

# RICHMOND

## COMMUNITY NEWS



Avebury House: 9 Eveleyn Couzins Avenue

Phone: 381-6615

Email: rcn@aveburyhouse.co.nz

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Issue 132

## Jane Goodall comes to Banks Ave...

By Jan Thompson

Renowned environmentalist and UN Ambassador for Peace, Dr Jane Goodall visited Banks Avenue School on Thursday 29 May to hear about environmental learning within our community.

We celebrated with a Mihi Whakatau for our invited guests, singing beautiful waiata and showing the HEART that makes Banks Ave such a special place to be. Dr Goodall in turn greeted us with her unique chimpanzee call to “let us know Jane is here”.

Student groups from South New Brighton, Waitākiri, Beckenham and St James schools joined Banks Avenue students to share how the actions of children can make a difference in the world. Our Red Zone Action Project Team shared their Adventure Ave journey and their gratitude for the opportunity to make positive change. Dr Goodall described the presentations as “absolutely wonderful” and encouraged everyone to “take your passion and follow your dreams”.



Jane Goodall signed a few autographs at Banks Ave School.

She spent the morning interacting with the children and adults in our library and shared wise words about the importance of knowing and believing that we can make

the world a better place. She reinforced that by encouraging us to connect with schools both in New Zealand and across the world, so that we become part of a global movement. We are a proud ‘Roots ’n’ Shoots’ school and our learning with Sian Carvell from the Jane Goodall Institute continues as we learn to look beyond Dallington and out towards the world.

We finished with a ‘Seeds of Love’ workshop where we made heart shaped flower discs planted in terracotta pots. Our final farewell was the traditional ending for all Dr Goodall’s meetings throughout Tanzania - we all raised our fists in unison and proclaimed, “Together we can, together we will!”

This was a day to remember!

## ...And Richmond Community Garden!

By Tanya Didham

It was such a treat to show Dr Goodall around the flourishing community garden. The inspiring 85-year-old conservationist was in New Zealand during May, spreading her message of hope for the future, and encouraging schoolkids to engage with her global Roots ‘n’ Shoots program. As a nature-lover she could see the potential biodiversity value of renaturing the river red zone; and ex-red zone resident Di Madgin conveyed the emotional investment in the area. Dr Goodall acknowledged the great amenity and benefits of a community space in nature, especially for children,

***“It’s so important for children to play in nature, because if they don’t love it, they won’t protect it when they grow up.”***

Richmond Community Garden co-ordinator Cathy Alden had spotted the announcement of Jane’s Banks Avenue visit in the school newsletter. Being a nothing-ventured-nothing-gained type of person, she got in touch with the tour organiser. “Mikee forwarded my email almost immediately to Melanie Vivian [CEO of the Jane Goodall Institute] expressing that “the community gardens and what we have achieved is inspirational and a must-see”.

*Continued on page 4.*

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](http://www.aveburyhouse.co.nz/newsletter.html)

Contact us at: [rcn@aveburyhouse.co.nz](mailto:rcn@aveburyhouse.co.nz) or ring Avebury House: **03 381 6615**.

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## Amazing Space: Delta Community Services and North Avon Baptist Church's new building

By Robbie Thomson

Rapidly taking shape, on the corner of Petrie Street and North Avon Road, is the brand new building which will house Delta Community Services and a chapel replacing the North Avon Baptist Church.



Ian and Mary in front of the rebuild.

“The wider Delta community is very much looking forward to moving in September-October this year”, Ian Burn (CEO) says. “The building promises warmth and light and welcome. The old building started life as a rugby club rooms so is pretty basic and takes a lot of heating. It has been great but it’s time to move on”.

Apart from cultural support services (social English language classes and the international playgroup), which are currently operating out of the C3 church on Hills Road, all other Delta services will be available in the new building from day one, as will church services in the chapel.

The other part of this story is that the old Delta Community Services building will be levelled and Crossways Church will erect a multi-purpose building on the site. This building will become Crossways Church as well as a community services facility – including cultural support services.

The new buildings, a special outside area for children to play, decks and landscaping will all add up to an amazing space for our community. Delta is taking bookings for rooms for evening activities and meetings. Please phone **Audra on 389 0214** if you are interested.

