Isleworth School only recently became involved in gardening but that didn’t stop them winning two awards at the recent Oderings School Gardens Show.

The school first caught the gardening bug when they participated in the Oderings Gardens in Schools project last year. They created four raised beds on the school site which enabled the students – or nature ninjas as they are known - to grow a wide variety of flowers, vegetables and fruit.

The school was so pleased with their on-site garden that they decided to enter the School Gardens Show. All entrants had to create a three metre square garden based on the theme “Into The Future”.

Isleworth’s entry imagined the year 2040, where a heavily polluted Earth is no longer able to sustain healthy crops and astronauts and agriculturalists have had to travel to new planets in order to farm and grow crops. What would such a garden look like?

They decided that the garden would be housed in an installation that looked like the interior of a space station: a bare, sterile environment complete with futuristic command deck, space suits and space helmets. Visitors would then step through a door in the space station and onto the lush surface of the freshly colonised planet.

The students chose what types of plants would be displayed - including school grown corn, silverbeet and grass - as well as planted seeds and cared for plants.

Several creatures were also created to populate the garden, including alien caterpillars, flying eels, bumble bees, a two headed worm, giant butterflies and jellyfish air plants. These animals were chosen because they represented what was currently happening at the school itself. For instance, the caterpillars represented the school’s monarch butterfly project and the two headed worm symbolised the school’s two worm farms. And as if this wasn’t enough, the garden housed an aquaponics tank containing live fish.

The finished work was named “Space Oddity” - after the famous David Bowie song - as it reflected both the futuristic aspect of the work and the strangeness faced by humans working on a brand new world.

The school had two and a half days to set up in Woolston and they worked on the installation, which included different coloured lights and sound effects, until the very last minute.

All of this hard work paid off. Twelve Christchurch schools took part in the competition and, despite being first time entrants, Isleworth won one of the four gold prizes that were awarded. The school also walked away with the People’s Choice award which was voted for by visitors to the garden show.

Interestingly, another of the gold prizes went to Wairakei School, which is part of the same learning community (Waimairi-iri Kahui Ako) as Isleworth School. Could it be that a generation of green fingered gardeners are being raised in the North West of Christchurch?
Let’s catch up with...
Aaron Campbell

Aaron Campbell is one of the two community board members who represent Harewood Ward, which includes Bishopdale, on the Fendalton-Waimairi-Harewood Community Board.

How long have you been a member of the community board? This is my first term and I’ve been a member of the board for 18 months now.

What made you want to run for a position on the community board? I actually hadn’t planned to put myself forward in the 2016 election. I had been working with Lianne Dalziel as her campaign secretary for a couple of months, which had given me a good insight into the issues facing the city, and I thought I might run in the 2019 elections. Two days before nominations closed I saw no one else was running in Harewood Ward so I thought I’d move my plans forward. I had to ask my wife if that was okay though!

What experience do you bring to the role? I currently run my own photography business but my background is in hospitality and catering. I spent nine years overseas in the UK and Japan and have cooked for Al Gore, Bill Gates and Japanese royalty. More locally my wife and I ran a successful catering business for six years that was part of the Kaiapoi Working Men’s Club. I believe that businesses have a responsibility to their communities and we employed lots of local people, including high school students. After the earthquake we could have moved away but wanted to stay and be part of the recovery.

I’ve done a lot of volunteering with Business Mentors NZ and have really enjoyed using my experience to help other businesses address a wide variety of problems. I like being in a position that can make a difference and as a board member I can do this at a community level.

On a lighter note I’m also responsible for making the world’s largest pavlova! It was 5m by 10m, had the Bledisloe Cup as a centre piece and every cent of every dollar raised went to the charity KidsCan which provides food, clothing and healthcare to disadvantaged children.

What do you like best about being a board member? As a member you’re in a position to attend meetings at many levels and are able to access information from a wide variety of organisations. The better informed you are, the better your decision-making.

What do you say to folk who don’t know what the community board does? The board is all about the community and governance. It is important that the people making decisions are properly informed about what communities want and need. The board represents local communities and ensures that their interests and perspectives are included in any decisions affecting them.

What kind of issues are upmost in people’s minds in the community at the moment? The temporary chlorination of the water supply is a big issue for a lot of people city-wide. Another is the impact that post-quake building and development is having on the quality of life of people in the city. The new developments certainly bring benefits but can have adverse effects too.

