



By Tanya Didham

We farewelled 2020 with our annual Teddy Bears' Picnic in November and our Christmas Market on December 4th. The Natural Magic Pirates kept the teddies entertained with musical puppets and parachute games. Then they were back with the band for the Xmas Market! We also had the super-talented singer/songwriter Kate Owen with us for the first time; and to see out the evening, the Garden City Orchestra lended that big band feel. Flip Out (now 'Move-X') brought along the Air Trak which was well-bounced on as always! And we were thrilled to have Santa available for wishes and pictures in the front room - thank you! Also huge thanks to all our wonderful food vendors and stall-holders, to the staff and volunteers who contributed, and to all who came along, it was a great way to shake off the year!

Compared to many nations right now, we are privileged in being able to gather safely together. We are already looking forward to our Gala Day on March 28th - an event we had to cancel last year due to covid restrictions. Avebury Gala is a showcase of what we do at the house, at the gardens, and in wider Richmond. It's a fun day out for the family stretching from the carboot at Richmond Community Garden to the Devonshire Tea at Avebury House, with so much in between including free entertainment and activities, local stalls, food trucks, craft demonstrations, red zone projects including Richmond's Riverlution and much more! Mark your calendar!

To book a stall at the carboot see p 3.

## Teddy Bears, Santa & getting our Gala back



From top, clockwise: Xmas Market fun; the Pirates with their captive audience; kids with teddy; Santa Claus makes a visit; Kate Owens performing; and our favourite Pirates.

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:  
[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**.

**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.

## Quick Question (or three)!

As part of making Avebury an all round great asset to Richmond and the wider area, we want to hear your feedback. Our friendly neighbourhood Morgane will soon be going door-to-door in random streets, to ask a few simple questions:

- Do you like to receive the community news in your letterbox each month?
- In the last year, have you been to the house and if so, what did you come to do?
- What do you think of a regular games night (cards, scrabble etc), and would you come along?

Anything else you'd like to tell us!

If you don't see Morgane, but would still like to share your opinions with us, please email:

[admin@aveburyhouse.co.nz](mailto:admin@aveburyhouse.co.nz) or call **381 6615**.

## Yoga, Pilates and Tai Chi, Oh My!

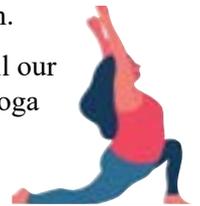
We've got a new Yoga class on Wednesday mornings at 9am run by Timea. Great for beginners and advanced students alike.



Dee's Pilates classes have changed their times this year. Tuesday class is now at 6:00pm and Thursday class is now at 11:00am.

Tai Chi with Roger Chance is back at Avebury! Only \$10 per session. Tuesday mornings at 10:30am.

Consession Cards are now available for all our fitness classes. Please inquire with your Yoga instructor or at the office.



Our Fitness schedule below:

Day	Class	Time	Koha
Monday	Yoga	6:00pm	\$6
Tuesday	Yoga	9:00am	\$6
	Tai Chi	10:30am	\$10
	Pilates	6:00pm	\$6
Wednesday	Yoga	9:00am	\$6
Thursday	Pilates	11:00am	\$6
	Yoga	6:00pm	\$6

## The Wit of Sam

Why can't skeletons play church music?  
Because they don't have any organs.

• • • • •

I wasn't going to get a brain transplant,  
but then I changed my mind.

• • • • •

My friend had a priest perform an  
exorcism on his house, but he didn't pay  
the bill. Now it's repossessed!

*Illustration by Stephane Terris*

## ChillOut Massage Therapy for Women

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\*for free\* scrap metal, old appliances,  
computers, dvd players etc.**

**Call him on 027 756 2718.**

# Avebury Happenings



## Want a site at the Avebury Gala on March 28th?

To book a space at Richmond Community Garden's awesome carboot, get in touch with Cathy by email: [coordinator@richmondcommunitygarden.co.nz](mailto:coordinator@richmondcommunitygarden.co.nz) or phone: **021 0248 7149**. N.B. If you pay the \$10 entry fee directly into their bank account: **06 0879 0211086 00** remember to put your name and 'carboot' as references.

If you want a stall for a local business, school, fundraising community group, or to sell some homemade crafts, give Tanya or Kristine a call at the house on **381 6615**, or email [admin@aveburyhouse.co.nz](mailto:admin@aveburyhouse.co.nz). We'd love to have you!



