Avebury House: 9 Eveleyn Couzins Avenue Phone: 381-6615 Email: rcn@aveburyhouse.co.nz

Vol. No 22 No. 1 Feb 2024 Issue 182

Welcoming the Year of the Dragon!

Saturday Feb 17th, 2pm - 4pm





Rihanna, Vladimir Putin, and of course, Bruce Lee.

Richmond Community Garden is excited to be hosting a vibrant Lunar New Year celebration this February, featuring the Qiao Yi Hong De Lion Dance Team! Come along to 46A Vogel St on Saturday 17th, from 2pm to 4pm, and experience dazzling cultural festivities, fun workshops, and loads of community spirit!

Organized by the Confucius Institute of Canterbury University, activities include creating masks, lucky Chinese knot bracelets, badges, and Chinese calligraphy; join in with stories, singing and more; and discover the traditions behind those mesmerising lion and dragon dances!

Like the western horoscope, the Chinese zodiac has 12 signs, but instead of a different sign each month, there's a different animal sign for each new lunar year - 2024 is the Year of the Dragon. The 12-year cycle begins with Rat, then Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster,

Dog, Pig...then, back to Rat again (in 2032!).

People born in Dragon years [1940, 1952, 1964, 1976, 1988, 2000, 2012] are said to be intelligent, charismatic and naturally lucky. Famous dragons include John Lennon, Shirley Temple, Raquel Welch, Martin Luther King Jr,

https://fb.me/e/3rdtxHcib

RICHMOND GALA 2024 - MARCH 23, 10AM - 2PM



We're gearing up for Gala! Be sure to keep the date for this fun, family-friendly event.

Another collaborative effort with the community gardeners, Avebury House, and

We Are Richmond - yes we will have stallholders, food vendors, the carboot sale, music, fun and games, and so many fabulous local groups and orgs to discover - and maybe even join! Avebury House will be serving their famous Devonshire Tea; We Are Richmond will have activities and games

in the playground space; and Richmond Community Garden will be celebrating all things harvest, including the hotly-contested Preserves Competition! [See p4]

Do you have preserves you'd like to get in the mix? Or maybe you have a busking talent to share? Reach out to Morgane at admin@richmondcommunitygarden.co.nz.

Like a spec at the carboot sale? Email Cathy at coordinator@richmondcommunitygarden.co.nz

Do you have a school or community group that would like to get interactive with the community? Email Rachel at secretary@wearerichmond.co.nz

Have an art or craft you'd like to bring to market? Or maybe just want to help out on the day? Email Tanya at admin@aveburyhouse.co.nz

We can't wait to see you there!

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 volunteers 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 tried having a conversation with my wife while she was applying a mud mask. You should have seen the dirty look she gave me!

What do you call a magician who's lost his magic? Ian.

My mum just found out I replaced her bed with a trampoline. She hit the roof!

Illustration by Stephanee Terris



We Are Richmond (Richmond Residents' and Businesses' Association) meet every 4th Tuesday of the month and welcome visitors!

Next meeting time is Tues 27 Feb, from 7pm @ Avebury House.

Don't be afraid of your Sewing Machine!

Come along for a fun four-week course for the true beginner, each Friday afternoon from the 9th Feb.

Bring along your machine and learn all about how it works! Fabric will be provided for the first class,



but do bring along any other sewing equipment you may wish to use such as pins, scissors or unpickers!

A suggested koha of \$20 (or \$5 per session) will be gratefully accepted.

When: starts Friday 9th February 12.30 - 2.30pm Where: Avebury House, 9 Eveleyn Couzins Ave, Richmond

Please contact Mary Hollander 0277337506 to register.

Avebury House Vintage Markets for 2024!

The first Vintage Market of the year on the Avebury House lawn is Sunday February 11th, 10am - 2pm.

Come down for a cornucopia of antiques, old-fashioned knick knacks, and pre-loved kitsch! Plus various yummy food vendors, and of course Jerry Taukamo will be



serenading on his guitar. Maree has set dates for all her markets this year, so mark your calendars...

2024 Vintage Markets are on the following Sundays, 10am - 2pm: Feb 11; March 17; April 21; June 9; July 21; Sept 8; Oct 19 (as part of the Spring Fair!); and Dec 1.

To contact the organiser email Maree at lyttelton6@outlook.com

Haere Mai Ki Resourceful Craft. 2024!

Resourceful Craft 2024 is an offshoot of Rekindle - run as a separate project it is a year-long programme of craft workshops teaching skills for the wellbeing of people and planet.

Taught by talented craftspeople using materials that are natural, foraged or repurposed, workshops will pop up in community venues across Ōtautahi Christchurch and Rīkona Lincoln, and can even be booked for private groups!

