



An Intern Abroad – Chapter Two

By Brandon Shaughnessy

I found myself delighted with the housing situation. Almost every American student stays in Freshman dorms for their first year, normally located on the university campus. You are assigned a roommate (or two) and share the tiniest of rooms together with a bunk, desk, and dresser each. I knew my roommate and we had no issues throughout the year, but it was a growing experience living with almost no privacy. The worst part was sharing three sinks, three toilets, and four showers among 45 boys that lived on the floor. In New Zealand when I found I had a room to myself and only shared the bathroom with one other person, I was beyond ecstatic.

Over the next few weeks I settled in quite nicely. My highlight of orientation was learning Tutira Mai from a Maori professor, and it is still one of my most cherished memories. I found the campus to be unique despite the massive wall of concrete called the library that stood in the middle of the university. Adjusting to new professors and different classroom settings went smoothly. Surprisingly, I had no trouble adjusting to Christchurch's winter even though I had just come from summer.

Words fail to describe my emotions at the time, but I was filled with a sense of wonder and curiosity.

To me the winter was mild. In Colorado, all four seasons flourish, with temperatures reaching the high thirties in summer and negative teens in winter. Yes, it took me some time, but

I eventually adjusted to all of the conversions. Instead of Fahrenheit, miles, and pounds, I started using Celsius, kilometres, and kilograms. I picked up some New Zealand slang like Kiwi, mate, sweet as, and even chunder. I didn't pick up as much as I thought though, because I ended up meeting more international students than Kiwis.

It was very easy to meet fellow students studying abroad because everyone was going through the same experience and everyone was so friendly. Everyone had that sense of adventure and wanted to travel. The students were very diverse, from Denmark, Germany, Luxemburg, Czech Republic, United Kingdom,

Canada, Japan, Finland, and United States. Funny enough, during my first few weeks I couldn't tell the difference between Kiwi and British accents, which my British roommate found absurd. Better yet, he couldn't tell the difference between my American accent and the Kiwi accent, which I found hard to believe. It also aggravated the British students when they learned that continental Europeans learn American English instead of British.

As the semester went along, I got used to cooking every meal over the stove top - a lot of chicken, mushrooms, and onions along with handwashing all of my dishes. At Uni (an abbreviated form of

University Americans never use) I joined the tramping club, which I found out was the art of walking, carrying double the amount of gear necessary, half the distance planned, in twice the time it should take. I was giddy with excitement by the time I had signed up for my first trip. I had no idea where we were going, but I was ready for the unexpected. We set off Friday evening driving for four hours to who knew where. When I stepped out of the van, I looked up and was absolutely mesmerized.



Top: The stunning NZ landscape.
Bottom: Brandon the intern.

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 2800 households and businesses throughout Richmond.

The RCN is now available online:
[t](#)

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.

Never before had I seen so many stars, nor had I seen the Milky Way with my own eyes. Words fail to describe my emotions at the time, but I was filled with a sense of wonder and curiosity.



It was as if time stood still and I was staring into the majesty of the universe. A gust of wind reminded me it was cold, and I moved on to pitch my tent. I did my best to stay warm that night, going in and out of sleep. I woke up feeling groggy, but when I stuck my head outside the tent, I was once again enthralled by my surroundings. We had camped along the shore of a small lake overlooking snowcapped mountains. The sun was just beginning to glisten over the peaks, painting the sky in all shades of orange and pink; it was the best sunrise I ever witnessed. The tramp itself was spectacular. I got to meet more Kiwis and internationals, learn the geography and forests of the region, and compare cultural differences as a group. I couldn't have asked for a better first time in the New Zealand wilderness.

Chit Chat & Gentle Exercise Returning to Avebury!

We are happy to announce the return of these popular sessions from June 8th. Due to contact-tracing requirements we are limiting the number of Gentle Exercise attendees to 10 so booking is required [see below].

For the Chit Chat group, we can have more people, so long as they are seated at around 1m apart.

Chit Chat Group meet on Monday mornings, from **8th June at 10a.m.**

Gentle Exercise follows at 10.30am. To ensure a place, please call Dee on **027 251 5475**.

The Wit of Sam

"I told my wife she should embrace her mistakes; she gave me a hug."

