

RICHMOND

COMMUNITY NEWS



Avebury House: 9 Eveleyn Couzins Avenue

Phone: 381-6615

Email: rcn@aveburyhouse.co.nz

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Issue 180

Laura Fergusson Brain Injury Trust

Raising funds through art to build a new campus in Richmond.

At any one time, the specialist team from local charity Laura Fergusson Brain Injury Trust is assessing, supporting and rehabilitating over 1200 Cantabrians with brain, spinal and other complex injuries. Services are in demand more than ever and their facilities and residential accommodation are no longer fit for purpose.

The Trust has purchased the original Marian College site on North Parade and have resource consent to build a new campus - a centre of excellence for the South Island, to support people who need their services. The new campus will allow the Trust to streamline their services, and provide clients with access to a team of healthcare professionals in one location. It's also an exciting opportunity to design and build future-proof facilities.



To help raise funds for the new campus, this November Laura Fergusson Brain Injury Trust is bringing a new public sculpture trail to Christchurch - Elmer's Ōtautahi Elephant Trail.

"We are incredibly excited to bring much-loved book character, Elmer the Patchwork Elephant, to life in what will be Christchurch's most colourful art trail yet," explains CEO Kathryn Jones. Over 30 large

elephants, individually designed by professional and emerging artists, will be displayed through the streets, parks and public spaces of Christchurch and surrounding areas, from November 2023 to March 2024.

Elmer's Ōtautahi Elephant Trail will be supported by a programme enabling thousands of children and young people to participate in this highly visible, family-friendly art trail.

Ultimately, funds raised by auctioning the sculptures will go towards the build of Laura Fergusson Brain Injury Trust's new, local campus.

For more information contact Kathryn Jones kathryn.jones@lfbrit.co.nz or visit www.lfbrit.co.nz or www.elmerchch.co.nz



A WORD FROM THE WORKSHOP



The resourceful team at the Avebury Workshop go through a bit of paint in the course of their good work, so they'd love to know if you have any half-empty tins cluttering up your shed! Feel free to drop in paint donations, or get in touch with Ian on **027 555 8368**.

You'll often find Matty or Ian on-site in the Avebury House carpark between 9am and 2pm during the week. Our friend and facilitator John has been having some health issues so hasn't been around for a while - we wish him all the best for a full recovery!



*Could this be the perfect summer shelter for your pooch? A neat doggy Christmas present? Or maybe you have something else in mind you'd like a hand with. Call Matty on **027 720 2630**.*

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

My girlfriend asked me to do her hair like a Rastafarian. I'm dreading it.

Getting my drone stuck up a tree wasn't the worst thing that happened to me today, but it's up there.

I recently bought a toilet brush. Long story short, I'm going back to paper.

Illustration by Stephanie Terris

"I like living. I have sometimes been wildly, despairingly, acutely miserable, racked with sorrow; but through it all I still know quite certainly that just to be alive is a grand thing."

- Agatha Christie



Allan the Appliance Guy will collect *for free* scrap metal, old appliances, computers, dvd players etc. No printers pls. Call him on 027 756 2718.

Avebury House Happenings VINTAGE MARKET - 19TH NOVEMBER



The Vintage Market is back on Avebury's lawn, **Sunday November 19th, 10am - 2pm**. From chic vintage clothing to curios from garden sheds' and kitchens' past, to retro vinyl and kitsch decor, something is bound to catch your eye! Last

Vintage Market at Avebury for 2023, perfect for those quirky Christmas gifts!

Sunday November 19th, 10am - 2pm
@ Avebury House, Eveleyn Couzins Ave

Teddy Bears' Picnic at Avebury

Welcoming all toddlers and friends for some snacks and giggles with the Natural Magic Pirates! This year we are up on the Avebury House lawn. Feel free to bring a picnic, our staff will be handing out teddy bear cookies and honey sandwiches from the Avebury kitchen. The Natural Magic Pirates will entertain with their puppets and parachute games between 10am and 11am.



This free event is on **Thursday November 23rd from 10am**.

