

# Autumn Newsletter 2022

## Heathcote Community



Autumn in Horotane Valley

# Jocelyn de Kort

## Heathcote Valley Connector

The summer season seems to have flashed by all too soon. Perhaps the lovely, long warm days just disappeared before I was ready or perhaps I've been joyfully distracted by my family visiting from Sweden. We had so many happy simple adventures together. Walking the Port Hills, chilling at the beach, sharing yummy wood fired pizzas from the Heathcote Green House market space. We enjoyed delicious Indian takeaways from Spice Hub on Port Hills Road and spent time at the local Heathcote coffee haunts, Silos and Upshot. In the evenings we chatted the nights away, playing games and making plans for the next day.



Now that they are back in Sweden I've been biking and walking more often, providing that extra oxygen boost and a zing of energy which hopefully, with a bit of luck keep me fit and healthy, as well as save a little on fuel and greenhouse gases along the way. We have so much at our finger tips here in Heathcote Valley, giving us lots of opportunity to support local, save time, energy and a chance to connect with the community.

On Port Hills Road we have the Malt works shops. Silos Café, the Heathcote Convenience Store, Spice Hub, the Port Hills Barbershop. Aromaunga is on Bridle Path Road with home grown flowers, giving colour to brighten the spirit. Further along the road is Upshot providing freshly roasted coffee beans and takeaway coffees. Two horse riding clubs. One on Bridle Path Road and the other on Port Hills Road. We have lots of walking tracks on the Port Hills and around the Heathcote lake. Soccer fields, cricket and sports clubs, rifle and archery club, craft and spinning groups and book clubs. I believe there is also a mah-jong group that

I would love to hear from and learn more about. There's the historic Heathcote St Marys Church and community garden. Food forest, adventures in nature with community working bees, planting natives on the Port Hills and reserves and salt marsh along the Heathcote River. There's the vegetable and plant share table on Station Road, book exchange fridges on Martindale Road. The local community centre is offering lots of activities and the community library. There's the Valley Inn open every day and the Green House market on Station Road, that's open every Sunday morning. Italian wood fired pizzas which are available at the Green House Market space every Friday and Sunday evenings.

There are so many more wonderful outlets and creative opportunities in our valley that can be discovered by further exploring the Heathcote, Avoca, Horotane and Butts Valleys.

I would like to create a list of local groups, clubs, facilities, shops, sports and craft groups, businesses, markets and regular local events for people to easily access.

There is so much local talent here in Heathcote. Let's share the love and spread the word, get inspired and enjoy all the wonderful offerings and creative talents.

Please contact me with details on the [heathcotevillageproject@gmail.com](mailto:heathcotevillageproject@gmail.com) email site.

As always, thank you to all Heathcote Newsletter contributors and the fabulous team of volunteers.





# Te Tihi o Kahukura

## Heathcote Valley School

Hello!

My name is Sian Williams, and I'm the 2022 Community Liaison. I live in Morgans Valley with my family of four, and I have seven pets.



The first four weeks at Heathcote Valley School have been really exciting, and lots of things have got up and running. It has been a bit different with Covid, and some precautions have been set in place. An example of this is that the juniors and seniors have split lunchtimes.

Our focus for this term is Turangawaewae, which means A Place Of Standing, where someone feels at home. Before we started school, we had the Hauora interviews, where parents had the choice to meet their child's teachers for this year.

Some of the things that have started at HVS include a new barista program. Due to Covid, they can only serve staff members, but they have started a click and collect system.

The Year 7/8 technology trips have started as well, and every Friday we take a bus to the Linwood Tech Centre and participate in two activities. There's one year 8 team, and two Year 7 teams.

The school pool has opened, and every class goes out for a swim every day. The juniors enjoy this very much.

Young Writers has started, and small classes go to join Gail Ingram and improve their writing skills.

The Life Education van has visited, and everyone goes to enjoy seeing Harold the Giraffe, and learn in the mobile classroom.

The Year 6 team are doing Cycle Safety, where they bring their bikes along and learn how to cycle on the roads.

For Turangawaewae, each of the classes have been doing some art, or expanding their knowledge on the Maori culture a little bit. The Year 0/1 class is learning about the story of Ranginui and Papatuanuku. The Year 2/3 class is doing a visual mihi with their house and family members on it. They are also learning about Rangi and Papa. The Year 3/4 class is doing some art of Castle Rock and putting their mihis onto it. They are also writing about some of their special places. The Year 5/6 class are learning their mihis and adding to them as the year progresses. Also, they are learning some stories of Aotearoa. The book they are reading is called The Boy At The Back Of The Class. They're learning about refugees, which makes them appreciate where they live. The Year 7/8 class have been learning local stories and have made some art with the thing they love most on them.

I can't wait to explore new ways that the school and the community can connect and hopefully at our meetings we are able to discuss how we can make this happen.



**Sian**

### Year 7/8 Tūrangawaewae art



**Sam**

# Heathcote Valley Community Association News

After a fairly drama-free Summer it's been quite a month or two as we work through the Omicron outbreaks, constantly changing work and school arrangements, protests, and further afield invasions. All of this on top of our own priorities, demands and challenges, is quite a load to carry.



As the Heathcote Valley Community Association (HVCA) committee we'd like to encourage and remind you that in our recent history this community has lived through earthquakes, floods, personal tragedies that have impacted the wider community, and lockdowns. Those who've lived in this valley for much longer will be able to share other challenges the community has faced over the years. Every time, this community has demonstrated care and compassion (manaakitanga), togetherness (kotahitanga), proactive action, creativity and fun. These values bring life and energy to us all, and has shown through experience and research to be very important in supporting us to be resilient in times of change and challenge, and to be really important in promoting our well-being.

With this in mind we'd encourage you to take lots of opportunities to 'turn off' the constant source of news, news and more news, that can dominate our lives in these uncertain times, and take opportunities to breathe ....

- Connect and have fun - in addition to the usual opportunities in our community, we have the

Silos Cafe opened in place of the previous Craft Room Cafe, Upshot reopening to provide us with their unique coffee experience, and the newly opened initiative - The Green House pizzeria - open Friday and Sunday nights.

- Take proactive action and get involved in growing, planting, harvesting, and caring for the natural world around us - Look for details later in this newsletter or in previous ones to see how you can get involved in native planting projects in the main Heathcote Valley and in Avoca Valley, food forest development, fruit tree harvesting for foodbanks, and community gardening.
- Show compassion - continue to find ways to reach out to your neighbours and encourage and share resources

Finally, our HVCA committee will continue to meet (as we are able in person or online) over the next months. Please be in touch if you'd like to get support with managing a concern, or developing an idea.

You can contact us through our community emails [heathcotevillageprojec@gmail.com](mailto:heathcotevillageprojec@gmail.com) and [hvcc.bookings@gmail.com](mailto:hvcc.bookings@gmail.com).

Additionally, as we are able, we will continue to have our monthly community meetings (last Wednesday of the month 7.30pm at the Community Centre). Come along to connect with others, and share your ideas and hopes for our community.

Ngā mihi nui,

Sooze Harris on behalf of the HVCA committee.



HEATHCOTE VALLEY COMMUNITY ASSOCIATION INC.

## Desiderata

GO PLACIDLY amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

*Max Ehrmann's poem, "Desiderata," is a didactic poem, which he wrote for his daughter and published in 1927. It contains practical advice for day-to-day life, moral and religious philosophy, and ethics. The words are still poignant today.*

## Meet Ahmad

My name is Ahmad Sultani. You may know me from Heathcote Valley School, Heathcote Valley Friday night cricket, Challenge Petrol Station on Port Hills Road or I may have delivered pizza to your home.