• • • • •

"I just found out that 'Aaaaarghh' is not a real word. I can't express how angry I am!"

• • • • •

"I saw a documentary on how ships are held together. It was riveting."



KMBE

KM Business Equipment NZ Ltd

Copiers • Printers • Document Solutions • IT

Kyocera • Samsung • Fuji Xerox

03 366 2217

www.kmbe.co.nz



Knowing Your Planet – Watch the Skies

By Mary Tingey

Bird Song

I let my chickens out to roam around the garden for about an hour before sunset. Once the sun sets the chickens put themselves to bed automatically. At 4 o'clock, the evening bird calls remind me to let the chickens out; no clock required. The birds are setting up their spots for sleeping and letting everybody know. If you listen you can hear layers of bird sounds: Blackbirds, thrushes, finches, sparrows, fantails and white eyes. It's a glorious racket. As the birds wake up in the morning, take a few moments to listen. The morning sounds are gentle. See if you can tell the difference between the morning sounds and evening sounds.

Bird calls relax us. Find a spot in the sun and just listen for a few minutes or take a walk by the river.

My neighbour feeds a family of black-backed gulls who cruise low through the trees with a whoosh of wings while calling to each other with their unique seagull sound.

I have had fun with [NZ Birds Online](#). Search your favourite birds and listen.



A black-billed gull

The Magic of flight

Fantails chase each other in loops and swoops through the pittosporum trees in my backyard. For a lumbering human, the expertise of flying at speed through the closely wooded trees without so much as a



Shag on a post.

single ruffled feather, is wondrous. Truly native New Zealand birds have a playfulness about them. Tui also indulge in wheeling flights of chase. Chaffinches speed through the branches of my apple tree. They stall and drop with perfection onto the merest twig. Down at the river a shag will prefer a handy post for surveying the scene; on take-off it runs along the water slowly getting lift by flapping its wings furiously. In contrast the gulls at the beach glide. On a warm day they will formation fly above the thermals over the sand dunes.

If you think of all the human crashes and smashes, you will realise that you have never seen two birds bash into each other. It's a joy to watch the sheer precision of their flight. If you go to the river or the beach and watch the birds, you will soon find yourself feeling relaxed.

Birds need habitat. The more native shrubs and trees we plant, the more homes for birds. The more birds, the more joyful our world.

If you want to help provide for the birds contact Denise at Avon Ōtākaro-Forest Park. They are a dedicated community group who are busy planting in the quake-damaged river corridor. For more info, email Denise at: avonotakaroforestpark@gmail.com



Avon-Ōtākaro Forest Park are a dedicated group of community volunteers who have been working to restore native habitat in the river red zone since 2015. With several sites throughout the corridor, they are always looking for more volunteers! If you want to be part of bringing our birds back to Christchurch, head along to one of their work bees.

Sunday June 7th - Brooker Reserve. Meet at 2.30pm - 4.30pm. This is the largest restoration site AOF manage. Still in its early stages, it is going to be fantastic! Look for the cars on Brooker Ave.

Saturday June 13th - 377 River Rd. Meet at 10am - 12pm. Mostly weeding and freeing up native seedlings that are coming away. This site is not far from the Banks Ave/McBratneys Rd intersection.

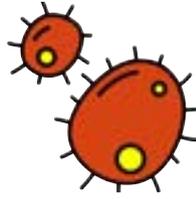
Sunday June 21st - 225 River Rd. Meet at 10am - 12pm. Nestled in behind Avebury House and Richmond Community Garden is an established patch of natives. AOF will be dealing to some of the invasive weeds in there!

Saturday June 27th - Horseshoe Lake Reserve. Meet at 9am - 12pm. Clearing the way for natives to pop up, AOF also do planting here when they have seedlings. This section is accessible from Broomfield Tce.

