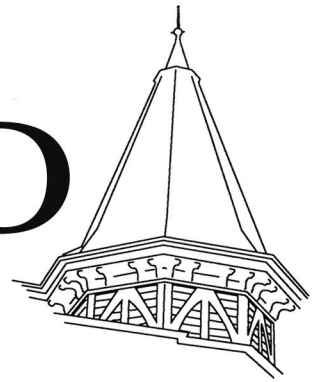


RICHMOND

COMMUNITY NEWS



Avebury House: 9 Eveleyn Couzins Avenue

Phone: 381-6615

Email: rcn@aveburyhouse.co.nz

Vol. No 23 No. 2

April 2025

Issue 195

ANZAC REMEMBRANCE WALK AT AVEBURY

Join us as we remember our local ANZACs on Friday 25 April at 10am.

We meet out front of Avebury House at 10am. This year we are very lucky to have a young bagpiper from the award-winning St Andrews Pipe Band who will kick us off on our easy guided wander through the Richmond river red zone. We will spend a little time at our riverside installation of white crosses, knitted poppies and biographies, we'll take in the new pathways and projects, and then finish our jaunt back at Avebury House with a cup of tea and an Anzac biscuit. Koha is appreciated, but not required. Approximate distance: 1.5k with some moderately uneven terrain.

The ANZAC Remembrance Walk is part of The Walking Festival which runs from April 12th-27th. This year the programme schedule is only online. Find it here: ccc.govt.nz/news-and-events/whats-on/programme/121



Save the Date:
Information Evening at
The Richmond Club



From the City to the Sea: Red Zone Development Plan and Vision



On Wednesday 7th May at the **Richmond Club, commencing promptly at 6pm**, Christchurch Sunrise Rotary will facilitate a presentation by David Little – Red Zone Project Manager for the City Council - on the Development Plan and Vision from the City to the Sea. Q+A will follow so bring your questions! We gratefully

acknowledge the support of Richmond Club – The Borough in working with us to organise this event.

Keep an eye on the facebook pages of Rotary Club of Christchurch Sunrise, We Are Richmond, or Avebury House for info on our Save the Date event on May 7th.



Avebury heritage board at the bottom of Aveleyn Couzins Ave.

Riverside Memories

By Tanya Didham

Have you noticed some stylish new signs popping up in the river corridor? Initiated by the Avon Ōtākaro Network, and in collaboration with Avebury House, the Heritage Trail marks special places in the river corridor, many of which are now gone. You may have also come across some large yellow frames - these represent the #REDTOGREEN rephotography project, allowing anyone to capture change over time, in pictures! Part of invigorating the river trail with community-driven projects, these memory-markers are supported by Christchurch City Council. See our May issue for the full low-down!

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 used to think being at home doing nothing all day was boring. Now it's literally my definition of a good day.

• • • • •

I ran out of food and had to steal from my neighbour's herb garden. I'm living on borrowed thyme...

• • • • •

What do you do if attacked by a group of clowns? Go for the juggler!

Illustration by Stephane Terris

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E: katharineabeaumont@gmail.com

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& Piano—Experienced local teachers. Phone Nicola
& Ivan **(03) 385-3856**.

Kids' Yoga - Back for Term Two!

Timea is continuing her Kids' Yoga in term two, but with a day and time change! Kids' classes will now run at Avebury House on **Sundays at 11.15am**, starting 4th May and ending 15th June, (a 7-week term). Cost for the term is \$56/child, and be sure to ask about the sibling discount! Casual attendance is \$10/class.



*Kids' Yoga now follows on from Timea's regular Sunday yoga at 9am and Pilates at 10am. To enquire, call or text Timea on **021 295 0037**.*

WRITING YOUR PERSONAL HISTORIES

Do you enjoy or want to have a go at writing about your personal life experiences? Do you want to tell the stories of your wider family whakapapa? Have you been asked by other, often younger, family members about story fragments or rumours they have heard?

If so, please join our small group **every second and fourth Wednesday of the month, 10.00am to 12 noon**, downstairs at Avebury House.

We write, chuckle, enthuse, and share (if you wish to) ideas and stories, all in a non-threatening way. And we are amazed at how our lives are all so intriguingly different, according to our upbringings and life experiences. You are welcome to join us.

Please email Graham at grahamandlois@xtra.co.nz to find out more.

How to Request Your Records



Guess what? It is your legal right to find out what info an organisation holds about you! That's why CAB has rolled out the Kōnae (My records guide) website (www.konae.org.nz/). It's your personal guide to unlocking secret records (if any!) held by government agencies or any other groups that might be making decisions about you.