In Bishopdale, the improvement of the mall is a much talked about issue and I know that Development Christchurch has been talking to shop owners and locals about how to best go about doing this.

David Cartwright recently resigned as community board chair. Did you want to take on his role? Yes I did and I put myself forward for the position along with deputy chair Sam MacDonald who was subsequently...
elected. I was nominated for the vacant deputy’s role which resulted in a tie between myself and David. The board as a whole then decided to give the deputy role to me.

Are you a native Cantabrian? No, I’m originally from Invercargill and went to University in Dunedin. Christchurch has been home for the past 12 years and I’ve lived in Bishopdale all that time.

You live in Bishopdale – what do you like about the suburb? It’s relaxed, has good facilities and shops, and has good access to greater Christchurch. My photography business means that I travel a bit and I can easily access places like Sumner, Rolleston and Rangiora from Bishopdale.

How can you be contacted?
By mail: PO Box 73020, Christchurch 8154
By phone: 021 044 2413
By email: aaron.campbell@ccc.govt.nz

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We currently have 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.

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Get the Entertainment Book from BCT!
Bishopdale Community Trust is an agent for the Entertainment Book and receives $14 for every copy that is sold. You can order your hard copy book or digital membership for $70 by visiting our fundraising page at www.entbook.co.nz/93h8676 or by dropping into Sundbye House, 100 Farrington Avenue.

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E-mail: kellyholden.nutrition@gmail.com

“IF YOU WANT To CHANGE the visible, you MUST FIRST change the invisible.”
CHILDREN and YOUNG PEOPLE

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

Babytymes / Wa pepi: Rhymes, movement and music. Korero pukapuka, puoru, korikori. Fridays 10.30am - 11.00am during term time for under 2 year olds. Ōrauwhata: Bishopdale Library and Community Centre.

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. Phone 027 332 3660 for enquiries.

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 twice a month 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.

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 Kingrove 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 Islworth 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 information please contact the church office on 03 359 0149 or Maree on 027 359 3559.

Storytimes / Wa korero: Stories, movement and music. Korero pukapuka, puoru, korikori. Wednesdays 10.30am - 11.00am during term time for over 2 year olds and over. Ōrauwhata: Bishopdale Library and Community Centre.

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 1, Ōrauwhata: 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 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. Ōrauwhata: Bishopdale Library.

FITNESS, DANCE and MOVEMENT

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.

LEARN COMPUTING FOR FREE

Ara Bishopdale, 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.ara.ac.nz.
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: Join Stephanie at the St Alban’s Uniting Church (36 Nancy Ave, Mairehau) for fun and fitness for the body, mind, and spirit. Danced barefoot, Nia combines dance and martial arts moves that provide joyful, pleasurable, sensory-based conditioning, restoring health and balance to the whole you. Monday 10.00am, Tuesday 6.30pm, Thursday 6.30pm. Phone/text 027 416 8283, email steph@stephaniedemay.com, or visit www.PlensoryMovement.com for more information.

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 Islworth School Hall, Farrington Avenue, Bishopdale. Experience is not needed, wear some soft soled shoes and come and join us. Please contact president on 03 327 0193 for further information.

Self Realization Meditation Healing Centre offers Yoga classes, Meditation, Healing, Counselling, Retreats, and much more! Yoga and Meditation classes are on now! 100 Highsted Road, Bishopdale. Visit selfrealizationcentres.org.nz or phone 03 359 8507 for more information.

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.selfrealizationcentres.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 on average 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. Phone 03 359 1741 for more information.

Zumba with Missy: Join our most friendly, the most fun exercise ZUMBA fitness! Monday 9:30am at Ōrauwhata: 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

Christchurch Widow and Widowers Social 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 Ōrauwhata Bishopdale Library and 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.

Scrabble Club: A friendly game of scrabble in the library. Wednesdays 1.00pm-3.00pm. Ōrauwhata: 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 7.30pm. Visitors welcome, $3 door charge. Contacts Lis 03 354 3993 or Fran 03 352 5605. Apart from our usual meetings this year Canterbury is hosting the NZSG Conference at Christchurch Boy’s High School over Queens birthday weekend. Registration is open to the public with many speakers and education sessions. Check www.genealogy.org.nz for more information.

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.

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

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 Peter Cooper on 03 355 8983 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 9.45am 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.

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**Northwest Branch: Term 2 talks**

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

Chapel Street Hall, cnr Chapel St and Harewood Rd.