Avebury Xmas Night Market - Santa's Coming!



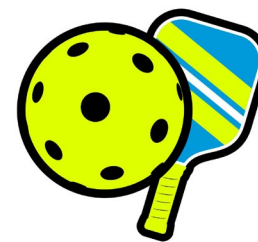
It's our last big event of the year! On the afternoon/evening of **Friday December 1st, 3.30pm - 7pm**, we've invited more than 40 local crafters and makers, artists and gardeners, to share and sell their wares on the front lawn. There will be fabulous food truck

favourites, live entertainment, plus we'll have Santa in the house, from **4pm-5.30pm for free Santa Selfies!**

Come along for some fun, have a break from cooking, get a pic with Santa, and make it your one-stop one-off gift shop. You'll find everything from yarn-craft to jewellery, artworks to puzzle books, woodwork to clothing, and a whole lot more! Keep an eye on our facebook page for details, and mark your calendar!

<https://www.facebook.com/events/1266349607411692>

Community Sports at the Avon Hub!



The Avon Hub has inclusive, community-based sports and recreation groups at our site. We encourage locals to check out 'What's On!' on our website:

easterncommunity.co.nz

During term-time: Pickleball Play is run Tuesday mornings 9am- 10.30am, \$5 per player, paddles available, suitable for beginners.

And **FREE** after-school sessions on the turf on **Wednesdays 3.15 - 4.30pm**. Primarily focused on football by popular request - bring your tamariki along to play!

In the school holidays: we will have the **FREE Avon Play Hub**, go to our website or facebook page for more details.

facebook.com/easterncommunitysportandrecreationinc

We also hire out meeting space for groups/ classes/workshops, please email Kate: kate@easterncommunity.co.nz

The office sweepstake and how not to go off the rails

You may not know one end of a race horse from the other, but NZ Cup & Show Week is 11 - 18 November; and Cup & Show Week means an office sweepstake is a dead cert. If it falls on muggins (you) to take the reins, don't take a punt on the rules...

The value of any ticket sold must not exceed \$500. You must not make a profit from it. All money raised in the sweepstake needs to be distributed as prizes. All of it.

Every ticket must have an equal chance of winning, and only tickets that you have sold can be in the draw. You cannot hold it online.

Best practice is to clip out the Press' sweepstake form, trot around the office and bail up your colleagues. Even so, expect a trifecta of responses. Bob doesn't carry cash. Jaya thinks gambling is naff. And Harriet will tell you



East Christchurch Older Persons' Service



Provided by Presbyterian Support Upper South Island, the Enliven - East Christchurch Older Persons' Service aims to support the independence, social inclusion, health and wellbeing of our valued kaumātua/older adults living in the Eastern suburbs of Christchurch. The service is free and confidential. It offers emotional support through counselling, social work and whānau/family support. Counselling includes supporting those who are coping with grief and loss, family relationships, adapting to ageing, past/unresolved trauma, and dealing with chronic health issues. Our social workers can help in several challenging and overwhelming situations, such as navigating various services and systems, Wills and EPOA, WINZ advocacy for paying debt/accessing benefits, providing support letters, linking to emergency housing, and referring to other agencies.

The service is available to older residents living in Christchurch's eastern suburbs including: Aranui, Avondale, Bromley, Burwood, Dallington, Linwood, Marshland, New Brighton (incl. North & South), Queenspark, Richmond, Shirley, Waltham, and Woolston.

To find out more about the service, call **0800 477 874** or email enliven@psusi.org.nz to speak to one of the team.



Citizens Advice Bureau



'Sod off, I'm in gambling recovery.' But for each keen punter, write their name and contact details on the form, so you can let them know if they win.

Don't horse around. Do the draw in a public place with plenty of witnesses. The losers are rarely - scratch that, never - satisfied with the results. Better a picky fool than a foolish pick.

For more, go to our website www.cab.org.nz and type 'sweepstake' into the search box.