We've got two Sustainable Living Series events this month!

**11 February, Thursday at 5:30 p.m.** - Pickling cucumbers

**18 February, Thursday at 5:30 p.m.** - Kimchi

Please bring 2 large, wide mouth jars with screw lids for you to be able to take some pickled veggies home. **\$10 per person.**

Please reserve your spot as it's 8 people maximum. For booking text Morgane **020 4185 7862**.



Have you just made a batch of your famous raspberry jam? Are you still hoarding your favourite feijoa chutney from last year's crop? Elderflower wine perhaps? Richmond Community Garden invites you to put your preserves to the test and bring them along between now and March 24th. They will be carefully labelled and then judged by a panel of expert picklers, preservers and punters!

Results will be revealed at the Gala! Please contact Cathy as above for further details.

## Avebury's Free Monthly Lectures

Yes, we are bringing back the free lectures this year!



Sadly we've had to postpone the Beginner Te Reo class which was to be held on Feb 16th - we hope to announce a new date for that soon.

In its place we are thrilled to have Corabelle Summerton from the Kahu Collective coming to teach us the **basics of flax-weaving**. How to harvest, basic principles and everyone gets to make a simple flower/putiputi!

**Wednesday Feb 17th, from 6.30pm. Bookings recommended!**  
Call us at **381 6615**.

## Vintage Market @ Avebury

Come join us at beautiful Avebury House for our 2nd Vintage Market on the **7th of February at 10am**. Our stall holders will have a fabulous range of quality vintage items for sale, including retro, clothing, china, treasures, furniture, books and all manner of interesting items! All set under the shady trees. A lovely children's paddling pool and playground are included in Avebury's beautiful grounds, a great day out for the whole family.



# Discovering Beverley Park

By Robyn Kilty

Beverley Park Heritage Rose Garden was created for the Millenium – to commemorate the year 2000 and 150 years of European settlement. In the late 1990s, the Englefield Residents Association comprised an enthusiastic group of active residents, their prime focus being to support and focus on the early heritage of the area. Englefield is part of the historic Englefield community which is bounded by Avonside Drive, Fitzgerald Avenue, Linwood Avenue and Armagh Street,

During the late 1990s, a new area adjoining the original Beverley Park was opened up from an old council tree nursery, and it was here with the encouragement of the then Hagley Ferrymead Community Board, that the Heritage Rose Garden along with a Native Garden, was proposed as an appropriate project to commemorate the new Millenium. At this time during the 1990s when the Heritage Rose Garden and Native Gardens were proposed, there were many historic houses and places in the area.

Among these were Englefield Lodge and Linwood House which were built after William Guise Brittan and his brother Joseph, purchased the first blocks of rural land there in 1851 and 1852. William, who was something of a botanist, built 'Englefield Lodge' surrounding it with beautiful gardens and lawns which swept down to the Avon River. He planted the first willow trees along the Avon and the area became known as 'The Willows' which William opened to the public. Cricket matches and regattas were held there and it became a popular place for city-dwellers to come for relaxation and leisure, long before Hagley Park was established. A pleasure paddle steamer called the Maid of the Avon puffed up and down the river. Linwood House was developed along similar lines.

In 1864 William Guise Brittan sold his farm. Most of the land was subdivided and developed into the distinctive streetscapes and worker cottages which still stand today, reasonably intact and worthy of conservation. Most of these survived the earthquakes, while many of the grander, old masonry houses succumbed.

As well as Englefield Lodge and Linwood House, another property was later developed on the corner of Stanmore Road and Avonside Drive after 1900, by Abraham Beverley, called 'The Grange' which was destined to become Beverley Park. After 'The Grange' became a deceased estate in the late 1950's, the council purchased it, demolished the house and developed Beverley Park as we know it today.



During the late 1990s with the help of Christchurch City Council, the Englefield Residents Association worked towards developing Beverley Park Heritage Rose Garden and a design was developed by myself around the perimeter of the Beverley Park Extension incorporating the Heritage Rose Garden and a Native Garden. From this design, the council laid out the Rose Garden, in an informal shape with its winding brick paths, rose arches and rose supports, and the community set up a sponsorship scheme for purchasing the roses.