I was born in Afghanistan, and moved to New Zealand in 2009 when I was 7 years old. My family and I began a new journey with zero English whatsoever, which was very difficult at the start but we latched onto it after a while.

We have lived in Heathcote Valley since 2011 just after the earthquakes and we have yet to look back because we love Heathcote Valley very much.

I was not sure what I wanted to become when I was going through high school but I always enjoyed being a salesman. I began selling lanyards, sunglasses, clothes, and vehicles when I was at school. I also have always enjoyed working with people.

I have started a new career as a real estate agent at Ray White Ferrymead. I am 19 years old and have never been more determined, motivated, passionate and self-driven to do well. I'm here asking for your help. If you are thinking about selling or buying a house or property I would love to work with you.

## Movie screening and discussion evening

**The Heathcote Valley—Birdsey Reserve  
Food Forest Group**

The second in our series of informative and inspirational evenings on sustainable gardening.

**The 1.5 Acre Permaculture—Syntropic Food Forest**

Wednesday 11th May 2022, 7:30pm  
at the Heathcote Community Centre

No charge - koha optional  
Drinks and nibbles provided





Hi, my name is Monica.

I'm originally from Chile in South America. Spanish is my native language which I speak way better than English. Still, I get by and people still seem to understand me .... Mostly.

I came to New Zealand in 2013. The plan was to stay for just one year, but I fell in love with this beautiful, peaceful county where I decided to live. After a while I fell in love again, this time with my partner Matt who is a Kiwi, which gave me another good reason to stay here.

I would like to explain a little bit about The Greenhouse Market that is situated at 16 Station Road, Heathcote Valley, where back in the years there used to be different shops, but sadly after the 2011 Christchurch earthquakes, everything was lost and demolished.

A few months ago when I started this adventure, my idea was to build a local greenhouse and market place. A place where locals can connect and gather in the fresh air and warm greenhouse, amongst different plants, succulents and cacti that I've grown over the years which are also for sale except for the really big ones that are priceless to me.

Every Sunday morning from 9:30am to 1pm the Greenhouse becomes a market place which some of you have already been to.

A market is something I've always loved. It's a place where everyone is welcome, family, friends and also doggies, another great love of mine.

It's a space where small and local businesses are able to show and sell their products, neighbours can meet in a relaxing atmosphere with live music, food, coffee and delicious treats.



At the Greenhouse Market you will find Vic's Bakehouse with their amazing fresh breads. Pierogi with their delicious Eastern Europe dumplings. Hot coffee from Coffeeshotz. Herb Nerd NZ and their natural healing products. Organic vegetables and produce, indoor plants, cacti, succulents and more.

Every Friday and Sunday evening from 4pm to 8pm you can have a night off cooking and buy freshly made Italian wood fired pizza, made on site by Marco the Italian chef who really cares about giving you a great pizza with the freshest of ingredients.

I would like to say a huge thank you to Bernie and Ruth my landlords for letting me use the Greenhouse market site, for their trust and support in me and my ideas to create a market for Heathcote. They've been amazing since day one.

A big thank you also to Jos. Since the time I met her she has been really kind and is always encouraging and excited about the market project.





I feel so welcomed by this beautiful community. Thank you to you all for your enthusiasm and support. I love it when you stop to say hello.

I feel blessed to be here and part of this wonderful, friendly community.

To finish, I would like to invite everyone to The Greenhouse Market, a place where you are always welcome to come and have a good time.

Thanks again Heathcote Valley for the amazing support.

Check the news on the Facebook page and Instagram - The Greenhouse Market



*Come support our*

## COMMUNITY HARVESTING JAM SALE



April 10th at The Greenhouse Market on the corner of Station Road and Flavell Street, starting at 9.30am.

Prices will vary – cash only.

Thanks Monica for allowing us to set up our stall at the market. We appreciate the support!

All proceeds go to Aranui food bank.



## Heathcote Valley Anzac Day Service

Unfortunately due to the Red Covid rules we are unable to hold this year's Anzac Service and Breakfast.

As we did in 2020, please feel free to stand at your gate at dawn to remember those who lost their lives.

We hope to be able to hold this event next year.

Felicity Backhouse  
on behalf of The Heathcote Valley Anzac Committee

# Heathcote Valley to Avoca Valley

## Adventures with Nature

### Green Projects - Autumn 2022 Update



Grey warbler – Riroriro



Fantail – piwakawaka



Silvereve - tauhoe

#### Autumn Ramble

by John Marsh

There were signs of the shining cuckoo in the valley at the beginning of summer.....the little transient bird back from the Solomon Islands that laid its eggs in the grey warbler's nest. This afternoon, it's the grey warbler or riro riro itself that is flitting round in the tree canopy with its high pitched repetitive trilled song. Much louder than expected from such a tiny bird.....a true warbler. It is olive-grey above, with a grey face and off-white underparts. The tail is darker grey, getting darker towards the tip then with white feathery tips which are a giveaway when in flight. It is a common "resident" around the well treed parts of our valley in parks and gardens where it stays mostly in the canopy, its presence more noticeable by its song than appearance.

"Resident" is the key word here. Along with the other small birds shown above, the fantail and silvereve, the grey warbler and other native birds, reptiles and insects are our co-residents in the Port Hills valleys and have been so for a lot longer than most of us. If we are ever to achieve a "National Park City" status, as we hear mentioned from time to time in the "Press", we need to recognise these smaller residents and allow them space and habitat to survive.

It is interesting to note that bellbird and tui need between one and two hectares of bush to support a breeding pair. These birds may visit our gardens from time to time, but to settle, nest and breed they need this area of "bush" for a food supply within a short distance of the nest while feeding their young.

In Curridibat, a suburb of San Jose, the capital city of Costa Rica urban planners have recognised the importance of these fellow "residents". *The Guardian* reports: "The move to extend citizenship to pollinators, trees and native plants in Curridibat has been crucial to the municipality's transformation from an unremarkable suburb into a pioneering haven for urban wildlife. "Pollinators were the key," says the mayor Edgar Mora. "Pollinators are the consultants of the natural world, supreme reproducers and they don't charge for it. The plan to convert every street into a bio-corridor and every neighbourhood into an ecosystem required a relationship with them."

Pollinators in Costa Rica are bees, bats, hummingbirds and butterflies. You can read more of this inspiring community on:

<https://www.biophiliccities.org/curridabat-welcome> or

<https://www.theguardian.com/environment/2020/apr/29/sweet-city-the-costa-rica-suburb-that-gave-citizenship-to-bees-plants-and-trees-aoe>

Is this something that could happen in our neighbourhood?

It would be great to see our council taking some of this on board, maybe all of it. No doubt there are those in there advocating for our smaller residents already, and a lot of work is being done towards these objectives. We read of the "Urban Forest Plan" due out from CCC in the next few months. Hopefully this takes a broad ecological view rather than a more cosmetic "beautification" approach.

There are community groups all along the Port Hills involved in grass root efforts to “re-wild” our neighbourhoods. This has benefits for nature (biodiversity), air quality, water quality, control of erosion, recreational pursuits and the general well-being of all who live here. The following are reports, updates and anecdotes from those in our own area on projects that you can get involved in this planting season.

Thanks to all those volunteers who have contributed in the organisation and hard work for our green projects, including the CCC staff who keep us supplied with plants, etc. Also to those who have contributed with the updates below.