Look out for their flags on-site. BYO gloves and gummies, there's usually tea and snacks to say thank you. For further details check out their [facebook page](#). You can also call Scott on **022 343 9069** or email Denise at avonotakaroforestpark@gmail.com

Going Micro

By Tanya Didham



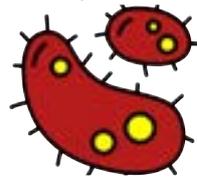
Population-wise, the little guys have us beat. Ants alone are thought to number in the tens or even hundreds of *quadrillions*. Recent figures suggest there are more than 1.4 billion insects for every human on the planet. But microbes blow those numbers out of the water. We each have trillions of them just in our gut, and many of them are providing a valuable service there, helping us digest food and keeping the 'bad' bacteria at bay. The 'micro-biome' as our tiny passengers are collectively known, has attracted a lot of scientific interest. Everyone's is different, a gift from our mothers as we are born. (Sorry C-section babies, this is why you have an increased risk of auto-immune issues like asthma, allergies and eczema!). The average human is made up of the same number (if not more) of microbial cells as human cells – around ten trillion.

The gut contains 100 million neurons - more than our spinal cord – it has its own nervous system, the Enteric Nervous System, (from the Greek '*enteron*' meaning intestines, entrails). It is an almost independent 'gut brain', responsible for digestion, movement and blood flow among other things. Thought to be part of a genetically ancient communication system designed to locate, move towards and digest food - such as we still see in tubeworms - it is only tenuously attached to our more recently evolved 'head-brain'. For each of those 100 million neurons there are more than 100,000 gut bacteria. Research is suggesting that our micro-biomes play a big role in our behaviour and choices around food. The gut-brain acts independently, able to release major neurotransmitters like serotonin, dopamine, glutamate and norepinephrine. Different types and ratios of bacteria affect everything from our moods to our food cravings to our chronic diseases. The rise of antibiotics put a real dent in

bad bacteria's ability to infect us, and from the 1950s the world saw dramatic drops in deaths from bacterial infections like tuberculosis and syphilis. But all life – even single-celled – adapts. In the United States overuse of antibiotics has forced the evolution of so-called 'superbugs' that are immune to our deadliest chemical weapons. They are now seeing the re-emergence of deaths from once-treatable infections such as salmonella and campylobacter.

But even tinier by far than bacteria, and far more numerous, are viruses. The jury is still out on whether viruses are living things. Although they reproduce, they cannot 'survive' without a living host. These minute parasites invade living cells with their genetic material, and turn them into virus-making machines, eventually killing them. Viruses, like bacteria and their cousins archaea, are all over the place. And mostly inert when in their original host bodies. For example bird and swine flu viruses had no particularly adverse effects on their host animals, it was only when they crossed over into human populations with no resistance that they became deadly.

As with many bacterial and viral infections, it is often the body's defence system going into overdrive that ultimately causes death. But unlike bacteria, viruses do not have living processes, so antibiotics (which disrupt the life processes of a cell) have no effect on them. To knock out a virus, you need a customised vaccine. Experiments date back to the 1400s when the Chinese practised what became known as 'variola' or inoculation, an early form of sharing immunity that often involved the grinding up and inhaling of dried pox scabs. In the 1700s an English doctor noted that smallpox seemed more deadly among the rich than the poor. He



inferred that the poor were probably fortunate they couldn't afford the treatment of blood-letting, purging and sleeping uncovered with the windows open. In the late 1700s Jenner's experiments with cow pox led to the term 'vaccine' which in Latin means literally 'from cows'. By 1840 with smallpox still taking many lives, the UK government offered free vaccination for infants - the first instance of free medical service in the country - and banned variolation, a move heralded by the medical profession.

<i>Tuition</i>
<p>Reading, Writing, Spelling, Maths (Y1-Y12) Qualified local teacher, individual programmes, great results. P: 021 197 8383 or E: katharineabeaumont@gmail.com</p>
<p>Clarinet, Sax, Flute, Guitar, Bass, & Piano—Experienced local teachers. Phone Nicola & Ivan (03) 385-3856.</p>
<p>NEO School of English IELTS & OET exam preparation courses. Small groups, highly qualified teachers. e: monika@neocentre.co.nz m: 022 074-1438</p>
<i>Services</i>
<p>AKIVA Your local business fast Internet, telephone line & IT supplier. hello@akiva.co.nz 03 9837180.</p>
 <p>Call us for a quote today 0800 40 44 40</p> <p>Maiden Electrical provides qualified, experienced electricians to deliver all installations and repairs on new builds, renovations and alteration projects.</p> <p><small>© Sellen Design, Parnwood, Dorchester 2011</small></p>

Epidemics, Memories and a Crystal Bowl

By Lois Daly

It is highly likely that I am the only person who has an association between the words 'epidemic' and 'crystal bowl'! For me, my memory of having measles is strongly associated with the crystal bowl which is shown in the photograph, a crystal bowl which was used for special occasions, such as Christmas and birthdays.

