



# Community Magazine

Spring 2024



*Dave and his cocker spaniel companion, Jess, are regular flying visitors into Heathcote Valley.*

## A Spring Message from our Community Coordinator

It's Spring Time.

Spring is all about...

"The birds and the bees, the flowers and the trees, and the moon above, and a thing called LOVE".

As first sung by Jewel Akens in 1964, apparently written by the 12 year old son of Era Records owner, Herb Newman, and later credited by Barry Stuart. The lyrics and tune are very compelling. Check it out.

There's a vibrancy in the air, as life starts to energise and wake up after the winter months. Whether we are aware or not the atmosphere is charged with the oncoming of longer, warmer days, as the Earth spins and tilts more towards the sun.

I've just recently returned from an annual trip staying with my family in Europe. It's always such a special time hanging out together. This time we did a bit of a roadie in a caravan to the Norwegian fjords. I'm a little lost for words at the aura of nature which in truth are similar to the New Zealand fjords of the Milford Sounds. We camped on the banks of a glacial lake, walked in the mountains and swam in the icy, glacial-fed lakes, which is my absolute favourite pastime anywhere in the world.

The day after my return to New Zealand and the Heathcote Valley, it was great to immediately get back into the routine of walking to the school coffee cart café and reconnecting with my Heathcote grandkids and the school community. Check it out. Monday and Thursday mornings. 8.30 to 9.30am.

I was surprised at how mild the weather has been since my return, especially after checking online how cold and chilly it has been over the winter



Jocelyn de Kort

months. There have been a few heavy frosts since my return, but on the whole spring is here, and the blossoms, lambs and daffodils are flourishing.

On Wednesday mornings I've been walking to the local community centre coffee morning, for the most delicious cheese scone and coffee made by Jen Saunders. It's a great opportunity to meet some fabulous locals who all have amazing stories to share.

A couple of weeks ago at the community coffee morning I noticed everyone looking outside towards a paraglider and a tandem passenger, landing in the domain. I dashed outside to get a few pictures and an informal interview. Dave and his cocker spaniel companion, Jess, are regular flying visitors into Heathcote, over the hill from Lyttelton. Dave is a seasoned paragliding operator who prefers to walk up the hill and fly down. Checkout his website – [www.parapro.co.nz](http://www.parapro.co.nz). I may even give it a go myself, in which case I'll be on the front cover of this magazine.

It's always great to be back connecting locally with the community. The other day there was a power outage around midday, so, feeling hungry, I walked to UpShot Café, by the Heathcote riding school, and bought a delicious potato and leek soup with a ciabatta buttered piece of toast for only \$9.50. And on Sunday I went for another long walk up the new cycleway, then down Port Hills Road, stopping off at Silos Café for a delicious well brewed hot coffee.

I would like to sincerely thank all the local wonderful volunteers and paid workers in the valley for all their wonderful interactive connections and contributions that often go unnoticed behind the scenes making our community a special place.

Thank you to all contributors and articles for this local Heathcote magazine. It's a joy to receive your past and present stories. As always, aim to be kind and take care of each other.

Kia hari te panui. Happy reading.

*Jocelyn*

# HEATHCOTE VALLEY ASSOCIATION

## Winter in Heathcote

How do you find winter in Christchurch? How have you found this year's winter?



Sooze Harris  
Co-chair HVCA

I was away for the months of May and June, only arriving back to Heathcote mid July, and I hear this winter has been a particularly wet, grey and cold one. How does this effect you? Personally it's been somewhat of a shock to the system coming from the sun and heat of the northern hemisphere into this kind of a winter – motivation, energy, positivity seem a little more elusive as we've been surrounded by many a grey day.

I know some people absolutely love winter, particularly the skiers amongst you, but for many people I suspect you may find your experience similar to mine. Energy can be low, it can be harder to see the positives, motivation seems to be hard to find, and routines can start to slide.

In the last few weeks I've been reminded of the very simple but often overlooked practice of gratitude. Gratitude is in its simplest form, 'a state of thankfulness'. It's about opening our eyes to notice and be grateful what is in and around us – people, things, moments, learnings (even from challenges!), & opportunities.