The Friends of Beverley Park was also set up at this time and still operates today informally.

In August of the year 2000, 150 heritage Roses were sponsored, purchased and planted by The Friends and other individuals from the community and beyond. Refreshment and shelter was set up amongst much celebration with the wider community on our organised planting days, and for the following 2 or 3 years Garden Parties were held, in early December as we celebrated the flowering and development of our rose garden.

We still hold smaller celebrations on pruning days through the winter when refreshments and camaraderie are much enjoyed. Today our Heritage Rose Garden is part of the Canterbury Community Gardens Association and maintained by volunteers with Council's help. It remains a source of much soul food in an area that was debilitated by the earthquakes - a place of serenity, just east of the city.

For more infomation contact Robyn Kilty at **0221039082** or [robynkilty@gmail.com](mailto:robynkilty@gmail.com) and/or Henrietta Hall at **0274512315** or [henrietta@hhall.co.nz](mailto:henrietta@hhall.co.nz).

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## Floristry Course

Maree will show participants how to create a stunning Classic Bouquet as well as a Candle Table Arrangement.

**18 February at 10:30 a.m.** Only \$20, including materials. Please bring your own ceramic dish or bowl.

Bookings are essential as spaces are limited. Please contact Maree at **021152 5480**.

## The Ghost Horse



By Lily Shea

He gallops endlessly over the  
Seemingly endless plains  
Appearing and disappearing as it rains  
Weaving through trees having fun  
He continues galloping run, run, run  
Across rivers  
Through the fog  
Shaking off water droplets like a dog  
Muscles rippling in the sun  
He continues galloping run, run, run

*Lily is a Year 7 student at St Francis of Assisi School*

## The Just Dirt Trust (not just dirt!)

Formed in the post-quake environment of August 2011, The Just Dirt Trust was created by Selwyn Eagle and John Patterson. Both men agreed that traditional gardening involved too much hard physical work and mess, so they came up with the concept of 'easy gardening': using raised beds filled with healthy soil and plants, that require little weeding.



The Trust aims to help people create places to garden in. It might be shared community gardens, looked after by a number of people, or gardens for individuals. In whatever form, gardens bring opportunities for people to experience, not only the satisfaction of growing food, but the relaxation and connection to Nature that comes with it. Gardening fosters patience, nurturing and an appreciation of natural cycles.

Having worked successfully with schools, churches, marae and individuals, they have loads of experience setting up garden beds, particularly for fresh fruit and vegetables. They can help you by:

- discussing what you want from your garden
- providing expertise and know-how
- making and installing garden beds
- providing the earth needed for the beds
- providing seeds and plants

To off-set costs the Trust usually asks for \$100 for a 1m x 2m garden bed. For this you get the bed, the dirt, plants and seeds, as well as their friendly advice and encouragement. However they are so passionate about gardening that the cost can be reduced for people on a low income.



So, if you have ever wanted to garden but thought it would be too much work - think again - get in touch and The Just Dirt Trust can help you get growing!

You can contact Sewlyn on **027 604 6816** or email: [justdirtnz@gmail.com](mailto:justdirtnz@gmail.com)

*"Gardening -- it's cheaper than therapy, and you get tomatoes!"*

### Tuition

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**E: [katharineabeaumont@gmail.com](mailto:katharineabeaumont@gmail.com)**

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m: **022 074-1438**

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# Mind Yer Language: The Great Vowel Shift

By Tanya Didham

This momentous epoch in English linguistics has a vague time span, (depending on which scholars you consult), but the Great Vowel Shift is what changed Chaucer's melodic, yet foreign-sounding Middle English, into Shakespeare's easily recognisable, Old Modern English. These two masters of the language would not have been able to understand each other in conversation, though they were born just 250 years apart. Meanwhile, 400 years on, and though some words have changed meaning and the Bard's turn of phrase can sound odd to us, the basic pronunciation of words hasn't changed much since Hamlet.



From the *Canterbury Tales*.