If you a friend or whanau member have a problem with gambling, help is a phone call away on:

- **0800 367 222** (0800 FOR CAB)
- **0800 664 262** to book an assessment with a Problem Gambling Foundation counsellor
- **0800 654 655** or text **8006** for the 24-hour Gambling Helpline

**Not sure?
ASK US.**

Now that's how to Spring Fair!

Written by Tanya Didham, photos by Tanya Didham & Rachel Crawford

We had an incredible turnout for the Spring Fair on October 21st - undoubtedly our biggest event yet. If you came along or participated in any way - thank you so much!

Organising these large cross-site events begins months in advance, with three main organisations working together and taking responsibility for three different areas. Richmond Community Garden, We Are Richmond and Avebury House put our minds, hearts, knowhow and volunteers together, to try and make it the best community day out we can.

Up top in the community garden Morgane reaches out to local organisations such as Stitch-o-Mat, The White Room Creative Space, Bee Awesome, The Green Lab, Avon-Ōtākaro Network, Laura Fergusson Brain Injury Trust, and many more. It's an opportunity for them to meet the locals and share their good works. A couple of firsts this year - the Riverlution cafe opened for icecream, coffee and baking; and the Silent Disco was immensely enjoyed by those brave enough to dance in the daytime! And definitely brave enough, the gorgeous Soul Star Tribe bellydancers. Repair Revolution had 28 fixers and menders at the hub and saved an amazing 60kgs from going to the tip; the community garden had their usual fabulous stall of homemade preserves and treats; and around 70 carbooters came along with their pre-loved belongings.

Rachel from We Are Richmond took on the paddling pool area, creating a fun space for kids with activities and games. The brilliant Shirley Library van brought stories and bubbles; the Stormwater Superheroes had their big 'board game'; Christchurch Envirokids and Children's Imagination Academy were there; as well as the ever-popular Candyfloss van, and By the Sugar Daddy's cute decoratable cookies. The swimming pool became an ad hoc playground thanks to bats and balls brought along by Pareawa Banks Ave, and Jason from the Richmond Club golf section set up some putting fun!

At the Avebury end, Tanya liaised with Vintage Market organiser Maree who filled the front lawn with curios and retro goodness, while in the carpark we had a great selection of food vendors - who all sold out! In the house we had volunteers hard at work pumping out scones and tea, as well as the engaging heritage displays curated by local history boffin, David. We always love having Jerry the Busker and his soulful guitar and voice, and rounding out the day for us, a performance from the wonderful, all-ages Garden City Orchestra.



Right: Rachel of We Are Richmond, Morgane of the Richmond Community Garden & Tanya of Avebury House.



"It's the atmosphere I love the most. After the hard work that goes into getting events like this off the ground, the payoff is seeing all the happy faces out celebrating community with us, and just having some fun." - Tanya



"Spring Fair was a joyful celebration of our sustainable-minded community, where we all came together to dance, enjoy Riverlution real fruit ice cream, and support local nonprofits. It warmed my heart to see our space filled with laughter and activity, from items being repaired to delicious local produce." - Morgane



Left: Our Hayley pictured with Rachel Oliver from The Canterbury Horticultural Society who have big plans for the Avebury cottage garden - more details in the December issue!



What Rubbish!



Avebury House took advantage of a University of Canterbury intern, to reimagine our event waste collection. Jordaine got together with us, Matty from the workshop, and wastemeister Morgane to design easy-to-use bin and cup library

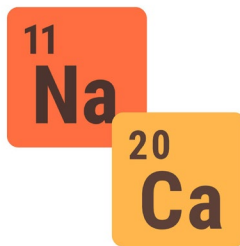
systems. After sorting and collating we had just 31kg of waste across the site - almost half of that was compostable food waste, there was 5kgs of recycling, 500g of soft plastics were diverted from landfill, and 10.5kg was red bin rubbish. Pretty good, but we think we can do even better! Big thanks to Morgane, Jordaine and the other litter elves for minimising our waste footprint!



Mind Yer Language: Elementary

By Tanya Didham

Most symbols in the periodic table match the name of the element, like O for oxygen and Ni for nickel, but a few of them seem completely unrelated, like Pb for lead and Ag for silver.



