



My Father Morrie Jones, Part 3 Entertainer and Entrepreneur

By Wendy Bruning & Lois Daly

Morrie was a fun person, he liked living on the edge. We always had fun holidays, to the point of being over the top. He organised Galas at Stewart's Gully during the summer holidays for a few years. We rented a bach to stay in. There was the merry-go-round, Ferris wheel, and lots of other inventive things.

One year, to end the season, there was going to be a fireworks display. Unfortunately, someone threw a match into the big chest of fireworks and they all went off at once. It could have been nasty, but no one seems to have got hurt. After this there was a court case where Morrie was taken to task, and the law was changed, so that no one was allowed from that date to have fireworks unless they had special permission.

His business got bigger and he became in charge of Side Show Alleys at AMP shows and Industries Fairs around the country. He lived in a caravan that had seen better days. He never minded roughing it. He had another caravan for his workers, fitted out with bunk beds. What a squash that was.

He said that people in small towns were desperate for some entertainment. He realised that there was money to be made providing some entertainment and fun, and he'd be the one to do it! He put on shows in halls around the South Island. He became a magician, hypnotist and ventriloquist (with a puppet called Charlie).

Then there was the Mouse Circus. I don't know where that idea came from, but he thought this would be a great attraction. He hired someone to craft all the different rides that you would find at a circus – miniature trapeze,

tight rope, Ferris wheel, spinning barrels and tilted dishes with sides that the mice would run around and turn.

All were painted in circus-type colours. They were so cute. He made big folding tables with glass sides to see through and to stop the mice escaping. The biggest job

was keeping the glass clean. He approached the big department stores in Christchurch and talked them into having the mouse circus as their holiday attraction. This went so well he had six more circuses made and took them nationwide. He got most of the mice (50-60 per circus) from Lincoln College (now University). Of course they were always escaping!

Anything to attract people to spend some money. Brian Edwards did an Encounter program called Carnival, the Man with the Golden Touch. Morrie did become a millionaire, but then lost most of it on the stock exchange, as he wouldn't listen to his broker's advice. He thought

he knew a better way. He was not good at keeping money. 'Retirement' didn't slow him down. He did land developing, street building and house building. He also bought fields of Christmas lilies, a crayfish boat, an ocean-going yacht (the Ooloomooloo 2). Just a few things that come to mind about my interesting father.

This text was compiled and edited by Lois Daly who facilitates a family history writing course at Avebury House. Anyone is welcome to join in, every second and fourth Wednesday at 10.30am.

[Ed. Part 3 of Morrie's story was supposed to be in the Feb issue, but was somehow overlooked. Parts 1 & 2 are in the Oct and Nov 2020 issues.]



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

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

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The Wit of Sam

The first rule of passive-aggressive club is... You know what, never mind. It's fine.

• • • • •

My wife dated a clown before going out with me. I had some pretty big shoes to fill.

• • • • •

I said to the gym instructor, "Can you teach me to do the splits?" He said, "How flexible are you?" I said, "I can't do Tuesdays."

Illustration by Stephane Terris



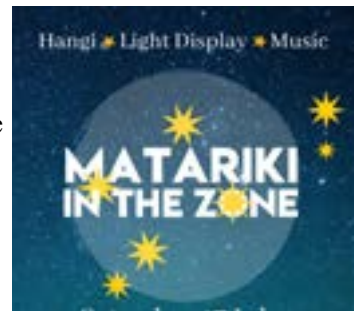
Alan the Appliance Guy will collect ***for free*** scrap metal, old appliances, computers, dvd players etc.

Call him on **027 756 2718**.

MATARIKI IN THE ZONE

This has to be one of our favourite events - our midwinter warm-up. Please note the date in May's issue was incorrect, the event is on Saturday 17th July and starts at 2.30pm.

Food, entertainment, lights!
Get it on the calendar!



