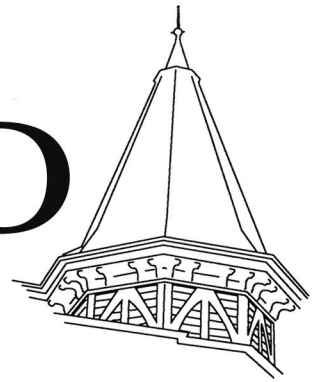


# RICHMOND

## COMMUNITY NEWS



Avebury House: 9 Eveleyn Couzins Avenue

Phone: 381-6615

Email: [rcn@aveburyhouse.co.nz](mailto:rcn@aveburyhouse.co.nz)

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Issue 185

## Remembering Our Local Anzacs

One of our most-loved events at Avebury House, this year we had a record turnout for our Anzac Walk, and a beautiful autumn day for meandering through the 'green zone', taking in our memorial crosses installation on the river. For the first time we had the bagpipes to play us in - thank you to Stuart for that atmospheric accompaniment. David and Mary led the walk while other dedicated volunteers prepared for tea and Anzac biscuits at the house - we had to set up extra tables on the lawn! Reflecting on the event after clean-up, Avebury board member Beth mentioned it had a 'special community feel to it'. Which is thanks to all you lovely locals who came down to remember our local Anzacs.



David at the installation on the river.

Stuart Wood playing *Green Hills of Tyrol* (aka, *Scottish Soldier*), and then *Battles O'er Abide with Me*.



Added to the biography boards this year, the only woman represented on the Richmond School Memorial Board, Dr. Jessie Maddison. We will feature her in the next issue for those who didn't get to see the board.



Just before 10am as folk gathered, Stuart played the pipes for us.



Above: Matty, with some help from Damion, barrowed the crosses and poster boards down to the river.

Right: Anzac Day volunteers, from left to right: David, Beth, Andrea, Kristine, Mary, and Barbara.



Left: Mary talks to the crowd at the Fungi Farm.

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](http://www.aveburyhouse.co.nz/newsletter.html)

Contact us at: [rcn@aveburyhouse.co.nz](mailto:rcn@aveburyhouse.co.nz) or ring Avebury House: **03 381 6615**.

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## The Wit of Sam

Which celebrity is always ready for cereal? Reese with her spoon!

• • • • •

My GPS just told me to turn around, now I can't see where I'm driving...

• • • • •

I fell over in my driveway, but it was my own asphalt!

*Illustration by Stephanie Terris*



**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.



**We Are Richmond (Richmond Residents' and Business' Association)** meet every 4th Tuesday of the month and welcome visitors! Next meeting time is 28 May, 7-9pm @Avebury House.

## Still Afraid of your Sewing Machine?!

Mary is bringing back her popular beginners' sewing classes, **every Friday at Avebury House from 12.30-2.30pm!**



Bring along your machine and learn all about how it works! If you don't have any fabric there will likely be some available, but do bring along any other sewing equipment you may wish to use such as pins, scissors or unpickers!

A suggested koha of \$5 per session will be gratefully accepted. Please contact Mary Hollander **027 7337 506** to register.

## Deliverer Wanted!

Cheann has been generously delivering our Richmond Community Newsletters for many years, but she is sadly moving out of Christchurch - well, it's sad for us, of course we wish Cheann all the best in her new place! If anyone lives between North Avon Rd and Averill St and fancies a wander round the neighbourhood once a month delivering the good news - let us know! Call us on **381 6615**, or email [admin@aveburyhouse.co.nz](mailto:admin@aveburyhouse.co.nz) Thank you Cheann!

## Weaving Club



Practice and refresh your weaving skills in the company of others on the **3rd Monday of each month, 6pm-9pm**. Rekindle are very excited to host this club for those who share a love for basket weaving and want to spend time together weaving locally grown and foraged

fibres. If you have previous experience weaving natural materials, spend an evening with us at Avebury House. Book your place via [www.rekindle.org.nz/collections/monthly-clubs/products/weaving-club](http://www.rekindle.org.nz/collections/monthly-clubs/products/weaving-club)

## New yoga class with Timea: Mondays at 9am

Timea is passionate about maintaining healthy alignment of the joints, to help you feel more energized, calmer and stronger. Among many benefits, yoga reduces stress by calming the nervous system, it can reduce inflammation, increase strength, improve flexibility and more. Come and try a class!

