One Out Of The Box

When Adele Puddy, head teacher at the Kidsfirst Kindergarten in Cotswold Avenue, read about fruit and vegetable community stands on Facebook she thought it would be something that might work at the kindergarten.

The stands have been making headlines recently. They were the idea of Mark Dennis, who lives in Auckland, who wanted a way to share the spare produce from his garden with his local community. He built a roadside stand which offered fruit and vegetables free for the taking and displayed signs asking people to drop in any produce that they didn't need.

The kindergarten already had a similar scheme running where families brought in leftover food to share with one another. Being very community focussed the kindergarten thought that a local stand would be a good way of opening this up to the wider community.

In order to create their stand the kindergarten children and teachers took to the internet to see how other stands had been designed. The children then shared their ideas of what the stand should look like and how to make it work well. They decided on how many shelves it should have and features like a raised lower shelf, which would help protect the food from animals.

They also chose the name of the stand - BISHOP’S BOX – after the Bishop brothers who bought local land in the late 1850’s and established pipfruit orchards. Other suggestions included Kai For Everyone and The Sharing Shelf. Once the name had been decided upon, one of the kindergarten children, Blaire, painted the sign.

Children and teachers built the shelves using wood from recycled pallets and made bunting to decorate the stand. The framing was done by the husband of one of the teachers.

The stand was launched on Saturday 18 August and initially contained bags of lemons. It was then publicised on Facebook, Neighbourly and by word of mouth. Two days later the kindergarten was delighted to see that the stand was full of food. Tins, apples, carrots and other vegetables had been added and George Lowe is a great rangatira who helps to look after Bishops Box.

Bishopdale Skate Jam and Celebrate Bishopdale!

Sunday 25 November will be an exciting day as both the annual Skate Jam and Celebrate Bishopdale are taking place.

Celebrate Bishopdale is a great family fun day for the local community. It takes place in Bishopdale Park and includes stage performances from local school groups, artists, information stalls, have a go activities, arts and crafts, food stalls and fundraising for local groups.

It’s a great day for the kids with a bouncy castle, climbing tower, snag inflatable golf, face painting, stone carving, henna tattoos, archery, pedalmania and a police radar gun to test your speed.

The Bishopdale Skate Jam is aimed at 8-15 year olds but is also suitable for younger or older audiences. It takes place at the skate bowl on Leacroft Street where join Scotty and his team from Skate Skool will teach you how to skateboard. An energising and fun event for the end of the school year!

Both events will run from 11am -2pm. The Skate Jam has a rain date on Saturday 1 December. Celebrate Bishopdale will be cancelled if wet. Visit ccc.govt.nz or Newstalk ZB website for cancellation information.
Brassed off in Bishopdale!

Over 100 adults and children attended the Christchurch Symphony Orchestra’s Music Trails performance at Ōrauwhata: Bishopdale Library and Community Centre in August.

Music Trails is a partnership between the CSO and Christchurch City Libraries which aims to provide a fun and interactive way of introducing children to live music. The August performance featured instruments from the brass section of the CSO including the trumpet, tuba, trombone and French horn.

Music Trails performances were held at several library branches around the city and will be returning in the new year. Keep an eye out and make sure you attend the next one in Bishopdale.

Please note when using fruit and vegetable community stands

- Any food must be fresh and suitable to eat at the time it is dropped off.
- The date of collection is written on eggs.
- Baked goods should be in a sealed pest proof container, such as ice-cream container, and should state their ingredients and the time and date they were made.
- Please do not drop off any cooked meals.
- Anyone collecting food from the stands must make a reasonable attempt to check that they are happy with the quality and freshness of the food before they eat it. No responsibility is held by the person managing the stand or the person dropping off the food to the stand for the safety of the food once it has been collected.
- Our stands are only for food items with a focus on fresh fruit and vegetables. Please do not drop off any household items or beauty products.

BISHOP’S BOX is located right outside the kindergarten’s gate at 62 Cotswold Avenue. It gets a lot of attention from passers-by and has started many conversations between visitors.