Anyone wanting to join in with any of the activities, please get in touch with the contact person to see how you can best fit in, or watch for upcoming planting dates on the Heathcote Google Group bulletins.

### **Morgan’s Valley Reserve Planting**

*by Rachel Wells*

With the unusually wet February the plants in the reserve in Morgan’s Valley have thrived over the past few weeks and many plants have doubled in size. Naturally the weeds have loved the rain equally as much so it has been more weeding than watering lately.



*Doug - outstanding in his field at Morgan’s Valley Reserve*

We are very fortunate that Doug Forster from Morgan’s Valley has set up a fantastic watering system on the reserve. Doug found and repurposed pipe from red zoned land, connected to mains water, dug the pipe under the track and put taps at two of the water tanks on the reserve. He has enabled us to now water about 80% of the plants with an extra-long hose. A fine effort and he spent many hours on this watering setup. We are so grateful the plants have a much better chance of surviving the dry spells - huge thanks Doug!

We hope to source plants (that are in very short supply!) over the next few weeks and plan to plant the other 50% of this reserve over the coming months.

To get involved in this project contact:

[rachel.wells.nz@gmail.com](mailto:rachel.wells.nz@gmail.com)

### **“Field of Dreams Track” and others also in Morgan’s Valley**

*by Callum Templeton*

Prior to the February earthquakes Phil Johnson who owned the original homestead at the top of the valley had purchased the section behind it with the intention of planting it out in natives and then once the project had been completed donating the reserve to Heathcote. Sadly, two years into the project his house and the property behind it were red zoned.

In 2020 a Morgan’s Valley local went up there with a spade and a weed whacker and cleared the track over a period of several months. One night he was working on the track while having a beer and was bending over to grab his pick when a neighbour who had come up to see him remarked that he could see his beer/bare bum. The neighbour then went home and constructed some signs that said “Beer Bum Track”. There is a sign in the trees at the top of the track where it joins “Morgan’s Track” and a sign down the bottom by the stile.



*Beer Bum Track sign*



The “Tree Hut Track” at the top of Morgan’s Valley Road which was constructed in early 2021 for the Tui Corridor planting, is so named because there is a tree hut at the bottom and another one further up in the trees. There is also a sign at the bottom of the track near the road.



During the lockdown of 2021 a track was created that would link these two tracks together. This track is called “Field of Dreams”. The track was given its name because prior to the earthquakes, it was here that people had bought their dream sections or

constructed their dream homes before - the earthquakes took them away.

Permission has been given to plant out the “Field of Dreams Track” in Port Hills regenerative species starting in the 2022 season to encourage bird life back into the valley and increase native bush cover in the area.

We will also be looking to start planting out the “Beer Bum Track” in the future as well.

Planting days for the coming season will be advised in the Heathcote Google group.

Any enquiries contact [mngcallum@hotmail.com](mailto:mngcallum@hotmail.com)

### **Bridle Path Revegetation Planting**

*by Tasmin Page*

Although some of us may have preferred less record rainfall and more sunshine hours in February this year, the inaugural plantings at the Bridle Path site appear particularly grateful. The survival rate through this first summer is high, and we’re hopeful that this will hold through the rest of 2022. The weeding/ mulching working bee that we held in October was effective in getting the trees through the summer without being swamped by grass and weeds, and huge thanks to the wonderful team who regularly watered the trees through the more typically summery January. This same team are now putting in regular sessions to knock back any weeds or grass crowding the trees.

We have another 300 trees ordered from CCC nursetry for the 2022 planting season. It would be great to see everyone who helped with planting last year, back again, as well as some new faces.

**Dates for planting days this year are: 9.30am Sunday 15th May and Sunday 22nd May.**

Mark these in your calendar and keep an eye on the Heathcote Community email updates as we get nearer these dates, in case we need to adjust for weather or other reasons.

There will be work going on over the month or so prior to planting to prepare each planting hole. This is labour intensive, but on a steep site like this, well worth the investment we believe, in terms of tree survival and efficiency on planting day. It is great exercise, swinging a mattock, so please get in touch with Tamsin if you’d like to help with this – we try to spread it out over a number of weeks – an hour or two regularly, rather than long, exhausting sessions!

If you would like to get involved in helping with watering, weeding/mulching, planting prep and/or planting at this site, please get in touch with Tamsin Page [tamsin.page@gmail.com](mailto:tamsin.page@gmail.com)

### **Birdsey Reserve Native Restoration Planting**

*by Tasmin Page*

With the unusually wet February this year, as well as watering by some committed locals, the native plantings in Birdsey Reserve have made it through summer in good health. We had a handful of losses from last year's plantings in a particularly wet spot that never dried out through the summer, but these trees have been replaced with some different species that will be more tolerant of wet feet. Other than this, last year's plantings are looking great.

The exciting news is that over the summer the Council rangers installed a water pipe around the whole perimeter of the area where the restoration planting has been happening, complete with taps and connection points. This means we can now get hoses to almost all parts of the site, which will make watering sessions far simpler and more efficient.



*The energetic team from Heathcote Valley School busy mulching the Birdsey Reserve plantings in December last year.*

The wet summer has meant that grass growth at Birdsey has been rampant though, and some of the trees badly need releasing. The density of the grass means that this job will be beyond the small hands of the tamariki from Heathcote Valley School – tools are definitely required! A pruning saw or small sickle-style tool are the way to go – cutting the grass around the trees and then laying it down as mulch. If anyone would like to help with this – a regular hour or two over the next month or so – please get in touch with Tamsin Page ([tamsin.page@gmail.com](mailto:tamsin.page@gmail.com) or 0276423555) for some guidance so you can pop up there whenever it suits you.

More trees have been ordered for planting at Birdsey this winter, which will be done by the Heathcote Valley School tamariki and local girl guides, probably in June/July. However, there is preparation work needed in the lead-up to this, so again, please get in touch with Tamsin if you'd like to help.

If you would like to get involved in helping with watering, maintenance and future planting at this site, please get in touch with Tamsin Page: [tamsin.page@gmail.com](mailto:tamsin.page@gmail.com) or Ph 0276423555

### **The Birdsey Reserve - CCC Management/Landscape Plan.**

The City Council put out its draft landscape plan review for Birdsey Reserve in Spring 2021 with submissions closing last November.

Hannah Ballantyne from the Engagement Team at CCC advises this week that *“The decision meeting for this project is currently looking to be mid-April. I will update you once everything is solidified and submitters will be invited to speak.”*

### **Birdsey Reserve – The Boxthorn Team,**

*by John Marsh*

Actions speak louder than words...Di, Neil and Amelia deep in the heart of enemy territory one afternoon in February, and the pile of invasive weed debris that followed. A work in progress. Invitations to join the team are to be found fortnightly on the Heathcote Village Community e notices. If you would like to have a go at this please contact [ameliaknightbare@gmail.com](mailto:ameliaknightbare@gmail.com)



### **Duncan Park - The Friday Team**

*By John Marsh*

It's a similar scenario to the other reserves on the hillside and along the stream at DP with great growth all round. Very few losses this season, and it is only lank weed growth smothering plants that will hold them back. Through the summer a small team has

worked through the young plantings releasing them, though there are never enough on the team to quite finish the task.

Over on the park's Avoca Stream boundary invasive weeds are relentless and progress is not as fast as would be liked. There are plans afoot with the Ferrymead Pony Club and CCC to renew the fence line and tidy along the walkway here, which will be followed by more planting....and no doubt more weeding. Discussions are currently underway with CCC contractors to have more of the broken and dangerous willows removed before new work is started.