As the grand name suggests, it was all about the vowel sounds. While Chaucer rolled his 'r's and sounded both letters in diphthongs e.g. 'knit' as 'k'nit', consonants

haven't really changed. What did noticeably change were all the long vowels. Chaucer's 'sheep' sounded like 'shape'. Instead of going to 'meet your mate', you'd be going to 'mate' thy 'maht'. 'Those boots in the house are mine!', would have sounded more like, 'Thause boats in the hoose are mean!' Prior to the 1300s vowel sounds were pretty consistent. So for example the 'ea' in 'bread' and 'break' would have sounded the same, as in to 'brek bred'. Similarly, meat sounded like 'met'. Now bread, break and meat no longer have rhyming vowel sounds.

While the causes of the shift aren't clearly identified 1066 is in the mix. Following the Norman invasion, the Old English ruling class succumbed to the invaders' French dialect. Over a couple of hundred years, the new language of the aristocracy filtered down to the rabble, especially in words to do with politics (diplomacy), government (bureaucracy), law (honesty), the military (surveillance), fashion (chic) and food (dinner)! As the languages vied and jostled, along with other factors, English developed its uniquely inconsistent vowel sounds.

# Puzzle

## Cryptic Crossword

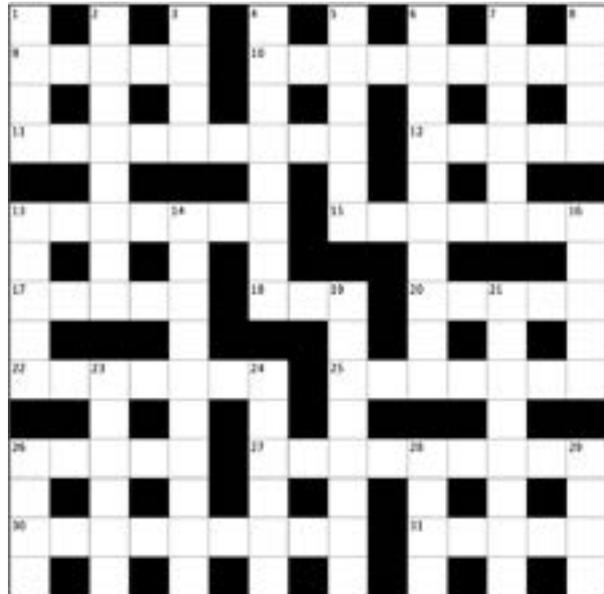
By Dirty Harry

### Across

9. Small part arrived at nothing. (5)
10. Watch storm boil around volcano. (9)
11. Dark horse could cause a nasty experience. (9)
12. A calendar girl, maybe. (5)
13. Make bacon perhaps, using this kitchen utensil. (4,3)
15. Partly take the reins in that place. (7)
17. Summer snake. (5)
18. See 26.
20. For a start, I need every possible tool — but still can't manage. (5)
22. Extreme youth can be found in a whim. (7)
25. Disgorges LA sound perhaps. (7)
26. Aroma could flood our senses — partially, anyway. (5)
27. Least team can draw even in this way. (9)
30. Asleep and out on this seaside roadway. (9)
31. Things found first of all in the eastern mountain states. (6)

### Down

1. Coin may become a computer symbol. (4)
2. Secretly transported mule and horse into South Dakota. (8)
3. An Edgar Allan Poe type, in part. (4)
4. Snail freight part of broken set. (8)
5. Silver carried by consular gentleman. (6)
6. I am solid, but it doesn't matter. (10)
7. A score or so — rough enough! (6)
8. See 26.
13. I swam about with Hindu teacher. (5)
14. Panorama right and left — that's weird. (10)
16. These may be taken from broken stone. (5)
19. Mussolini confused date, despite being well-schooled. (8)
21. Name & date, possibly, issued forth. (8)
23. Old disk involves Pop and insect getting together. (6)
24. Agreeable chap — name's unknown. (3-3)
- 26, 18 & 8. Above the mountain? No, past it. (4,3,4)
28. Old computer is way out. (4)
29. The answer is not hard. (4)



### Solution to December crossword

**Across:** 1. Misjudgement 9. Arson 10. Clockwise 11. Coracle 12. Extreme 13. Laboratory 15. Spot 18. Ewes 19. Miscellany 22. Partake 24. Mindful 25. Reflected 26. Torso 27. Measurements.

**Down:** 1. Miserable 2. Sinecure 3. Uncle 4. Geometric 5. Makutu 6. Noise 7. Rascal 8. Relent 16. Platforms 17. Plankton 18. Export 20. Yellow 21. Layers 23. Rifle 24. Madam.