Why have I shared this? Well it just so happens that gratitude is powerful, and perhaps just the

antidote some of us might need to a grey winter. There has been a stack of research on the impact of gratitude on people and it's been found to be very good for us. One such study focussed on people seeking out mental health advice and support. The group that was asked to write letters of gratitude alongside their counselling sessions recovered quicker, than a second group that was asked to write about their challenges alongside their counselling session (Wong et.al. 2018). There have been many studies showing similar results.

Why does this work? On the positive psychology website ([www.positivepsychology.com](http://www.positivepsychology.com)), you can find a great article called the neuroscience of gratitude. They describe how gratitude positively impacts us like this:

*When we express gratitude and receive the same, our brain releases dopamine and serotonin, the two crucial neurotransmitters responsible for our emotions, and they make us feel 'good'. They enhance our mood immediately, making us feel happy from the inside.*

*By consciously practicing gratitude everyday, we can help these neural pathways to strengthen themselves and ultimately create a permanent grateful and positive nature within ourselves.*

So can I encourage you to consider how you can weave gratitude into your life, and notice the benefits to yourself, and to those around you.



Maybe it's starting a gratitude journal, or setting a challenge of writing grateful letters to friends and family. Maybe it's starting a gratitude practice around your dinner table, or amongst your colleagues, or how you show up and comment online.

Gratitude plays a role for us as the HVCA. We believe that a positive, grateful, and proactive community is more healthy for all of us to live in, and is more resilient when challenges come.

We are at the start of our new 'term' of HVCA and will be spending the next month looking at what our foci will be for the year ahead. Do be in touch if you have specific hopes for our community for 2024/25. We'd love to hear from you.

Ngā mihi,  
Sooze

<https://positivepsychology.com/neuroscience-of-gratitude/>

# UPCYCLE

## Freecycle Day

**Mark your diary now!**

**The spring Freecycle day will be on  
Saturday 21st September**

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 21st.



The Community Association now has a new bank account number. It is:

ASB 12-3147-0553279-01

Please update your records and don't use the old number.

Thanks heaps! 😊

## Heathcote Valley Bumper Stickers



We were very lucky to have Jimirah Baliza ([www.jimirahstudio.com](http://www.jimirahstudio.com)) on our committee until recently and she kindly donated her time and skill and did an incredible job designing some new Heathcote Valley branding. As part of her project she has designed some awesome Heathcote Valley bumper stickers and you could be one of the first to get your hands on one! Just donate to the community association then pop me an e-mail [hvcc.bookings@gmail.com](mailto:hvcc.bookings@gmail.com) and I'll organize a sticker for you. Cheers, Jen

## Annual General Meeting

*An edited report from the Minutes of the AGM  
held July 25<sup>th</sup>, 2024, 6.30pm.*

The meeting was opened, and nineteen guests were welcomed by our Chair, Sooze Harris. There were a few apologies from some invited guests and one committee member.

Sooze recapped our Community Association's values and vision before everyone present took part in a Whanaungatanga where we all gave a brief account of who we were and what we liked about living in Heathcote. We then gathered around the table to gather some refreshments in the form of a mulled wine, tea, coffee and some supper snacks before returning to the meeting.

We were thoroughly informed of happenings in our community with several presentations from several people.

Sooze gave an overall report praising our efforts of achievement especially the volunteers in our community. It was noted by Hannah, that our community tended to take on our own responsibility for actions, unlike some other communities that attended the recent Mayoral Forum which appeared not to be connected as well.

Jen Saunders delivered a great visual presentation about the activities and events held at the Community Centre. She outlined in detail the status of usage the centre followed and how the comparison of the types of use impacted on a financial return to the Association. She is concentrating on better use of the Centre and

still favouring the local community to host events that are of benefit to the neighbourhood., focussing more on availability for the community rather than just a venue for hire.

Our Community Connector, Jocelyn de Kort had prepared a report that was visually presented by John, and outlined the vast commitments her role covers. She also told of a ten-month LinK Community Leadership Course she attended which strengthened her perspective on her role in the community. She also outlined her connections with the Rapaki Marae and the Heathcote Valley School. The communication avenues with the local community via Google Group emails, input to the local Facebook page, Community Notice Boards and the work done to produce and distribute the quarterly Heathcote Newsletter. There have been some changes to the Newsletter due to the cost of printing and the cessation of funding for the same, meaning the new layout and the need to try inserting advertising to raise funds.