The kindergarten children love having BISHOP’S BOX there. Most afternoons they go out to rearrange the display of food and to see what items been taken and dropped off.

Adele says, “I’m very excited and can’t believe it’s taken off the way it has”. She hopes that the stand will be a permanent fixture.

The kindergarten is thinking of going further and has approached the council to see if they could install some raised garden beds in the nearby Stretton Reserve. Food grown in the beds would then be made available to the community through BISHOP’S BOX.

Women’s walking group

Are you looking to get out and about this summer? The women’s walking group have been enjoying walks around Bishopdale for over 20 years and are looking for new members.

The weekly Tuesday walks start in Bishopdale Mall at 9.30am in the summer and 10.00am in the winter and are usually one hour in length although there is no pressure to complete an entire walk if you don’t want to. At the end of each walk you can stay and savour good company and a cuppa at Sundbye Community House at 100 Farrington Avenue.

There is an annual subscription cost of $15.00 but if you are interested in joining you are more than welcome to come and try the group out for free. For more information contact Chris on 03 359 1741.
Let’s catch up with...
Lisa Gregory

Lisa Gregory is the council’s Community Recreation Advisor for Fendalton-Waimairi-Harewood and is the main organiser for Celebrate Bishopdale.

What does the job entail?
My job involves giving advice and providing support to local community recreation and sports groups. I act as a link between the community, the council, other council units and the community board and so can often put people in touch with the right person. And of course I coordinate and run community events and programmes like Celebrate Bishopdale!

What is your background? I moved to NZ from Australia to play netball for the Canterbury Flames in 1998 and was lucky enough to also be the Green Prescription Manager at Sport Canterbury from 1998-2003. I then lived overseas and returned to NZ in 2006. I was the Community Recreation Advisor for Riccarton/Wigram from 2006-2012 and have been the Community Recreation Advisor for Fendalton-Waimairi-Harewood since 2015.

What kind of events do you organise? I organise the Breeze Walking Festival in the September/October school holidays, Celebrate Bishopdale and the Bishopdale Skate Jam in November, the Youth Pool Party in December and Culture Galore in February. Every second July we run a Dusk to Dawn Youth event.

What’s the best thing about organising these events? I like the variety of each of the events I organise and that we as council are able to offer free or very low cost activities and events to the community. I love working with the organisations and groups involved in each event and have developed some great relationships with them. I also love the joy and the fun that’s had by the community on the day, especially the children.

How long have you been organising Celebrate Bishopdale? I part organised Celebrate Bishopdale in 2015 and then became the lead organiser in 2016, 2017 and now 2018. So this is will be my fourth Celebrate Bishopdale event.

What is it like organising Celebrate Bishopdale? Organising any event is exciting for me as I know the end result can be great. Well, usually! I always ensure I have a good thorough timeline to work to and give myself plenty of time. The planning for this event normally starts in June each year.

What’s the best thing about organising Celebrate Bishopdale? The best thing is working with all the awesome community groups involved in the event. Everybody pulls together to make it happen and make my job easier! Without all the volunteers that assist me, the event would not nearly be as good as it is.

And the worst? The worst thing is being so reliant on good weather! It's heartbreaking when you have to cancel an event after so much hard work from everyone involved. Fingers crossed, this hasn’t happened yet with Celebrate Bishopdale!

Is there anything you’d like to see in future Celebrate Bishopdale events? I would love to see more schools involved in our event! We have three this year which is great, but I know there are some great jump jam groups out there that would be a great addition. I would also like more fun sporting / recreation
CHILDREN and YOUNG PEOPLE

4th Christchurch Boys Brigade Company meets Thursday nights, 6-18 years from 5.00pm-9.00pm. Phone Phil Mardon on 03 359 0149 at St Margaret’s Church office if you have any queries.