When I was born, the diphtheria vaccine was available and I was immunised against diphtheria, but the combined DTP vaccine, MMR, polio and many others were not introduced until the second half of the twentieth century.

My three siblings and I were generally very healthy, but still had measles, whooping cough (pertussis), and chickenpox. I had rubella at the end of my final year at school. The infection which was probably of the biggest worry to many parents was polio.

I have three vivid memories of having measles, which must have been the first of the childhood infectious diseases which I contracted.

Firstly, the blinds were drawn so that bright light would not 'hurt' our eyes (my older sister showed symptoms of the disease before I did).

Secondly, because my mother thought that I did have measles, but there was no rash, she gave me a mustard bath to 'bring out the rash'. It did! I recently googled 'mustard bath', and what came up at the top of the list was, *Things a woman wants to know: An Edwardian Housewife's Guide*, followed by "A Mustard Bath is much superior to the simple warm bath for bringing out the rash in eruptive fevers..."

Thirdly, our mother made us a rainbow jelly in the crystal bowl and placed it on top of a chest of drawers in the bedroom, where it caught the light which came in from the hall.

Whooping cough was next, when I was still a pre-schooler. We were on holiday in a very basic bach at

Pines Beach. It was a big disappointment to me that I was not allowed to sleep in the top bunk because I was vomiting.

I became ill with what was called 'Asian-flu', during an epidemic which was a few years before the influenza pandemic of 1957. My three siblings also became ill. We drank flat lemonade and sucked Bradosol lozenges, prescribed by the doctor.

I remember the polio epidemics of 1948-9, 1952-3, and 1955-6 (the last major epidemic). Schools did not open in February 1949 after the summer holidays.

The Correspondence School must have gone into overdrive, and we cut our lessons out from the daily paper and posted our work for marking. In the 1952-3 epidemic, I had three classmates who contracted polio - they all recovered. However, in the 1955-6 outbreak, one of the girls in my year died. Her parents requested that students line the street as the hearse was driven past. I can still remember exactly where I was standing. No wonder everyone lined up to be immunised when the Salk vaccine was available in 1957.

See back page for details of Lois' writing class. Starting up at Avebury again from June 10th.



"Be kind whenever possible. It is always possible."

- Dalai Lama



SmartStarWiki

GET IT ON Google Play

Download on the App Store

Increase your IQ better than Sudoku
We live better than Royalty 100 years ago!
A positive distraction works in reducing suicide!



**ChillOut Massage
Therapy for Women**

Professional Swedish Massage
Aromatherapy Massage

CSILLA SHEA
SCHOOL HOURS ONLY
021 252 9323
AVEBURY HOUSE

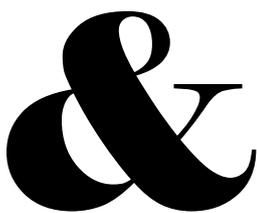
Mind Yer Language: *Lady Mondegreen?*

By Tanya Didham

We've probably all had that experience of finding out the words we've been singing along to that song are not what we thought they were. For example I always liked 'What a Wonderful World'. At one point Louis Armstrong croons "Bright blessed day, dark sacred night", meanwhile I was singing 'Bright blessed day, dogs say goodnight'. This phenomena has a name: Mondegreen.

Coined in 1954 by American Author Sylvia Wright, since childhood she had been mishearing a line from Scottish Ballad 'The Bonny Earl o' Moray'. At line 4 instead of 'he layd him on the green', Sylvia had been hearing...Lady Mondegreen.

One of the more interesting mondegreens is the word 'ampersand', representing the symbol &. The symbol itself is a shorthand version of 'et' which meant 'and' in Latin – and still does in French. In old English texts it is common to see etc. written as &c, from *et cetera* meaning literally 'and the others'.



The '&' symbol was once part of our alphabet. And letters that formed words on their own (such as I, or O, and &) were preceded by the words '*and per se*', meaning '*and by itself*'. The '&' symbol

was usually on the end of the alphabet, so it would go ...X, Y, Z 'and per se & (and)'. This 'and per se and' eventually turned into 'ampersand' which retrospectively became the name of the symbol.

