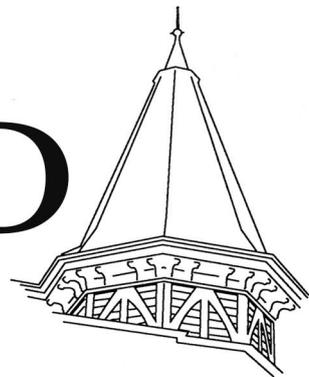


RICHMOND

COMMUNITY NEWS



Avebury House: 9 Eveleyn Couzins Avenue

Phone: 381-6615

Email: rcn@aveburyhouse.co.nz

Vol. No 19 No. 9

October 2021

Issue 157

46A Vogel Street Drop Off Station

Drum roll please....! We are super proud to announce that our recycling drop station is now open at the Riverlution Eco Hub located at our new premises at 46a Vogel Street!



Community Collection Hubs are recycling stations that everyone can access to drop off hard-to-recycle items, at the Riverlution Eco Hub Collection Station, we have five different streams:

- Wine bottle caps and can tabs,
- Glad Wrap
- Razors, blades and packaging
- Toothpaste tubes and caps, floss container, toothbrushes, mouthwash bottles
- Plastic bottle tops

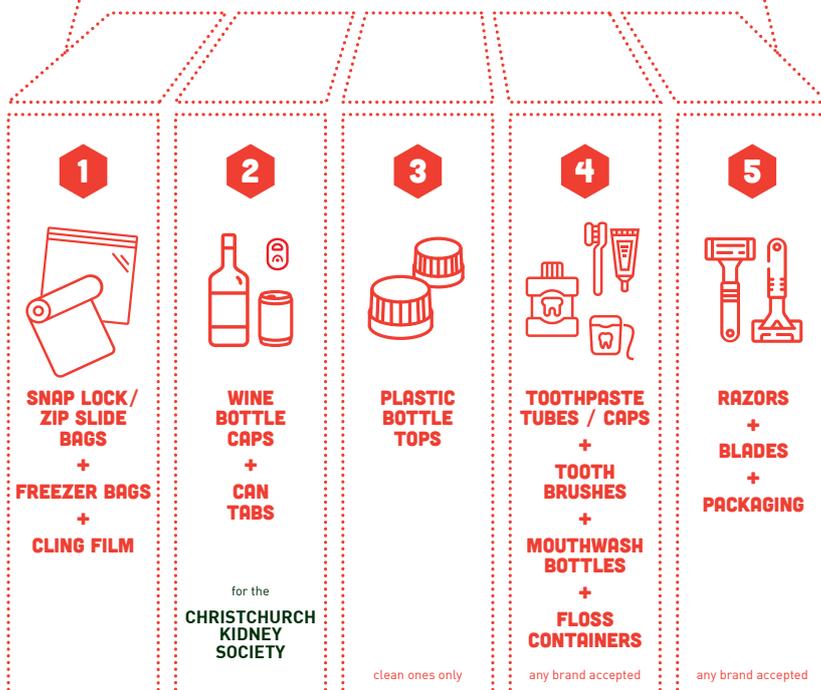
We must give big props to Matty at the Men's Shed for this amazing-looking station. The Richmond Men's Shed is by Avebury House, if you need something fixed, or a cool community project you'd like some help with, pop on by!

If you would like to know more about what happens to these recycling streams, or want to get involved, please contact Morgane admin@richmondcommunitygarden.co.nz or **027 232 3116**.



COMMUNITY COLLECTION HUBS are recycling stations that everyone can access to drop off items.

RIVERLUTION ECO HUB COLLECTION STATION has five different streams:



THANK YOU FOR YOUR CONTRIBUTION

If you would like to know more about what happens to those streams or would like to be involved please get in touch with Morgane



027 232 3116



admin@richmondcommunitygarden.co.nz

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.

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.



