birdman' Stroud.

The diving brown pelicans that gave Alcatraz its name were hunted almost to extinction for their feathers by the early 1900s [not until 2009 did they come off the endangered list]. They no longer nest on the island, but since Bobby Kennedy closed the prison doors for good in 1964, Alcatraz has become a seabird sanctuary with cormorants, egrets and herons now calling it home.

And that's how you get from an albatross to Alcatraz!

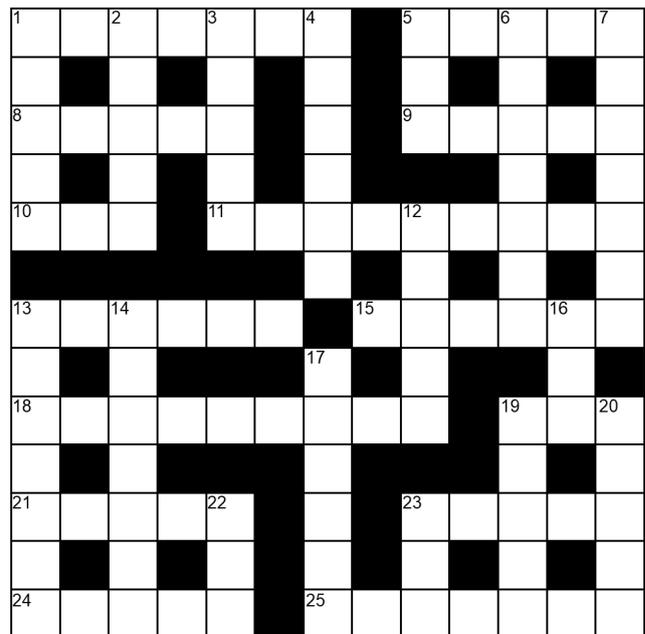
Puzzle Crossword

Across

1. Wildly excited. (7)
5. Collection of people or objects. (5)
8. Fruit of oak. (5)
9. Type of cheese. (5)
10. Allow. (3)
11. Building designer. (9)
13. Certainly (6)
15. Acrid (6)
18. Impermanent. (9)
19. Length of time. (3)
21. Period of darkness. (5)
23. Keen. (5)
24. Penetrate. (5)
25. Stretches. (7)

Down

1. Delicate. (5)
2. Overhead, up high. (5)
3. Athlete's foot. (5)
4. Opportunity. (6)
5. Joke. (3)
6. Rich. (8)
7. _____ of Paris. (7)
12. Fool. (5)
13. Forceful (7)
14. Current of air. (7)
16. Ovum. (3)
17. Legislative body. (6)
19. Noble gas. (5)
20. Works toward, deserves.(5)
22. Dark, thick liquid. (3)
23. Consume (3)



Solution to March Crossword

Across: 1. Undertaking. 8. Regions. 9. Agree. 10. Ante. 11. Settled. 12. Sit. 13. Abet. 15. Odds. 17. Inn. 19. Concern. 20. Calf. 23. Think. 24. Ellipse. 25. Strangeness.

Down: 1. Uproar. 2. Digit. 3. Rood. 4. Assist. 5. Inaction. 6. Garbled. 7. Trendy. 12. Streaker. 14. Bandits. 16. Scotch. 17. Intern. 18. Offers. 21. Apple. 22. Flee.

Remember This?

Does anyone remember this? It was sometime in 1963; the opening of one of the first supermarkets in Christchurch — in Stanmore road near the corner of Warwick St. It looks like a grand occasion; a band is playing, even the army is there with an artillery piece! — perhaps to reinforce the idea of ‘explosive value’ advertised on a sign to the left of the gun.

Some of the specials advertised on large sheets in the store windows include: “Haywards Pickles, 2/6d a jar”, “Bycroft Choc Wheaten”, 1/6 pack and Highlander Milk, 1/9½. This was in the days before decimal currency, so prices are in shillings & pence. Apart from food items, some hardware items are advertised, including parkas (59/6) and garden hoses (50 ft and 100 ft lengths).

This building was in use as a supermarket until the 1990s when it was demolished and a new, bigger supermarket was built on an enlarged site; the new New World! If anyone has memories or other information about the original supermarket on this site, we would love to hear from you. Please ring Avebury House on **(03) 381-6615** or email (admin@aveburyhouse.co.nz).



4-Square opening in 1963.

New Chaplaincy Role at Delta

By Tony McCahon, Delta Trust

It has been such a privilege to be part of Delta’s journey with the empowerment, and care of, its marginalised communities over the last 22 years.