Visit <u>rekindle.org.nz/pages/resourceful-craft-workshops</u> to find out more.

HAVE YOU 'RETIRED' FROM WORKING?

You've stopped working, or for whatever reason your working life simply ran out. You may have developed a plan for what you wanted to do in a new life free from the demands of making a living. Or, you may have just tumbled into this new space with little idea about how you might spend the rest of your life. Maybe you're somewhere between these extremes, with ideas you have yet to test.

You're in new territory, well-developed plan or not. There are some obvious things to pay attention to like your finances, your time and your key relationships. But there is so much more, some of which you will anticipate and some that you may not.

WHAT'S
YOUR PLAN
FOR
RETIREMENT?

Nearly three years ago a group of us formed what we now call **7Plus**.

Our intention was, and remains, to jointly explore and better understand our post-working life. We're still doing this in interesting ways, both structured and unstructured. Six of the original seven are still involved either regularly or occasionally. At last count our group has grown to number twenty. We get together at least once a fortnight, often in smaller groups, so that typically there are between six and ten of us at any one time.

Having read this far, if you're curious to know more then the first step is to email me at johnd1950@gmail.com and we can talk, and possibly arrange to meet. If you don't use email then please leave a message for me, Ian, care of Avebury House.

Learning to Sketch at Avebury

My name is Nicky May, come and join me for a sketching journal of Avebury house and gardens on Tuesday mornings, beginning 27th of Feb. Using the beautiful space to inspire us, we will sketch an array of still life and landscape ideas, in and around the house. Brushing up on our basic shapes and composition each week, and just enjoying some downtime to draw. All you'll need is an HB pencil, a 2 or 4B pencil, and a sketch pad. All levels are welcome!

First 4-week course of Tuesday morning classes begins on Feb 27, 10.30am - 12.30pm. Then on following Tuesdays March 5, 12, 19.

Cost: \$15/class

Venue: Avebury House, 9 Eveleyn Couzins Ave

Contact: Nicky at maynicky@gmail.com or call Avebury House on 381

6615.



Exercise Timetable at Avebury

Gentle Exercise with Dakota - Mon 10.30am - 022 012 5005

Yoga with Robyn - Mon 5:30pm - 027 459 2553

Yoga with Alison - Tues 9am - 021 150 0163

Tai chi with Roger - Tues 10.30am - 021 208 9196

Pilates with Dee -Tues & Wed 6.30pm; Wed & Thurs 10.30am - 027 251 5475

Yoga with Timea - Wed & Thurs 9am - 021 295 0037

Yoga with Dakota - Thurs 6pm - 022 012 5005

Please note the different times for Pilates while Dee is away and Timea is filling in; and also Timea's new Wednesday 9am class. Any questions about style, etc, please do contact the teachers/kaiako directly.

Suggested koha of \$10 for classes. Our 10-trip cards are \$90 - enquire at the office or email admin@aveburyhouse.co.nz Or pay directly into our Westpac account (03 0859 0356982 000) with your name, '10-trip' and class type in the reference areas.



Need Answers?

Ko ia kāhore nei i rapu, tē kitea They who do not seek, will not find.

Kia ora. We help people to know and

We have 2,755 answers, find yours here...

understand their rights.

Your rights ▼ Community Directory What we do ▼ Find a CAB ▼

0800 367 222

Did you know that the Citizens Advice Bureau website www.cab.org.nz has everything you may wish to know but didn't know who to ask. It has thousands of questions and answers based on common enquiries to CAB. Recent queries include:

- The car I bought from a dealer is faulty. What can I do?
- How do I find out who owns a particular property?

What are my rights if my

employer is thinking of restructuring?

I am having financial problems - can I withdraw some

of my KiwiSaver funds early?

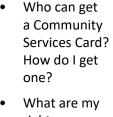
Can't find it? Call us on freephone 0800 367 222 (0800 FOR CAB), or chat using the chat symbol at the bottom right The Chat is not a bot, it is a real person, a

of our homepage. volunteer. Or click on 'Find a CAB'

and pop into one of our six locations across Christchurch and Rolleston, It's free!

No-one should be embarrassed if they find themselves in a bad situation. If you have any inkling that something is wrong, write down the facts and your feelings, and talk to somebody (like us!) who is removed from the situation.

What question would you like an answer to?



- rights as a casual employee?
- Who is liable for fixing damage to a rental property?
- What can I do if I believe the Disputes Tribunal did not make the right decision?
- What should I do if someone is harassing me?
- How much will a Family Dispute Resolution (FDR) cost me?
- Who can apply for New Zealand residence in the Skilled Migrant Category?



