

RICHMOND

COMMUNITY NEWS



Avebury House: 9 Eveleyn Couzins Avenue

Phone: 381-6615

Email: rcn@aveburyhouse.co.nz

Vol. No 23 No. 3

May 2025

Issue 196

Anzac Remembrance at Avebury

By Tanya Didham

April 25th was a beautiful morning for reflecting by the river, spending time with friends and neighbours, and of course having a cuppa and an Anzac biscuit - this year home-baked by our board member Mary and friend Kathy! Other board members, Beth, Andrea and Bruce were on-hand, alongside staffer Kristine and volunteers, Angela and Lynda - setting tables, preparing tea service and awaiting the walkers' return.

Meanwhile outside, St Andrew's College bagpiper, Coop Gallagher called visitors to the house with 'Shoals of 'Herring' and 'Far O'er Struy'. At 10am I welcomed a crowd of over 120 and Avebury's history volunteer, David, gave a brief but fascinating glimpse into the history of the property. Coop then led us down to the river and the ANZAC crosses, playing 'Marie's Wedding', 'Scotland the Brave' and 'Rowan Tree'. Standing by the memorial boards, David shared some of the selfless and sad tales of locals who didn't make it home from the First World War. As we left to continue the walk with Mary now guiding, Coop played a final lament to the fallen, 'Flowers of the Forest'.

Other stops on the walk included Riverbend Refuge, Lois Place (once home to local river advocate, Evan 'Avon' Smith), the Old Treehouse, the Fungi Farm, Richmond Community Garden, and of course Avebury's upgraded playground and the new City-to-Sea pathway itself! Our sincere gratitude to everyone who helped or came along, and thanks also to Christchurch City Council for the mini-PA, and for their support of the Christchurch Walking Festival.



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.

Rest and Restore Mini Yoga Retreat – 4th May 2025 @ 3pm

Join Timea on Sunday the 4th May for her mini yoga retreat at beautiful Avebury House. Come and experience this blissful event where you are invited to completely relax and be at ease. This session is designed to slow us down, allowing some deep rest to take place. After the session you will feel lighter, livelier and rejuvenated.



The session lasts around 90 mins and includes some self-massage, restful yoga poses, use of essential oil (optional), and guided relaxation. After the session there will be an opportunity to connect and share some kai. Please wear comfortable clothes, bring water, a blanket, pillow and a yoga mat (if you have one).

Spaces are limited, please contact Timea on 021 295 003 to book in and for more info.

Retreat is at Avebury House, Sunday 4th May @ 3pm



The Wit of Sam

What do you call a medieval spy? Sir Veillance.

• • • • •

Did you hear about the butcher who fell backwards into his meat grinder? He got a little behind in his work.

• • • • •

A recent study tried to quantify the effects of alcohol on walking. The results were staggering.

Illustration by Stephane Terris

Kintsugi Returns to Avebury!

Learn the magical Japanese art of kintsugi - repairing with gold - as artist Ema Frost brings her workshops back to Christchurch in May! Bring a piece of your own pottery to restore in this beautiful style, or use one of Ema's back-up pieces. The technique also works on glass, wood, stone and even shells.



Ema is running several workshops from various venues, so check her facebook or website to reserve a spot. She will be at **Avebury House Sunday 18th May - 10:30am - 12:30pm OR 2:00 - 4:00pm**

www.facebook.com/events/1932573670605130
emafrost.com

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**.



Our local Residents' Association has so many exciting community projects on the go and ways to get involved. Get in touch with the team at secretary@wearerichmond.com, or pop along to one of their monthly meetings. Anyone is welcome, every 4th Tuesday of the month. Next one is at Avebury House, **Tuesday 27 May @ 7pm**.

What's Happening in the Red Zone?



Rotary
Christchurch Sunrise

Christchurch Sunrise Rotary Club extends an invitation to all interested parties to attend a presentation on the 'Red Zone' City-to-Sea Developments.

David Little, CCC Red Zone Manager, will give a comprehensive overview of plans current and future, and also discuss their ecological and social impacts. There will be time for questions at the end. Refreshments will be available at the bar; entry is by donation.

We encourage you to book using our QR code, or by visiting sunriserotary.org.nz/event/red-zone-development/

Weds 7th May, commencing promptly at 6pm at 'The Borough – Richmond Club', corner London St and Stanmore Rd.



Vintage Market @ Avebury House is next on the lawn, Sunday May 25th, 10am-2pm

How to Bonsai!



The Avon Bonsai Society (ABS) is pleased to offer a free demonstration on June 7th and two beginner workshops on June 7th & 8th. Limited spaces so please book ahead.