By the time this issue is published the Friday team will have made a start on the 2022 planting with an unexpected batch of plants offered rather early, from the CCC nursery. With good soil moisture still there from the summer rains it was considered safe to start in March. By comparison, in 2021 the soil was still dusty at the end of May.

There are another 1500 plants planned for this site later this year, starting in May, and anyone happy to spend a couple of hours on a Friday afternoon planting, please contact John [jmarshtree@gmail.com](mailto:jmarshtree@gmail.com) or 0274 310 182 if you would like to join in.

One of the less cheerful things noticed at DP is the dropping of rubbish in the car park. There is a constant dumping of everything from take away wrappers and bottles to truckloads of concrete and trailer loads of household trash. Half a collapsed portacom appeared there a couple of years ago. Fortunately the city council does have a very efficient response with the *Snap Send Solve* app. though in a reasonable world this just shouldn't be needed.

### **The Avoca Stream Care Group – reformed**

*By Brigid Casey*

Back in the early 2000s the original Avoca Valley Stream Care group planted a few hundred metres along the Avoca Stream in the farm at the top end of the Avoca Valley Road. These plants have thrived but were in danger of being smothered by invasive weeds so John Marsh put the call out to the reformed Avoca Stream Care Group for a morning session of weed control. Armed with a variety of weapons of weed destruction about fifteen of us got together on one recent Saturday morning and spent a very satisfying few hours cutting, chain sawing and chopping out blackberry, willows, tree lucerne and muehlenbeckia.

As always a delicious morning tea was made and delivered by Billie, Macy, Alba and Juniper. A great way to start the weekend!



*20 year old revegetation plantings along the Avoca Valley Stream including kowhai, totara, kahikatea and many more. New plantings from last season are emerging in the long grass.... as are some of the no longer 20 year old stream care group*

These Avoca events are organised from time to time through an "old school" organic network that seems to happen in Avoca Valley. If you consider yourself an Avoca native and would like to be included in that network please contact [Brigid.casey.mail@gmail.com](mailto:Brigid.casey.mail@gmail.com) or call 021 615637.

### **Linda Woods Reserve – Horotane and Avoca Valleys**

*By Marie Gray, Summit Road Society*

The main focus here has been restoration of lowland forest to Avoca Valley. Last year, volunteers and contractors planted 9000 plants in the valley. With such a wet summer, the plants are looking very healthy. We've been kept busy releasing the plants from the long grass.



*A team of 25 from Student Volunteer Army helped out with weeding at the beginning of March.*

A digger tidied up the old 4WD farm tracks to ensure safe access for fencing and the planting programme. Fencing contractors have nearly finished installing 3.5km of fencing to exclude stock from the planting restoration areas. We are on track to plant 30,000 plants and trees this winter thanks to generous support from the DoC Jobs for Nature scheme and other funders.

We will be holding several volunteer planting days in the lower valley between May and July this season. Please check out our website at [www.summitroadsociety.org.nz](http://www.summitroadsociety.org.nz) for more details.

We have also established a new volunteer work party for the Reserve. It meets fortnightly from 9.00 am to 12.00 on Wednesday mornings. Tasks include weed control, track maintenance, planting and general reserve maintenance. If you are keen to join, please contact Graeme Paltridge on [graeme\\_sue@slingshot.co.nz](mailto:graeme_sue@slingshot.co.nz).

Our sincere thanks to the many volunteers who turned up for planting and maintenance days and all our funders for making this project a reality.

## Morgans Valley Trails

The Bridle Path would have to be one of the most popular and well-known tracks in Heathcote but there are lots of other tracks around Heathcote that are great to explore, some of these were closed by the council after the quakes but have been maintained by locals who use them regularly, other new tracks have been created recently.

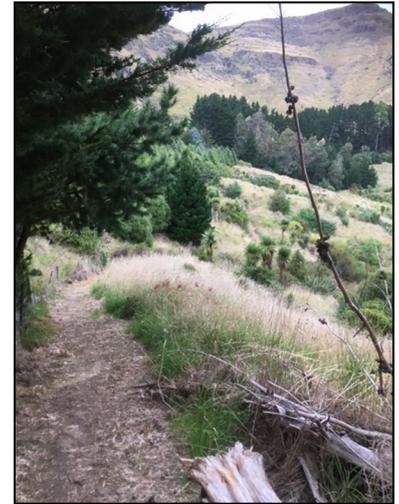
Today we are going to focus on the tracks in Morgan's Valley where they start and where they lead. Grouse, pheasant, piwakawaka and harriers are regularly seen in Morgan's Valley and every now and then kererū.

Starting at the bottom of MV there is a shingle path between five rocks and some trees follow this track crossing the right of way and up until you reach the farm gate. Once through the gate if you turn left and follow the trail it will lead to the Quarry track if you choose to go down it will lead to Bridle Path Road. If you choose to go up it will lead to the Kenton track and you can follow this to Britten reserve. The Kenton track also meets the top of the Baa Baa track which will drop back into Morgans Valley.

If you choose to keep going up after about 100mtrs you will come to a stile on your right, this is the start of the Beer Bum track, a switchback track that will lead to the track behind the water tank, the Field of Dreams track and if you follow it to the end it leads to Morgans track at the top.

To the left of the stile is the start of the Baa Baa track it crosses the Morgan's track and heads up to the Kenton Track, The Morgan's track is the old farm track that runs around the Tree line of Morgans Valley. You can follow it all the way to the Bridle Path track and almost all of the Morgans Valley tracks intersect with it.

At the very top of the road in Morgans Valley in what was number 54 there is a gully that comes down to a drain, the original track goes straight up and at fence-line turn to the right and follow to the stile, cross this and then follow the Ribbon Ridge track, Heathcote's answer to Lava track all the way to the Summit Road.



The other track in this area was created to establish a Tui Corridor the native planting was started last year and a new track was cut to allow ease of access to plant the natives. This track is called the Tree Hut Track it starts at the same place as the Ribbon track but is a zig zag up the gully rather than a straight grind.

The Field of Dreams track runs along the fence-line between the Tree Hut track and the Beer Bum track, there are two side tracks off it one will bring you out on one of the old roads and the other one connects with the track behind the water tank which will lead to the Beer Bum track.

You can also climb over the white fence by the eucalyptus trees by the Heathcote gun club. This is part of Birdsey reserve, if you follow this trail up it will lead to the Morgans track. There are also other tracks that come off this trail all of them lead to Morgans track.

Some very important points to note if you are exploring up there, whether it be running, walking or mountain biking:

- Some of these are closed council tracks. They are no longer maintained due to rockfall hazards. There are under runners where the hill runoff puts holes in the track and then the grass grows around them. Traverse at your own risk.
- The upper land above the tree line is leased to a farmer so there will be stock on it for most of the year. Please leave gates closed and keep your dogs on leashes **especially** during lambing season.

# Food Forest Update

This year we have enjoyed plums, apples, peaches, figs, berries and various vegetables that were donated by the community garden association. We have our dedicated watering team to thank for tiding us over the summer months - not to mention mother nature, with the abundance of rain we had in February!



Our current projects in the food forest are creating a compost area, and starting on the extension to our irrigation. Once we have progressed with the watering system, and closer to springtime, we are planning to plant citrus fruits, as well as consolidate the existing tree plots with a few more fruit trees and small fruit. Through the winter months you will see our nitrogen fixing program underway with a mass of lupin and broad bean growing through the food forest, as well as ongoing mulching of the plots with woodchip.