Bishopdale Cranmer St John Youth Division: Meets at Cotswold School Hall, Cotswold Ave on Wednesday evenings. Penguins 6-8yrs 5.30pm-6.30pm; Green Cadets 8-10yrs 6.30pm-8.00pm; Blue Cadets 11-12yrs 6.30pm-8.00pm; Gold Cadets 13-18yrs 6.30pm-8.45pm. We have a variety of activities including first aid, interest badges, camps, fun nights and leadership training. For enquiries please phone 027 332 3660.

Bookbuddies Do you enjoy reading? Do you fancy trying something new? Are you unsure what to read next? Bookbuddies is a book group for 8-11 year olds. Each session is themed with different activities and books. 3.30-4.30pm Tuesday 13 November, Tuesday 4 December, and Tuesday 12 February.

Girls Brigade meets Tuesdays 5.30pm-7.00pm for girls aged 5-16 years at St Margaret’s Hub, 94 Farrington Ave. Phone Fiona on 03 359 0149.

Jumpstart: A free fun programme offered to children ages 6 to 11. Held fortnightly on Fridays during school terms, from 6.00pm-7.30pm in the Youth Hall at 392 Wairakei Road. Includes games, lessons, crafts, snacks and more games. Ring 03 359 9247 for more information.

Makerspace Join the team for fun activities in Makerspace sessions at Īrauwhata: Bishopdale Library. There will be a variety of activities and fun to be had for all! 3.30-4.30pm on Thursday 8, 15, 22 and 29 November.

Playgroup: A chance for Mums to chat while children experience a safe and fun environment with age appropriate activities. Morning tea provided. Gold coin donation per family for each session. Fridays at 10.00am-11.30am during school terms in Youth Hall, 392 Wairakei Rd.

St John’s Anglican Church Mainly Music: (cnr Cotswold Avenue and Kinggrove Street) has a thriving Mainly Music session. We meet on Tuesdays at 10am in our Hall, for our music for pre-school (0-5) aged children and finish with morning tea. All welcome to attend. Phone Lynne on 03 359 9692 if anyone would like to know more.

St. Margarets Mainly Music Group has moved to Isleworth School Hall, Farrington Avenue, Bishopdale. We meet on Tuesdays at 9:45am and 10:45am with a combined morning tea starting at 10:15am. From new-born babies through to 4 year olds, and their parents/caregivers enjoy a time of music, movement and friendship. There are places available in both sessions. For further info please contact the church office on 03 359 0149 or Maree on 027 359 3559.

Storytimes/Wā Kōrero: Stories, movement and music. Kororo pukapuka, puoru, korikori. Wednesdays 10.30am -11.00am during term tme for over 2 year olds and over. Īrauwhata: Bishopdale Library and Community Centre.

LEARN COMPUTING FOR FREE

Ara, located in Bishopdale Mall, runs Computing For Free, a self-paced learning programme for anyone who wants to gain formal computer skills for employment, or learn the basics of computing and Microsoft software. Timetables are very flexible and you can choose which sessions you attend. For more information ring 0800 24 24 76 or visit www.arac.govt.nz.

CRAFTS and WOODWORK

Bishopdale MenzShed meets Tuesdays and Thursdays at 1.30pm at the old Kendal Ave Scout Den at 55A Kendal Avenue. MenzShed brings men together in a space to share skills, have a laugh and work on practical tasks, either individually on personal projects or as a group for the Shed or wider community. Contact Richard Rendle on 03 359 7275 or rendle@xtra.co.nz.

Bishopdale Spinning Group: Learn the art of spinning and knitting. 1st and 3rd Friday of each month. 10.00am-1.00pm at Meeting Room, Īrauwhata: Bishopdale Community Centre. $4 per visit. Contact Jess for more information on 027 202 2038.

Card Making Club: a weekly club for keen greetings card makers wanting to meet others with similar interests to share ideas and techniques. Basic equipment required. New members are always welcome. Cost $4 per week. Mondays at 1.00pm-2.30pm during school term at Bishopdale Community Trust, 100 Farrington Ave. Phone 03 359 1741 for more information.

Craft, Crochet & Knitters Group: bring your own craftwork and have some good laughs. A friendly, informal group with a helpful tutor. Gold coin donation. Wednesdays, 1.00pm-3.00pm at Bishopdale Community Trust, 100 Farrington Ave. Phone 03 359 1741.