\$10 casual, or 10-trip concession cards are \$90, and valid for all Avebury's exercise classes. See all class times on the back page.

# Kintsugi Workshop - May 19

## Re-use, Re-Purpose, Beautify with Gold!!

Hello lovely locals. My name's Ema and I'm excited to finally bring this 2-hour workshop down to Christchurch! Come along and learn this wonderful technique. I'll be running three Kintsugi workshops on Sunday May 19th at Avebury House. Spaces are limited so please book early.



Kintsugi is an ancient Japanese art form using gold to fix broken pottery - thus making its imperfections its beauty. A truly wonderful philosophy to live by. The technique works on various other materials too like glass, greenstone and shells. Maybe you've been saving a favourite broken piece not knowing quite what to do with it - bring it along - but if not I have plenty of back ups to work on. Everything supplied, just bring a friend and let's make some Kintsugi magic together!

For booking and price information please go to: <https://tinyurl.com/y2pbjfdv>

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## Mini Yoga Retreat – Rest & Restore!

*Sunday June 23rd @ Avebury House, 3pm - 5.30pm.*



On Sunday June 23rd, Timea is running an afternoon mini yoga retreat at beautiful Avebury House. Come along and experience a blissful afternoon 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. Afterwards you will feel lighter, livelier and rejuvenated.

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

*Spaces are limited, please contact Timea on 021 295 0037 to secure your place. \$30/person.*

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## We looked to our community for help, and you responded!

What an incredible community event the Richmond Gala was. The sun was shining, the atmosphere amazing and an incredible array of stalls, initiatives, and services were on display.



Delta Community Support Trust

was so delighted to be part of the event, thanks to the hugely supportive community partnership between the Gala organisers. Knowing that the shelves in our foodbank were empty, they reached out and invited us to hold a 'can drive' as part of the Gala; truly demonstrating their commitment to community and their belief in the power of collaboration.

We wish to extend a heartfelt thank you to all those who came to visit the stall, donated cans, or expressed an interest in our work. Thanks to your generosity we received a total of **344 donated cans and 44 pantry items**. These donations will go even further, **thanks to New World Stanmore**, who got behind the drive and matched public donations. Collectively, your response has been incredible, so thank you.

It is never too late to donate. Should you wish to sustain our mission and donate, there are permanent donation points located in Avebury House, outside the entrance to Riverlution's Eco Hub in Richmond Community Garden, or pop in and see us at Delta (101 North Avon Road, Reception hours Monday – Fridays 9-2pm).

Thank you, Richmond!

## In Memoriam

*A farewell from Barabara Taggart nee Flesher (9 July 1935 - 24 March 2024)*

### And Then It Is Winter.

You know, time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young, just married and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams.

But, here it is - the back nine of my life and it catches me by surprise. How did I get here so fast? Where did the years go and where did my youth go?

I remember well seeing older people through the years and thinking that those older people were years away from me and that I was only on the first hole and the back nine was so far off that I could not fathom it or imagine fully what it would be like. But, here it is.

Like me, all my friends are retired and getting grey. Some are in better and some worse shape than me. But I see the great change. They aren't like the ones that I remember who were young and vibrant. Like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd become.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore ... it's mandatory! Because if I don't of my own free will - I'll just fall asleep where I sit!

So I entered into this new season of my life unprepared

for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!!



Yes, I have regrets. There are things I wish I hadn't done, things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime. So, if you're not on the back nine yet, let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life please do it quickly! Don't put things off too long! Life goes by quickly. Love your family first: your parents, siblings, spouse, children - put them all first. Do what you can today, as you can never be sure whether you're on the back nine or not! You have no promise that you will see all the seasons of

your life .... so, live for today and say all the things that you want your loved ones to remember - and hope that they forget unpleasant or bad times and appreciate and love you for all the good and joy you have hopefully added to their lives.