Intro to Genealogy

This month we have Deborah Williams with us, sharing her knowledge around starting a family tree. She will have tips and pointers around how to begin your



genealogy journey, using either free-to-access or pay-to-use information. Can DNA tests help trace family members? Come along and find out.

Join Deborah at Avebury House on **Tuesday June 8th at 6pm**. Koha of \$5.

Registration is not necessary but appreciated. Email us at admin@aveburyhouse.co.nz.

Vintage Market at Avebury - June 6

Join Maree and as many stallholders as can fit in Avebury House for the first indoor Vintage Market at Avebury! **Sunday June 6th, 10am - 2pm**

Fungi Farm Inoculation!

At the bottom of Eveleyn Couzins Ave, the Garden of Curiosities is taking shape with the Fungi Farm project now ready to be inoculated! This fun, educational space is for children and families to play and learn about the fantastic fungi kingdom - increasing knowledge and piquing curiosity about these often misunderstood organisms.



On **June 19th**, come and give us a hand inoculating the first bed and logs with Turkey Tails and King Stropharia varieties. Enjoy some tasty wild mushroom soup and learn about fungus from fungi enthusiast Tilia Sante.

Koha appreciated.

Meet at the bottom of Eveleyn Couzins Ave on **Saturday June 19th, 10.30am**.

Meet In The Middle Richmond

By Hayley Guglietta

Several Meet in the Middle events were part of the Walking Festival this year. I hosted the Richmond walk beginning at the Richmond Community Garden where a Kingfisher kicked things off by flying up into a tree with a freshly caught fish in its mouth! Around 30 people turned up for the guided tour - they came from all over the city, with many visiting the red zone for the first time.

We walked and talked, stopping along the way to share the history of the area, from pre-settlement times through colonisation, up to our earthquake journey and beyond.

We began with Richmond Community Garden and the hurdles we faced to get the lease in place, as one of the first transitional projects off the ranks. We then wandered over to Avebury House to talk about how it came to be and what it is used for today.

The first loop took us into the red zone by River Road where we highlighted the proposed stormwater remediation, the regeneration plan and the planned project for Lois Place where Evan Smith once lived.

Using Casa de Bambini as a stop we talked about the 27 people who remain in the red zone, and discussed the proposed regenerative planting in that block. The final part of our loop took us through Adventure Ave,

Avon-Ōtākaro Forest Park's planting sites, Di Madgin's Heritage Garden and the Dudley Creek project. We then wandered back along the river to look at Riverbend Refuge and the Fungi Farm installation.



At this point we asked who wanted to carry on and do another loop in Avonside. The majority were keen so we took them over the Swanns Road Bridge to show where Eden and the Climate Change Campus would be. We then visited the John Taylor memorial seat, then back across the old sand dunes cared for by Greening the Red Zone, to the 'Thx for the Memories' installation near Patten street.



The walk was a pleasure with such an amazing group of people who were really interested to understand all about the red zone and its future uses. It was great to share all the incredible things happening on Richmond's doorstep.

Among many other community roles, Hayley is on the trust boards of Richmond Community Garden, Avebury House and We Are Richmond. Her dedication and passion

for the area have been integral to much of the exciting activity we see locally.



Meetings - AGM June 22nd

A monthly hui for locals every **4th Tuesday of the month, 7pm** at Avebury House. All are welcome. June's meeting is extra special as it is the AGM, so join us for a big catch-up. If you have something you'd like to raise at a meeting, email us:

secretary@wearerichmond.co.nz

Stress Release at Avebury



Practice ways to Relax and Rebalance your body, mood & mind.

Body awareness, stretching & moving, Paced breathing, Havening®, TTT - Trauma Tapping Technique & TRE – Tension Release Exercise.

Afterwards you feel peaceful, grounded and present. All exercise is gentle and adaptable for your individual health issues, injuries or movement restrictions. Discuss any health concerns when you book so we can match

what we do with what you need.

Wednesdays 7:30pm & Fridays 10:30am at Avebury House. Bring your own: mat or blanket to lie on, a blanket for cover for relax time, water to drink after. Wear: loose clothes for easy movement and stretching.