The Wit of Sam

I bought some shoes from a drug-dealer today. I don't know what he laced them with but I've been tripping all day!

• • • • •

I've decided to call my son Mark. That way when I die, I will have left a Mark on this world.

• • • • •

My wife is blaming me for ruining her birthday. That's ridiculous, I didn't even know it was her birthday!

Illustration by Stephane Terris

Weddings at Avebury

We are thrilled to announce that Council have said yes! To putting marquees on our front lawn! This makes it easier for you to have your wedding or anniversary party in our beautiful grounds. We are reasonably priced for the DIY wedding party, but FYI it can't be any old tent - it has to be held in place by water weights - no stakes in the ground. Happy Hire, for example, and probably other event companies, have water-weighted marquees to hire.



So if you're planning a big day, consider having it on Avebury's lawn! Get in touch for a chat. Email us at admin@aveburyhouse.co.nz or call 381 6615, Mon- Fri, 9am - 1pm.

10 Shirley Rd Update!

ICYMI in September's online only issue.

Over ten years on from the earthquakes, and there has finally been money put aside for a new community centre at 10 Shirley Road! A huge thank you to everyone who signed the petition! Because of you and over 1200 others, the rebuild of our Community Centre was included in the 2021 Long Term Plan. The projected time frame

is 2029-2030, but we're confident it will be before



that. Our group is beginning to work with other stakeholders and we'll start planning a building that meets the needs of our current and future communities.

To join our group or support the new community centre you can follow us on facebook or email us on wheresourcommunitycentre@gmail.com.

RCG SPRING FAIR
SATURDAY 16TH OCTOBER
10AM - 2PM
CARBOOT • BUSKERS • PIZZA • SEEDLINGS

To book a spot at the car boot, email Cathy at coordinator@richmondcommunitygrden.co.nz. Only \$10 per car.

AVEBURY FITNESS AT LEVEL 2

Our awesome fitness tutors are back up and running at Level 2, we are just being mindful of numbers in the room, so it is by booking only. Please allow me to introduce Dakota who runs our Thursday evening yoga class:

Hi my name is Dakota, an Avebury House Yoga teacher. Every time I teach here, I am again reminded of what an amazing resource this building is and how much is happening here. We are very fortunate to have several exercise programmes on offer.



Dakota and her dog, Boo.

I teach a structured and strength-based Yoga class, with lots of focus on your core abdominals and strengthening your major muscle groups. So when you drop into any class you will remember the importance of structure and strength as you move through postures. I run a light-hearted class so everyone at any stage of learning or life is made to feel very welcome. There are a few chuckles from participants. Please call me if you wish to talk about your expectations, I teach on Thursday evenings between 6-7pm. Looking forward to meeting you!

Classes are \$6 koha, and 10-class cards are available for \$60. A water bottle is a good idea and if you have a mat please bring it - if not, we have spares just bring a towel. To book in with a class, please call your teacher of choice directly:

Robyn - Yoga Mon 6pm: **027 459 2553**

Alison - Yoga Tues 9am: **021 150 0163**

Dee - Pilates Tues 11am & Thurs 6pm: **027 251 5475**

Timea - Yoga Thurs 9am: **021 295 0037**

Dakota - Yoga Thurs 6pm: **022 012 5005**

Tai Chi with Roger is also coming back on Tuesdays at 10.30am from November 9th. Tai chi sessions are \$10. If you are interested in joining in, give us a call on **381 6615** or email admin@aveburyhouse.co.nz

Please note: Our Gentle Exercise class with Dee returns Monday, 4th Oct, 10:30am.



Three bridges and the Dallington landing are taking shape in the river corridor, with a grant from the Christchurch Earthquake Appeal Trust (CEAT) footing the bill. Pictured are the piles being driven into the Avonside riverbank for the replacement Medway Bridge. Due to the silty, quake-prone aspect of the land, these piles have to be very deep - they will be driven 40m into the ground, the same as the bridge span itself.