*Barabara lived in Avebury House with her parents and brother until she was 10 years old. A few of her childhood recollections can be found in the [May 2020 issue of the RCN](#). Our deep condolences and thanks to the Taggart family for allowing us to share Barbara's words. RIP.*



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## Mother of All Clean Ups - May 11th 2024

This river-loving event has become a Christchurch institution since the very first one back in 2015. Zak Cassels had started noticing increasing amounts of rubbish in the Ōpāwaho Heathcote River, where it runs beside his family brewery in Woolston, so he took action! Since that first inspired rubbish pick-up, the event has expanded to include the rest of the Ōpāwaho Heathcote, all of the Ōtākaro Avon River, and the edges of the Avon Heathcote Estuary Ihutai! The organisation committee has expanded too, and includes the Avon Ōtākaro Network, the Ōpāwaho Heathcote Network, the Estuary Ihutai Trust, Conservation Volunteers, EOS Ecology, Cassels Brewing Co., and City Care. Support comes from Christchurch City Council, Rātā Foundation and Environment Canterbury; but the success of the event is thanks to hundreds of incredible volunteers who turn out on the day. Held each year the Saturday before Mother's

Day, it's a chance to clean up for Mother Nature!

Richmond Community Garden always get their gloves on for this one - join them on the day and help clean their designated area, which runs on both sides of our beautiful river, from Swanns Road Bridge to Gayhurst Bridge. All the necessary tools - bags, buckets, gloves, and more - the gardeners will supply! This is a great one for the kids too.



*Meet at Riverlution Eco Hub, 46A Vogel St, Saturday May 11th @ 10am. Event finishes at 12 noon. Find the facebook event here: [www.facebook.com/events/2053609115020666](https://www.facebook.com/events/2053609115020666)*

# The Kūmara Awards

By Tanya Didham

We're so proud of our amazing neighbours at Richmond Community Garden and the Riverlution for taking out top honours in the 'Caring For the Land, Caring For the People' category. How very fitting!

First presented in 2020, the Kūmaras celebrate transformational and impactful projects that have grown from community. The team at Gap Filler were the original organisers behind the Ōtautahi Christchurch awards, this year held on the 11th of April at 231 High St - a new community-run event centre and co-working space in the city. Other category winners included the Hansen Park Play Project, spearheaded by our nature play friend Celia Hogan and winner of 'It Takes A Village', celebrating collaboration. In the category 'From Little Things Big Things Grow', Place Cadets at Philipstown Hub won for engaging children in design and build projects. The impressive Nigel Mahan Pump Track in Bexley took out the 'Beyond the Brief' prize. And the Sakinah Community Trust won 'Looking Back to Move Forward' with their post-March 15 initiative, Unity Week. Our sincere congratulations to all the nominees and winners - thank you for working to make the world a better place!



## RCG May Events

### Garden Working Bee:

Monday, Wednesday, & Saturday  
10am - 1pm

### Autumn Foraging Extravaganza: Acorn Edition:

Saturday, May 4th 12 pm Fungi Farm  
<https://fb.me/e/7Ttmr8cck>

**Mother of all Clean Ups Richmond Crew:** Saturday, May 11; 10 am -12 pm. See p.4.

**Worm Farm (Ōtautahi Learning Days):** Monday, May 13th 1pm <https://fb.me/e/6knLA66SZ>

### Bait Making and Hui (Ōtautahi Learning Days):

Wednesday, May 15 4 PM Riverlution  
<https://fb.me/e/4MvQGqQwG>

**Te Mahi Pāmu Noke / Worm Farm WOF with Para Kore:** Wednesday, May 15 5.30 PM Riverlution.

Book your spot with the link below: <https://event-13275-c698.lilregie.com/booking/attendees/new>

**Foraging Walk Part 1 "Winter Edition" (Ōtautahi Learning Days):** Saturday, May 18th 10.30 am - 1 pm

Fungi Farm <https://fb.me/e/3sLEJ9exm>

**Bee Day Buzz:** Sunday, May 19th 11 am Riverlution

<https://fb.me/e/1zXPXTxbD>

**Repair Riverlution:** Tues, 21 May 5:30-7:30pm,

<https://fb.me/e/4sE0NRQwk>



**RICHMOND  
COMMUNITY GARDEN**

## Harvesting the Good Oil

We are gearing up for our annual olive harvest which usually takes place at the end of May or beginning of June. We will confirm the exact dates with our co-op members soon.