“You can’t go back and change the beginning, but you can start where you are and change the ending.”

- C.S. Lewis, author of ‘The Chronicles of Narnia’

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# MATARIKI IN THE ZONE!

By Tanya Didham

Taking mid-winter's Matariki in the Zone festivities into the evening was an inspired move, and we couldn't have ordered a more perfect day. So many thank yous to make, especially to Grenville and the Ngāi Tūāhuriri hāngi crew – we reckon we fed well upwards of 750 people! We're so grateful to Teoti Jardine for making a special trip to help out and deliver the opening karakia. Bouquets to the Natural Magic Pirates and their Ukulele Band for atmosphere de jour, and to Lisa Tui with Mike Russell and Mike Watt who laid down some sweet grooves for the evening. Huge thanks to the Light Site crew for that magical lighting display; as well as Lights on Bikes, Waitaha Paddle Club, and Andrew Powell designer of the new letterbox sculpture. Thanks to Celia from Little Kiwis Nature Play for the marshmallow-toasting, Dallas Matoe (Avon-Ōtākaro Network) for the wood-carving; to Emma from Woodland Escape for kite-making, Sophie from Enviro Hub and AvON for flax-weaving.

Thank you Sonya for the delicious fried bread. Thank you Hibbards Butchery, Delta Community Trust and North Avon Pharmacy, and thank you Aroha from the Maori electoral roll. Gold star to Hayley for procuring last minute fire drums from the lovely Paddy at the Pump House – they were fantastic! It was great to see local politicians Deon Swiggs, Duncan Webb, Pauline Cotter, Poto Williams and Glenn Livingstone. Funding from Rata, Tindall Foundation and the Waipapa/Papanui-Innes and Waikura/Linwood-Central-Heathcote Community Boards made the event possible and generous koha from attendees helped offset costs. We had so many wonderful helpers from the co-organising teams and boards of Avon-Ōtākaro Network, Richmond Community Garden and Avebury House – a thousand thank yous to everyone who gave their time and effort, or participated, or just showed up! We had a great time, and can't wait to do it all again next year!



Photos by Tanya Didham, Rachel Crawford and Cathy Allden.

From page 1.

“I was blown away to hear this compliment and really hopeful that Jane Goodall would accept our invitation.”

A planned river walk had to be scuttled due to a lack of time, but River Rd was opened for the party to drive through the red zone from Banks Ave down to the Richmond Community Garden. There she chatted to volunteers, and was gifted some produce from locally-foraged ingredients wrapped in a resident’s silk scarf.

As Cathy remembers, “I would’ve liked to have chatted more personally with Jane...but I think my nerves took over a bit and I was so in awe.”

Before long she was back in the car, leaving us with the message she has been sharing around the world,

**“Every day we make an impact, and every day we get to choose the impact we make.”**



Cathy Allden felt ‘in awe’ of Jane Goodall.

## Night Lights – the Good, the Bad, and the Ugly: Part 2

By John Hearnshaw

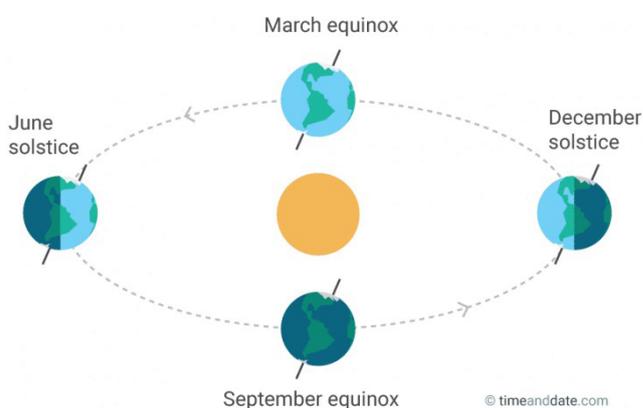
The previous issue’s article discussed the human health hazard of artificial light at night, especially blue light from LED streetlights. But plants and animals also suffer from blue light at night. Nocturnal species are especially badly affected. But plants, too, breathe out oxygen and absorb carbon dioxide during daylight hours. The small pores in their leaves, called stomata, should close at night, but in urban environments awash with light 24/7, the stomata stay open, thereby stressing the plant. There are numerous other harmful effects of light at night, especially for birds and insects. But let’s move on to economics.