Book Your Covid-19 Vaccination

Our immunity against COVID-19 is incredibly important and getting vaccinated is the best way to protect you, your whānau and your community.

The vaccine is free and there's enough vaccine for everyone. From September 1st everyone is eligible to get vaccinated, from 12-year-olds up.

Go to [BookMyVaccine.nz](https://www.bookmyvaccine.nz) or call the COVID Vaccination Healthline on **0800 28 29 26** to book appointments for both doses.

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz).

"The most damaging phrase in the language is 'We've always done it this way'."

- Grace Hopper, US Rear Admiral and pioneering computer scientist.



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

Call him on 027 756 2718.

1890 — Richmond Joins Christchurch

By David Hollander

As part of Christchurch Heritage Festival 2021, the Richmond History Group will present a display about how the semi-rural community of Richmond came to be part of Christchurch City. The display will be in the downstairs Gordon Prince room at Avebury House, on 16 October

(10 a.m.–1 p.m.). Across the hall will be Avebury's famous Devonshire Tea Service! The history room upstairs will also be open, so feel free to indulge your passion to learn more about the history of our little neck of the woods.

In the late 1880s Richmond was a small village amongst rural land on the outskirts of Christchurch. The area had become popular with many working people who could afford to buy land here, within walking distance

of the city. Richmond was outside the city boundaries and administered by the Avon Road Board, which managed a large area between Christchurch City and the Waimakariri.

It seems some things never change; Richmond property owners paid rates to the Avon Road Board, but many local people were becoming dissatisfied with the services (or lack of them) that they received from the Board.

In 1889, three local men: Joseph Broadley (a baker), David Cochrane (a house painter) and Walter Langford (a carpenter and undertaker), took the lead in agitating for Richmond to become part of Christchurch City. At this time, Christchurch comprised the area within the four town belts (renamed avenues in 1903) and was under the control of the city council. Outside this area, the more populous areas of Sydenham (1877) and St Albans (1881) had formed boroughs to take control of their own municipal affairs. The neighbouring area of Linwood had

started down this track in 1882 by forming a Town Board (a kind of sawn-off borough). These and a large number of other local bodies tended to be insular groups, jealous of their rights and privileges and not much given to co-operation. Richmond was too small in both area and

population to form a borough or a town board, so for the local people, Christchurch city must have looked like the best bet.

Our three men — Joseph, David and Walter, organised a petition, addressed to the Governor, the Earl of Onslow. The petition and associated documentation are now amongst documents housed by Archives New Zealand/Te Rua Mahara o te Kāwanatanga.

The petition was signed by 199 local people in late 1889 and was presented to

the government in January 1890. As part of the petition process, the clerk & surveyor of the Avon Road Board stated that there were not more than 253 households in the Richmond area, so there appears to have been widespread local support for the move. The petition was successful and Richmond became part of Christchurch City on 30 May, 1890.

Amalgamation of Christchurch City with some or all of the surrounding municipal areas was a hot topic in 1890. The mayor of Christchurch that year, Samuel Manning, was a keen proponent of amalgamation and organised a conference of all parties to discuss the possibility in May 1890. However, the other districts were less keen and the idea lapsed. It would not be until 1903 that the merger of Linwood (a borough since 1893), St Albans and Sydenham with the city would take place, resulting in the formation of what was rather grandiosely referred to at the time, as 'Greater Christchurch'.



Excerpt -- Plan of the City of Christchurch. Part of a larger map showing Christchurch in the 1890s after Richmond joined the city. No date given, but between 1893 - 97.



Richmond Joins Christchurch

Peruse the Richmond History Group's wonderful display on how our suburb became part of Greater Christchurch, then stay for tea and a delicious scone with cream and jam!

Avebury House, Saturday 16th October, 10am - 1pm. This is a free event. Koha is accepted but not expected. Please note at Level 2 we will safely seat people who aren't in the same bubble with 1m distancing.