Some people choose to seek a helping hand from Citizens Advice Bureau. CAB can dig up contact info for you, help fill out forms, or simply lend a listening ear.

Find your local CAB at www.cab.org.nz find-a-cab, or call **0800 367 222**. It's free and totally confidential!

Welcome to the world of static stretching that is Yoga

By Dakota Blue



My name is Dakota and I've been teaching yoga for many years. My teaching style can be challenging for mind and body, but I teach this way because I have the research to quantify the results.

Static stretching involves taking a limb to the point where tightness is felt and then holding that position. Holding encourages gradual elongation, while

our muscle reflexes detect tension in the tendon and gradually allow the muscle to relax. The time frame for this process is around 30 seconds.

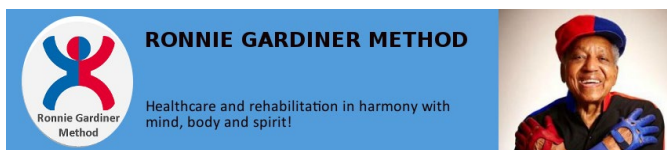
Your starting position for any posture should be strong and well thought out. By focusing awareness on abdominal use and balance, you will notice your core strength developing, and you will derive more benefit from postures. Concentrating on the out breath allows muscles to relax further, meaning you are building

stronger, longer muscles as well as mental and physical resilience. Release the muscle slowly, don't allow it to spring back and perform at least 3 thoughtful repetitions. This Yoga will make you work harder but you will reap the rewards as your body and mind get stronger.

My aim in Yoga is to continually learn, getting maximum benefit from time spent on the mat safely. The pace of my classes may be a little slower because of the attention to detail and individual needs. I teach with passion and a desire for positive results. Postures are challenging but incredibly rewarding. I notice my own strength has increased - a vital element of fitness as we age. If you are willing to put in the time and pay attention to your body, I can help you get stronger.

Try one of my classes at Avebury House on a Monday or Thursday evening, 6-7pm. Or contact me on 022 012 5005 to find out more.

We are forever students together.



The Ronnie Gardiner Method at Avebury

Looking for a new kind of movement class? The Ronnie Gardiner Method may be for you. At Avebury house we aim to bring you inspiring boutique classes that keep you motivated, engaged, and with a sense of social connection and community.

The Ronnie Gardiner Method uses music, speech, and visual and cognitive thinking alongside easy movements to music. It has helped thousands globally to embrace a happy, healthy lifestyle where rhythm is life and life is rhythm.

If you like the idea of a class like this, please get in touch with the Avebury office. If we have the interest, Roger will invite you to a free talk and practical session on the basics, and we will look at setting up a regular class!

To register your interest, please email admin@aveburyhouse.co.nz or call **03 381 6615**.

Couples Counselling at Avebury House

Are you and your partner looking to strengthen your bond and rediscover the joy of being together?

Ian Gall is a specialist relationship counsellor working out of Avebury House. Ian believes in nurturing the love and connection between partners. Helping couples overcome conflict and discover new ways of relating. During a typical therapy session, you will learn how relationship patterns that originate in childhood dictate how you relate as an adult. You will:

- Learn how to communicate effectively
- Understand how your attachment style affects your emotions
- Uncover hidden patterns of behaviour that create disharmony
- Explore your triggers and emotional reactions

Ian Gall is here to support your journey towards a deeper, more fulfilling relationship. Rediscover love, reignite passion, and reinforce your bond with Ian Gall, your local couple's counsellor. Visit the website today and take the first step towards reconnecting with your partner.

*To book an appointment with Ian, phone **021 684 885** or visit www.couplesconnected.co.nz.*

Gala 2025 – Celebrating Local

We had a fabulous day out on Saturday March 29; Richmond Gala filled the space between Riverlution and Avebury House with crafters, makers, preservers, recyclers, artists, gardeners and kai vendors! Alongside fabulous community regulars like Avon Ōtākaro Network, Conservation Volunteers, Delta Community Trust, and Precious Plastics, we also welcomed new organisations to celebrate with us, including Amnesty International, Civil Defence, and Park Run. Too much goodness to fit in one article, and too many people to thank! Our deep gratitude to everyone who contributed to a smashing day, and special mention to the staff and volunteers of Richmond Community Garden, We Are Richmond, and Avebury House for rolling out another outstanding community event.



RCG April Events



RICHMOND
COMMUNITY GARDEN

Autumn Foraging Extravaganza: Wild Seeds Edition!

Saturday, April 12th | 10:30 AM - 1:30 PM

Repair Revolution

Tuesday, April 15th | 5:30 PM - 7:30 PM

www.facebook.com/share/15cVwE4ubU/

Foraging Big Introductory Workshop + Healthy Food Potluck!