**A huge thank you** to both the Waikura Linwood-Central-Heathcote Community Board for providing a grant to extend our watering system, and to the Heathcote Valley Community Association for funding two new hoses. These can be used for other projects, so get in touch if you need them.

April marks a decrease in our meetings. Starting on Wednesday 6th April 3:30, we will start meeting fortnightly. Let us know if you'd like to go on the email list for further updates. [ameliaknightbare@gmail.com](mailto:ameliaknightbare@gmail.com)



## *We harvest fruit and donate it to foodbanks*

So far this year, we have donated hundreds of kilos of your plums, apricots and pears, and over 60 jars of jam. What an amazing effort by our pickers and jam makers!

We are still going strong and have delivered to multiple locations, including Aranui Foodbank; City Mission; Free Kai stall on Linwood Ave; Kairos Freestore Community Pantry; Roimata Food Commons and the Aranui Salvation Army.

We are still harvesting peaches, pears, and apples with feijoas not far away. If you have any excess please contact: [pickfruitheathcote@gmail.com](mailto:pickfruitheathcote@gmail.com), or call/text Paula on 021 02330407 or Amelia 021 2058685.

Like our Facebook page to stay in touch, 'Heathcote Valley Community Fruit Harvesting'.

- Would you like to join us and become one of our fruit pickers? We find it much easier (and less daunting) to pick fruit trees in pairs. Get in touch if you have even an hour to volunteer a month.
- We have an ongoing need for small jars, paper and reusable supermarket bags, and donations of sugar.



## Heathcote Community Sports Club

In the next few weeks the Club will be coming to the end of the outdoor lawn bowling season and looking to move to indoor bowling for the Winter months. This will very much depend on how the Omicron virus is tracking come mid April onward.

After two years of Covid-19 we are seeing, like all sporting bodies, several disruptions to our activities. Safety for our members and their families has been a high priority for the Club. With the onset of the Omicron virus especially, it has been noticeable that a number of our members have put playing sport on the back burner until we get past the expected "surge" of this variant. That's a wise safety decision for many.

Our membership level is very strong, and the numbers still building. Sunday morning petanque is still going well, and lawn green bowls continues to be played on a Tuesday evening 6.30 -8.30 pm, and Sunday afternoon from 2 pm.

Many of our members continue to give their time to keeping our outdoor bowling green and surrounds in good shape and this is very much appreciated by the Club.

Peter Murray  
Chairman.

# UPCYCLE

## Freecycle Day

**Mark your diary now!**

**The spring Freecycle day will be on  
Saturday 30th April**

Freecycle day is a great opportunity to pass on good but unwanted items to a new home. Simply place them at your gate in the morning for people to pick up. Anything left at the end of the day you need to please remove.

If you are looking for the ultimate bargain (i.e. great stuff for free) then check out the Heathcote streets on the 30th.

## Locals Helping Locals – can you help?



The Sumner Ferrymead Foundation is a community-based charity that supports a wide range of interests and segments of our local community. The catchment area ranges from Taylors Mistake through to Mt Pleasant and around to Heathcote, as well as Brookhaven and Ferrymead. Each year we offer a range of scholarships (academic and Outward Bound) and awards (for an apprentice and an environmental initiative), and receive requests from individuals and organisations for assistance.

Last year the Sumner Ferrymead Foundation completed a strategic review and has identified a number of interesting opportunities. Of course, opportunities bring challenges and one of them is finding some new trustees with both general and specific skill sets. One challenge we face is the need to build our presence on social media, and given the increased demand for support, another challenge is to raise funds for our grants programme. We also have a couple of trustees that have signalled that it is time for them to retire after many years of service so we will be looking for a treasurer in the near future too.

Ideally our trustees come from the different communities within the greater Sumner Ferrymead community, and we are conscious we don't have anyone from Heathcote. If you are interested in becoming involved or would like to know more, please go to [www.sumnerferrymeadfoundation.co.nz/news/become-a-trustee.php](http://www.sumnerferrymeadfoundation.co.nz/news/become-a-trustee.php)

Or, if you would like to chat with one of the current trustees, please call:

Jan Paterson, Chair, 022 657 3206  
Daniel O'Carroll, Secretary, 021 288 1871  
Martin Hawes, 021 222 2737

# What's on at Your Community Centre



As someone who likes routine and certainty, I have to admit the constantly changing Covid situation has been challenging. As the number of Covid cases fluctuate and the rules around dealing with Covid constantly shift, adaptability is the key. Being forced to be more relaxed and responsive has been good for me and I hope that I'm learning to become less 'set in my ways'!

Due to the rapid spread of Covid just now, a few of our regular classes and activities are on hold. I'll try and keep our website updated and keep everyone informed via Facebook and our community e-mail but please don't hesitate to contact me if you have any questions – 027 284 2773 / hvcc.bookings@gmail.com.

Hopefully soon we will once again be hosting the full range of our regular wellness classes along with Craft Group on Monday and the Community Morning Tea on Wednesday. We are also planning to continue with our Heathcote Community meetings held on the last Wednesday of each month at 7.30pm at the Community Centre. These meetings are a great opportunity to meet others in the community, hear about what is happening and get support for any ideas or projects you might have.

Along with our weekly classes and groups we also host a number of interesting workshops including floristry, quilting, workshops for girls, leadership courses and tea ceremonies. Keep an eye out on Facebook, our website, your local noticeboards and the e-mails from Jos for information on these.

And when you have something to celebrate don't forget the community centre can be hired for private events. It really is a lovely venue with its light, modern room, full kitchen and great deck. If you are interested in using the community centre please feel free to e-mail me (Jen) [hvcc.bookings@gmail.com](mailto:hvcc.bookings@gmail.com).

Through all our challenges the Heathcote community spirit has prevailed and the experience of post-

earthquake life has taught us that things do get better even if, through our fatigue with the situation, it seems like they never will.

Our regular schedule includes:

## **Craft Group**

Mondays 10am-12pm: Enjoy knitting, crocheting or sewing with a wonderful group of ladies each Monday. \$3 per session and morning tea and great company provided.

## **Community Morning Tea (currently on hold)**

Wednesdays 10am – 12pm: Come and join us for a cuppa, some home baking and plenty of good company. Everyone is welcome, come alone or bring a friend. No charge.

## **Tradie Yoga**

Mondays 6pm-7pm: Keep your body and mind healthy with this great yoga class designed for tradespeople (and anyone else interested!).

Contact Michele ([mlaingphysio@gmail.com](mailto:mlaingphysio@gmail.com))

## **Santosh Yoga with Breeze**

Tuesdays 6pm – 7.30pm: Small group yoga designed for all ages and stages. Connect with your body, de-stress and get stronger and more flexible.

Contact Breeze ([yogawithbreeze@gmail.com](mailto:yogawithbreeze@gmail.com))

## **Yoga with Lucy**

Wednesdays 6pm – 7pm AND now also Fridays 9.15am – 10.15am: These classes are suitable for all levels of experience, and a wide range of ages. The focus is on linking the breath with our practise, flowing and stretching through a mostly simple range of asana (poses) the outcome of which brings you into a good alignment with your centre.

Contact Lucy ([lucydolankang@gmail.com](mailto:lucydolankang@gmail.com))

## **Movement Rewired with Nicky**

Fridays 11am – 12.30pm: These are gentle floor-based lessons that will help you to improve your overall well-being. They utilise gentle movement, mindfulness and breathing approaches which are suitable for all age groups and all levels.