Jan Marks gave us a detailed report on our financial status and the processes to keep us on track. She also gave us an insight into some of the application processes for the funding we need to keep us afloat. Our new bank account is finally up and running and the old account closed. She thanked the signatories of the old account for their patience during this change over period.

Our School Liaison Report by Zia Knight-Baré was expertly visually presented outlining the major activities at the school so far this year. Term 1 included cycle safety, swimming sports, visits to Ferrymead Historic Village, Orton Bradley camp and a Technology Fair. Term 2 included the school cross country, Mindfulness sessions, a Cultural Narrative Tour [to which some of our committee members were invited to attend] the Matariki Celebration event, Winter sports, Tech Fest and Fire Wise for the junior school. She also had a long list of activities listed for term 3 and beyond.

Ali Baré reported on the bi-cultural associations with the Rapaki Marae, the school and the Ferrymead Historical Village in bringing together the history of our past and looking to the future. Ali is very passionate with this area of knowledge and is very involved in its promotion.

Liz Hughes has been involved in the Heathcote Valley Library for many years and is passionate about its existence in the valley. She promotes its value to everyone including preschoolers through to members of the “Book Club” who have a regular social discussion time in the library. Liz is forever updating the contents of the library to hold interest for all who use it.

Zella Askew from the Heathcote Sports Club updated us on the activities available including lawn bowls, pétanque, table tennis indoor bowls and social games evenings. New members are always welcome with either an annual subscription or pay as you go casual rates.

Following the reports was a time of reflection on the activities past and an encouragement to the future and confirming nominations for the new committee to hold the reins for the 2024-2025 year. Confirmed nominations were received from Sooze, Hannah, Jen, Jos, Jan, John, Barrie, Sue, Ali and Jackie.

Nominations were declared closed and those named above were duly elected as the next committee of the Heathcote Valley Community Association [INC]. Congratulations to all.

The meeting then drew to a close with a karakia recited by all presented.

If anyone would like a full version of these minutes they can be emailed by contacting the Secretary, c/o [hvcc.bookings@gmail.com](mailto:hvcc.bookings@gmail.com)

## Do you have a story to tell?

Articles are invited for the next issue of the Heathcote community magazine, which will be the summer edition.

We are looking for stories about happenings, people, environment, or local history. Poems and photographs are welcome. In fact anything with a local connection and that you think your neighbours will enjoy, but please, no politics or contentious issues—there are other forums for that. Please note the editor decides what gets published and some articles may not be suitable. Please ask if you would like more info.

Deadline for articles is:

**Monday 12 November 2024.**

Enquiries and contributions should be sent to: [heathcotevillageproject@gmail.com](mailto:heathcotevillageproject@gmail.com)

The preferred format for submitting articles is as a Word document. Short, text only articles are acceptable sent in the body of an email. PDF files are generally not ideal. Images are preferred as .jpg format, though we can work with most other image formats. Images placed in a Word document are acceptable too. Sorry, screen shots from your phone are not usually of good enough quality. Please note that your layout is likely to be changed to fit with the style of the magazine and space available.

## Heathcote Valley Online

Keep an eye on these Facebook pages for updates and local events:

Heathcote Valley Community

Heathcote Village Project

Support Local—Heathcote Valley

# Sara's Message

Kia ora Koutou,

Welcome to spring! I'm loving that the days are longer and I've started planning some local adventures.



*Sara Templeton  
City Councillor*

Last summer, after too many years of 'I should', I finally got around to walking the Crater Rim Walkway. From Godley Head to Ahuriri Reserve at the southern end of the Port Hills, it's a 28km walk that can be done in sections as time (and dodgy knees) allow, or an ambitious day-hike. I did it in 3 sections.

First up was Godley Head to Sign of the Kiwi – a long day but finishing up with a tasty date scone and cold drink at the café. Section two was Sign of the Kiwi to Sign of the Bellbird (and return to make transport easier) then last up was Bellbird to Ahuriri Reserve (a return trip again). The weather varied for these two sections, and it was a great

reminder that even though I was close to home, that starting in sunshine doesn't mean you won't need a raincoat!

It's a walk that's doable with kids and there's good track descriptions on the Council website.

So – now to plan for this summer. First up is the Banks Peninsula Track. A friend and I have booked in to do this three-day hike that starts and ends in Akaroa and passes through many wildside bays and the wonderfully restored bush at Hinewai.