Kiwi Coffin Club is open every Friday from 1.00pm-4.30pm at the Menzshed, 55A Kendal Ave. Come along and chat over a coffee.

Knit ‘n’ Yarn: Tuesdays 1.00pm-3.00pm. Bring along your current craft project and enjoy a social crafting time with others. Īrauwhata: Bishopdale Library.

FITNESS, DANCE and MOVEMENT

Bishopdale Badminton Club: Fun, social badminton for men and women over 40. The club meets Tuesdays at 1.00-3.00pm at the Bishopdale YMCA and costs $6 per session. For more information contact Jackie on 03 343 4645, 022 072 1656 or Jackie.derose30@gmail.com.

Bishopdale Table Tennis Club: social table tennis for adults every Wednesday and Friday at 10:00am-12.00pm at Bishopdale YMCA. $5 per session, no joining fee, no subs. Phone Jean on 022 160 4421. Look forward to seeing you!

Bishopdale Tennis Club: 35 Leacroft Street. Contact Senior Club Captain Andrew Stanton and Junior Administrator Andrea Stanton on 03 359 1605. All are welcome, very reasonable subs, large junior section, and a friendly club. New members, come along and try out our
great facilities. Resident Coach – Gareth Robb.

**Delta Rhythmic Gymnastic Club:** if your daughter is interested in dance and gymnastics, this could be the sport for her. We have beginners recreational classes most days for girls 5 to 10 years. To learn more about our club see our Facebook page - Delta Rhythmic Gymnastic Club Inc. or phone 03 354 5552.

**Easy Chair Yoga:** Take an easy yoga class with our wonderful teacher Mahadevi. No previous experience with yoga is necessary. The exercises taught are gentle and suitable for all ability levels. Fridays at 2:00pm-3:00pm at Bishopdale Community Trust, 100 Farrington Avenue. Gold coin donation. Term time only. Ring 03 359 1741 for more information.

**Easy Yoga with Jo:** People with injuries or not used to regular exercise welcome. Saturdays 11.30am at Ōrauwhata: Bishopdale Community Centre. Cost $10. Ring Jo on 027 247 3097 for more information.

**Indoor Bowls** takes place March – September every Wednesday at 7.30pm at Christchurch North Methodist Church, 68 Harewood Road. New players are most welcome. For more information ring Lester on 03 323 8184.

**Nia Dance & Fitness:** Feel lighter, happier, and more energised as you move to music with a blend of movements from martial arts, dance and yoga. Nia classes encourage you to move freely and are suitable for all ages and fitness levels. Classes every Friday at 9.30am at Bishopdale Community Centre and on other weekdays at the St Alburns Uniting Church. For more information contact Stephanie on 027 416 8283 or steph@stephaniedemay.com or visit www.PlensoryMovement.com.

**Papanui Walking Group** Join us on a gentle 30 minute walk and exercise programme. Meet new people and feel great! Wednesdays, term-time, 1.15pm. Walks leave from St James Park entrance, opposite Dalriada Street. Phone 03 941 8999 for more information.

**Scottish Country Dancing:** Come to the Burnside Scottish Country Dance Club for fun, friendship and fitness. Thursday, 8.00pm-10.00pm at Isletworth School Hall, Farrington Avenue, Bishopdale. Experience is not needed, wear some soft soled shoes and come and join us. Please contact the president on 03 327 0193 for further information.

**Self Realizaton Meditation Healing Centre** offers Yoga classes, Meditation, Healing, Counselling, Retreats, and much more! Yoga and Meditation classes are on now! 100 Highsted Road, Bishopdale. For more information visit selfrealizatoncentres.org.nz or phone 03 359 8507.

**Tai Chi** classes are run on Wednesdays at 12.00pm at St John’s Church, Chedworth Avenue. Come along!

**Transformation Hatha Yoga Classes:** Thursdays, 7:00pm –8:30 pm. Get fit while bringing peace, balance and upliftment to your whole being. Beginner’s welcome. Self Realization Meditation Healing Centre, 100 Highsted Road. Phone 03 359 8507 or visit www.selfrealizatoncentres.org.nz for more information.