Always Learning

By Tanya Didham

Sadly we had to largely abandon this year's Festival of Adult Learning Aotearoa (FALA), a lockdown casualty, but not completely lost. Avebury House is reviving a couple of the workshops we intended to run, including 'Life Beyond Employment' (see page 7) and making your own plant-powered, sustainable, household cleansers (details right). Our harakeke weaving course also began on September 22nd, enquiries go to admin@aveburyhouse.co.nz.

Lockdowns can be tough, and it's always sad to see the work that has gone into creating events get no pay-off, but it was also time to have a breather. Decompress. I was able to do some work from home, catch up on some stuff, but there was also 'spare' time. In saying that I acknowledge that many people did not get to have a break, including members of my own family who are essential workers. Thank you to those people, and thank you to Auckland for doing the hard yards, still at Level 3 as of publishing. Kia kaha.

I hope you and yours managed well and maybe even spent some time doing one of my favourite things - learning! Pre-lockdown in August, I attended one of Kirsten's Plant-Powered Skincare workshops and can

highly recommend it. I am still using the cool face scrub I made! As part of the reanimated FALA, Kirsten is hosting her Plant Powered Household Cleaning workshop - looking forward to it!

Plant Powered Workshop - Household Cleaning

Learn how to make your own plant-based household cleaners including cleaning spray, dishwasher powder, laundry powder and more. Facilitator Kirsten Wylie has loads of tips and recipes, and you also take home the products you make on the day! All materials provided. Special low price for Avebury's Festival of Adult Learning, just \$30. Booking required.

Where: Avebury House,
9 Eveleyn Couzins Ave
When: Friday Oct 22nd,
10am - 11.30am
Book your place:
kirsten.w@xtra.co.nz or
027 431 2220



About Me
• Bachelor of Dental Technology
• Bachelor of Radiation Therapy
• Owner & Operator of Nanny's Food Truck
• Licensed Sales Consultant

Harcourts Holmwood
Licensed Agent REAA 2008

[@calvinwong.harcourts](https://www.facebook.com/calvinwong.harcourts)



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Mind Yer Language: Which is Witch?

By Tanya Didham

Halloween - the imported holiday that mashes up ghouls, pumpkins and sweets! While it makes us think of the US, the name originates in the UK as All Hallows' Eve. The eve of All Hallows' Day or All Saints' Day begins the Catholic remembrance of the dead, in particular martyrs and saints (hallows). This Christian observance began to displace the Celtic festival of Samhain (*pron. sau-win*) from the 9th century. October 31st was the last day in the old Celtic calendar, it marked the boundary between the light, summer side of the year and the dark, winter side. Old Year's Night. At Samhain the shepherds came home with their



herds. Gods and ancestors were close - it was a time to open the burial mounds and commune with the dead; play games and teach the young. Gifts

of food and drink from the harvest were left out for the *Aos si* - spirits or 'little folk' - protection from mischief. Samhain was also a time for the wicce to practise their arts of divination.

The histories of Celtic folklore - primarily an oral tradition - were translated by monks who perhaps couldn't help but cast pagan traditions in a somewhat demonic light. In their own culture wicce were healers and shamans; like druids they were trained in plant lore, *wiccecraft* and the wonders of Nature.

Witches are still a staple of Halloween, but where did the funny hats and broomsticks come from? In medieval Europe women were the chief makers of beer. They were known as brewsters, a surname that survives today. They had low social status, the '-ster' on the end of 'brew-' is a playfully belittling and feminising suffix. The brewsters made their ale in large cauldrons, and to make themselves visible in crowded marketplaces, they wore tall, pointy hats! The apocryphal broomstick origin story isn't for the faint-hearted and relates to the application of hallucinogenic 'flying ointments'... I've said too much.