Saturday, April 19th | 10:30 AM - 2:30 PM

www.facebook.com/share/169HhgkQrYz/

Meet in the Middle – Richmond

Sunday, April 20th | 10 AM

www.facebook.com/share/1BN2F2igry/

Autumn Foraging Extravaganza: Acorn Edition!

Saturday, April 26th | 2 PM - 5 PM

www.facebook.com/share/1My7JcP484/

River Red Zone: Road Closures

Following their public consultation, Council has announced the following road closures will begin in the red zone over the coming year:

- Brooker Avenue (between New Brighton Road and Istana Place)
- Stour Drive (between Vivian Street and Brooker Avenue)
- Tasman Place
- Kingsford Street (north of Broomfield Terrace)
- Landy Street (east of the parcel described as 122 McBratneys Rd) and Locksley Avenue Between Landy St
- Chardale Street (north of the new driveway access for No. 123 Hulverstone Drive)
- Hulverstone Drive (from Chardale St to No. 123)

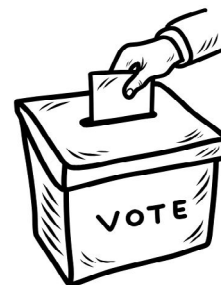
Staff will also carry out two one-month trials, restricting access alternately north and south of Sutton Place. Once completed, a street meeting will be organised with Sutton Place residents to discuss the outcome of the trial. The results of these trials and the residents' preferences will be reported back to the Board with a road stopping recommendation.

Any questions, please contact Engagement Advisor Kiran Skelton on 03 941 6725.

WE ARE
RICHMOND

VOTING FOR DEMOCRACY

Kia ora koutou Richmond. Fresh from a lovely day at Richmond Gala, I am primed to write the WAR article for the RCN on the issue of local body politics.



Ooohh ahhh – exciting I hear you say. Well perhaps not but the importance of engaging in our democratic right to vote is a privilege under attack in many parts of the world and the committee at WAR is of the view that there's no excuse for the abysmal voter turnouts of the past.

The old rule of use it or lose it applies. In this current neoliberal, capitalist world where would-be dictators unashamedly covet power over us...the people (or perhaps in their view, their rightful subjects), need to either speak up or shut up.

To maintain a democratic society, one only needs to do two things:

- Research the candidates offering to represent you.
- Decide and cast your vote.

At the last election in 2022, Christchurch Central ward had an eligible voting population of circa 18,000 voters; our current representative was elected with a total of 2384 votes and the total number of voting papers returned - 4,705 - was a lazy 26% turn out. Frankly this is disgusting.

Richmond's population is around 4,990 - imagine the impact on the Central ward if we all voted! So there you have it – numbers don't lie. WAR encourages everyone in Richmond to exercise their democratic muscles...get off your glutes and vote.

The election is not until October – but time flies. WAR will be providing an easy means of finding out who the candidates are and what they stand for as we get closer to the time. Effective representation is in every resident's best interest – stay tuned and get interested in local politics.

Kia ora koutou
Murray James
Your WAR Council Chair

We Are Richmond meet at 7pm, every 4th Tuesday of the month at Avebury House. Contact: secretary@wearerichmond.co.nz

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Mind Yer Language: Ye Gods

By Tanya Didham

In Ancient Greece, there was a young wood nymph named Echo who had the gift of the gab. Zeus was partial to nymphs and was constantly popping down to Earth to 'visit' them, but aware of his wife Hera's (totally justified!) jealousy, he had instructed Echo to distract her with chit-chat when she came down to snoop. Unfortunately Hera discovered the ruse and took out her wrath on poor Echo, removing her witty speech, and leaving her only the ability to repeat what others said to her. A mere 'echo' of her former self. The word is from a root meaning 'sound' and predates the story, which is a retrospective explanation of the phenomenon.



A later version of the story has Echo falling head over heels for Narcissus whose self-absorption meant he loved only himself; he was numb to the swooning of his admirers. *Sidebar: Narcissus plants were used medicinally, and no doubt*

recreationally, in ancient times to bring a numbing sensation. Their name shares a root with 'narcotic', meaning numbness or unconsciousness. Pretty as a flower, Narcissus was prophesied at birth to live a long life, as long as he never saw himself. Sadly, an accidental glimpse of his reflection in a pond one day caused him to become so enamoured of his own visage that - in some versions of the story - he tried to kiss himself, and drowned. 'Narcissism' at its finest, and in this case the story did come first. It wasn't a personality descriptor until a German psychiatrist coined it in the late 19th century.