There are so many walks of different lengths and for all abilities around our city – from flat graded paths at Travis Wetland or Styx, to the Bridle Path, Barnett Park Cave or multi-day tramps to huts like Sign of the Packhorse or Rod Donald Hut on the Peninsula. Enjoy!

As always, feel free to contact me about any local issues and follow my Facebook for information on local and city-wide issues, consultations and events. [www.facebook.com/saratempletonchch](https://www.facebook.com/saratempletonchch)

Ngā Mihi,

*Sara*

Sara Templeton

Councillor for Heathcote

## Heathcote Valley Food Forest

**Birdsey Reserve, Bridle Path Road**



**Come join our weekly working bees from 3pm, alternating Wednesdays and Thursdays**



To go on our email/test list contact: [heathcotevalleyfoodforest@gmail.com](mailto:heathcotevalleyfoodforest@gmail.com)



# Te Tihi o Kahukura

## Heathcote Valley School

Kia ora, Heathcote valley community members.

On the 26th of June our annual Matariki night was held at school. It was a great evening to celebrate Matariki by eating pumpkin soup and bread, getting our faces painted, making crafts, setting goals, and connecting with friends and family! Thank-you for all the parent help and teachers for making this a great night.

We had our Epro8 school competition and finals last term, and on the 24th of July we had two Year 5 & 6 teams and two Year 7 & 8 teams competing at the inter-school competition at Russley School. Epro8 is an event which brings schools together to compete against each other in teams. The challenges included science, engineering and problem-solving.



Our year 7-8s went to Tūranga for a fun filled two days of Tech fest in term 2 with our Aupaki cluster schools. Some of their activities included podcasting, animation, badge making and laser



Zia Knight Baré

cutting. The focus was on learning the pūrākau (stories) of our local iwi (ngāti wheke).

In week 5 we had an 'Arts Shindig' where our senior kapa haka group, junior kapa haka, the school choir, Jump Jam group and the school rock band all performed. This gave us all the opportunity to perform together and celebrate the arts that are going on behind the scenes at Heathcote Valley School.

This term our inquiry focus is waste and we have been learning how to reduce waste and what to put in bins. As a part of our Inquiry, our whole school went on a trip to the Eco sort, Eco drop and Eco store. That involved learning about what happens at the recycling plant and ways that we can reduce the amount of waste we are creating. It was interesting to see what happens to the waste we throw away.



We have had a lot of whole school house colour days this year where we are split into teams according to our house colour (Flavell is yellow, Laing is red, Deavoll is blue and Truscott is green). We do lots of fun games and activities led by our year 8 PALS.

Zones Winter Sport Tournament is also coming up this term. Teams will go to Hagley to compete in football and netball as well as some in mixed teams across the zone for rugby 10s to try and qualify for the Canterbury Winter Tournament.

I hope everyone is looking forward to warmer weather!

Zia Knight-Baré  
Community Liaison

## Silos Knitting



The Silos knitting / crochet group is aimed at those working during the week who are unable to get to the well-established Monday morning group. The new group is the idea of valley residents Eliz Rayner, her sister Frances and Anne Mortimer. All three friends wanted to meet somewhere locally on a Saturday where they can easily walk to for a couple of hours of social knitting.

The group already has several regulars who meet on the 1<sup>st</sup> and 3<sup>rd</sup> Saturday of the month 1-3pm to share their latest creations, share wool and pattern tips and inspire each other. Being part of a group encourages you to step out of your comfort zone and to be inspired to stretch your skills. We welcome all ages and abilities and no regular commitment is required. Find us on Facebook as the Heathcote Valley Knitting Group or in Silos Café.

## Heathcote Cricket Club



The New Season is Almost Here!

The cricket season is almost upon us, and soon the crack of leather on willow will fill the

air at Heathcote domain! With the excitement building, the Heathcote CC committee and ground staff have been working their butts off in the background to be prepared. Here are a few key dates to mark on your calendar:

- **Adult Preseason Training**  
Sunday, August 25th, from 4-6pm at the Sydenham Indoor Training Centre. It's the perfect time to get back into form and sharpen your skills.
- **Junior Registration Day**  
Sunday, September 8th, at the Heathcote Domain. A great opportunity for our younger players to sign up and join the fun.
- **Season Kick-Off for Adult Cricket**  
Saturday, October 5th. Get ready for an exciting start to the adult cricket season.
- **Youth and Junior Cricket Starts**  
Saturday, October 19th. All youth and junior matches will begin on this date.