This class is for people 16 and over with reasonable mobility. Koha what you can (usual is \$5-10). 10 people max so book with Kathy: **0226507896**

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Haiku from the Small White Teapot

living alone
the wishbone
Unbroken

-Helen Yong. *Penguin Days* (NZPS 2016)



hanging from a fruiting bough
gravid moon

-Julie Bates

thick mist
the doorbell chime
is muffled

-Elise Mei. *scattered feathers* (NZPS 2015)

a lark
and i
disappear into
blue

-Lynn Tara Austin. *paper wasp*
(NZPS 2016)

Create your own personalised greeting/birthday messages etc, with a beautiful haiku. Make it into an artwork. Just the process of writing these brief verses is a form of meditation and mindfulness. The capturing of a moment, like a photograph made of words.

The Small White Teapot Group meets at Avebury every **4th Tuesday of the month at 12pm.**

New members are welcome!
Call Barbara on **021 171 8622** for more info.



Plastic-Free July

Need some help getting plastic out of your life? Plastic-Free July is coming up and for the launch Avebury House, Para Kore, Total Waste Solutions and the Richmond Community Garden are hosting a screening of 'Xtreme Zero Waste: Community Enterprise'. This inspiring local documentary shows how a passionate community group can take the place of a profit-making business while also achieving social and environmental goals for the benefit of its community. The 80-minute film will be followed by a kōrero with Kahurangi from Para Kore and Kat from Total Waste Solutions around how we in Ōtautahi Christchurch are tackling the plastic crisis.

The screening is at Avebury House, **Thursday July 1st, starting at 6:00pm** with kōrero and kai after. Bring a plastic-free treat to share and get ready to take the Plastic Free July challenge!

The **Insights Workshops on July 10**, also at Avebury House, will share loads of plastic-busting tips from experts on sprouting greens, wax wraps, macrame bags, pickling and much more.

Bookings are not required, \$5 koha is encouraged. If you have a plastic-free workshop you'd like to run contact Morgane on events@avebury.co.nz.

To find out about plastic-free events in Christchurch keep an eye on Avebury's facebook page. To sign up for the global challenge check here. www.plasticfreejuly.org/take-the-challenge/

You can watch the trailer for the launch film here: www.youtube.com/watch?v=GDkqhclPzZk

Supling Filipino Playgroup at Richmond

NORTH AVON COMMUNITY CENTRE,
101 NORTH AVON ROAD, RICHMOND

• OPEN FOR REGISTRATION •

STARTS 2 JUNE 2021
EVERY WEDNESDAY
9:30 AM-11:30 AM
TERM TIME ONLY

For Filipino parents,
grandparents, and caregivers
with children under 6 y.o.
\$2 per session

To register, text 021 115 1657
or email jo@odt.org.nz



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Immune Boosting Nutrients

70-80% of our immune cells are located in the gut, the main route of contact with the outside world, so it makes sense to have a robust digestive system, fuelled by immunity-supporting, non-inflammatory foods. Including a variety of fresh, whole foods in your diet is essential to having strong immunity this cold and flu season. Everyone is well aware of how vitamin C supports our immune function but there are a few other important nutrients that help keep your immune system strong over winter.

Vitamin D is obtained when we expose our skin to sunlight or by ingesting foods/supplements that contain it. It helps maintain the immune system and studies show it can reduce the risk and severity of influenza. During winter in the South Island, UVB light from the sun is extremely low. Add to this that people spend less time outdoors and have their skin covered when they do, it's very hard to get sufficient vitamin D through sun exposure.

Dietary vitamin D is only found at very low levels in a small number of foods, including animal fats, oily fish, eggs, liver, mushrooms, and some fortified products. A good vitamin D supplement during the winter months can provide extra immune support.