Contact Nicky ([nickywoodwardnz@gmail.com](mailto:nickywoodwardnz@gmail.com))

## **Puppy Training with Sit Happens**

Thursday and Friday evenings and Saturday mornings: We are very lucky to have Sit Happens and their puppy classes at the Heathcote Valley Community Centre. The Sit Happens team are passionate about puppies so if

you are looking for a pawesome puppy class, head over to <https://www.sithappens.co.nz/puppy-classes>

### Quilting Workshops

Kirsten Duncan is an internationally recognised quilter and we are lucky to have her running regular workshops at the Heathcote Valley Community Centre. Her work is exhibited, published and collected so you couldn't get a better tutor. You can find out more here <https://www.kirstyduncanquilt.com/> and contact Kirsten ([kirstenduncanquilter@gmail.com](mailto:kirstenduncanquilter@gmail.com))

### Celebration Day for Girls

Alice Tabak runs these amazing one-day workshops that educate and empower girls about their menstrual cycle, body literacy, health, self-care and well-being. The next workshops at the Heathcote Valley Community Centre will be on Sunday 1<sup>st</sup> and Sunday 15<sup>th</sup> May. Groups are kept small so be sure to book your daughter in soon. Contact Alice ([cdg.alicetabak@gmail.com](mailto:cdg.alicetabak@gmail.com))

### Mikaku Tea Workshops

We love having Leeya from Mikaku Tea at our community centre with her fabulous Tea Workshops where you can blend your own tea and take part in a tea ceremony. <https://www.facebook.com/Mikakutea> . Contact Leeya [hello@mikakutea.co.nz](mailto:hello@mikakutea.co.nz)

### Halo Training

Halo Training are a professional company who focus on the human side of leadership, empowering people, teams and organisations to thrive in times of adversity. The Halo Training team run regular workshops at the community centre. Check them out here <https://www.halotraining.co.nz>

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## News from the Heathcote Cricket Club



It doesn't seem that long ago that the cricket season was starting, and now here we are with it about to finish. In fact by the time you read this the season will probably be over. It hasn't been a great summer for cricket on Saturdays, as we have lost five Saturdays to

the weather. That's five out of 24, which is more than 20%. However, there has been plenty of good cricket played which our members have enjoyed.

Here are how our ten adult teams are faring as at the beginning of March:-

Premier grade – A much improved season as this young team starts to mature. They are currently fifth overall out of eight. With four Saturdays to go Dan Stanley has scored 857 runs, a remarkable achievement given the number of games not played.

Division 1 – They have been challenging for honours all season. Unfortunately, they recently lost the one day final and are now unlikely to get promotion to the Championship.

Division 2 – Currently mid-table, but there is not a big gap to the top. They could still win the grade if results go their way in the next four weeks.

Division 4 – The Heathcote Lions, have not had a great season as far as results are concerned, but they have enjoyed their cricket.

Division 5 – The Red Wolves are currently sitting fourth having won one more than they lost.

Presidents Grade - The Tunnel Rats – They have won as many as they have lost and sit mid-table.

Presidents Grade – The Tussocks – This is last year's Division 7 team who were always going to struggle in this competitive grade. They have yet to win a game, but hopefully they will break their duck before the end of the season.

T20 Section 2 – The Blazers – Sitting mid-table

T20 Section 3 – The Hustlers – Sitting third with a chance of promotion to Section 2.

Women Social 8's – The Valley Vixens – They are not quite emulating their outstanding success last season. To date they have won five and lost seven.

We also have nine junior teams from Years 3 to 8 playing on Saturday mornings in the CICA competitions. All teams are going well and enjoying their cricket.

The ever-popular Friday nights for our Juniors have been operating when the weather permits. Unfortunately, due to Covid restrictions only allowing gatherings of under 100, we have had to ask the parents not to attend as they usually do. Hopefully all these Covid protocols will be behind us by the time the next season rolls around.

Ken Lomax, President

# Our Local Councillor

## Sara Templeton

Autumn is here and the leaves are starting to turn on the trees lining Station and Bridle Path Roads. There's a lot of fruit and veges popping up on the Plenty to Share table on Station



Road and the ever increasing planting season has started for the various projects on the hills around The valley – awesome mahi from so many volunteers.

I've been working from home for the last few weeks as we're trying to protect crucial Council staff from getting Covid and it's been lovely walking around and grabbing a coffee and bite to eat with the kids, who are rostered home a few days a week to ease pressure on the school.

Talking of which – Linwood College becomes Te Aratai College at the start of Term 2 as they move back to the Aldwins Road site and a brand new school. It's designed by the same group that designed Tūranga, the central library, and looks amazing. My three are enjoying their time at Linwood and doing really well. I'm happy to catch up with anyone for a chat about how it's been as people start looking at high schools for their kids heading out of the valley in 2023.

Normal maintenance schedules are a bit stretched at the moment due to Covid impacts and it'll take a while to catch up again. As always, you can log issues by calling 941 8999, emailing [info@ccc.govt.nz](mailto:info@ccc.govt.nz) or using the Snap Send Solve app.



We would like to extend our thanks to the Christchurch City Council for their financial support. This has helped us continue to support Heathcote, strengthen our relationships, remain a strong connected and engaged community.

The last section of the Rapanui Shag Rock cycleway through Charlesworth Reserve and along Humphreys Drive and Tidal View is starting now, the Coastal Pathway is underway and Heathcote Expressway from Martindales Road to The Tannery is about to start too. A few road works – but it won't be long until we have an amazing network of safe, separated cycleways and shared paths for sustainable and low cost transport around the area.

It's also election year and as this publication is printed by Council, this will be my last update. Keep in touch and let me know if there's anything I can help with.

Ngā mihi,  
Sara.

## Autumn

*by Maya Swan*

It's Autumn and the Pin Oaks are starting to change into a vibrant sea of orange, red and brown



Piles of leaves make a fun place to play

The ducks are feasting on dropped acorns

We're also feasting on the Heathcote Valley feijoas, grapes and more.

Misty hills on mellow mornings

Cosy fires and melted marshmallows in the evenings

I love Autumn

# News from the Vicar of the Heathcote Church of St Mary

On Wednesday the 2nd of March, the Christian Church acknowledges the beginning of the season of Lent. Lent lasts 40 days (excluding Sundays), beginning on Ash Wednesday and finishing on Easter Day. It's a time of contemplation as the Church considers the events of Palm Sunday, Maundy Thursday, and Good Friday.



Mark Sullivan, Vicar

For the Jews, Jerusalem was the central focus for their worship of God. The Temple was where they believed that God actually resided. The most central place in the Temple was known as the Court of the Most Holy. In the time of Jesus, priests would enter this inner space throughout the day to light incense to glorify God's presence.

Throughout Jewish history armies tried to destroy these temples in an effort to break the will of God's Holy People. The remains of these temples can be found to this day.

Jesus was sent by God to bring a new order to the Jews and was determined to conquer the world through a message of hope and most of all, Love.

During this season of Lent, Christians pause for a short time to consider Christ's life and suffering as he took

God's message of faith, hope and love to the people. Jesus's ministry lasted three years. He expressed through teachings that God was Love and that this Love was not based on the many man-made rituals, but on relationships. This challenged the authority of the Jewish leaders and plans were set in motion to bring about the demise of Jesus.

