



Night Lights – the Good, the Bad, and the Ugly: Part 1

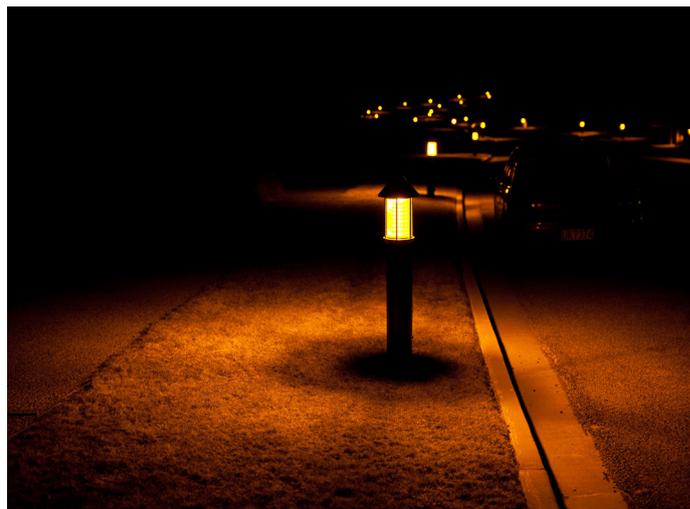
By John Hearnshaw

The world has plenty of environmental problems with intractable solutions – such as greenhouse gases, global warming, plastic waste and the extinction of species to mention just a few. But it also has at least one major problem not everyone knows about where the solution is easy and the benefits of the solution are widespread. That problem is light pollution, the term for man-made artificial light at night from poorly selected and installed light fittings. These are often street lights, but also include lights for sporting facilities and residential security lights.

So what's the problem? Surely light at night is good for us and keeps us safe 24/7. The answer is no, not at all. Bad lighting at night is less safe, it is a human health hazard, it endangers many species of animals and plants, and it wastes electricity.



Dark sky lighting guide.



The street bollards used in Tekapo.

First, let's discuss safety. Light at night should illuminate a scene, such as a footpath, road intersection, but a light fitting should never shine light directly into our faces. That is called glare, and it immediately destroys our eyes' dark adaptation and renders objects less visible, possibly enabling a lurking mugger or speeding car to be completely missed.

Then there's the health hazard. Lighting engineers love the latest lighting technology called LED lights (or light-emitting diodes). They are cheap to install, use minimal electric power for a given light output and they last a long time with little maintenance. They have been used for some ten years as street lights, and we are not even sure how long they last – perhaps 50 years in some cases. No wonder the whole of New Zealand, thanks to NZTA subsidies, is converting to LED lights! But the problem is the blue component of most harsh white LEDs. Blue light disrupts our hormones, especially if it is light trespass into bedroom windows. Melatonin is only produced in the pineal gland at night if blue light is absent, so everyone needs to sleep in a completely dark room. Melatonin deficiency causes sleep disruption, tiredness during the day, stress, obesity, diabetes and even some types of cancer (in fact prostate and breast cancers).

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**.

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Arbor Day Planting at the RCG – June 5th

By Tanya Didham

The first Arbor Day in New Zealand was observed in the Wairarapa in 1890. But if you are familiar with Wellington, the Pohutakawa and Norfolk Pines along the Thorndon Esplanade were planted during the first official celebration in August 1892. Naturalist Leonard Cockayne was a great proponent of our native trees and spearheaded planting events in schools - a tradition that has lasted.



In 1977 the date moved to the 5th of June to align with World Environment Day (and to improve tree-planting conditions!). This year the 5th of June falls on a Wednesday and the Richmond Community Garden are celebrating with a community planting!

This **June 5th** all are welcome to come down to the garden between **10 a.m. and 1 p.m.** and help plant trees! And have a cuppa too.



Avebury House Bits & Bobs

If you like reading the RCN, perhaps you'd like to volunteer to be a deliverer! One of our regulars is away on holiday for a couple of months, and another needs to share the load a little. Sound like something you could do? Please give Tanya a call on **381 6615**.

Loopy Tunes Preschool Music and Movement - **every Monday at Avebury House during term-time at 11.30a.m.** Just a gold coin donation. Term two is kindly sponsored by Housing New Zealand - thank you HNZ!

From page 1.

Harsh white LEDs are a significant danger for humanity, as pointed out by the American Medical Association in 2016 and numerous other scientific reports.