# River of Flowers

## 10 Years On

On the 10th anniversary of the Feb 22nd earthquake, River of Flowers memorial events will be held throughout the Ōtākaro-Avon River corridor, as well as on the Ōpāwaho-Heathcote and estuary. For Richmond there are two local sites, one where the Medway Bridge was, and the other opposite Linwood College (formerly Avonside Girls' High).

Each year, the River of Flowers remembers those who lost their lives, their homes, and their communities, as a result of the earthquake on February 22nd, 2011. A 2-minute silence is followed by placing flowers into the water, remembering and symbolically releasing the hurt of that day, and the many days that followed.

Some lovely blooms continue to be provided by Moffat's Flowers, but you are also encouraged to bring your own. The River of Flowers has become a significant part of

the anniversary, and is included in the official ceremony held at the Earthquake Memorial on Oxford Tce. At the Medway site, volunteers will have some kai to share from 12pm ahead of the Ceremony of Remembrance which will begin at 12:51pm.



*The River of Flowers event is organized by Flourish Kia Puāwai, in conjunction with the Avon-Ōtākaro Network and with support from All Right? and the Christchurch City Council. For further information on all the sites visit the website: [www.flourish.org.nz/river-of-flowers.html](http://www.flourish.org.nz/river-of-flowers.html) or email: [connect@flourish.org.nz](mailto:connect@flourish.org.nz)*

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## Shake It Up!



Free belly dance classes!

Soul Star Tribe is a diverse group with different backgrounds, genders, ages, and fitness levels. Our goal is to share our joy and enthusiasm for belly dance; our search for inspiration, vitality and meaning has drawn us together to dance.

We support each other on our journeys through new experiences, laughter, and the holistic well-being that comes from dancing and learning as a tribe. We invite you to join us for TWO FREE belly dance classes in February!

**Tuesday 2 February, 5:30pm, at the CWEA, 59 Gloucester Street**

**Saturday 6 February, 10am at The Chrystal Palace, 12 Chrystal Street in Richmond.**

Please contact us for details at [www.soulstartribe.kiwi](http://www.soulstartribe.kiwi) or phone Samantha on **027 6525 993**.

*Soul Star Tribe will be performing at this year's Avebury Gala on March 28th!*



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## Writing Your History

Over the last year, Lois and regular attendees to the writing group have discovered just how interesting their histories are. The group starts back at Avebury House on **Wednesday Feb 10th, from 10am til 11.30am**. Anyone is welcome to come along and share their memories and find help putting them on paper (or laptop, whichever you prefer). There will be lined paper and pens to use if you don't bring your own.

A gold coin koha goes to the house for tea and coffee.

For further information, please contact Lois Daly at Phone: **(03)980 5114**, or Email: [johnlois@posteo.net](mailto:johnlois@posteo.net)



# 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**

**Men's Shed:** from around 9.30am til 4pm, also on Tuesdays and Wednesdays.

**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. Loopy Tunes Music and Movement!  
Gold coin!

**Richmond Community Garden:**  
From 9:30 a.m. onwards. We welcome volunteers 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.

**Tai Chi:** 10:30 a.m. \$10/session

**Pilates:** 6:00 p.m. \$6/session.

**Wednesday**

**Yoga:** 9:00 a.m. Beginners welcome!  
**Write Your Own History:** Every 2nd and 4th Wed of the month. 10 a.m. –12 noon.

**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.

**Thursday**

**Pilates:** 11 a.m. \$6/session.

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

**DELTA COMMUNITY BAPTIST CHURCH**

Delta House, North Avon Community Centre, 101 North Avon Road (entrance off Petrie) North Avon Baptist Church services begin again **Sunday February 7th at 10am.**

**CROSSWAY COMMUNITY CHURCH**

North Avon Community Centre. 101 North Avon Road (entry off Petrie St)

**Sunday Services:** Every Sunday at 10am Family friendly with children's programmes. For more information you can find us on Facebook: [www.facebook.com/crosswaych/](http://www.facebook.com/crosswaych/)

**SOUL STAR TRIBE:** beginner belly dance classes 5:30pm Tuesdays from **February 9** (CWEA, 59 Gloucester Street, City Centre), and 10am Saturdays from **February 13** (The Chrystal Palace, 12 Chrystal Street, Richmond).