The mythologies of the Greeks, and later the Romans, gave us many familiar words and phrases, such as our Achilles' heel, Pandora's troublesome box, and the cursed Midas touch! Others are less well known. 'Lethargy' comes from the River Lethe in Hades - the river of forgetfulness. The river passes through the Cave of Hypnos, god of sleep, from whom we get 'hypnosis'. Morpheus was the 'shaper of dreams', his name comes down to us in words like 'morphology', the study of shape or structure; 'metamorphosis' (complete change of shape); and 'morphine' which sends us to dreamland. Ceres, Roman goddess of agriculture, gave us 'cereal'; Pan, Greek god of the wild, was blamed for any nature-based bumps in the night, making people Pan-ic. And Tantalus, for the crime of trying to feed the gods his own son (don't ask), was sentenced to torturous eternal thirst and hunger; in a pool of water that recedes if he tries to drink it, and by a fruit that moves out of reach if he tries to pick it. From this we get 'tantalise'.

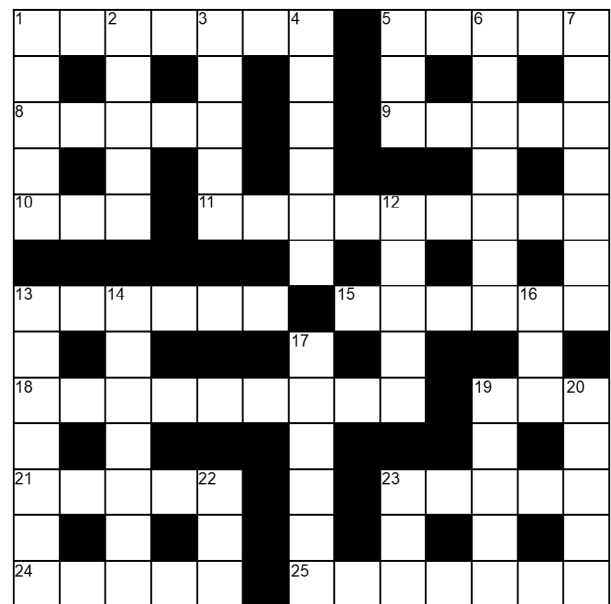
Puzzle Crossword

Across

1. Self-important (7)
5. Opera by Puccini (5)
8. Up to some future time (5)
9. Town square (5)
10. Father (3)
11. Drunk (colloquial) (9)
13. Cushion (6)
15. Forgive (6)
18. Update or renew (9)
19. Insect (3)
21. Set in order (5)
23. Type of fish (5)
24. Visual sense (5)
25. Admiration, regard (7)

Down

1. Imperial unit of weight (5)
2. Hushed (5)
3. Wildflower (5)
4. Small shriek (6)
5. Overturn (3)
6. Showing signs of injury (7)
7. Desert (7)
12. Instruct (5)
13. Possibly (7)
14. Raising (7)
16. Possess (3)
17. Victor (6)
19. Plenty (5)
20. Lovers' meeting (5)
22. Mesh (3)
23. State of matter (3)



Solution to March Crossword

Across: 1. Emigrate, 7. Eaten, 8. Pushchair, 9. Koi, 10. Type, 11. Escape, 13. Undergraduate, 15. Canopy, 16. Asks, 18. Ill, 20. Eliminate, 21. Heart, 22. Entrance.

Down 1. Expat, 2. Insipid, 3. Rice, 4. Transcription, 5. Stake, 6. Antique, 7. Errands, 12. Trinket, 13. Upright, 14. Abstain, 15. Clean, 17. Swede, 19. Tier.

Welcome to Autumn Richmond!



We had a fantastic turn out for our recent Walk the Talk event at the Southshore Estuary. 180 people joined us and our guest speakers Tanya from Avon-Heathcote Estuary Ihutai Trust, Simon from The Brighton Observatory of Environment and

Economics and Lee from Predator Free New Zealand Trust to explore this vital ecosystem. Thank you to our guests, everyone who attended and to Regional Councillor Joe Davies for coordinating this event. Keep an eye out on our Facebook or Instagram for our next event where we will be exploring the Prestons Suburban Wetlands.

I recently visited some students and Peggy Burrows, the Principal of Haecata Community Campus to see what the new school lunches looked like and especially what they tasted like. I was shocked to find broken seals, unlabelled containers, food that was



way too hot and unrecognisable. Our children deserve healthy, fresh, free school lunches that are locally made! Sign the petition below calling on the Government to give our children the lunches they need and deserve. www.labour.org.nz/petition-save-school-lunches

If you have any ideas, questions, or concerns my office is open five days a week and I have a great team here to help.