When I started as a community worker at Delta in June 1996, our organisation was using half of the white house on the Petrie Street corner and the North Avon Baptist Church lounge. Our move into our present building in 2005 meant we could introduce new services and work much more effectively in a larger, friendlier, more welcoming space.

Last year, approaching retirement, I transitioned from Community Development Services Manager to a new role as Chaplain of Delta and North Avon Baptist church. With reduced working hours, less staff oversight and administration responsibilities, I have really enjoyed having more time and opportunity to

share the lives of those involved in our communities.

Additionally, I have more time to continue writing a book on my Delta journey, one that I hope celebrates the stories and aspirations of the many unheard voices in our communities. I hope to finish my book by the end of 2020.

As chaplain, I am learning a lot about my own strengths and weaknesses, as well as about the amazing resilience and unique contributions to community of people who are often not esteemed highly in our society.

Delta Services Relocation

Last week the Fire Service advised us not to use our upstairs lounge for our Evergreen Club, given the mobility issues of many of the older adults attending, and the difficulties that would be involved in getting everyone down the stairs in the event of a fire.

Consequently, the Evergreen Club has relocated offsite, currently to the Quaker Centre, south east of Christchurch city centre. Other options are being explored for the rest of this year while our new facility is being built. Our other relocation involves our Wednesday English Class, which will move from Avebury House to C3 Church at 269 Hills Road from 27th March. Delta also has an English class operating from Delta House on Thursdays, 10am – 12 noon.

It is exciting to now see real daily progress on our new building, with the framing and block walls now visible. The new Delta, although only 75 per cent the size of our present building, will be more fit for purpose, warmer, sunnier and safer. Roll on February 2020!



What's on in Richmond

AVEBURY HOUSE,

9 Eveleyn Couzins Avenue.

Phone (03) 381-6615

The office is open every day from 9 a.m. to 2 p.m., except Fridays (close at 1 p.m.)

Monday

Chit chat Club: 10–10:30 a.m. The Chit Chat Club is for the older adults (55+) in our community to get together and have tea and a catch up.

Gentle Exercise: 10:30–11:30 a.m. Gentle exercise class with a tutor who guides you through an exercise routine designed to keep those muscles moving! \$5/session

Loopy Tunes: 11:30a.m.

A pre-school music and movement group.

Tuesday

Yoga: 9:00–10:00 a.m. Join us for a good stretch! Beginners welcome. \$6/session.

Also Thursday evening.

Men's Shed: 12 noon–4:00 p.m.

Art Class: 10:30 a.m.–12:30 p.m. Bring a project along or work on some skills. Drop in anytime. \$5/session.

Wednesday

Richmond Community Garden: From 9:30 a.m. onwards.

We welcome volunteers, be they seasoned gardeners or newbies, to help create a beautiful veggie garden for our community to enjoy!

Hugs All Round Quilting Group:

1–3 p.m. We make quilts for children who need an extra hug. Join us to learn more about quilting; this includes machine and hand-sewing.

Shake and Relax: 6:30 p.m. 8-week course. Practice calming your body and mind in a supportive group. Check Facebook for details & dates.

Thursday

Yoga: 6–7 p.m. Join us for a good stretch! Beginners welcome. \$6/session.

Also Tuesday morning.

Friday

Men's Shed:

10:00 a.m.–2:00 p.m.

DELTA COMMUNITY TRUST,

105 North Avon Road.

Ph: (03) 389-0212

Free bread, Monday–Friday: 10:00 a.m.–2:00 p.m., as available.

Monday

Food Bank: 10 a.m.–2 p.m.

Free, some criteria apply.

Footprints Café: Coffee, rolls & toasted sandwiches, 10 a.m.–1 p.m. Items as priced.

Addington Net: Computer & tech help for all. 10 a.m.–12 noon.

Tuesday

Budget Advice: 9 a.m.–3 p.m. by appointment.

Wednesday

English for Speakers of Other Languages (ESOL): Starts

13th February (term time). Wednesdays, 10 a.m.–12 noon.

\$2 at C3 Church, 269 Hills Rd.

Pre-schoolers welcome.

Food Bank: 10 a.m.–2 p.m.

Free, some criteria apply.

Footprints Café: Coffee, rolls & toasted sandwiches,

10 a.m.–1 p.m. Items as priced.

Fruit & Veggie Co-op: \$12/\$6

a bag. Pay weekly in advance

each Wednesday, great value.

Friday

Delta Inn: 2-course community

meal. Every Friday 12 noon, \$3.

Food Bank: 10 a.m.–12 noon,

& 1–2 p.m.

Free, some criteria apply.

Second Hand Goods/Clothes

store: 1 p.m. Goods as priced.