Discover the Art of Bonsai with tutor Sean Heseltine during a **free demonstration on June 7th from 10.30am-12pm.**

Two beginner workshops follow, downstairs at Avebury House:

Workshop 1, Saturday June 7: 12.30-3.45pm

Workshop 2, Sunday June 8: 10am - 1.15am

ABS members: \$50

Non-members: \$90 (which includes one-year membership!)

Please register by emailing avonbonsaisociety1@gmail.com and specify your preference for the Demo and/or one of the Workshops. An invoice and confirmation will be sent to you by May 23.

Keep Warm and Dry this Winter

'Winter Energy Payment' is back in May! This top-up aims to keep homes warm and dry in winter. If you receive a Work and Income benefit (including NZ Superannuation or Veteran's Pension) you will automatically receive it from 1 May to 1 October.

'Check What You Might Get' (<https://check.msd.govt.nz/>) is an online tool to help you work out what payments you are entitled to from WINZ.

If that—or anything else—is a barrier to you, Citizens Advice Bureau is here to assist on **800 367 222**. CAB empowers people through providing quality information and advocating for a fairer NZ.



Is there financial assistance with the cost of heating my home?

Citizens Advice Bureau



STORIES FROM THE TRAIL • PLANTING THE FUTURE

By Tanya Didham

Way back in 2018, the late Evan 'Avon' Smith floated the idea of a heritage trail for the river corridor, highlighting points of interest during its settled history. Some from long ago, such as the old Burwood post office and its colourful mistress; others from more recent times, like Di Madgin's garden on River Rd, red-zoned following the 2010/2011 earthquakes. In 2019 the project was handed to Avebury House with support from Council.



John at the 'Naming New Brighton' sign near Wainoni bridge.

In mid-2020, John Heke popped in to see me at the house. He was interested in facilitating our 'Men's Shed'. John had been one of the first to move into the Eveleyn Couzins social housing by Avebury

House, and experiencing a bit of negativity among the residents, John jumped at an opportunity from Kāinga Ora-Housing NZ to support an outreach program in his area. Our previous sheddie, Paul, had recently moved away, so when John came to see me, it was perfect timing.

John's childhood was full of violence and uncertainty. Lifted from his whanau at a young age, he never experienced unconditional love, or encouragement; his curious and creative nature was neglected and abused. An unguided search for meaningful connection saw him drift into a gang lifestyle through his 20s, but a stint in prison made him reevaluate his trajectory.

Finding work with a criminal record was incredibly challenging, but those who trusted John discovered he was a hard-worker, a fast learner, and a natural problem-solver. Over the years he absorbed skills from every job and every person he met, learning everything he could. He mended the relationships with two daughters he'd had when he was young, and he started a new family in his 40s. When his youngest went to kindy and learned to read and write, she came home and taught Dad.

At some point I realised John's instinctive and creative engineering skills would be perfect for the heritage trail posts - though what he ended up creating was way beyond anything I had imagined. He recalls turning out of Avebury's driveway, off to get some wood for the job, when he noticed some piled up fence posts in the opposite red zone. He knew exactly what he wanted to do. By repurposing those posts and the wire that had once enclosed the red zone, John was incorporating and evolving it into the recovery process; his beautiful designs represent chaos slowly returning to order.

Each post is unique and the patterns, rooted deeply in the ground, emerge into the city's future.



MATARIKI IN THE ZONE - NAU MAI, HAERE MAI!

Saturday June 21 @ Richmond Community Garden, 2.30-6.30pm

Mark the date! Our midwinter celebration of the Māori New Year coincides with the shortest day of 2025 - so dress warm, join us for some community goodness, delicious kai, and remember the reason for the season with our star trail!

Matariki hunga nui

Matariki, the gatherer of people



KMBE
KM Business Equipment NZ Ltd

Copiers • Printers • Document Solutions • IT
Kyocera • Samsung • Fuji Xerox
03 366 2217
www.kmbe.co.nz



Discovering the Ōtākaro



Avon Ōtākaro Network and Christchurch City Council have supported the creation of various trail-markers in the river corridor, including the new #REDTOGREEN rephotography frames in conjunction with Living Lab, and a Heritage Trail, coordinated by Avebury House. This brilliant new map shows you where everything is! You can also find it on AvŌN's website: <https://avonotakaronetwork.org/explore-the-otakaro-greenspine>

MOTHER OF ALL CLEAN UPS - SATURDAY 10 MAY

Giving our waterways some aroha!

The annual 'Mother of All Clean Ups' event is happening on Saturday 10 May this year.

So far, around 50 Community Groups and 12 schools across Christchurch have been allocated a stretch of a local waterway to collect rubbish, preventing it from entering our rivers, beach, harbour and estuary - amazing. A great family activity, everyone is welcome; gloves, bags and rubbish-picking tools all provided!



Join up with the Richmond Crew at Richmond Community Garden, 46A Vogel St at 10am.