\$10 casual, concession cards available. For more information, please phone Samantha on **027 6525 993.**

**SHIRLEY LIBRARY,**

36 Marshland Road (by the Palms Mall). Phone (03) 941-7923

**Monday**

**Activity Zone:** 3:45–4:45 p.m. For 6–10-year olds. No charge.

**Tuesday**

**J.P. Clinic:** 10 a.m.–1 p.m. Weekly. No charge.

**Wā Kōrero: Storytimes:** 10:30 a.m. –11:00 a.m. Recommended for over 2s.

**Reading to Dogs:** 3:30p.m. – 4:30p.m. Bookings essential. During term time.

**Wednesday**

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

**Dungeon Delvers:** 4:00– 5:30p.m. Tabletop roleplaying campaign for ages 12 to 18. Booking required. Fortnightly.

**Thursday**

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

**Friday**

**Card Club:** Just come along and join the fun. Free. No bookings required.

**The Zone @ Shirley:** 4:00p.m. – 5:00p.m. For ages 12-19. Hang out to go head-to-head on the PS4, mix music with Garage Band, or just chill and chat.

**Saturday**

**Mahjong Group:** 1:00 p.m. For beginners and advanced players alike. If you have your own set, please bring it along, otherwise come along and join in a friendly game.

**Magic: the Gathering:** 1:00 – 4:00 p.m. Play, swap cards or hang out. Snacks provided! Ages 8 - 18. Held on the first Saturday of each month. Free. No bookings required.

**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.**



**DELTA COMMUNITY TRUST,**  
101 North Avon Road  
(Entrance off Petrie St)

Ph: (03) 389-0212

Foodbanks hours are Monday, Wednesday and Friday 10am-2pm, closed on public holidays.

**Monday café** starting up on February 1st. 10.00am-12:30pm. Hot Toasies.

**Friday Inn** starts February 5th. Doors open from 10.30am for tea and coffee, lunch 12-1pm.

**English Café – Mondays 10am-12pm** during school term-time at the Delta Café – chatting in English for speakers of other languages. Starts 15th February. Free. But bring cash for café.

**North Avon Community Centre**

**Kiwi English** – a speaking and listening course, 10am-1pm, 4 Wednesdays from 17th February. \$3 per lesson. Limited numbers. Registration essential.

**Delta International Playgroup**

– Fridays 9am-12pm, gold coin donation. For international mums and children under 6. Starts 12th February.

**Delta International Craft Group** – Every 2nd Monday during school term-time. 10am-12pm. Women only. Children under 6 welcome. \$3. Starts 22nd February.

**Delta Ukulele Jammers** – Thursdays, 12pm-1pm. Gold coin donation. Starts 4th February.

**Beginner Ukulele lessons** – Wednesdays, 1.30pm-2.30pm. 6 week course. Starts 24th February. Gold coin donation. Ukuleles available to borrow. Limited numbers. Registrations essential.

**Yoga** – Thursdays, 1.30pm-2.30pm in the gymnasium. \$6 for casual drop-ins. Starts 25th February.

Call Shauna (03) 389-0219 or email [shauna@deltatrust.org.nz](mailto:shauna@deltatrust.org.nz) to register for limited courses or for more information.



**HOLY TRINITY AVONSIDE,** 168 Stanmore Road, Ph 389-6948

**Activities Group**

-Weekly, Thursday, 1pm.

**Exercise Class** - Weekly, Thursday, 11am.

**Parish Eucharist** - Weekly, Sundays 9.30am, Thursdays 10am.

**All Age Church** - Monthly, 2nd Sunday, 11.15am.

**Community Committee** - Monthly, 3rd Sunday after church.

**Discipleship Committee**—Monthly, 1st Sunday after church.

**Mission Stall** - Monthly, 3rd Sunday after church.

**Prayer and Praise** - Monthly, 4th Sunday, 11am.

**Parish Lunch at Crossroads** - Monthly, 4th Sunday, midday.

**Vestry** - Monthly, 2nd Wednesday, 7.15pm.

**Wednesday Café** - Monthly, 2nd Wednesday, 11.30am.

**Assn of Anglican Women** – Monthly, 4th Saturday, 10.30am.

**Foot Clinic** - Every 6 weeks, bookings essential.