Shirley International Playgroup:

During term time,

9:30 a.m.–11:30 a.m. at the

Shirley Hub, 69B Briggs Road.

For mums & under 5's from

refugee & migrant backgrounds –

playgroup & English class.

\$2/session or \$10/term.

Gardening: 10:30 a.m.–4:30

p.m. Mary welcomes interested

volunteers to help her in the

Delta vegetable garden.

Impact Young Adults

Programme:

Ages 18–36 with disabilities.

6–8 p.m. Contact Natalie:

Natalie@deltatrust.org.nz

SHIRLEY RECREATIONAL

WALKERS

Mondays & Thursdays:

Meet at Shirley Community Centre site, cnr Shirley Rd & Chancellor St, 9:30 a.m. Walks around Christchurch. All ages welcome. For more information and a copy of the programme, contact Sue (03) 981-7071 or 027 775-4635.

HOLY TRINITY AVONSIDE,

168 Stanmore Road,

Ph 389-6948

Services:

Parish Eucharist - 9.30 a.m.

Each Sunday - A contemporary sung Service from A New Zealand Prayer Book featuring a wide range of hymns.

Holy Communion - 10 a.m.

Each Thursday

Morning Praise - 11 a.m.

3rd Sunday of each month

A time of prayer interlaced with songs of praise.

Activities Group is held every Thursday at 1 p.m.. Come along and knit, cross-stitch, do some form of craft, play a board game or just chat.

Everyone is welcome.

Association of Anglican Women

(AAW) meets every fourth Saturday of the month at 10.30 a.m. We start with a hot drink before listening to an interesting speaker or undertaking some activity together.

Exercise Class is held every Thursday at 11 a.m. All abilities are catered for, sitting and standing. The class focus's on flexibility and fun. Cost is \$6 and a light refreshment follows.

Foot Clinic every six weeks. You start with a foot spa and cup of tea/coffee. Our registered nurse will clip nails and give any advice on the care of your feet. Then you have a foot massage. \$10.

Wednesday Cafe meets every second Wednesday of the month from 11.30 a.m. until 1 p.m. Everyone is welcome to come and enjoy friendly company, listen to a speaker or take part in a fun activity and join us for lunch. There is a small cost for lunch and raffle tickets are available.

Everyone is welcome to any or all of the sessions!! For any further information phone the office on 389 6948 or email office@holyltrinityavonside.nz

SHIRLEY LIBRARY, 36 Marshland

Road (by the Palms Mall).

Phone (03) 941-7923

Monday

Activity Zone: 3:45–4:45 p.m. After school club for 6–10-year olds. No charge.

Tuesday

J.P. Clinic: 10 a.m.–1 p.m.

Weekly. No charge.

Storytimes/Wā Korero: For over two-year-olds. 10:30–11 a.m. Weekly during term time. No charge.

Reading to Dogs: 3:30–4:30 p.m.

For age five plus. No charge,

but book in advance.

Easter Fun: 16 April, Tuesday, 10:30 a.m. Join us at Shirley Library for an Easter-themed fun morning. Hop on in for a cracking good time where we will share stories create crafts and have an Easter egg hunt.

Wednesday

Scrabble Club: 1:30 p.m. to 3:30 p.m. No obligation, just come along when you can and join our friendly group. All materials are supplied. Free.

Thursday

Babytimes/Wā Pepi: for under two-year olds. 10:30–11 a.m. Weekly during term time.

Technology help drop in sessions: 3:30–4:30 p.m. Come along to our drop-in sessions for help with email, searching the internet, and general computer queries. No bookings required. Free.

Friday

Card Club 1.30–3.30 p.m.

No charge.

Shirley Library's Culture

Exchange: 3:30–4:30 p.m. A friendly group where you can make new friends, practice English and learn about New Zealand. Free.

Saturday

Super Saturday Storytimes: 2–7-year olds. Weekly during term time. 11–11:45 a.m. No charge.

Magic: The Gathering: First Saturday of the month. For 8–18-year olds. From 1 p.m. No charge.

Mahjong Group: 2–4 p.m. Learn to play Mahjong at Shirley library! For beginners and advanced players alike. Registrations required.

CHRYSTAL PALACE,

12 Chrystal Street

Come belly dance with Soul Star Tribe: all ages, backgrounds, and fitness levels welcome!

All classes \$10 casual. For more information, contact Sam:

027 6525 993.

Friday

Intermediate Skirt, 6:30 p.m.

Saturday

Gypsy Caravan Beginners,

11 a.m. Gypsy Caravan

Intermediate, 10 a.m.