Many street lights put light directly into the sky, where it is serving no useful purpose. Wasted light equals wasted electricity and hence wasted money. Properly installed street lights shine only down, but so many of the recent LED street lights have a 5- or more degree tilt for the light fitting, causing some light to go up. And all of the older sodium or metal halide lights have glass lenses below the light source to spread the light sideways and to some extent upwards too. It is estimated that properly installed street light can save 30 per cent of power costs. In North America, this would amount to a billion dollars a year; in New Zealand it would be potential savings of millions.

Finally, don’t forget the night sky. What beauty awaits there for the casual observer who looks up on a dark and starry night, seeing the vault of the Milky Way, the Magellanic Clouds and the Southern Cross! Even in urban Christchurch, such sights are visible if good lighting is installed.

If you appreciate the beauty of a dark star-studded sky, light pollution hinders or prevents that magnificent view of the Milky Way and other celestial objects, which UNESCO in its 2007 Starlight Declaration has made an ‘inalienable human right’ for all mankind.

We have a right to be inspired by the stars, and this enables us to appreciate our place in the big wide universe, which compared with the 400 billion stars in our Milky Way Galaxy is actually rather insignificant. Yet the Earth is the only home we have, so let us protect it with good lighting.



Winter solstice was in the early hours of June 22nd this year.

John is Emeritus Professor of Astronomy at the University of Canterbury and chair of the Aoraki Mackenzie International Dark Sky Reserve.

# Justices of the Peace - Working in our Community

By Bill Cornelius

We are fortunate to have several hard working Justices of the Peace (JPs) in our area, all volunteers giving their time for the good of the community and keeping the wheels of justice turning. Often people ask me the same two questions: how do you become a JP? And what do JPs actually do?

JPs are nominated by Members of Parliament. It is the responsibility of each electorate MP to ensure their electorate is adequately serviced. List MPs can only nominate with prior endorsement from the electorate MP.

The multicultural nature of our community and increasing legislative requirements mean every JP has a growing workload and so the Justice Federation is always keen to welcome new JPs. Anyone contemplating becoming a JP should visit with their Member of Parliament to discuss a potential appointment.

Initially one is appointed as a Ministerial JP. Duties include, witnessing documents, taking declarations, swearing of affidavits and affirming affirmations. JPs may then undertake further study and exams to become Judicial JPs who may be called upon to undertake duties within the District Court. A newly appointed JP cannot exercise their jurisdiction until they have completed an induction course and a District Court judge has sworn them into office.

Ongoing training and accreditation courses are part of the commitment to providing the best service possible to the community.

A common comment I hear from people is that they've had difficulty finding a JP. To help alleviate this problem the JP Federation has established service desks. There are two in our area: Shirley Library on Marshland Road,

and Linwood Library at Eastgate.

No appointment is required, just drop in between 10.00a.m.

and 1.00p.m. on Tuesdays.

Alternatively, you can find JP contact details in the yellow pages or via a Google search. JPs have family and general commitments just like you, so when



calling to make an appointment they may ask what it is in reference to, so they can set sufficient time aside. There is no cost to visit a JP, but they will ask for proof of identification so always take along a photo ID such as a passport or driver's licence.

Be sure to thoroughly read the instructions which come with your documentation, the JP cannot give you advice or fill in the form for you. Importantly however, remember not to sign your document until you are in front of the JP.

Never be anxious about having to visit a Justice of the Peace, they are well trained, empathetic and understanding, having seen most of life's issues.

*Bill Cornelius is a local JP. He may be contacted on ph. 365 9139.*

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## Mind Yer Language: Hail Kaiser?

By Tanya Didham

July, as many people know, was named for Julius Caesar. But did you know that in his own time the Romans did not have a 'J' in their alphabet? Many modern languages still pronounce the letter 'J' as an I, for example in the names 'Juanita' and 'Tijuana'. Julius was Iulius.