Many of the elements labelled this way were known in ancient times, and had old names that inspired their symbols. Aurum (gold), and argentum (silver), have Sanskrit roots and mean respectively 'shine' and 'shiny white'. Mercury has the

chemical symbol Hg, a shortening of hydrargyrum as it was once known, and which translates to 'water silver'. Lead is represented by Pb, from the Latin name plumbum. Pearls of lead discovered in Turkey, and dating back to 6500 BC, show we've been working this metal for a long time, and the Latin name may well have a Babylonian ancestor. The use of lead for water pipes and weights is how we got plumbing, plumbers and plumb lines!

Iron was known to the ancient Greeks as Ferrum, meaning strong and resilient. The metal's importance to human evolution is reflected in the fact that it has an 'age' named after it - the Iron Age. 'Iron' itself is an anglo-saxon word which likely derives from an earlier word meaning 'holy metal', as iron was used to make the shields of the Crusaders, (the medieval religious zealots, not the footy players). The origins of stannum, known to us as tin (Sn), has been lost to time. Again Turkey marks the first place known to use this metal, as far back as 3500 BC. Tin was a useful alloy to the ancients, combining with copper to form the tougher bronze. Another useful but quite rare strengthening alloy was tungsten. Symbolised by 'W' for its cool German name, 'wolfram' translates as 'wolf soot', perhaps representing the rough, black angular ore 'wolframite'. The name 'tungsten' is Swedish for 'heavy stone'.

In my fifth form year at high school (year 11 these days), our chemistry teacher Mrs Byers taught us a mnemonic device to help us remember the first 20 elements of the periodic table. How many can you name? **Harry He Likes Beer But Cup Not Overflowing. Nelly Nays Megaphonically, Always Sings Part Songs Clearly. Arnold Kicks Cars.**

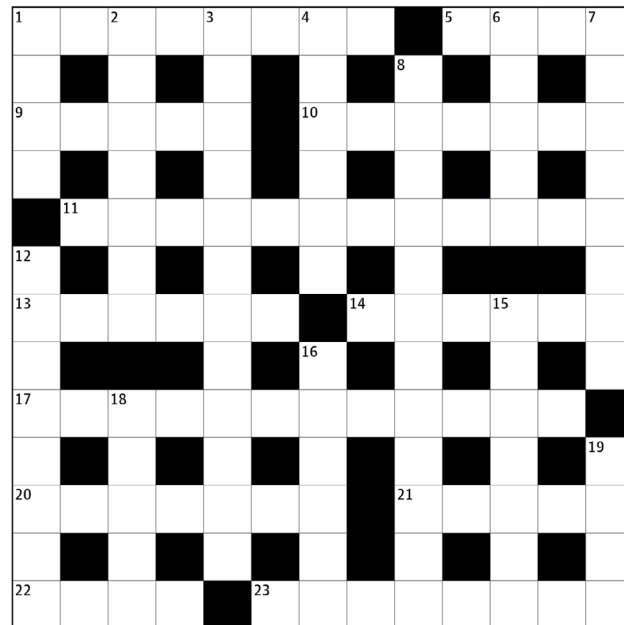
Puzzle Crossword

Across

1. Impressive, esp. of a building (8)
5. Attractive; carnival (4)
9. Teacher (5)
10. Chews (7)
11. In a fawning manner (12)
13. Smoothly (6)
14. Agile (6)
17. Over-the-top production (12)
20. Bread roll (Fr) (7)
21. Religious paintings (5)
22. Flower (4)
23. Large land mass; the South Island (8)

Down

1. Greek letter; a tiny amount (4)
2. (Of water) — fit to drink (7)
3. Observation of suspected person (12)
4. Type of cloud (6)
6. Famous cricket trophy (5)
7. Refurbished (8)
8. Drunkenness (12)
12. Recall (8)
15. Portable rocket launcher (7)
16. Photographic equipment (6)
18. Close relations; Gemini (5)
19. Employed (4)



Solution to October Crossword

Across: 1. Stress 4. Psalms 8. Revel 9. Averted 10. Protect 11. Kneel 12. Interpret 17. Train 19. Antlers 21. Believe 22. Untie 23. Entity 24. Street.