There are also public participation sites at New Brighton Beach, meeting at 10am at the Clock Tower in front of the library; and in Lyttelton, 10am at Naval Point Club.

RCG May Events

Fungi Whānau
Sunday, May 4th | 10:30 AM
Fungi Farm



Mother of All Clean Ups
Saturday May 10th | 10 AM
Riverlution

Intro to Foraging + Healthy Food Potluck!
Saturday, May 17th | 10:30 AM - 2:30 PM
Fungi Farm

Repair Revolution
Tuesday, May 20th | 5:30 PM - 7:30 PM
Riverlution

Garden Sessions
Mondays, Wednesdays and every 3rd Saturday.
10 AM - 1 PM

Mind Yer Language: So long!

By Tanya Didham

Creating long words can be as simple as squishing more and more existing word parts together, but some languages do it more than others. In the indigenous North American Ojibwe language, a blueberry pie is known as



miinibaashkiminasiganibii-toosijiganibadagwiingweshiganibakwezhigan, translating to something like ‘blueberry cooked to jellied preserve that lies in layers in which the face is covered in bread’. In Azerbaijan the 67-letter compound

word *Elektrikləşdirdiklərimizdənsinizmişcəsinənlənmərməkliəcəkləşdirməyə* means, cryptically, ‘Do not make it as if you are one of the electrified ones’. It’s actually a humorous take on a shorter, more well-known tongue-twister which begins similarly, and asks, ‘Are you from the ones who are electrified?’ - this is a nonsense phrase in the same way as ‘Tom threw Tim three thumb-tacks’.

Some words have been created simply for the sake of being long; e.g. the longest published word in Tagalog has 59 letters: *pinakanakapagngitngitngitngitang-pagsisinungasinungalingan*, meaning ‘to keep making up a lie that causes the most extreme anger while pretending you are not’. Sounds like gas-lighting! However I am reliably informed this word is not in common use.

English does not tend to create large compound words, our longest non-contrived, non-technical word is *antidischmentarianism* - a 19th century, 28-letter position against disestablishing the Church of England as the state religion. Meanwhile, in science, we do see ludicrously long compound words, and by far the longest is the chemical name for a large protein coming in at a tongue-bending 186,819 letters! It has taken up to 3 and a half hours to say. It’s commonly called ‘titin’.

German is known for its long everyday words, such as the 65-letter *siebenhundertsiebenundsiebzigtausendsiebenhundertsiebenundsiebzig* which is simply the number 777,777. In English ‘seven hundred and seventy seven thousand and seventy seven’ has 59 letters, but it’s nine words, not one. The longest word in French is *hippopotomonstrosesquippedaliophobie* with 36 letters - in a cruel irony it refers to someone with a phobia of long words!

Puzzle

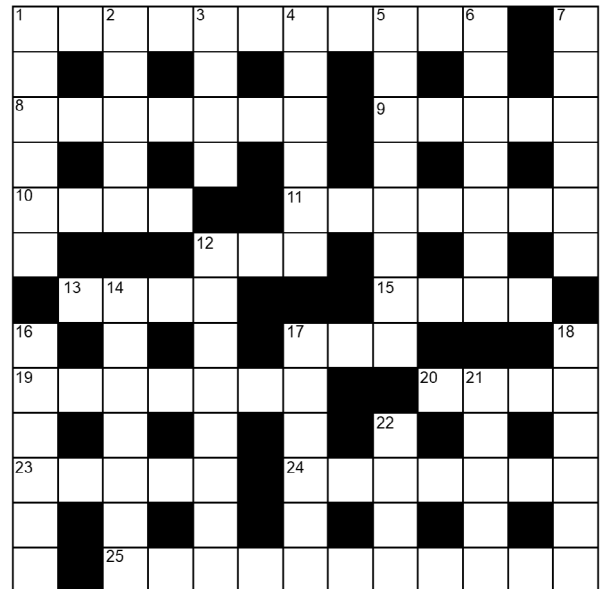
Crossword

Across

1. Operate wrongly (11)
8. Strand, desert (7)
9. Engine (5)
10. Solemn vow (4)
11. Lasted (7)
12. Government charge (3)
13. Imperial unit of length (4)
15. Exchange for money (4)
17. Group of items (3)
19. Madman (7)
20. Island (4)
23. Two-masted yacht (5)
24. Combination of different items (7)
25. Staying power (11)

Down

1. Pasture (7)
2. Smallest amount (5)
3. Cancel, annul (4)
4. Curving outwards (6)
5. Boastful (8)
6. Unaffected (7)
7. Long pace (6)
12. British 1980s P.M. (8)
14. Continuous (7)
16. Lucky (6)
17. Seafood (6)
18. Calm, untroubled (6)
21. Refuse, turn away (5)
22. Way out (4)



Solution to March Crossword

Across: 1. Pompous, 5. Tosca, 8. Until, 9. Plaza, 10. Dad, 11. Plastered, 13. Pillow, 15. Pardon, 18. Refurbish, 19. Ant, 21. Align, 23. Guppy, 24. Sight, 25. Respect.