The I is thought to have been turned into a soft J-sound by the French with the month of 'Julie'. It hardened into the more familiar July after it crossed the channel into English, some time around the mid-11th century. No doubt influenced first by trade with and then invasion by the Northern French, or Normans in 1066!

Caesar's last name was pronounced a little differently too. In contemporary Roman the 'C' was pronounced more like a hard 'K', and the diphthong 'ae' was pronounced as Māori pronounce it today, meaning 'yes' and sounding like 'aye'. So he would have been known in his own time as *Iulius Kaiser*.

His surname was to become synonymous with 'absolute ruler' in various languages as Caesar, Kaiser and Tsar. But Caesar himself was not an emperor. He was a rock-star, rebel General in the Roman Army famous for his affair with Cleopatra. His unsanctioned, expensive, far-flung invasions of Gaul and Britain earned him both public kudos and a warrant for his arrest from Rome. Suffice to say, when he did go back to Rome he staged a military coup and proclaimed himself top dog.

Just four and a half years later, closely following his assassination by the senate in 44BC, a comet appeared in the sky for seven nights. It was known to ancient writers as *Sidus Iulium* or 'Julian Star'. Contemporary accounts of the light in the sky associated it with the gods being angry at Caesar's murder. But two years later, in 42BC when the senate voted to deify him, 'Caesar's Comet' was cited as proof of his divinity. He had joined the gods as a 'star' in heaven.

The Roman calendar started with March (Spring) and had just 10 official months. July had previously been known as 'Quintillus', literally 'Fifth Month'. August was still 'Sextilis', the sixth month. The remnants of that simple counting system remain with us in September (7th month), October, November and December (10th month). Winter was a variable patch of time tacked on after December. However when Julius officially shifted January and February to the front of the year, the old numbering system went out of whack. Caesar's birth-month was Quintillus, posthumously and in tribute, Marc Antony renamed it Iulius (or July).

# Puzzle

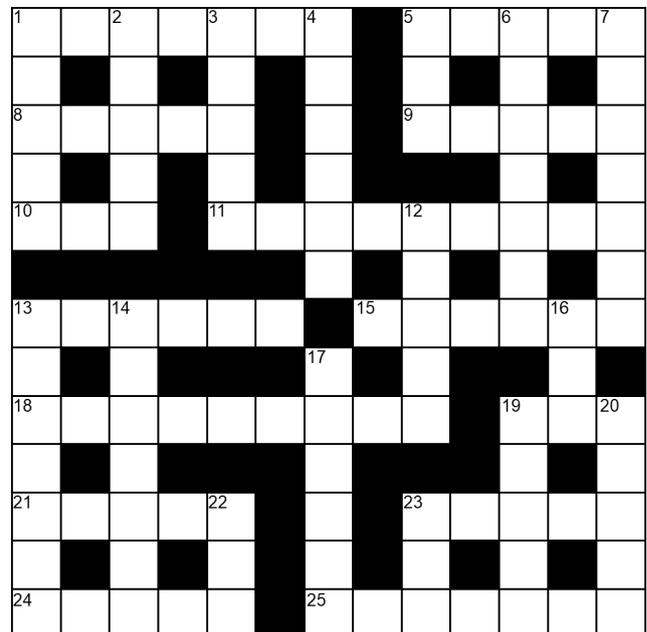
## Cryptic Crossword

### Across

1. Study an opening for nuns. (7)
5. Texas mission is almost a la mode. (5)
8. Terrorism is centred on a mistake. (5)
9. Looked back for coffee. (5)
10. Initially pastry is everything for this food. (3)
11. I love u not. Confused? It's a slow process. (9)
13. This country could be in NATO. (6)
15. SS once ruined soft cakes. (6)
18. Dark horse could cause a nasty experience. (9)
19. Poem at the end of an episode. (3)
21. 'E shot them, not these. (5)
23. Object is confused at night. (5)
24. Outdoor paved area possibly Anglo-Turkish in origin. (5)
25. Repairs swords. (7)