Ngā mihi
Reuben Davidson
MP for Christchurch East
chcheast@parliament.govt.nz

03 382 0288

0800 MP EAST (67 3278)

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“The beginning is always today.”
- Mary Wollstonecraft Shelley



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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 am to 1 pm.

Monday

Men's Shed: Contact Ian at 027 555 8368.

Chit chat Club: 10–10:30 a.m.
For the older adults (55+) in our community to get together and have a catch up.

Gentle Exercise: 10:30–11:30 a.m. A tutor will guide you through a routine designed to keep those muscles moving! \$5/session.

Kids' Yoga: 10:30am

Yoga: 6pm. A class guided by collaboration and finding joy. \$10/session.

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. Bookings required, contact **0272515475.**

Wednesday

Pilates: 10:30am, 5:30pm and 6:30pm. \$10/session. Bookings required, contact **0272515475.**

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

grahamandlois@xtra.co.nz.

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.

Thursday

Pilates: 10:30a.m. \$10/session. Bookings required, contact **0272515475.**

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

Sunday

Yoga: 9am-10am

Pilates: 10am - 11am

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.

Wā Kōrero: Storytimes: 10.30–11am
Suitable for ages 2–5. Free.

Wednesday

Craft Collective: 11am-12pm. Do you enjoy crafting? Would you like to have a go at something new, but don't know what? Come along to our Craft Collective sessions and have a go at something new. Free.

Scrabble Club: 1:30pm–3:30pm

All materials are supplied. Free, no bookings required.

Dungeon Delvers: 3:45pm - 5:15pm.

Registration required.

Sensory Craft for Pēpi:

11–11.30am. Suitable for ages 0–2. Free.

Thursday

Wā Pepi: Babytimes

10.30–11am. Suitable for ages 0–2. Free.

Me Kōrero Tatou (Te Reo Language Group): 1.30–2.30pm. Suitable for all ages. Free.

No bookings required. All skill levels welcome.

Code Club @ Shirley: 3:45pm - 5:15pm.

Registrations required.

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.

Saturday Storytimes: 10:30am-11:30am.

Mahjong Club: 1.00–3.30pm

Free. No bookings required.

EASTERN COMMUNITY SPORT & RECREATION,

Email: Kate@easterncommunity.co.nz

Ph: 027 728 3005

Catchball: 10:30am, Tues, starting 4th of February, First time free.

Free Football Dropin for Children: 3-4pm at Avon Hub Tuesdays.

Suitable for 8+ years.

Pickleball session: Tuesdays

9-10:30am \$5. Use the book a

class option at www.pay2play.co.nz to save your spot.

Pickleball session Sunday

mornings: 10-11:30am \$5

Dance Fitness: Tuesdays, 7pm,

\$7/class

Eastern Chargers Junior Basketball

League: 4:30-7pm, Fridays. For 5-8

years old.

SHIRLEY COMMUNITY TRUST & SHIRLEY VILLAGE PROJECT

www.shirleycommunitytrust.org.nz

03 981 5521

www.shirleyvillage.org 021 157 7846

TTO = Term time only

Neighbourhood Centre: 17 Acheson Ave

Community Hub & Barista Training: Mon

& Wed 10am - 2pm TTO

Employment drop in: 10:30am - 12pm

Wednesdays.

Mending, sewing & alterations: Last

Thursday of the month, 2-4pm.

MacFarlanes on the Park Cafe: Fri, 9:30 -

12pm, Neighbourhood Centre. TTO

Walking Group: Fridays, 10am. Meet at

Neighbourhood Centre. TTO

Create Shirley: Art and craft sessions

Sundays 2-4pm.

Park Centre: 19 Acheson Ave

Sparkling Stars: Mon, 9:30am, Music &

movement for 0-5 year olds. \$3/family.

Nurse-led Foot Care Clinic:

Approximately monthly on a Tues,

9:45am. Appointments essential. Call 022

6218269. \$10.

Knit & Knatter Group: Fortnightly Wed,

10am. Shirley yellow bin weeks.

Wise up Wednesday: 10am. Monthly

topic, 11 Sept is health focussed.

Te Reo Maori Class: 5pm Wed, TTO

All Age Community Kapa Haka: 6pm

Wed, TTO

MacFarlane Park Community Garden

(off Jebson St)

Listening Post: Afternoon tea. Mon 2:30-

4pm. TTO

Children's Gardening Club: Tues, 3.15-

4pm, TTO

Gardening: Thurs, 1pm.

Shirley Tool Shed: 9-11am Saturdays

Shirley League Club 33 Briggs Rd.



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.

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