Our dedicated volunteer team will be picking olives diligently throughout the week and we encourage community members to bring their olives to the Riverlution Eco Hub during the designated picking week too. As a contributor you'll receive some of the delicious olive oil bounty! But first the olives must undergo pressing and then settle for at least a month before bottling. The resulting olive oil boasts a delightful grassy aroma and a subtle hint of peppery zest, making it perfect for enhancing salads or creating a delightful bread-dipping experience.

If you have olive trees (even just one, every olive counts) and would like to participate in our co-op or share this opportunity with your network, please reach out to us by emailing Morgane at [admin@richmondcommunitygarden.co.nz](mailto:admin@richmondcommunitygarden.co.nz).

Stay tuned to RCG's facebook page for updates and prepare to infuse your culinary adventures with a touch of community-sourced goodness! [www.facebook.com/RichmondCommunityGardenRiverlution](https://www.facebook.com/RichmondCommunityGardenRiverlution)

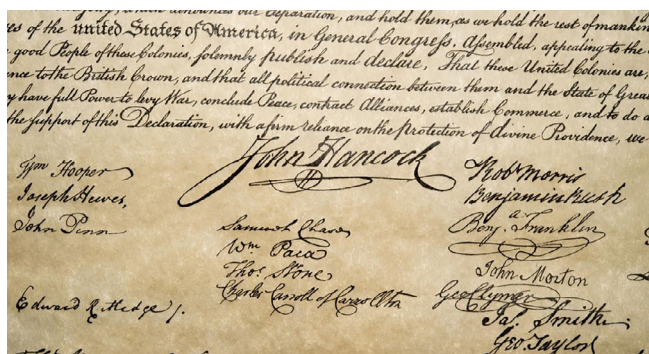
# Mind Yer Language: It's a sign!

By Tanya Didham

Signs are everywhere - street signs, star signs, sign language, dollar signs, animal sign, signs from deities, we sign in, sign on, sign up, sign our lives away...

The French *signe* entered English in the 1200s to mean gestures of the hand, so something like a thumbs up was a *signe*\*. By 1300 'sign' had replaced 'token' as an omen or sign of things to come. From the mid-1400s it had come to mean an inscribed board above an inn or shop sign.

*Signen* came across the channel in the 1200s too, originally meaning to make the sign of the cross, or to identify or distinguish someone with a visible mark. Not until the late 1400s did it come to mean your own personal mark or signature. During that period most people could not read or write, so their signature might simply be a symbol or 'sign'. By the late 1300s well-heeled folk might have a *signet* ring. A small seal that could be used to imprint their signature in wax. [Not to be confused with a *cygnet* or baby swan].



The slang term to put your 'John Hancock' on a document dates back to July 4th 1776 and the signing of the American Declaration of Independence. A prominent and wealthy Patriot of the American Revolution, Hancock's eye-catching signature is the largest and fanciest on the page.

\* can't confirm a 'thumbs up' was an authentic medieval hand sign, but it's possible...!

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<p>Clarinet, Sax, Flute, Guitar, Bass, &amp; Piano—Experienced local teachers. Phone Nicola &amp; Ivan <b>(03) 385-3856.</b></p>