- **25 May**  
  Valda Thornley, NZ Customs  
  *Is ‘Border Patrol’ a true reflection of what happens at the border?*

- **1 June**  
  Dr Matt Morris  
  *Sustainability*

- **8 June**  
  Professor Vicky Cameron  
  *Almost everything you ever wanted to know about heart diseases*

- **15 June**  
  Margaret Harper  
  *My research into the origins of Christchurch street names: a project I did while employed at Christchurch City Libraries.*

- **22 June**  
  Penny Arthur  
  *Enduring power of attorney and wills*

For more information please contact Jan Tedesco on 03 351 9796 or visit cwea.org.nz.
Meditation makes everything better ~ *But it’s not for me* …

We know what you mean. We’ve been there too. The list of reasons why not to do the things that help us are endless and, at the time we are thinking them, absolutely convincing.

Of the many reasons people may have to put off learning meditation, some of the most popular might be, “I wouldn’t be able to do it - my mind is too busy”, “It’s not for me – I am not religious or spiritual.” And at the top of the list seems to be:

“But I just don’t have enough time”

But perhaps your doctor has recommended that you learn to meditate because of your health or stress levels, or maybe a friend has spoken of how much it has helped them with their communication and relationships, or you’ve read some of the many articles being published about the numerous benefits such as positivity, purpose and life direction. Do you want to know your own thoughts? Or perhaps you have a sense that there is more peace, love and joy that you could experience in your life.

Meditation is the scientific approach to wellness. It can help everyone, no matter what your beliefs, whether you have a monkey mind and no matter how busy you are. *We warmly invite you to attend our free talk on Pure Meditation, June 6 at 7 pm.* Learn more about what 500 million people around the world already know ~ Meditation makes everything better.

By Christinaseva Dykstra, Self Realization Meditation Healing Centre, 100 Highsted Road

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**Free talk on Meditation**

**Wednesday June 6 @ 7 pm**

Self Realization Healing Centre

www.selfrealizationcentres.org.nz

100 Highsted Road, Bishopdale

Ph 03 359 8507

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**Papanui Walk**

**Wednesday 1.15pm**

Term one: 14 March–4 July

Term two: 23 July–19 December

Join us on a gentle 30 minute walk and exercise programme. Meet new people and feel great!

**What to expect, wear and bring**

- All walks leave from St James Park, St James Ave (entrance opposite Dalriada Street).
- Walks cancelled in heavy or persistent rain.

Go to Newstalk ZB 1098am website: newstalkzb.co.nz/whats-on/cancellations/

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The easy way to report local problems

Have you ever seen something in your local community that needs fixing but have never got round to alerting the authorities about it? Perhaps it’s a pot hole in the road, a damaged sign, or a fallen tree on a pathway?

If you have a smart phone there is now an easy way to report problems to either Christchurch City Council or eCAN (Environment Canterbury Regional Council) as soon as you notice them.

Snap Send Solve is a smartphone app that you can download onto your Android smartphone or Apple iphone for free. It helps users report problems by guiding them through a four-step process:

1. The app asks if the user has any photographs of the problem. Photographs are not essential so this step can be skipped.
2. The app uses the GPS on the phone to determine the location of the problem. You may have to switch on the GPS on your phone for this step.
3. The user selects from a dropdown menu the incident type that is being reported, e.g. air, flooding, graffiti, parks, roadings/streets, rubbish / recycling, smokey chimney, wastewater stormwater, water, water supply. If necessary, further details can be added to the report.
4. The user enters their contact details and then sends the report to the relevant authority.

To download the app, search for Snap Send Solve in the Play Store (Android phones) or the App Store (Apple iphones).

Keep warm this winter

Community Energy Action Charitable Trust offers a range of services to homeowners, tenants, landlords and businesses who want homes and workplaces that are warm, dry and efficient to maintain. A number of subsidies are available and a home energy check is free to anyone living in the greater Christchurch area or North Canterbury. For more information ring 0800 438 9276, email info@cea.co.nz or visit www.cea.co.nz.

A VERY BIG THANK YOU to Matthew and Deborah at Gardenfresh Greengrocers Bishopdale who kindly donate vegetables and fruit for our weekly Thursday community lunches.

Visit them at 2a Leacroft Street or on Facebook at @gardenfreshgreengrocersbishopdale

BISHOPDALE COMMUNITY TRUST
Sundbye House
100 Farrington Avenue
Bishopdale
Open 10.00am to 3.00pm Monday to Thursday

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