Puzzle Cryptic Crossword

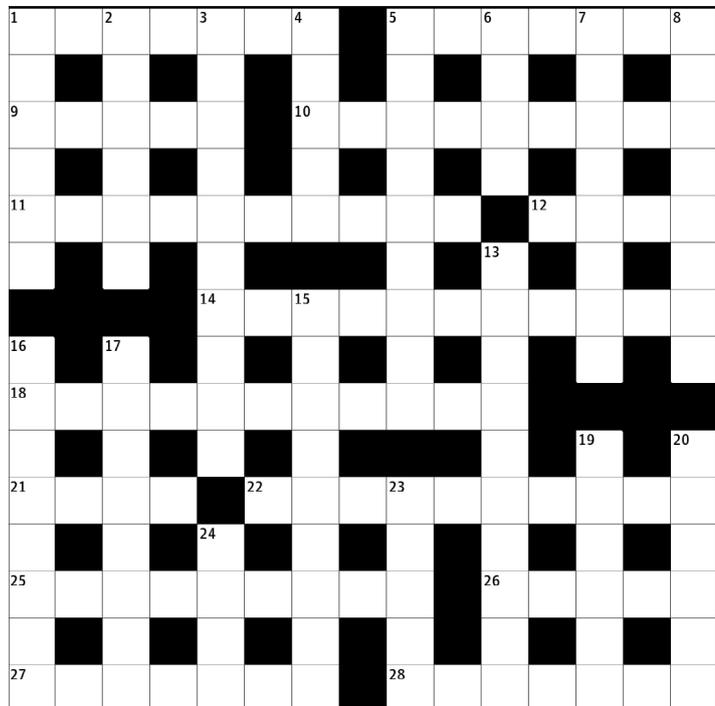
By Dirty Harry

Across

1. Large blouse will dissolve in water. (7)
5. Bra came undone? Sounds gruesome!?! (7)
9. I bail out — with a good excuse. (5)
10. Cain's feat will always attract great interest. (9)
11. Wife driven crazy when looking here. (10)
12. Man possibly, lies about. (4)
14. Become used to acclaim — it's easy at first. (11)
18. Priest, 'e came around to see great painting. (11)
21. Learn about modern times. (4)
22. Combine Arsenic, Phosphorus, Iodine & Radium and turn into ambition. (10)
25. Concoction of debt and spoons could be toxic. (9)
26. Complete the answer. (5)
27. Story about Cremona. (7)
28. I tore Rolls-Royce to pieces to get the secret of great wine. (7)

Down

1. You may go hungry if harvest doesn't start. (6)
2. If it's to do with work, hang about. (6)
3. Short law suits may contain documents. (10)
4. The end in France, maybe like a fairy tale. (5)
5. Neil's mute — like a weasel!?! (9)
6. Icon of money? (4)
7. Animal pelt used to make hat. (9)
8. Scrooge suffers from NE breeze. (8)
13. Masculine element of criminal. (10)
15. Manages attitude towards architectural feature. (9)
16. I am correct? Definitely not! (8)
17. In confusion, miss cape when getting away from it all. (8)
19. Orbits around cafe. (6)
20. Fisherman could be a cute one — right? (6)
23. German beer mug gets broken when put in a larger setting. (5)
24. A short time on satellite. (4)



Solution to September's Crossword

Across: 1. Apeman 4. Cobweb 8. Copse 9. Toehold 10. Prevail 11. Angle 12. Scrapbook 17. Carat 19. October 21. Advance 22. Adult 23. Letter 24. Blazer

Down: 1. Accept 2. Empress 3. Arena 5. Oregano 6. Wrong 7. Badger 9. Telephone 13. Retinue 14. Kibbutz 15. Scrawl 16. Crater 18. Rivet 20. Trail

Let's talk about life beyond paid employment: an invitation from Ian Johnson

In June the Richmond Community News published my article 'No Longer Working?' I outlined my own challenges around stopping paid work and early experiences of being in a new space, where the only expectations about how to spend my time were my own. In that article I wrote:

'Did I plan for my 'retirement?' I did satisfy myself that I could survive financially...I had some ideas about direction but nothing that could be described as a plan...So, what to do? What would take the place of thirty hours a week's work? You may see something of yourself in this question? ... Whatever your story, if you want to share it and gain some support, whether that's to work out what to do in 'retirement,' how to enjoy not currently working, or maybe how to get yourself back into paid work, then I'm interested in talking with you.'