RCG February Events

Garden Working Bee:

Monday, Wednesday, & Saturday

10am - 1pm

Foraging Walk:

Foraging Corner Saturday, 10 Feb 10:30am - 12:30pm

Riverlution

Thursday Evening Gardening Sessions:

Thursdays, 6pm - 8pm

Lunar New Year Celebration:

Saturday, 17 Feb, 2pm - 4pm

Repair Riverlution: Tuesday, 20 Feb, 5:30pm - 7:30pm

Te Pūnaha Whakarōpū Para - The Waste Hierarchy: 20 Feb, 6:00pm -7:00pm, Riverlution Eco Hub

2023: A Year of Riverlutionary Achievements!

We're thrilled to share the incredible impact we've made together in the Riverlution Eco Park and beyond.

Volunteer Power: With immense gratitude, we applaud the efforts of over 10,000 volunteers who joined us in numerous working bees, contributing a staggering 40,000 volunteer hours. Your dedication is the heartbeat of our eco-community!

Native Planting: This year, we joyously planted over 1,000 native trees, some lovingly propagated on-site, while others found their home through generous donations from partners like Christchurch City Council, Trees for Canterbury and Eco Action. Our green team nurtured and planted over 5,000 plants across the main garden, food forest, Fungi Farm and Swanns Road Parklet.

Waste Diversion Success: Collaboration was the key as we joined forces with organizations and local businesses. Together, we diverted over 10 tonnes of food waste, thanks to Delta, Prima Roastery, New World, Coffee Skills, and our wonderful local horse poo providers. In collaboration with Avon Ōtakaro Network who have picked out over 3 tonnes for the river this year, we have supported them by

QUE 2023
ACHIEVEMENTS

40,000
VOLUNTEER HOURS

OVER 5,000
PLANTS PLANTS PLANTS PLANTS PLANTS PLANTS PLANTS PLANTS PLANTS

OVER 1,000
NRTIVE PLANTS PL

providing an area for sorting the rubbish where they have diverted just under 50% from landfill.

Olive Oil & Delightful Surprises: Our Olive Oil Co-op faced challenges, yet we managed to produce a delightful batch last year. While the oil yield was lower, the flavour of our olive and lemon oil was a delightful surprise!

Zero-Waste Celebrations: Our five major events drew a fantastic crowd, and our community embraced the zero-waste ethos with enthusiasm. Your commitment to sustainability made each gathering memorable.

Hub Growth & Community Collaboration: The Riverlution Eco Hub expanded organically, hosting over 150 sustainable workshops and providing a platform for organizations like Para Kore, Envirokids, Foraging Corner, Bee Awesome, Avon Ōtākaro Network, Hohepa, Avebury House, We Are Richmond.

Precious Plastic Impact: Our Precious Plastic project reached new heights, extending its reach to many communities and diverting over 2 tonnes of plastic from landfills. Together, we're redefining plastic's journey.

Repair Cafe Resilience: Our monthly Repair Cafe, a testament to community resilience, fixed over 166 items, diverting over 300 kg of waste from landfills. Kudos to our dedicated volunteers!

Trapping Triumphs: Our trapping project expanded its footprint from Richmond to 6 new neighbourhoods, providing traps and guidance along the Avon Green Spine. In 2023, we successfully trapped 121 rats.

Bring on 2024: As we step into 2024, we're brimming with excitement for new workshops and learning, deeper collaborations, and more sustainable victories. Thank you for being the driving force behind our eco-revolution. Together, let's make 2024 even greener!



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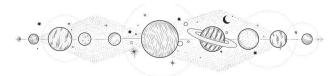
www.kmbe.co.nz



Mind Yer Language: Cosmic Connection

By Tanya Didham

In the 6th century, Pythagoras gave us the first documented use of 'kosmos' as a term for the universe. It's from the Ancient Greek verb *kosmein*: to create order, and/or pleasingly arrange. The term might have equally been applied to troops in formation, as to a well-decorated woman. When Pythagoras described the universe as 'kosmos', he meant both too - that it is perfectly ordered and beautifully adorned. [His well-known work with triangles aside, Pythagoras also taught that the Earth was a sphere (albeit one at the centre of the Universe); and he was one of the first to note that the evening star and the morning star are both Venus.] 'Kosmos' he said, followed 'Khaos' - the formless, disordered void.



Knowing the origin it becomes clear how our modern 'cosmic' - referencing the mind-blowing realms of deep space - is related to 'cosmetic' - make-up; a pretty surface fix!

But 'cosmos' didn't come into common use until famed Prussian explorer and polymath Alexander von Humboldt published his paradigm-shifting volumes on the interconnectedness of nature: 'Kosmos', (for the English translation: 'Cosmos'). In 1845 the first volume of this epic work was published, going on to inspire generations of naturalists. Charles Darwin already idolised Humboldt, bringing a treasured copy of the earlier *Personal Narrative of a Journey...*, on-board the HMS Beagle with him in 1831.