Fortunately there is a solution: use phosphor-coated amber LEDs, whose light is a golden yellow with the blue component suppressed. These are the latest technology just now available, and solve the problem. They are only slightly more expensive. These are the lights that should be installed in Christchurch and especially in the River Red Zone, which is about to be developed as an environmental showcase for the city. In Tekapo, the Mackenzie District Council is leading the way with these golden yellow LEDs; Christchurch City Council should follow suit.

John is Emeritus Professor of Astronomy at the University of Canterbury and chair of the Aoraki Mackenzie International Dark Sky Reserve Board. Part 2 in July's edition.

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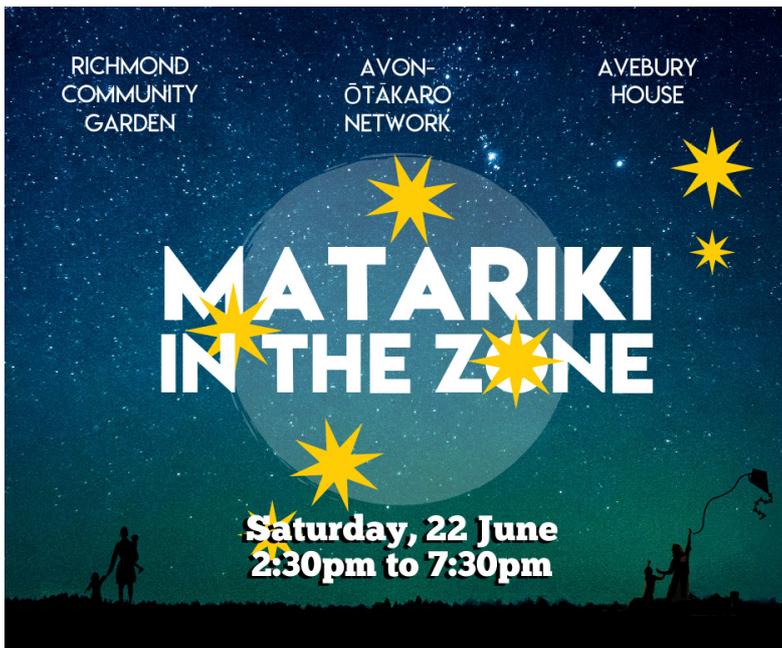
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Matariki and Midwinter

By Tanya Didham



In Māori tradition Matariki's appearance in the sky marked a time for reflection and planning. A time to remember those who have passed, to consolidate what you have for the winter months, and to look forward to a new growing season. In Europe, midwinter represented something similar and celebrated the return of the Sun, the lengthening of days. Those northern hemisphere celebrations morphed into our modern Christmas, while here in the southern hemisphere midwinter is simply associated with the shortest day and the planting of garlic. This year Matariki in the Zone will have a slightly different flavour as we combine the two hemispheres! A hāngi and flax weaving alongside mulled wine (non-alcoholic!) and fairy lights. And much more of course including live music with the Natural Magic Pirates and Lisa Tui & Friends – it's going to be a special event - and you are all invited!

North Avon Medical Centre News

The North Avon Medical Centre will soon be on the move, but not very far. Dr Murray Smith explains...

The North Avon Medical Centre has been in Richmond for over 60 years and on the current site at 32 North Avon Rd since the late 1970s. Our building was damaged in the earthquake and as part of the renewal of the area we have decided to construct a purpose-built facility next door to our current medical centre. The North Avon Pharmacy will also move into the building with Duncan Hurren and his team moving up from the corner shops.

We see this as very good news for the community which has lost so much through the earthquakes. Having been part of the Richmond community for so long we are pleased to be making a contribution to this revival.

We have always been a family-oriented medical centre committed to providing the highest standards of care to the local community. We currently have three doctors working in the medical centre: Dr Hillary Gray, who has been at the Medical Centre since 2010, Dr Oliver Setchell who has recently taken over from long serving Dr John Hudson, who has retired, and Dr Murray Smith who has been at North Avon for 25 years.



Rebuilt premises on North Avon Road getting the final touches.

We also provide full nursing services from our experienced team and we are excited by this move and the opportunities it provides for ourselves and the wider Richmond Community. We hope to move into the new building by the end of June and the old building will then be demolished and the space become a carpark.