Common song examples include Nirvana's 'Smells Like Teen Spirit' which has the line: "Here we are now, entertain us", commonly misheard as "Here we are now, in containers". Creedence Clearwater's "There's a bad moon on the rise" (aka There's a bathroom on the right), and Jimi Hendrix's "Excuse me while I kiss the sky" (aka Excuse me while I kiss this guy) were so well-known the performers famously included the mondegreen versions in live shows.

Manfred Mann's cover of Bruce Springsteen song 'Blinded by the Light' has the lyric 'revved up like a deuce' (deuce being hotrod slang for a '32 Ford coupe). This has classically been misheard as 'wrapped up like a douche'. Springsteen quipped that it was not until Manfred Mann rewrote the song around a "feminine hygiene product" that the song became popular.

Puzzle

Cryptic Crossword

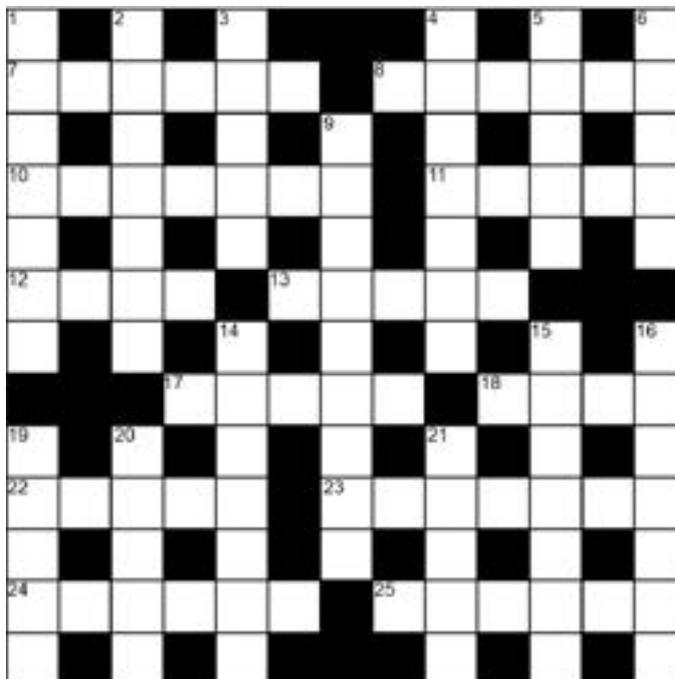
By Dirty Harry

Across

7. Cricketer's position used to protect the pitch. (6)
8. Left aluminium at the gate. (6)
10. Make it clear, perhaps, whether definite or not. (7)
11. I am a backward example of a picture. (5)
12. Cut the wheat, or barley, perhaps. (4)
13. It's essential that six talk endlessly. (5)
17. Reliable noise. (5)
18. Father leads a 20th century art movement. (4)
22. A bit of flattery will get you a coffee. (5)
23. Incompetent, but striking. (7)
24. Household where the males get older. (6)
25. Loud claim may cause alarm. (6)

Down

1. Scrape lightly, without handicap. (7)
2. Eggs turn into applause. (7)
3. In confusion, Pericles loses the French, but at a cost. (5)
4. Optical confusion of current interest. (7)
5. Kate's mistaken about a cut of beef. (5)
6. Collection of fast ships. (5)
9. Ben has two gins to start with. (9)
14. Flying Officer's rule is alien. (7)
15. Boron stored in the shed? Rubbish! (7)
16. Father hires premises for mother too! (7)
19. Decide definitely for fat. (5)
20. Part of the first one may be precious. (5)
21. Begin to get a fright. (5)



Solution to May Crossword

Across: 1. Rally 4. Raja 7. Cairn 8. Optimum 10. Tom 11. There 12. Abscond 14. Extend 16. Teepee (6) 20. Tantrum 23. Greed 26. Radical 27. Avert 28. Trap 29. Yield

Down: 1. Raiment 2. Lantern 3. Yeoman 4. Rites 5. Jumbo 6. Scat 9. Midge 13. Cue 14. Enter 15. Eat 17. Engrave 18. Pretend 19. Employ 21. Nadir 22. Recap 24. Date

Cambridge Green

Cambridge Village Green Reserve has been created to provide a tranquil space along the Ōtākaro (Avon River) corridor and to highlight an area of cultural and historical significance. Cambridge Village Green is a designated Riverbank & Conservation Area of 399 square metres situated on the Barbadoes/Salisbury Streets intersection. In 1995, Christchurch City Council bought the land bordered by Barbadoes Street and Cambridge Terrace and began work on restoration of the area.