Down: 1. Script 2. Ravioli 3. Salve 5. Speaker 6. Lathe 7. Saddle 9. Alternate 13. Tangent 14. Theatre 15. Stable 16. Assent 18. Allot 20. Trust.

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**RICHMOND
COMMUNITY GARDEN**

RCG November Events

Trap Collection Day, - Wed, 1 Nov, 5pm and Sat, 25 Nov, 1pm

Get involved in our Urban Trapping Project! If you're passionate about preserving our local ecosystem and want to make a positive impact, this is your chance. <https://fb.me/e/3gv2JPMww>

Māra Raupihi Microgreens Wānanga with Para Kore - Wed, 8 Nov, 6:30am and Sat, 11 Nov, 10am

The purpose of this wānanga is to learn how to grow microgreens, to understand the nutritional benefits of microgreens, and to support the set up of an ongoing microgreen system. <https://fb.me/e/1og7KGB04>

Repair Riverlution - Tues, 21 Nov, 5:30 - 7:30pm

Revolt against throw-away culture. Let's reclaim the things we own and take pride in maintaining and repairing them.

Bait Making Hui Ōtākaro Urban Trapping Project - Wed, 29 Nov, 5pm

We'll be making some bait using the tried-and-true combination of peanut butter and wax. Come prepared with a container to store your homemade bait. All the events above are at Riverlution Eco Hub, 46A Vogel st.

There is always plenty to do at the Community Garden, volunteer days are Mon, Weds & Sat, 10am - 1pm. All ages and abilities are welcome! To keep in the loop, the Garden also has their own digital newsletter, subscribe by email to:

morgane@richmondcommunitygarden.co.nz

Summer Evenings in the Garden

The garden is calling, and we're thrilled to announce our beloved Summer Evening Gardening Sessions are back!



Whether you're a seasoned gardener or just curious about getting your hands in the soil, these weekly get-togethers are perfect for everyone. We'll nurture our garden, share tips and stories, and enjoy the beauty of nature as the sun sets.

Join the fantastic Cathy every Thursday evening for some gardening and community-growing fun.

**Dates: Every Thursday until Christmas
Time: 6 PM to 8 PM
Location: Richmond Community Garden**

Tuition

Reading, Writing, Spelling, Maths (Y1-Y12)

Qualified local teacher, individual programmes, great results.

P: 021 197 8383 or E: katharineabeaumont@gmail.com

Clarinet, Sax, Flute, Guitar, Bass, & Piano—Experienced local teachers. Phone Nicola & Ivan
(03) 385-3856.



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What's on in Richmond



AVEBURY HOUSE,
9 Evelevyn 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: Contact Ian at 027 555 8368.

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 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.

Yoga: 5:30pm with Robyn

Tuesday

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

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

Small White Teapot Group: Haiku group meets every 4th Tuesday of the

month at 12pm. Contact Barbara at **021 171 8622.**

Pilates: 6:00 pm \$10/session.

Wednesday

Yoga: 9am. Yoga with Timea.

Write Your Own History: Every 2nd and 4th Wed of the month. 10 a.m. –12 noon. Please email to confirm at

johnlois@posteo.net.

Pilates: 11am & 6pm. \$10/session. With Dee.

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.

Stress Release: 7:30pm, guided relaxation & tension release. Contact Kathy **022 6507896.**

Thursday

Yoga: 9:00 a.m. Beginners welcome!

Pilates: 11 a.m. \$10/session.

Yoga: 6-7 p.m. \$10. Evening yoga. Join us for a good stretch! With Dakota.

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

Monday

Fiero Code Club: 3.45–5.15pm

Suitable for ages 8–16. Free. Bookings required.

Tuesday

JP Clinic: 10am–1pm

Free. No bookings required.

Wā Kōrero: Storytimes: 10.30–11am

Suitable for ages 2–5. Free. No bookings required.