At that time I wanted to reach out to people like me who had stopped work, for whatever reason, to explore our common and uncommon experiences. To share with others what we have learned, what works, what doesn't, and why. I invited others to join me at an initial meeting.

Seven of us got together and we now meet regularly - during lockdown we moved to Zoom. We also chat together in twos and threes.

We've found our experiences together are very valuable. We get on so well because we have jointly created a 'third space.' A space independent of our normal circles of family, friends and former workmates. A rich space of connection, growth and interest. We describe ourselves as:

- *A safe space to learn from and share our common humanity (Alan)*
- *Stimulating conversations sparked from a shared*



commonality.

- *Our backgrounds of knowledge and experience are all different, but we are learning and sharing this with each other. (Dianne)*
- *The concept of people getting together every now and then ... is a 'happening' (Tony).*

We now want to create a new opportunity for others who may be interested in sharing their own transitions away from work. You are welcome to join me and some of our original group in an introductory conversation where we discuss questions we all share together with ideas and opportunities. Late in the session there will be time to discuss possibilities for future meetings. You will then be able to decide what you would like to do next. No pressure!

LIFE BEYOND PAID EMPLOYMENT: Tuesday October 19th at Avebury House, Eveleyn Couzins Ave, Richmond, Christchurch. For more information or to book your place just contact me through Avebury House and leave your name and contact details at: admin@aveburyhouse.co.nz or phone 03-381 6615. I will then follow up with you.

FOR SALE

Metal Cabinets (6ft)
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Ph. Nick 03 421 2866

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What's on in Richmond

PLEASE NOTE ACTIVITIES AND EVENTS BELOW WILL ONLY OCCUR AT COVID ALERT LEVEL 2 OR LOWER



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! Will Restart in Level 1.

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 Move & Play - A fun music
& movement session. \$5.

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 Chrysal 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 Chrysal St)
Ph: (03) 389-0212, Free phone
0800233582

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

Monday café 10.00am–12:30pm.
Hot Toasties only \$2. Starting back
under level 1.

Friday Inn Community Meal: \$3
for 2 course lunch. Doors open at
10.30am. Purchase your tickets
from Reception. Everyone welcome
Friday Inn community meal. Starting
back under level 1.

**Free Budgeting advice & Advocacy
support:** Please ring for an
appointment.

North Avon Community Centre

English class: Weds, during
term-time, 10am–12.30pm. \$3.
Concession cards available.

Delta International Playgroup:

starts back in Term 4, Friday 22nd
October. 9am–12pm. \$2 per session
or \$10 for the term.

Delta Playgym: starts back under
Level 1 from Thursday, 21st October.
\$3 per child, under 1s free. 9:30am–
11:30am

Beginner Ukulele: Thursdays for 6
weeks, starting August 5th, 1pm–
2pm, \$20. Ukuleles available to
borrow. Registrations essential.

Meditation: 4 weeks of
Wednesdays, 12:30pm–1:30pm,
10th, 17th November, 1st, 8th
December. Koha. Please register for
the class.

Guitar Beginners class: 6
weeks of lessons, Thursdays 1pm–
2pm starting 28th October. \$20

Beginners Te Reo Māori Class:
starting November 16th for 4
weeks. Tuesdays 10am–12pm. Koha
donation. Registrations essential.

Ladies Craft Group: starting back
under Level 1. Every 2nd Monday,
10am–12pm in the Delta Cafe. \$2
Call Shauna (03) 389-0219 or email
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.

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

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.