**Wednesday Wanderers Walking Group** meet at 10:30am Wednesday at Bishopdale Community Trust, 100 Farrington Ave. A very friendly group, all abilities are welcome. Walks are 30 minutes around Bishopdale. Phone 03 359 1741.

**Women's Social Walking Group** meet in front of the Furniture Warehouse at 10:00am on Tuesdays. After the walk, the group heads back for a coffee or tea at Bishopdale Community Trust. Please wear appropriate clothing for the weather. Please phone Chris on 03 359 1741 for more information.

**Zumba with Missy:** Join our most friendly, the most fun exercise ZUMBA fitness! Monday 9:30am at Ōrauwahata: Bishopdale Community Centre, Tuesday 6:30pm and Wednesday 9:20am at Bishopdale Seventh Day Adventist Church, Sat 10.00am Waimairi School. Cost: $7.00 per visit/concession card available. For further information call Missy on 021 194 6413 or visit https://misato123.zumba.com

---

**FOOD and SOCIAL**

**Christchurch Widow and Widowers Social Group** The group welcomes new members aged late 50s and up for outings, friendship, movies, walks, dinners, etc. We meet once a month. Please phone Claire on 03 354 3976 or Carol on 03 981 4125 for more information.

**Coffee and Friendship Group** at Bishopdale Community Trust, 100 Farrington Ave. Come along and enjoy morning tea with others. We’d love to see you! Mondays 10:30am-11:30am. Gold coin donation.

**Community Lunch at Bishopdale Community Trust.** Delicious soup, toast and good company! All welcome, Thursdays from 11:30am at Bishopdale Community Trust, 100 Farrington Ave. Gold coin donation.

**SEATED GAMES**

**500 Card Playing Group:** Wednesdays at 1.00-3.00pm. Beginners welcome. $2 per session. Bishopdale Community Trust, 100 Farrington Ave. Phone 03 359 1741 for more information.

**Bishopdale Bridge Club:** Wednesday Bridge, 11.00am-2.30pm at Ōrauwahata: Bishopdale Community Centre. Table fees $5.00. Enquiries Janet Stokes 03 352 1440.

**Book and Jigsaw Library:** Bishopdale Community Trust, 100 Farrington Avenue. Open Monday to Thursday, 10.00am-3.00pm.

**Jigsaw Puzzle Library:** Saturdays 10.30am-12.00pm. Reese Room, Papanui Methodist Church, Chapel St. New members welcome.

**Rummikub Club:** Come along and enjoy a friendly game of Rummikub in the library. Some games are provided but you’re welcome to bring your own. No need to book, just turn up and play! Mondays 1.00pm-3.00pm. Ōrauwahata: Bishopdale Library.

**Scrabble Club:** A friendly game of scrabble in the library. Wednesdays 1.00pm-3.00pm. Ōrauwahata: Bishopdale Library.

**Scrabble Group:** Come along and play scrabble with a friendly group. Exercise your brain and have fun. 9.45am Tuesday mornings. Gold coin donation. Bishopdale Community Trust, 100 Farrington Ave. Phone 03 359 1741 for more information.

**Social Housie:** First Thursdays of the month from
1.00pm. $2 per session. All welcome, 100 Farrington Ave. Phone 03 359 1741.

SPEAKERS, BOOKS and INFO

Bishopdale Book Club (BBC): Join our friendly group of readers to discuss your favourite books and current reads. There’s no set book to read, just come along and join our relaxed and friendly social book chat. Second Monday of the month at 10.00am-11.00am or last Thursday of the month at 1.00pm-2.00pm. Ōrauwhata: Bishopdale Library.

Bishopdale Branch of the NZ Society of Genealogists meets on the 4th Thursday January to November in the Hub, 94 Farrington Avenue, Bishopdale at 7.30 pm. Visitors welcome, $3 door charge. Contact Lis 03 3543993 or Fran 03 3525605. Our final 2018 night will include a review of the years achievements and a look toward next years challenges, followed by supper.