Zinc is a vital mineral and affects multiple aspects of the immune system. Evidence has shown that taking zinc at the beginning of a cold, can shorten the length of the illness. Many common foods are rich in zinc, such as seafood (especially oysters), chicken, pork, beef, cashews, legumes, fermented dairy and hard cheeses so make sure these are in your winter diet. Zinc deficiency is characterized by depressed immune function, frequent infections, diarrhoea, impaired taste and smell, and even mental health issues. If you think you might be low in zinc, a zinc taste test provides a quick and reliable clinical assessment on the spot.

Don't Be A Tosser!

Seeing how much illegal dumping and vandalism was happening in the Richmond red zone, Hayley from the Riverlution Collective wanted to do something to deter this antisocial behaviour. After much research on successful methods in other places she pitched the concept of some down-to-earth, community-driven signage to the Riverlution Collective and We Are Richmond teams. Designed by Jen from Jn Creative, the signs make a simple plea: Don't be a tosser.

Since the start of the year, and including the Mother of All Clean-Ups, volunteers have removed 6 tonnes of rubbish and rubble from the river corridor between Swanns Rd and Banks Ave. You may also have noticed the internal red zone fencing has been coming down and white posts now mark the entryways. While



there is still the odd disrespectful visitor, these and various activation projects are having the desired effect of opening up the red zone - giving locals an opportunity to get involved and take pride in the space.

Don't forget, if you see dumping or vandalism such as graffiti, Council's Snap Send Solve app is a great way to keep the place looking loved. You can find it in your phone's app store. Alternatively you can report issues to Council on **941 8999**, or use their contact form at ccc.govt.nz/contact-us/contact-us-form

Tuition

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Mind Yer Language: Colour Me Interested

By Tanya Didham



In the season of autumnal colour, I thought it would be interesting to find out how colours got

their names, but I got distracted by the order in which they were named. Not just in English, but in every language known. It seems two colour words always come first - those for 'black' & 'white'. Dark/warm shades vs light/cool ones. When a third specific colour word was added to a language, it was always red. Fourth and fifth are green and yellow, with either coming first. The sixth colour is blue. Then grey, brown, orange, purple & pink. English has eleven basic colours. The most of any language. Old English only used eight. 'Orange' for example wasn't added until the eponymous fruit made its way to England in the 14th century. Previously the colour had been described as red-yellow or yellow-red. In Sanskrit, an orange tree was a *naranga*.

Some languages still only have two specific colour terms (relating to 'black' and 'white') not because the people don't see other colours, they just haven't given them a name. For example the Candoshi people living in the Amazon don't say 'the bird is red', they say 'the bird is like ripe berries'.

As with many languages, in English the word for 'black' comes from root words related to burning. Proto-Germanic has **blakkaz* meaning 'burnt'. Interestingly the PIE root - **bhel* - can do double duty for black and white! We see it in bleach for example. This is thought to be because of fire's twin aspects of brightness and blackening. The etymology is too ancient to be well understood. The word 'white' itself comes from a root that means shining or bright, in Old English it was *hwit*, pronounced h'weet.

Tune in next month for the rest of the rainbow!