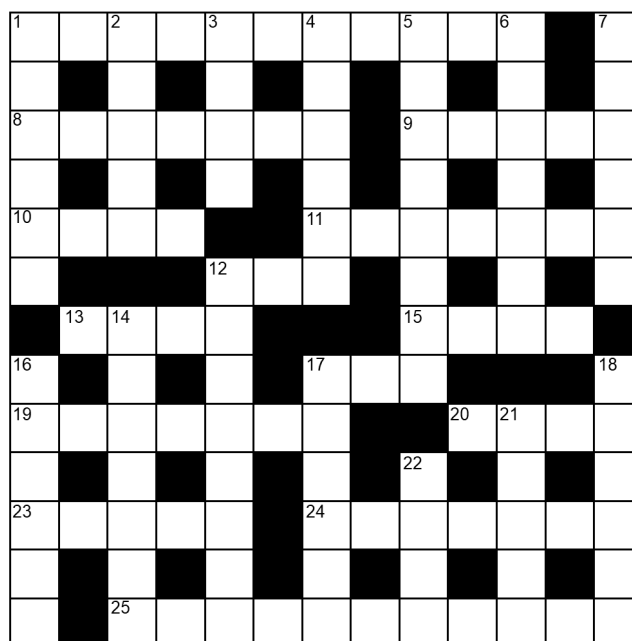
# Puzzle Crossword

## Across

1. Curious (11)
8. Playhouse (7)
9. Not here (5)
10. Geometric solid (4)
11. Enclosed, bounded (7)
12. State of matter (3)
13. Muslim ruler (4)
15. Cipher (4)
17. Climbing plant (3)
19. Ray of light (7)
20. Object of worship (4)
23. Ice house (5)
24. Natural force (7)
25. Style of hat worn by Sherlock Holmes (11)

## Down

1. Entire (6)
2. Female ruler (5)
3. Greek letter (4)
4. High-minded goals (6)
5. Closeness (8)
6. Chosen (7)
7. Fashionable (6)
12. Grisly (8)
14. Crumpled (7)
16. Caught sight of (6)
17. Pictures (6)
18. Competitor (6)
21. Imbibe (5)
22. Indonesian island (4)



## Solution to April Crossword

**Across:** 1. Dispense 5. Abet 9. Chief 10. Replace 11. Incarcerated 13. French 14. Scarce 17. Significance 20. Overeat 21. Incur 22. Eden 23. Transect.

**Down** 1. Deck 2. Science 3. Enfranchised 4. Spruce 6. Beast 7. Trendier 8. Appreciation 12. Offshore 15. Recycle 16. Winter 18. Grebe 19. Writ.

# AVON HUB HAPPENINGS



Eastern Community Sport and Recreation Incorporated

## Dance Fitness at the Avon Hub!

Want to step out of your comfort zone? Shake off the cobwebs and get your blood pumping?



Do you just love to move to music? Gillian's Dance Fitness could be for you!

Upstairs at the Avon Hub,

77 North Parade, Tuesdays at 7pm.

First class is free, casual is \$7 per class, or buy a concession card - 5 classes for \$30.

The Avon Hub has loads of great programs for kids and grown-ups of all ages, see our back page for more and check out their facebook page: Eastern Community Sport and Recreation Inc [www.facebook.com/easterncommunitysportandrecreationinc/](http://www.facebook.com/easterncommunitysportandrecreationinc/)

## TIMA Programmes for Adults and Youths with Disabilities

### Tuesday After School Adapted Sport Program for Tamariki U12:

Every Tuesday during term time, 3:30pm - 4:30pm. \$120/term

**U12 Basketball:** Every Thursday during term time, 4pm - 5pm. \$120/term

**Basketball Thursdays, Rangatahi 12 - 21 years:** Term 2 starts 2 May, 5pm - 6pm. \$120/term.

**Pakeke 21 Plus!! ADULT program:** Starts Friday May 3rd. 10:30am - 11:30am. A brand new program for TIMA adult participants aged 21 and over! First two sessions are free! Come and see us for some active fun! Bring a friend and perhaps make some new friends

Contact Kaye Nordstrom **0272267499**

[timakiwi@gmail.com](mailto:timakiwi@gmail.com).

Learn more: [www.tima.nz](http://www.tima.nz)



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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

**Yoga:** 9am with Timea.

**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 **21 171 8622.**

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

## Wednesday

**Pilates:** 10:30am and 6pm.

\$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](mailto: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:** 6-7p.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.deltatruster.org.nz](http://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](mailto:jo@odt.org.nz) or

**021-1151657**

## EASTERN COMMUNITY SPORT & RECREATION,

**Email:** [Kate@easterncommunity.co.nz](mailto: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

**Free Football Dropin for Children:**

3-4:pm at Avon Hub Tuesdays

**Pickleball session:** Tuesdays

9-10:30am \$5

**Pickleball session Sunday mornings:**

9-10:30am \$5

**Dance Fitness:** Tuesdays, 7pm

**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.**

## 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/](http://www.facebook.com/crosswaych/)