Bishopdale Ladies Club (formerly Probus) Good monthly outings and speakers. Meets at the Bishopdale Reformed Church, 90 Highsted Road on the second Monday of the month February to December at 10.00am. Contact Lyn on 03 359 6387 or Leonie on 03 359 6401 or 027 476 3144.

Bishopdale Toastmasters Club Do you want to develop your public speaking skills, so you can speak confidently in front of an audience? The club meets every Thursday 7.25pm-9.00pm upstairs at Bowls Papanui, 181 Condell Avenue next to Edgar MacIntosh Park. Phone Jess on 03 352 3933 for more information.

JP Clinic: Wednesday 11:00am–1:00pm. A Justice of the Peace will be available to members of the community, to witness signatures and documents, certify document copies, hear oaths, declarations, affidavits or affirmations as well as sign citizenship, sponsorship or rates rebates applications. No charge for this service. Ōrauwhata: Bishopdale Library and Community Centre.

Northwest Branch WEA meets Fridays at Christchurch North Methodist Church, (cnr Harewood Road and Chapel Street) 10.00am-11.30am. Cost $4. For more information please contact Jan Tedesco on 03 351 9796 or visit cwea.org.nz

NZ Stamp Collectors Club for enthusiasts or beginners. Meet on 1st Wednesday of each month at 1.00-3.00pm at Christchurch North Methodist Church (cnr Harewood Road and Chapel Street). Visitors and new members welcome to buy, sell, swap or just chat. Phone Ross Stanton on 03 359 9815 or Shirley Bone on 03 359 9025.

Papanui Combined Probus Club for interesting speakers, great outings and to make new friends. Monthly meetings on the first Tuesday of the month at 10.00am in the warm ground floor at the RSA, 1 Harewood Rd. Good parking. Call Marie on 03 351 7708 or Sian on 03 359 0057 for further information.

Rotary Club of Bishopdale Burnside meets on Monday nights 6.00pm-7:30pm for networking, guest speakers and for planning future community projects. Contact David Conroy on 03 358 5555 or check bishopdale-burnside-rotary.com for more information. Don’t wait to be asked, we’d love you to be involved.

Technology Help Drop-In Sessions: Thursday mornings 10.00am-10.30am, term-times. Free casual drop-in sessions for help with your computer or device. Ōrauwhata: Bishopdale Library.

Extended 28 bus route for Bishopdale! The new extended 28 route runs from Northwood via Bishopdale to the city and Lyttelton. Take advantage of the new route and pop into Tūranga, the new central library in Cathedral Square, check out the redevelopment of the city centre or visit the newly opened Lyttelton Timeball. Happy travelling!

Northwest Branch : Term 4 talks

Fridays 10.00am - 11.30am. Talks begin at 10.30am. $4 per session. Morning tea included.

Chapel Street Hall, cnr Chapel St and Hardwood Rd.

23 Nov  Allan Jolliffe  Melbourne botanical gardens and the  Melbourne Flower Show

30 Nov  Richard Rendle  MenzShed

7 Dec  Kelsea Nelson-Cummins  SPCA

14 Dec  Carol Evans QSO JP  How I Ended Up at Wesley Village!

CHRISTMAS LUNCH

For more information please contact Jan Tedesco on 03 351 9796 or visit cwea.org.nz.

Scrabble for beginners

If you have always wanted to learn how to play scrabble then get in touch with scrabble group at Sundbye House.

Members of the group are keen to get people scrabbling and are happy to provide one to one teaching sessions for anyone wanting to learn the game.

If you’re interested please contact Chris Coles on 03 359 1741 or bctrust@xtra.co.nz.
Happy First Birthday

Doesn’t time fly! It’s been over a year since Ōrauwhata: Bishopdale Library and Community Centre was opened on 22 July 2017. Ōrauwhata replaced the old community centre and library that was damaged in the 2011 earthquake and demolished in early 2017.