Jesus entered Jerusalem to much fanfare and celebration on Palm Sunday, the Sunday before Easter Day. Devout Jews were entering the city for

the celebration of the Jewish faith, the "Feast of the Passover". Christians celebrate this day as Maundy Thursday. After a meal with his Disciples, Jesus was arrested in the Garden of Gethsemane and on the next day (Good Friday) he was led through the streets of Jerusalem to an area known as the Place of the Skull and crucified as a criminal.

Lent requires us to take time to step back from our world and to take time to consider the ways of Jesus and his message of Love in ALL universal relationships. So in these 40 days of contemplation and consideration, let us all focus upon the Love that Christ brought into the world. Let us work together to ensure that Jesus's hope for the world might be reflected through us in all that we do and say.

## Heathcote Valley Spinning Group



Firstly a little of our history. We started our group in 1981 at the original newly built community centre on Bridle Path Road. We were there for two years before moving into the Valley to St Mary's Church Hall, where we have been ever since.

We meet every Thursday morning between 9.30 - 12pm.

Over the years we have taught spinning and helped with other craft problems.

Everyone is welcome to pop in for a cuppa and a chat. We are a very friendly group of like minded people who join together for friendship and craft.

Enquiries to Felicity 027 2147 833



# Heathcote Community Garden update

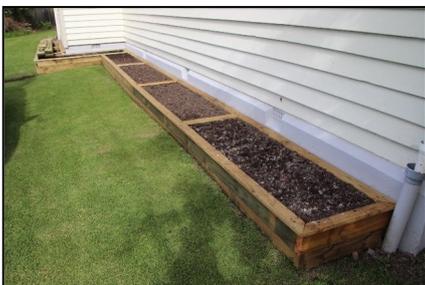
Since the last newsletter, the garden is being transformed. A lot of physical work has been undertaken over the last few months with the relocation and rebuilding of the raised garden beds.

Once the proposed plans were approved by the parish, work immediately started of the building of a new low raised bed along the north side of the church. This needed to be kept low so that it did not impede the ventilation openings in the foundation and it was also freestanding. We started by digging the trench for the footing, created some level points with bricks to place the timber sides onto.



A trip to bring the first load of timber to the site and building commenced. During the same period of time, we relocated the stockpile of mulch and mushroom compost (previously piled inside the Truscotts Road gate) to the two main raised beds that were to be made redundant. This soil had previously been fertilised with green manure and was in good condition and suitable for filling the newly built beds when needed. A lot of wheelbarrow trips later, it was all moved. The parish also needed this site for the planting of the next lot of Christmas tree seedlings.

On with the build. Using the type of timber chosen, it was a relatively simple job to construct the new bed. As it became completed, it was progressively filled with the stockpiled soil and planting commenced. This



coincided with the timing of the collection of the donated seeds from the Canterbury Community Gardens Association, so it was planted quite quickly.

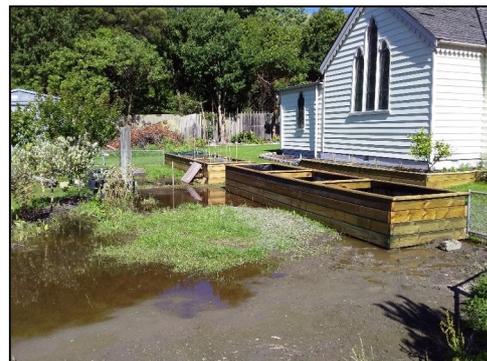
When the first stage was complete, we moved onto stage two, Raised Bed One. Once again, foundations were dug, brick footings were placed and further trips

to collect more timber happened. This bed was then completed, filled with soil and planted with donated potatoes and tomatoes.



Moving on, Raised Bed Two was constructed in a similar process. About this time as most will remember, we had a period of heavy rain during December that really put a dampener on the building schedule. Shorts and sun hats became jackets and gumboots and construction continued between rain days.

Moving forward and battling large puddles [which were being filled with surplus soil from under the old garden beds] the project moved forward. Finally, all four of the large Raised Beds were complete, filled with soil and planting continued.



While all this was happening, the garden was kept maintained by our volunteers by weeding, watering and harvesting the abundant produce that was maturing. Surplus produce was placed on the Share Table on Station Road and was notified on the Community Facebook Page.

Going forward from here, we have met with the developers to establish a timeline of things that need to happen and have set a plan to achieve this. Soon, a boundary fence will be installed but before that



happens, the recovery of surplus bricks and timber etc. from the old beds will be achieved. The garden shed will be moved and rubbish will be dumped. The water supply pipe will be relocated to a new point near the new raised beds.

Future plans will include the levelling of the ground between the new beds and the laying of brick



pathways with the recycled bricks from the demolished gardens. Other landscaping ideas will follow.

Keep up with our progress by following the Heathcote Community Garden Facebook page at <https://www.facebook.com/groups/1220815585088673> and contact us at [heathcotecommunitygarden@gmail.com](mailto:heathcotecommunitygarden@gmail.com) or phone the coordinator on 027-229-0847 if you wish to become a volunteer as part of this community project so that you can also reap the benefits.

Regards from the committee and volunteers, John, Jan, Kate and Amelia.



Greetings,

It seems a long time since we saw you and your little ones and we have missed you.

We would like to start **Twinkle Tots** again as from **Friday 1 April, 10.30am at St Mary's Church Hall, Martindales Road, Heathcote.**

There will be the usual 'yummy' morning tea and something for the little ones.

Face masks for parents/carers.

Looking forward to seeing you all.

Suzanne Stewart (**Leader**)



## Heathcote Valley Mountain Biking

Time flies, eh – what will our next two years bring?

Since 2020’s lockdown we’ve somehow managed to build a bike skill park. We now have over 1000 native plants mulched, watered and growing well. Special thanks go to the Tui Corridor, Trees for Canterbury and our friendly CCC ranger team for continued support. Thanks to the rain in December and February we haven’t had to chase the hoses around too much. We’re now beginning to surface many of our trail sections to help improve longevity and flow.

HVMB is now on TrailForks, and the word is spreading. We’ve seen riders from across Te Wai Pounamu having fun. “This is the best in CHCH” exclaimed a recent visitor from Queenstown. We’ve even seen a few remote-control cars getting airtime.

Fundraising to further develop the park has begun. Look out for our sticker sales very soon. Limited edition stickers will be available for a small fee of \$10.00 each or 3 for \$20 for families. We also have funding applications underway with local organisations. All going to plan, we’ll be able add more features, trails and a larger mulch jump to have fun with. Planning for working bees is under way. How much we get done will be determined by the funds we raise.

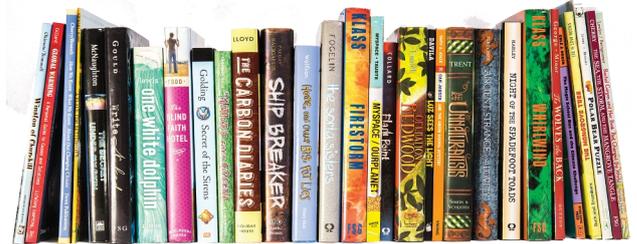
Under development is a 200m pump trail where riders will be able to warm up on before hitting the jumps or more technical features. Our pump section will have many features where riders will be able to combo tricks and progress their skills or simply cruise.

Feedback from users supports a surface that is safe and usable when damp. Drainage has been installed and we’ve trialed a few surface types over the past 12 months. Teddington Quarry’s AP8 appears to hold up reasonably well in most conditions.