Von Humboldt used 'cosmos' to mean, not only the beautifully ordered universe 'out there', but that same beautiful order in the natural world, here on Earth. The "order of the world, and adornment of this universal order", as he explained in Volume I's introduction. Perhaps less remembered today than Darwin as a personality, he was immensely famous in his day. Bringing home scientific observations, stories and skilful drawings from distant places; he was a true 'cosmopolitan', or 'world citizen'.

His name is on countless species, geological features, towns, institutions, fellowships etc., especially in the Americas, but also in Europe, Antarctica, on the Moon, and beyond! Even here in Aotearoa NZ, the Humboldt Range in the Southern Alps, Humboldt Falls in Southland, and Humboldt St right here in Christchurch, are all named for him! Pretty cosmic.

Puzzle

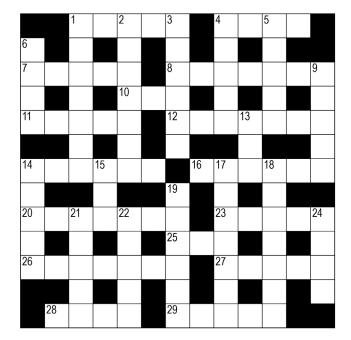
Crossword

Across

- 1. Most populous country (5)
- 4. Security device (4)
- 7. Surplus (5)
- 8. Jury's decision (7)
- 10. Cereal (3)
- 11. Disagree (5)
- 12. Begin again (7)
- 14. Equality (6)
- 16. Lithe (6)
- 20. Orchestral drums (7)
- 23. Freight (5)
- 25. Zero (3)
- 26. Rushed (7)
- 27. Banish (5)
- 28. Depend on (4)
- 29. Of the country (5)

Down

- 1. Whole number (7)
- 2. Most expensive (7)
- 3. Part of speech (6)
- 4. London cricket ground (5)
- 5. Asian country (5)
- 6. Greek letter (4)
- 9. Tenth part (5)
- 13. Faucet (3)
- 14. Repair (5)
- 15. Mischievous dwarf (3)
- 17. Confused (7)
- 18. Incomplete (7)
- 19. Impede (6)
- 21. Combine (5)
- 22. Friendship (5)
- 24. Unclosed (4)



Solution to Dec/Jan Crossword

Across: 1. Turn 3. Shivered 9. Kinship 10. Grunt 11. Arena 12. Cancan 14. Arachnophobia 17. Wasted 19. Piano 22. Right 23. Inexact 24. Commence 25. Used.

Down 1. Takeaway 2. Rinse 4. Hypochondriac 5. Vegan 6. Rhubarb 7. Date 8. Thrash 13. Cavorted 15. Amalgam 16. Happen 18. Title 20. Adam's 21. Eric.



Meditation and Music at Avebury

Christchurch Meditation and Yoga is a group of friends inspired to freely share the gifts of practising yoga and meditation. We are excited to announce a regular evening of Kirtan Music Meditation at Avebury House. Sessions start each Friday at 6 pm from the 2nd of February. During these gatherings, you will experience both mellow and upbeat Kirtan, mantra breathwork, spiritual wisdom from the ancient Vedas, and enjoy the company of a lovely community. Everyone is welcome, including children. There's no charge but koha for the venue hire is appreciated. For more details and regular updates, please follow us on Facebook and Instagram. We look forward to meeting you!

For any enquiries, please contact Jack on **0210693697**.

the presence of justice.'

- Martin Luther King Jr.

'Peace is not merely the absence of war, but



Provided by Presbyterian Support Upper South Island, the Enliven - East Christchurch Older Person's Service offers free and confidential counselling and social work services to older adults (65+, or 55+ for Māori and Pacifika), living in the Eastern suburbs of Christchurch. To find out more, call **0800 477 874** or email **enliven@psusi.org.nz**.

Tuition

Reading, Writing, Spelling, Maths (Y1-Y12) Qualified local teacher, individual programmes, great results.

P: 021 197 8383 or E: <u>katharineabeaumont@gmail.com</u>

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 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: 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: 6:30 pm \$10/session.

Wednesday

Yoga: 9am with Timea

Pilates: 10:30am and 6:30pm. \$10/

session.

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.

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: 10:30a.m. \$10/session. Yoga: 6-7 p.m. \$10. Evening yoga. Join us for a good stretch! With Dakota.



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

CROSSWAY COMMUNITY CHURCH

North Avon Community Centre. 105 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 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.

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

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 Korero 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.

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 6:30pm Tuesdays (CWEA, 59 Gloucester Street, City Centre), and 10am Saturdays (The Chrystal Palace, 12 Chrystal Street, Richmond).

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