The new library and community hall have been very well used in their first year. The library has had over 116,000 visitors and has issued nearly 157,000 items. The team has really enjoyed welcoming their community into the facility, and sharing the wide array of resources available in the library. Regular programmes include Babytimes and Storytimes sessions for babies and toddlers, book clubs, games and crafts groups for adults, and holiday activities for school children.

Library staff Dylan, Rebecca, Karen and Vicki celebrate one year at Ōrauwhata: Bishopdale Library and Community Centre

The community hall is a venue for a diverse set of groups including the Bishopdale Bridge Club, Bishopdale Indoor Bowls Club, Kathleen’s Dances, Le Le Line Dancing, Harewood Table Tennis Club, Man Up, NIA Dance and Fitness, Yoga with Jo, and Zumba with Missy.

Ōrauwhata means ‘the place of the multitude of eels’ and refers to the time before the area was developed by the Bishop family. Back then it held whata (eels) in water basins that were formed during flooding from the Waimairi River.

Cotswold Preschool & Nursery

Spaces available in both our nursery and preschool. Drop by for a visit anytime. Our opening hours are weekdays 8:30am - 3:30pm, including school holidays. We are now offering 24 FREE HOURS to our 3-4 year olds.

JUST $22 FOR FOUR DAYS

37 Colesbury Street, Bishopdale, just off Cotswold Avenue, plenty of safe off street parking
Phone: 03 359 7675
www.cotswoldpreschool.co.nz

LOOKING FOR A NEW ACTIVITY THIS SUMMER?

Maybe lawn bowls is for you
Why not give it a go?

· 50% subs for new bowlers
· Special rates for students
· Free club shirt
· Coaching and buddy system
· Modern bowls available

Papanui Bowls
81 Condell Avenue

Contact Bev Baxter on 03 359 6057 or Barry Holland on 03 352 6156 or visit www.papanui.co.nz

Kelly Holden—Nutrition Consulting

BSc, PGDipSci in Human Nutrition, Otago
I am your friendly nutritionist, located in Bishopdale.

Transforming lives through nutrition success.

Personalised nutrition support and accountability is key to achieving the results you want for your health.

My services give you practical steps and easy to use tools to form lifelong healthy habits for you and your family.

Please send your enquiries to the email below or give me a call.

Mobile: 027 222 0963
E-mail: kellyholden.nutrition@gmail.com

"If you want to change the visible, you must first change the invisible."
Recycled books as Xmas gifts?

Alex Goodmanson, manager of the St Christophers Bookshop which operates just inside the Furniture Shop at the southern end of Bishopdale Mall, says that there is a definite trend towards the giving of recycled books as gifts and he is already noticing this happening as the Christmas season approaches.

“Right now family budgets are clearly under more pressure than usual with the current price of petrol so its natural that people will look to save a few dollars wherever they can. We’ve got over 10,000 books in stock with the vast majority priced in the $3 to $8 range so there is great scope for picking up some really good quality books for a fraction of their original cost”.

Alex says that apart from the attractive price of recycled books, there is always the chance of picking up out of print items, or books on obscure or unusual subjects which might fit with the interests of the recipient.

“Everyone loves a story and apart from the non-fiction and childrens sections, we are fortunate to have a wonderful selection of modern fiction plus an excellent range of classics and older fiction”, says Alex.

All the books in the shop have been donated by customers and supporters who are always pleased to discover that their unwanted books can be happily recycled instead of being despatched into a yellow bin...or worse.

Donated books can be left at the shop, which is open 10am till 4.30 pm Mon to Fri and 10 am to 1 pm on Saturday, or they can be deposited in collection bins in Highsted Rd near the Sawyers Arms Rd intersection, or at the 29 Harewood Rd shop, Papanui, or at St Christophers Church, 244 Avonhead Rd, Avonhead.

CORRECTION Thanks to all the readers who pointed out that the last issue of the bulletin was incorrectly labelled as Winter 2018, Issue 20. It should have been Spring 2018, Issue 21. Ooops!