We have a further 500 plants on order to enhance the space and provide necessary shelter from the prevailing winds. We’ll have two planting sessions, one in April and another TBC early Spring. Follow our Facebook page, Heathcote Valley Mountain Biking, for more info.



## News From Heathcote Valley Library



At our recent meeting we have decided to increase the rental cost for our books. Book rental for our fiction and non-fiction books that we have had for two years or more will be charged at 50 cents for a three week loan. New titles will remain at \$1 for a three week loan. We have also decided not to charge fines for overdue books. We will however invoice for any books not returned. The increase in rental charge will take effect on 1st April 2022.

### Library Hours

- Monday 2:00 pm to 4:00 pm
- Tuesday 2:00 pm to 4:00 pm
- Wednesday 11:00 am to 12:00 pm
- Thursday 2:00 pm to 4:00 pm
- Friday 2:00 pm to 4:00 pm
- Saturday 10:30 am to 12:00 pm

### Our Latest Adult Fiction Titles

|                       |                    |
|-----------------------|--------------------|
| Powers, Richard       | Bewilderment       |
| Orr, Sue              | Loop Tracks        |
| Valini Singh          | Archangel's Light  |
| Matthews, Owen        | Red Traitor        |
| Roslund, Anders       | Knock, Knock       |
| Korelitz, Jean Hanff  | The Plot           |
| Keefe, Patrick Radden | Empire of Pain     |
| Bailey, Anna          | Tall Bones         |
| George, Elizabeth     | Something To Hide  |
| Picoult, Jodi         | Wish You Were Here |

Please wear a mask and scan the barcode for contact tracing or fill out the contact tracing sheet when coming to the library. There is also hand sanitiser for your use.

# Looking After Each Other

If you have Covid or are worried about anything Covid-related then we don't want you to feel alone or isolated. There are some great support options available to you, formal and informal, and ready to help with anything from practical matters such as delivering supplies through to just being there to talk.

Now is a great time to make sure you have the contact details for your neighbours so you can check in with them from time to time. And if you can, prepare yourself a wee Covid kit in case you need to isolate – include paracetamol or other pain relief, tissues, throat lozenges, face masks, hand sanitizer, anti-bacterial wipes/spray, cough liquid, nasal spray, ice blocks and a thermometer. Check that you have enough food (including food for your pets) to last at least a few days in case there is a delay in getting groceries delivered and make sure you have a reasonable supply of any regular medicines you take.

Here are some useful contacts to have on hand:

## General Information about all things Covid

Check out the dedicated Covid website [www.covid.govt.nz](http://www.covid.govt.nz)

## Health Support

If you think you may have Covid symptoms then you can call the dedicated Covid Healthline on 0800 358 5453. Someone will be available to answer seven days a week and 24 hours a day. For any other health concerns you can ring the general Healthline 0800 611 116.

Remember however if it is an emergency and you need medical help or you cannot breathe properly don't hesitate to call the emergency services on 111. Be sure to let them know you have Covid when you ring.

## Groceries

Both New World and Countdown offer online shopping and delivery to Heathcote. If you don't have access to online shopping then the Student Volunteer Army can help by collecting groceries from New World for you. You can contact them on 0800 005 902.

## Covid Tests

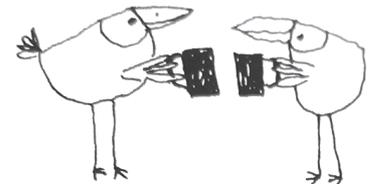
If you are worried you might have Covid or have some symptoms you will need to take a test. The Rapid Antigen Tests (or RAT) can be self-administered. You can collect these from a number of places in Christchurch but our closest collection point is the Whanau Ora Testing Centre, 250 Pages Road, Wainoni. This drive through collection point is currently open from 9am – 3.30pm seven days a week. If you don't have transport please contact Jen or Jos (details below) – we are currently working on sourcing some extra tests that we can distribute to the community.

## Financial Support

Financial support is available to help pay for urgent and essential costs like food, medicine and other bills. Work and Income Support have a special Covid welfare line you can call – 0800 512 337

## Mental Wellbeing

If you are feeling worried or overwhelmed don't hesitate to reach out to friends, neighbours or call one of these numbers. You are valuable and people want to listen and help.



*She made cups of tea that washed all the worries away*

- Need to Talk: Free call or text 1737 any time for support from a trained counsellor
- Lifeline: Free call 0800 543 354 or free text 4357
- Depression & Anxiety Helpline: Free call 0800 111 757 or free text 4202 to talk to a trained counsellor about how you are feeling or to ask any questions
- Anxiety Phone Line: 0800 269 4389
- Family Services Helpline: 0800 211 211 for help finding community based health and social services in your area

And if you can't find the help you need or you just want a chat or some local support please don't hesitate to contact either Jen (027 284 2773, [hvcc.bookings@gmail.com](mailto:hvcc.bookings@gmail.com)) or Jos (021 429 796, [heathcotevillageproject@gmail.com](mailto:heathcotevillageproject@gmail.com)). We are local and we care about you!

## Support Your Community Association

Currently the Heathcote Valley Community Association (HVCA) depends on grants and residents' donations to fund its activities, including the creation and distribution of our printed newsletters, support of community events and the maintenance of community facilities such as the community centre and noticeboards. We would love it if you could show your support and ensure our work continues by making a donation to the association. Any financial support is welcome, however our suggested donation is \$15 per household per year. It would be greatly appreciated if your donations for the year are received by 31st July.

You can donate by cash or direct credit. We will not send a receipt unless you specifically request one.

### Cash:

Post or drop off your donation to Lindsay Gordon, Treasurer, Heathcote Valley Community Association, Villa 50, Maltworks Villas, 60 Port Hills Road, Heathcote Valley, Christchurch 8022. Please remember to include your details (name and address) in the envelope.

### Internet Banking:

The Heathcote Valley Community Association's bank account number is: 03-1369-0182187-00

Please use the following codes:

Particulars: Donation

Code: Your family name

Reference: Your address

Queries: [Heathcotevillageproject@gmail.com](mailto:Heathcotevillageproject@gmail.com)

## In Case of Emergency ... Local Defibrillators



Although we hope you never need one—it's good to know there are some about.

- Lyttelton Road Tunnel Control Room  
10 Bridle Path Rd. Access 24/7
- At the top of the Gondola
- The Valley Inn—open every day 10am to 11pm
- See <https://aedlocations.co.nz> for more locations around Christchurch.

## RECIPE

Heartwarming and full of goodness, this soup is a comforting meal in one bowl. Leaving the bones on the chicken thighs adds to the flavour. Add some chopped spring vegetables to change it up or make it go a little further.



## MULLIGATAWNY SOUP

Serves 4

- 2 Tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 2 carrots, chopped
- 1 Tbsp curry powder
- 3 cups chicken stock
- 4 chicken thighs, bones in
- 1 cup basmati rice
- Salt and pepper to taste
- ½ cup chopped Italian parsley
- Warm pita pockets

1. Warm the oil in a large pot. Add the onion, garlic and carrots, cooking for 10 minutes to lightly brown and soften. Stir through the curry powder for 1 minute, then add the stock and chicken thighs, bringing to a simmer for 10 minutes.

2. Stir through the rice, simmering for a further 12 minutes until cooked through. Season with salt and freshly ground pepper. Stir through the parsley and serve hot with warmed pita pockets.

## Heathcote Valley Online

Keep an eye on our Facebook page for updates and local events at:

[www.facebook.com/heathcotevillageproject/](https://www.facebook.com/heathcotevillageproject/)