### Down

1. Birds sound inexpensive. (5)
2. Such boldness never shows confusion. (5)
3. Spooky-sounding bird's nest. (5)
4. Camera stand may be broken if you drop it. (6)
5. Assistance is available in Maidstone. (3)
6. Lots of sales made here. (7)
7. If the send-off isn't just right, it causes ill-feeling. (7)
12. Relation mostly in need of a wash. (5)
13. P.S. Not no - it goes on all the time. (3-4)
14. Pull vessel with one of these. (7)
16. Ned was confused about the final thing. (3)
17. Men ran about in this way. (6)
19. Cockney cattle skin may cause rust. (5)
20. Inches around the outsides. (5)
22. I, for example, occur initially. (3)
23. Water supplier may need a backward stroke. (3)



### Solution for June's Crossword:

#### Across

1. Information 8. Strange 9. Opera 10. Same 11. Smaller 12. Pie 13. Idle 15. Easy 17. Bar 19. Scatter 20. Daze 23. Auger 24. Terrain 25. Tiddlywinks.

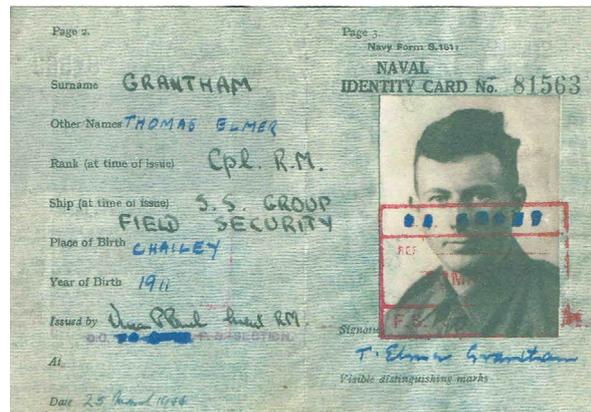
#### Down

1. Insist 2. Forum 3. Rank 4. Averse 5. Idolater 6. Needles 7. Stairs 12. Pestered 14. Draught 16. Assail 17. Brutal 18. Tennis 21. Again 22. Crew.

# D-Day

By David Grantham

With the recent 75th anniversary of the D-Day Landings in Normandy on 6th June, there is a local connection. Although New Zealand had no ground forces in the landing, my dad, a long-time teacher at Richmond School landed with the British Royal Marine Commandos. Tom Grantham, an Englishman, was in NZ for four years in the 1930s and returned to England a few months after war broke out in 1939. At the time he was an accountant which was deemed a 'reserve' occupation.



He didn't join the Royal Marines till nine months after his marriage in 1942. After training, he was in the Invasion of Sicily in 1943 and was with the 1st Special Service Brigade on D-Day under Lord Lovat. He may have been in the landing craft piloted by NZ poet Denis Glover. Their task on

disembarking on Sword Beach near the town of Ouistreham, was to fight their way to Pegasus Bridge and relieve the Airborne troops who had captured it overnight. What struck him on arrival at the beach was the 'noise' from a piper whom Lord Lovat had instructed to play as they landed. Dad, who had a lifelong disregard for the bagpipes said, 'Men were being shot all around me, but no one would shoot the piper.'

Boredom set in soon after the initial landings. Two months later, he got word that his brother Derick, a Typhoon pilot, had bailed out of his crippled aircraft. Dad rode an hour by motorbike to see if he could find what happened to him. He was initially hidden in a haystack by a French farmer, but was killed probably by an Allied shell trying to regain the Allied Line.

Dad spent time in Belgium and Holland and was in Selsingen in Germany on VE Day – 8th May 1945.

*D-Day or Operation Neptune was the largest seaborne invasion in history and marked the beginning of the liberation of German-occupied France. 24,000 British, U.S. and Canadian troops came ashore on an 80 km stretch of Normandy's coastline.*

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# 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.

### 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.

## 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.**

### 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](mailto: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@holytrinityavonside.nz](mailto:office@holytrinityavonside.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.

**Table Top Games:** 11:00 a.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.

**Babytimes/Wā Pepi:** 2:00–2:30 p.m. For under two-year olds.

### 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

**Cards 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.

In July the Libraries are offering a variety of activities throughout the school holidays. Check out their website: [christchurchcitylibraries.com/holiday-programmes](http://christchurchcitylibraries.com/holiday-programmes)