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RICHMOND RESIDENTS' and BUSINESS ASSOCIATION

Last month we appealed for greater community involvement in our association by asking people to come along and join our committee. The date for our first annual general meeting has been set for **Tuesday, June 25** If you would like to put your name forward for nomination please contact the secretary at **david.f.duffy@gmail.com** with the names of the person nominating you and the seconder. If you are nominating someone else you must ensure that the person you are nominating has agreed to be nominated.

Extract from our constitution: The Officers of the Association shall consist of a Chairperson, a Secretary, a Treasurer, and up to six other committee persons (herein referred to as 'the office holders') who shall together form the Committee. The Committee shall have the power to co-opt above that number where necessary.

Community Amenities

The announcement that there is to be a 'pump' track placed on the land formerly occupied by the Shirley Community Centre has stimulated some conversations about what the community needs and where and how those needs could be met.

We are working on gathering public opinion on this issue so if you have an idea, please pass your thoughts on to the secretary. Some questions to consider could include:

- What facilities would a community facility have and how would they be accommodated?
- How would your ideas impact on or cater for the different age groups, ethnic groups, etc. within the community?
- Should a library be part of a community facility?
- How could other venues and organisations in the area contribute to and be part of any new facilities?
- How would a community facility acknowledge our near neighbours in Shirley, Dallington, St.Albans, etc?
- Who should be involved in the preparation of a well-researched proposal for later presentation to the City Council?



10 Shirley Rd

Traffic Speed Restrictions

We have had circulating for some months the idea that traffic speeds on certain streets within the Richmond area have a 40 k.p.h. restriction imposed. The written feedback has been sparse but many verbal comments suggest that the issue is important to people who quote nervousness over possible accidents particularly in the narrow streets with dense populations. However, we do not have enough information to pursue this issue further and are giving the community one last chance to have a say. Please contact the secretary if you have a view and which restriction you would support: (a) 30 k.p.h., (b) 40 k.p.h., (c) keep the status quo.

David Duffy
Secretary
david.f.duffy@gmail.com

Lindsay Jago
physiotherapy

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The View from the Saddle

By Tony McMahon

Nothing can be loved at speed - Michael Leunig

A few years ago, mainly as a result of a health scare, I decided to cycle the seven-and-a-half kilometres to work as regularly as I could. Initially I felt extremely tired at the end of the week. There always seemed to be a headwind in either direction, and my daily journey seemed such a long way. I was tempted to give up. I felt like I was the oldest cyclist on the road. Younger ones tore past me. My hour's daily cycling lengthened my day. Was it benefitting me much? Added to this, I had quickly become aware of how vulnerable I was. I often seemed invisible to cars, trucks and buses, despite being lit up like a Christmas tree and wearing high-viz clothing. Frequently, when vehicles cut me off or didn't give way, the drivers didn't even seem to be aware of how close they had come to living with life-long guilt.

After about two months of consistent cycling I began to notice some physical, emotional and spiritual benefits. The journey didn't seem to be as long or arduous. I felt fresher and more alert when I arrived at work and during the day, and I was beginning to engage with my new pedalling environment. My senses were becoming more alive. I was enjoying the birdsong as I cycled. It was easier and safer to gaze at beautiful sunrises and admire the gulls soaring above me. I could hear the wind rustling the leaves in parks and on footpaths. I could detect sudden drops in temperature as I entered certain streets. I could smell and distinguish the different aromas of food in the city. I could even 'taste new delicacies' if I kept my mouth open for too long! On occasions it was easy and natural to engage in conversation with fellow cyclists while waiting at the lights.



Tony in the saddle.

I was enjoying slowing down, and my feelings toward drivers were also beginning to change. Anger was giving way to pity. There was such a cocooned, artificial environment. I noticed the incredibly high percentage of big SUVs on the road, often with tinted windows so nobody could see in. SUVs are large, strong, fast, powerful, 'safe' and convenient. They are designed to make you feel powerful and get you to your destination as quickly and as comfortably as possible. But by doing this the occupants are simply increasing the speed and busyness of their lives, without much engagement with the world around them.

Lately I cannot help reflecting on what a helpful metaphor the cycling versus SUV comparison is regarding the effectiveness of my work at Delta over the years, working with marginalised communities. When I began I was sure of myself. I, in the position of power, thought I knew what the marginalised needed. I would help them my way. Now I come from a more honest, vulnerable place. I am learning that marginalised people, at least underneath, don't want so much my certainty, confidence and solutions, and certainly not my arrogance. They simply want my presence and gentle compassion. They want to know that I am 'slow enough' to genuinely engage with them and their needs, and be willing to learn from them, which I often need to.