Down 1. Pound, 2. Muted, 3. Oxlip, 4. Squeal, 5. Tip, 6. Scarred, 7. Abandon, 12. Teach, 13. Perhaps, 14. Lifting, 16. Own, 17. Winner, 19. Ample, 20. Tryst, 22. Net, 23. Gas.



**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.**

Welcome to May Richmond!

Have you heard that ParkRun is coming to Richmond? Recently I got to meet the team, see the route along the river and hear about how this will start and grow for our local community. The first event is scheduled for the 14th of June. See you there!



I've also had the opportunity to drop in and see the progress being made down the road at Te Oraka Community Pools. These pools will be an incredible addition to the local and wider community, keep up the incredible mahi team.

Looking ahead, the 2025 local body elections are coming up in September/October. This is a great opportunity to have your say in how our community is supported and represented, from parks and roads to local services. If you've just turned 18 or recently changed your address, now is the time to head to vote.nz and check your details are up to date. Every vote counts!

I look forward to connecting soon and until then 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)

Funded by Parliamentary Service



Nourish Oraka - Feeding the Community

Nourish Oraka is a community enterprise based in Shirley. It started from scratch with loads of local support via the government's *Ka Ora, Ka Ako* school lunches programme; and it provides local, parent-friendly employment and community connection. Following the government's changes to the provision model, *Nourish Oraka* is re-launching on 28 April with affordable, healthy individual meals for home! The team looks forward to bringing yummy, nutritious kai to the community again and becoming a platform for further opportunities and community development.

Visit www.nourishoraka.com to find out more, view options, and order! Or email the team: info@nourishoraka.com



COMPLIMENTARY HOUSE CLEAN

List and sell your property with Charlotte and receive a complimentary professional clean of your home prior to settlement, saving you a task and ensuring your move goes as smoothly as possible.

Get in touch now for an obligation free appraisal of your property.

"I cannot recommend Charlotte enough, from the moment we signed up to settlement of our property, she continually communicated with us. Her knowledge and understanding of the process was exceptional and made us feel at ease." - L Slater



Charlotte Heaslip | 027 386 0667 | charlotte.heaslip@bayleys.co.nz **PROUD TO BE A RICHMOND LOCAL**

WHALAN AND PARTNERS LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008

BAYLEYS **ALTOGETHER BETTER** Residential / Commercial / Rural / Property Services

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

NZ Music Month at Shirley

Every Saturday in May
11am-12pm

Come along to Shirley Library and enjoy some great, free, live music.

Tuesday

JP Clinic: 10am–1pm.

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

Dungeon Delvers: 3:45pm - 5:15pm. 10-16 years old. Registration required.

Wednesday

Wā Kōrero-Storytimes - 10:30 - 11am.
Suitable for 2-5 years old.

Craft Collective: 11am-12pm. 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. 10-16 years old. 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. 9-11 years old. Registrations required.

Friday

Cards at Shirley: 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 4 th 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: Wednesdays. 10:30am - 12pm

Sewing Circle: Fortnightly Thursday

10am-12pm. Shirley red bin weeks.

MacFarlanes on the Park Cafe: Fridays, 9:30 - 12pm, TTO

Walking Group: Friday 10am, TTO.

Women's Group: Fortnightly Thursday 12.30pm, Shirley red bin weeks. TTO.

Park Centre: 19 Acheson Ave

Sparkling Stars: Mon, 9:30am, Music & movement for under 5s. \$3/family. TTO.

Nurse-led Foot Care Clinic: Approx monthly on Tuesday 9:45am.

Appointments essential.

Call 0226218269. \$15.

Knit & Knatter Group: Fortnightly Wed, 10am. Shirley yellow bin weeks.

Wise up: Monthly Thursday 10am.

Different topics each month.

All Age Community Kapa Haka:

Wednesday 5.15-6.15pm, TTO.

Te Reo Māori Class: Wednesday 6.30-7.30pm, TTO.

MacFarlane Park Community Garden (off Jebson St)

Listening Post: Monday 2:30-4pm.

Afternoon tea. TTO.

Children's Gardening Club: Tuesday 3.15-4pm, TTO.

Gardening: Thursday 1pm (Term 2 & 3).

Shirley League Club 33 Briggs Rd.

Shirley Tool Shed: Saturday 9-11am. \$30 annual membership.



RICHMOND COMMUNITY GARDEN

Riverlution EcoHub, 46A Vogel St

Garden Days: Monday - Wednesday & 3rd Saturday of the month 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.deltatruster.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**