The importance to local iwi

Like other areas along Ōtākaro this area is extremely important to the local iwi and hapū, Ngāi Tūāhuriri and Ngāi Tahu. Of particular significance is the small stream that tumbles into Ōtākaro. This stream was known during the past century as Saint Mary's Stream, rising from a spring located in the grounds of the old Saint Mary's Church vicarage. In the early days of European occupation, this stream was concealed under Salisbury Street by diverting it through a pipe. This action was the cause of a long-standing grievance to local Māori.

The junction of Saint Mary's Stream and the Ōtākaro was the site of Puari pā the pā of the noble chief Tautahi, after whom Ōtautahi/Christchurch is named. It is thought that the marriage of Tautahi to Waitaha princess Te Auru in the 18th century also took place at this site, thus consolidating bonds between families of Kaiapoi and Koukourarata/Port Levy (or, from another perspective, between Ngāi Tahu and Waitaha.) The sacred waters of this spring were used to bless this union. The stream has special significance because of the wairua (spirit) of the water often used by tohunga whakaora-a-wairua for healing purposes, and for the historical link with the noble, Tautahi.

Ōtākaro was an important mahinga kai site where a large variety of food was gathered in the Puari Pā area including tuna (eels), inaka (whitebait), kokopū (native trout), koukourara (cockabullies), pārerā (grey ducks) and pūtakitaki (paradise shelducks). Harakeke which was vital for clothing, ropes and mats, and many medicinal plants were also found in abundance.

The pā was a busy trading and meeting place for travellers from as far away as Kaiapoi and Port Levy.

Cambridge Green Today

Today, Cambridge Green is a peaceful enclave in a busy cityscape. The sparkling clear water is once again visible as it flows from the historic brick barrel drain into a pool in the reserve. It then enters the drain again before cascading into the Ōtākaro (Avon river) opposite



where the Avon Holiday Inn hotel once stood. The brick construction of the drain is visible through a 'light well' next to the pool. The diversion and visibility of the piped water into the reserve, and the City's respect for the site, is seen as a significant move toward healing the long standing grievance and demonstrating a bond of understanding between Christchurch City Council and Māori.

Council and iwi representatives worked together to find a way to properly recognise the importance of this site and at 6 am on 11 August 2005 a ceremony was held to bless the completed site and unveil three carved pou (poles). Maurice Manawaroa Gray, Upoko (Chairman) of Te Rūnaka Ki Ōtautahi, of Ngāi Tahu at that time, blessed the three pou signifying the three waves of migration to Christchurch.

An excerpt from the Christchurch City Libraries website article on nearby Cambridge Green. Find the full entry and much more [here](#).



Rawleigh's
TRADE MARK

Vern Leader
Independent Distributor

03 366 7769
021 0232 7011
hivern52@gmail.com

Free delivery within New Zealand.

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.)

Yoga classes resume
from Monday May
18th, under specific
conditions.

To attend you must:
- pre-book so we can
limit numbers to six
students per class.
Contact the tutor, their
numbers below.
- b.y.o. mat, towel and
water
- bring \$6 in exact
change*

Mondays 6pm yoga -
Robyn on **0274 592 553**

Tuesdays 9am yoga -
Alison on **021 1500 163**

Tuesdays 6:15pm Pilates
- Dee on **027 251 5475**

Thursdays 6pm yoga -
Dakota on **022 012 5005**

**if you would like
to arrange on-line
payment for more than
one class, please call
Avebury on **381 6615**.*

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.
Starts 8th June.

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.
Starts 8th June.

Loopy Tunes: 11:30a.m.
A pre-school music and
movement group. Only
during term time. Starts in
Term 3.

**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!
Also meets Wednesdays and
Saturdays.

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

Tuesday

Yoga: 9:00–10:00 a.m. Join us
for a good stretch! Beginners
welcome. \$6/session.
Pilates: 6:15 p.m.