We are all on this journey together. In any true encounter we lose our power and become vulnerable. So unplug your technology, get on your bikes, slow down and open yourselves to see your community in new ways.

Tony is the Chaplain at Delta

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Mind Yer Language - Under the Same Moon

By Tanya Didham

Before modern artificial lighting appeared our days were bright and our nights were dark. Lit by nothing more than firelight. And 'moonlight'. Awash with stars, the night-sky revealed a fantastic light show of characters and stories, with the Moon its biggest travelling 'star'.



George Lumiere's 1902 sci-fi classic, *La Voyage dans la Lune*

Its enduring, predictable passage, waxing and waning across the sky, was carefully observed and recorded by our earliest ancestors. The Moon was worshipped by many cultures as a deity – fitting given that its stabilising presence allows life to thrive on Earth– and not surprisingly it looms large in human languages too.

One root word, *menon* comes from a 6000-year-old, proto-Indo-European prefix, *me-*, meaning 'to measure'. The Moon was like clockwork. Each phase, from new to waxing half, to full, to waning half and back to new, made 4 universally observed periods – our 7-day weeks. The whole process took a 'mo(o)nth'.

Monday has been the 'day of the Moon' since naming days began. It follows the 'Sun's Day' in many ancient and modern languages from what are now the UK, Germany, the Netherlands, Scandinavia, Iceland, Japan, Korea, China and northern India.

The root *menon* also preceded the Latin for month, *mensis*, from which English derived menses and menstruation. The female fertility cycle had become associated with other more literal tides influenced by the Moon's movements. Witches and werewolves draw on the full Moon's power. Crime spikes, and the 'lunatics' come out.

Our Moon and the Spanish 'Luna' have a common ancestor in the Greek Moon goddess, Selene, known also as Mene. Selene rode her white chariot through the sky each night, following her brother Helios who rode the Sun. Which heavenly body is male and which is female differs between cultures. Along with 'lunatic' and 'looney' English also inherited the homophone 'lunar'.

Our language is littered with Moon metaphors and phrases: shoot for the moon, once in a blue moon, moon-faced, over the moon, moonlighting, honeymooning, promise the moon, moonstones, moonshine, moonwalking, love you to the moon and back...

And it has been used to describe a bare buttocks since at least the 1700s.

"Everyone is a moon, and has a dark side which he never shows to anybody." —Mark Twain

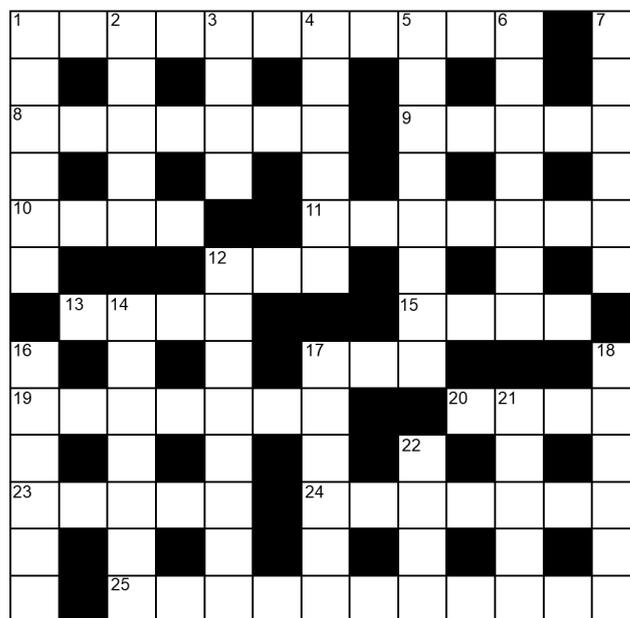
Puzzle Crossword

Across

1. Organised data. (11)
8. Unusual (7)
9. Musical theatre. (5)
10. Identical. (4)
11. Not as large. (7)
12. Savoury item. (3)
13. Inactive. (4)
15. Not difficult. (4)
17. Counter. (3)
19. Disperse. (7)
20. Stun (4)
23. Drill (5)
24. Tract of land. (7)
25. Children's game. (11)