Puzzle Cryptic Crossword

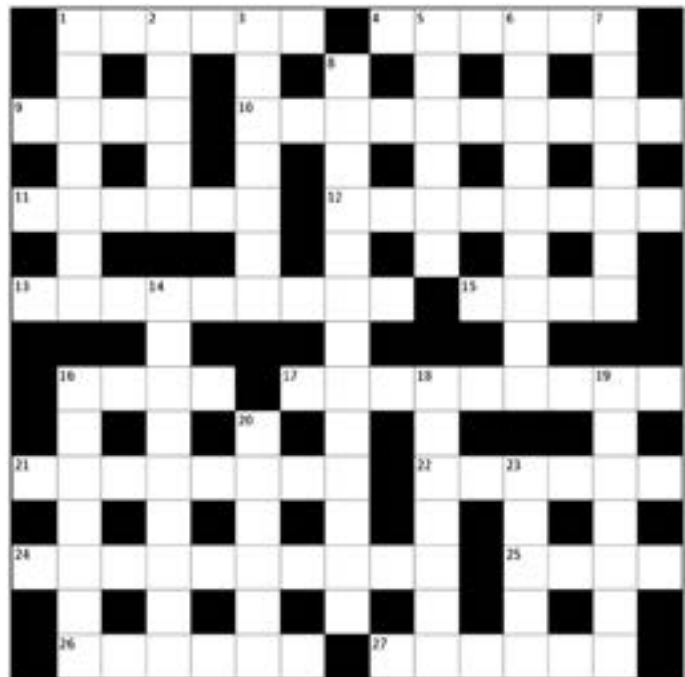
by Dirty Harry

Across

1. Priest disturbed by chevron. (6)
4. Negligent about young lady. (6)
9. Help make a wager. (4)
10. Forecast made before speech. (10)
11. Carpet roll includes fuel. (6)
12. Bury Eastern Standard Time for a return on investment. (8)
13. Nite train on the move. (9)
15. Mike initially gives three directions to the stables. (4)
16. Vera may produce a rant. (4)
17. Voice part maybe showing initiative. (9)
21. Could be alarming to be insignificant. (8)
22. French lad found in vulgar conflict. (6)
24. Coral shirt possibly worn long ago. (10)
25. Nemo raises a sign. (4)
26. Rare printer's measure could make for a lucrative transaction. (6)
27. Your gentle side shows need for immediate action. (6)

Down

1. Jet cubs crash...it's a theme. (7)
2. It goes round and round and up and down. (5)
3. Tall tree grown all around Peru finally is admired by many. (7)
5. Orders a hundred diets to be broken. (6)
6. Quiet and reticent about interruption of movement. (9)
7. Socially acceptable posses may make life-long partners. (7)
8. Starter's fortune won't last for ever. (9,4)
14. Ivan Silver goes back to the hill... he'll plot a course to get there. (9)
16. Perceive what lies are all about. (7)
18. Run gala with sharp corners. (7)
19. Answer may be not evil, but involves considerable force. (7)
20. Turn EU around? That's not correct. (6)
23. Heron possibly found on this river (5)



Solution to May Crossword

Across: 1.Example 5.Biped 8.Guile 9.Tonne 10.Run 11.Elephants 13.Spread 15.Ascend 18.Adventure 19.Opt 21.Liver 23.Theme 24.Rudge 25.Yielded

Down: 1.Eager 2.Align 3.Piece 4.Either 5.Bet 6.Penance 7.Dressed 12.Haste 13.Smaller 14.Revived 16.Nap 17.Queasy 19.Oread 20.Trend 22.Rye 23.Tie

NOT IN THE PAID WORKFORCE ANYMORE?

By Ian Johnson

My experience of no longer working began when I chose a time late in 2020 to just stop. I was helped by being past that age when National Superannuation provides financial support. My decision to stop working wasn't just based on this however, there was also a niggle that at some point my health might indicate to me that it's time to focus on life beyond work. I wanted time to do that. So far however there are only some new aches and pains, which I attribute to having recently started Pilates.

Did I plan for my 'retirement?' I did satisfy myself that I could survive financially, helped by my wife's still working. I had some ideas about direction but nothing that could be described as a plan. I knew I didn't want to be going on cruises, or taking up golf, bowls, or any other things commonly associated with 'retirement.'

So, what to do, what would take the place of thirty hours a week's work?

The decision I made before stopping work was to consciously explore the landscape of not working, to simply insert myself into places and spaces that interested me and see what occurred. This is a journey with no destination as a goal. No longer dependent on employment I don't feel the need to try and force any particular outcomes from contacts I am making, even when I may have a strong feeling for what I'd like to have happen.

What I miss about my former workplace however is the sense of shared purpose, camaraderie, the banter with my colleagues and regular recognition of my skills. I anticipated this and so was psychologically prepared. What I hadn't fully foreseen is what it would feel like to always have to be self-motivated. For example, when I was employed, if I got up in the morning and didn't feel in the least like working, but dragged my sorry self into work anyway, I would know that within half an hour that feeling would transform into something positive. The catalyst might be a colleague with a question, an email, a phone call or someone coming in the door. Suddenly, I was back in the 'zone.' Now, I have to catalyse myself. This is harder. And lonelier.