Wednesday

**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.
Practice calming your body
and mind in a supportive
group. Check Facebook for
details & dates.

Thursday

Yoga: 6–7 p.m. \$6. Evening
yoga. Join us for a good
stretch!

WRITING YOUR HISTORY GROUP

This group will resume
meetings at Avebury House
on Wednesday, **10 June at
10 a.m.**

Many of you have probably
been writing about your
experiences during the last
two months. Now is a good
time to organise these into
a form which will make
interesting reading for
future generations. These
can be added to memories
you have from childhood.

We are able to have up to
10 people in the room and
will have tables and be
able to sit with appropriate
distancing. We welcome
new people to the group
but, as numbers are
limited, it would be helpful
if everyone contacts me
by phone **03-980 5114**, or
email **johnlois@posteo.net**
if you wish to come - i.e.
those who came to the first
meeting as well as people
who would like to join. I will
contact you all before the
10th June. Priority will be
given to those who came to
the first meeting just before
the lockdown.

HOLY TRINITY AVONSIDE,

168 Stanmore Road,
Ph 389-6948
Services have resumed on
Thursdays at 10am and
hopefully the 9.30am services
on Sundays will begin in June.

Our All Age Church service is
held on the second **Sunday
(14 June 2020) at 11.15am.**

Our **foot clinic** is to be held
on 9 June 2020, you must
check in with the office and
register.

For all other activities please
contact the office, we are
really hoping they will resume
as soon as possible.

DELTA COMMUNITY BAPTIST CHURCH

Delta House, North Avon
Community Centre, 101
North Avon Road
Delta Baptist church will
be reopening its doors for
services at the Chapel in
Delta house SOON!!

Please log on to our
Facebook page for details
and most recent updates
**www.facebook.com/
DeltaCommunityBaptist/**
Take care and God Bless
Pastor Mary

DELTA COMMUNITY TRUST,

101 North Avon Road
(Entrance off Petrie St)
Ph: (03) 389-0212
Our new 0800 phone number,
0800 2 DELTA (0800 233 582)
is being answered remotely
Monday to Friday between
the hours of 10am and 2pm.
Please do call us if you have
any questions, or need our
help.

How we are supporting our community:

Our Foodbank is still OPEN.
We are operating it in a
non-contact form, so if you
are living in Richmond or a
neighbouring suburb and
you are struggling financially,
please call us and we will
arrange for a food parcel to
be delivered right to your
door or you can also pick up.

We are still accepting
referrals for FREE counselling,
advocacy and budget advice,
which are currently being run
via phone or online sessions.
If you need any of these
services please call us and we
can arrange for someone to
help you.

How YOU can support us

If you would like to support
us to help others in need,
we would gladly welcome
donations in the following
ways:

- Putting non-perishable
items (like cans of food or
packets of biscuits etc) in
the Delta collection bins
at Stanmore New World,
or Moorhouse Pak 'N Save
when you shop at those
supermarkets.

- Donate to our [Givealittle
page](#).

- Deposit directly into
our bank account: **Delta
Community Support Trust
03-1700-0122695-00**
Keep safe and we look
forward to seeing you all
again soon.

SHIRLEY LIBRARY,

36 Marshland Road (by the
Palms Mall).
Phone (03) 941-7923
The Shirley Library and
Service Centre building is
closed for improvements, and
is scheduled to reopen on
Monday 15 June 2020.

Mobile Library

From 18 May, a mobile library
will visit the car park every
Tuesday 9.30am–11.30am,
Friday 2.30pm–4.30pm, and
Saturday 10am–noon. There
will be measures in place to
help keep visitors healthy
and safe from the risk of
COVID-19 – please be patient
and follow staff instructions if
using the Mobile Library.

Shirley CCC Service Desk relocated to The Palms

From Thursday 14 May,
customer services will
continue to be offered from
a temporary location in
The Palms mall, processing
all Council payments and
enquiries during the closure.
The centre will be located at
the Kmart end of the mall.
Hours will be Monday to
Friday 9am–5pm.

Holds

From Friday 15 May, any
hold items you've requested
to be collected from Shirley
Library will be made available
at **Linwood Library** instead,
unless another location is
requested. Please contact the
library to arrange this.