Down

1. Make a stand. (6)
2. Location for public assembly, discussion, etc. (5)
3. Straight line. (4)
4. Disinclined. (6)
5. Image worshipper. (5)
6. Sewing implements. (7)
7. Set of steps. (6)
12. Annoyed. (8)
14. Current of air. (7)
16. Attack. (6)
17. Coarse, savage. (6)
18. Racquet game. (6)
21. Repeatedly. (5)
22. Ship's complement. (4)



Solution to May's Cryptic Crossword

Across 1. Scores 5. Priest 9. Plasma 10. Sleaze 11. Pine 12. Practise 14. Orator 16. Mounts 19. Precedes 21. Dart 22. Evicts 23. Inroad 24. Serenade 25. Oxon

Down 2. Collier 3. Respect 4. Scampered 6. Relic 7. Elation 8. Teeters 13. Armistice 14. Oppress 15. Atelier 17. Undergo 18. Tornado 20. Eaten

Richmond School in 1926

By David Hollander

Information in this article has been obtained from contemporary newspaper reports, available at PapersPast (<https://paperspast.natlib.govt.nz/newspapers>) and two Richmond School jubilee booklets, 1925 & 1975, available to view on the Avebury house website (www.aveburyhouse.co.nz/richmond-history-group).

The photo above is from Archives New Zealand and shows pupils at Richmond School arrayed in front of their brand-new school building in 1926. It is one of a collection of over 30 photographs (mostly class photos) from Archives New Zealand, taken between 1898 and 1934, which I have gathered together in a document now available on the Avebury House website (www.aveburyhouse.co.nz/richmond-history-group).

In October 1925, the senior classes at Richmond School (Standards 2–6) moved to the new school in Cumberland St (now Pavitt St) from the old school grounds nearby on Stanmore Rd, now the site of Richmond Green. It was some years before the primer classes moved from the old buildings and grounds on Stanmore Rd.

There are well over 200 children in the photo and five staff members (out of a total of fourteen). The imposing two-storey brick building was brand new at this time, having been opened in September 1925. The building was designed by George Penlington*, Education Board architect, who designed several other Christchurch school buildings around this time. The building appears oddly lopsided; according to a report in the Press, 19 September 1925, this was the first stage of the new school, containing seven rooms, only enough for the standard classes.



Archives New Zealand Christchurch Regional Office
[Archives Reference: CALN 3082 CH182 /3 ctc400/558].

When completed it was intended that the building would have eleven rooms, enough to accommodate the whole school. It appears the extra wing was never built.

Richmond School had started in 1875 as Bingsland School, a side school of Christchurch East school, in response to population growth in the area. Numbers at the school increased quickly and in 1881 the school was separated from the Christchurch East educational district and was established as a main school under its own board, which voted to adopt the name Richmond. The change of name quickly transferred from the school to the surrounding area and the name Bingsland soon passed out of use.

The building served the school for fifty years and was familiar to generations of Richmond children. The building was demolished at the end of 1975 and a new single-storey, open-plan classroom and administration block was opened in 1976.

** Oddly enough, another Penlington was connected with the school; Mr H. F. Penlington joined the school in 1915 as first Assistant Master. In 1921 he left to become headmaster at Fendalton School, but returned in 1929 to become Headmaster at Richmond (until 1931). Were the two Penlingtons related?*



The Great Delta Giveaway and Garage Sale!

Delta is moving house. We are downsizing and can't take everything with us.

Come and grab a bargain as well as lots of free stuff! **Monday June 24th from 10.30am**. Check out our Facebook page for a list of what's free or for sale!

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What's on in Richmond

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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.

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.

Stitch Group: 10:00 a.m.–2:00 p.m. Bring a project and have a cuppa! Fortnightly. Koha.

CRYSTAL PALACE,

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027 6525 993.

Saturday

Gypsy Caravan Beginners, 10am

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 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

NORTH AVON BAPTIST CHURCH

Sunday Services: Every Sunday at 9.30 a.m., Delta Community Trust building (cnr of North Avon Rd & Chrystal St).

All are welcome.

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

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Phone (03) 941-7923

Monday

Activity Zone: 3:45–4:45 p.m.

After school club for 6–10-year olds. No charge.

Table Top Games: 1:00 p.m.–

5:30 p.m. Play tabletop board

games and enjoy some down

time. A different game each

week. Free.

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.

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.

Matariki at the Library

In June there will be a range of whānau-friendly events around the city including themed storytimes, arts and crafts, Family Fun Days, and a screening of the movie Whale Rider.

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.