Wednesday

Knit 'n' Yarn at Shirley: 10.30-12pm. Come along and knit and natter in a relaxed and friendly environment. Also Sat at 1pm.

Scrabble Club: 1:30pm–3:30pm

All materials are supplied.

Free, no bookings required.

Sensory Craft for Pēpi:

11–11.30am. Suitable for ages 0–2

Free. No bookings required.

Thursday

Wā Pepi: Babytimes

10.30–11am. Suitable for ages 0–2

Free. No bookings required.

Me Kōrero Tatou (Te Reo Language Group):

1.30–2.30pm. Suitable for all ages. Free.

No bookings required. All skill levels welcome.

Friday

Card Club: 1.00–3.30pm. Free. No bookings required.

Saturday

Family History Help: 10.00am–Midday

1st and 3rd Saturday of the month

Ran by the Canterbury Genealogy Society.

Free. No bookings required.

Mahjong Club: 1.00–3.30pm

Free. No bookings required.



RICHMOND COMMUNITY GARDEN

Riverlution EcoHub, 46A Vogel St

Garden Days: Monday - Wednesday & Saturday from 10am. to 1pm.

We welcome volunteers to help create a beautiful veggie garden for our community to enjoy!

Riverlution Eco Hub: Mon-Fri, 9:30am-4pm & Sat, 10am-1pm.

Repair Revolution: Every 3rd Tuesday of the month at 5:30pm.



DELTA COMMUNITY TRUST,

101 North Avon Road

(Entrance off Chrystal St)

Ph: (03) 389-0212, Free

phone 0800233582. Check our Facebook page or website

www.deltatrust.org.nz

Foodbank: Please phone first.

Monday, Wednesday, Friday (except public holidays) 10am-2pm.

Monday Café: Every Monday except public holidays. 10am-12.30pm \$2 Hot Toasties, Tea & Coffee 20cents

Friday Drop-Inn café: Every Friday

except public holidays. 10am-12.30pm. Choice of 2 mains only \$2,

Dessert \$1, tea & Coffee 20cents.

Free Budgeting Advice and Advocacy:

Please ring for an appointment.

North Avon Community Centre

Filipino Playgroup: Every Wednesday 9:30am-12:30pm (Except Public & School holidays) For more information contact Jo jo@odt.org.nz or

021-1151657

SHIRLEY COMMUNITY TRUST,

Ph: (03) 981 5521, 77c Briggs Rod.

MacFarlane Park Neighbourhood

Centre: 17 Acheson Ave

Park Centre: 19 Acheson Ave.

Community Hub & Barista Training:

Mon & Wed at Neighbourhood

Centre. 10am - 2pm during term

time. Training is \$5 per person.

Sparkling Stars: Mondays, 9:30am

Park Centre. For 0-5yo. Music &

movement. \$3/family.

Te Reo Maori Class: 5pm Mondays,

Park Centre

Nurse-led Foot Care Clinic: Tues,

10am, Park Centre. Appointments

essential. Call **022 6218269.** \$10.

Knit & Knatter Group: Fortnightly

Wed, 10am. Yellow bin weeks. Park

Centre.

Kidzone: Wed, 3:30pm, Park Centre.

For primary-aged kids.

Gardening: Thurs, 1:30pm, Comm.

garden (off Jebson St)

MacFarlanes on the Park Cafe: Fri,

9:30am, Neighbourhood Centre.

EASTERN COMMUNITY SPORT & RECREATION,

Email: Kate@easterncommunity.co.nz

Ph: 027 728 3005

Avon Hub has community meeting space available for small groups to hire for a very low fee, please email Kate with your details and dates

Football Fun Drop In: Wednesdays, 3:15pm. Kicks, fun & goals suited to 5+years. Under 8 years will need to be accompanied by caregiver. Avon Hub. 77 North Parade.

Pickleball Play: Tuesdays, 9am. \$5 per player for social, mixed games. Roll up no need to book. Nets will be set up for play, bring your own paddle if you have one. Avon Hub, 77 North Parade.

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. 105 North Avon Road (entry off Chrystal 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/