You may see something of yourself in my story? Or you may wonder why I don't just relax and enjoy no longer having to work? Alternatively, your reasons for not working may have involved no free choices on your part. This could be because of redundancy, ill health, needing to care for someone else, or

Whatever your story, if you want to share it and gain some support, whether that's to work out what to do in 'retirement,' or how to be with not currently working, or how to get yourself back into paid work, then I'm interested in talking with you. You can contact me through Avebury House at admin@aveburyhouse.co.nz



Your True-Style-Self Workshop

Be inspired by Personal Stylist Lou Sutherland with this empowering, half-day personal style, confidence and image workshop. Farewell to wardrobe fear, arbitrary fashion rules and negative self-talk. Start to put the joy and creativity back into getting dressed each day in this friendly, interactive style session:

- Explore your own personal style journey
- Practise mindsets and exercises around feeling confident when you get dressed each day.
- Ask a personal stylist the fashion questions you've always wanted to know
- Discover wardrobe tips, tricks, hacks and inspirations
- Learn how to 'strike a pose' in photos so you'll never feel camera shy again!
- Walk away feeling inspired, invigorated and with a refreshed sense of yourself and your style.

New Boots and Panties events are safe, inclusive, positive spaces designed for everyone - no matter your age, size, stage of life, or relationship to fashion. The perfect way to spend some empowering quality time with friends, a

loved one, or some much-needed 'me' time.

Saturday, 19 June 2021 - 10am to 1pm
Avebury House - 9 Eveleyn Couzins Ave
Price \$69 per person + booking fee. Includes morning tea.

[TICKET LINK](#)
[WEBSITE](#)
[INSTAGRAM](#)



What's on in Richmond



AVEBURY HOUSE,
9 Eveleyn Couzins Avenue.
Phone (03) 381-6615
The office is open Mon to
Fri from 9 a.m. to 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
Under 5s Yoga! - (new) see page 2.

Small White Teapot Group: Haiku
group meets every 4th Tuesday of
the month at 12pm.

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.

Stress Release: 7:30pm. Let go
stress. Relax the body. Calm the
mind. Also on Fridays at 10:30am

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!

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

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

CROSSWAY COMMUNITY CHURCH

North Avon Community Centre. 101 North
Avon Road (entry off Chystal 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/

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.

SHIRLEY LIBRARY,

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

Monday

Shirley Library Book Discussion Group:

10:30am. Held on the second Monday of the
month. Bookings essential. Please phone or
email to enquire about availability and cost.
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.

Knit 'n' Yarn: 1:00p.m. – 3:00p.m. Enjoy time
with other crafters. Share skills and be inspired
in our friendly, relaxing environment.

Friday

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

Saturday

Family History Help: 10a.m. A member of the
NZ Society of Genealogists will be available to
help with your family history questions. Free.

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.



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

Ph: (03) 389-0212

Foodbank: Monday, Wednesday,
Friday 10am–2pm (closed Fridays
12–1pm for lunch). Closed public
holidays.

Monday café 10.00am–12:30pm.
Hot Toasies only \$2.

Friday Inn Community Meal: \$3
for 2 course lunch. Doors open at
10.30am. Purchase your tickets
from Reception. Everyone welcome

Free Budgeting advice and

Advocacy support: Please ring for
an appointment.

North Avon Community Centre

Delta International Playgroup

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

Meditation with Tomo – a 4-week
course on Weds, 12.30pm–1.30pm.
2 June, 9 June. Koha donation.
Registrations essential.

Delta Playgym - every second
Thursday 9:30am–11am – physically
active play indoors for children
under 5. Gold coin donation.

Call Shauna (03) 389-0219 or email
shauna@deltatruster.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.