If you or your children are interested in playing cricket for Heathcote this season, please visit our website at [www.heathcotecricket.co.nz](http://www.heathcotecricket.co.nz) and go to the contact page for more information. Its very easy to sign up, just fill in and send through the contact form and we will be in touch, alternatively turn up to the preseason training and meet the players.

Let's gear up for a fantastic season ahead!



## HEATHCOTE COMMUNITY SPORTS CLUB INC



At the Heathcote Community Sports Club, we are looking forward to spring, warmer weather, and the start of the lawn bowls season, while continuing with our other sports.

In the last newsletter I mentioned our SGM and re-registration of the club under the new legislation. Happily all has gone smoothly and so at our July AGM we were able to operate under our updated constitution. Two members joined the committee and two stood down. Thanks go to Kathy Randall and Carey Brown for their service. The current line-up is:

President – Nicole Randall

Secretary – Zella Askew

Treasurer – Matt Ryley

Other officers – Diane Noble, Karen (Yay) Saunders, Linda Gray, Mary Banks

Here are our playing times for all sports. Finishing times depend on the number, stamina, and enthusiasm of the players!

### **Lawn bowls**

We are pleased to have obtained the services of a professional greenkeeper who has been working over recent weeks to bring the green to a good playing standard by October. Sessions will be:

Sunday – 2.00pm

Tuesday (Twilight bowls) – 7.00pm

Opening date for the season will be published via the HV group email, or contact Zella closer to the time.

### **Indoor Bowls**

Tuesday – 7.00pm until October

Indoor bowls are also played during spring-

summer-autumn if lawn bowls are cancelled due to rain.

### **Petanque**

Sunday – 10.00am

Thursday – 10.00am

Petanque is played throughout the year, although in the height of summer we may start at 9.00am to avoid the heat – contact Zella to check.

### **Table Tennis**

We have recently welcomed a group of table tennis players from Mt Pleasant/Redcliffs as members, and are now able to offer more sessions.

Sunday – 10.00am

Monday – 9.00am

Wednesday – 9.00am

Thursday – 9.00am

### **Board & Card Games**

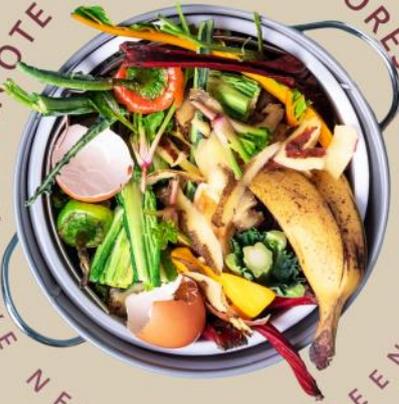
Not as physical as our other activities, but these can get competitive! All ages and non-members are welcome.

First Thursday of each month (except January) – 7.00pm; entry by gold coin donation

The Heathcote Community Sports Club is a community-focussed, non-affiliated club. In addition to sport we also have regular social events and our facilities are available for hire at a very reasonable cost. **Club Open Day this year will be held on 10 November**, weather permitting, so please do come along.

For any inquiries, suggestions, or requests for additional playing times or sports, please contact the Club Secretary, Zella, by ringing or texting 021 521 707.

HEATHCOTE VALLEY FOOD FOREST  
WE NEED YOUR GREEN WASTE!!



We're looking for small quantities of household green-waste to compost; trialing a "swap-a-bucket" system- we'll give you a bucket to fill, collect it, then give you another empty bucket. Email [heathcotevalleyfoodforest@gmail.com](mailto:heathcotevalleyfoodforest@gmail.com)



TAKING EXPRESSIONS OF INTEREST ....

# HEATHCOTE VALLEY CHRISTMAS MARKET

SUNDAY 1ST DECEMBER

Contact Jayne  
[vjfortune@gmail.com](mailto:vjfortune@gmail.com) to apply!

\*\$25 per table payable upon booking\*

Spring arrives with a cheer, bringing blossoms far and near.

With flowers in bloom, gone is winter's gloom, it's the time we hold dear.





## ***An Update from Jarrod Coburn***

*GM Operations / Executive Director  
Ferrymead Park Limited*

Tēnā koe,

Just a wee update. And a special invitation just for you!

We're halfway through our period of hibernation and changes are starting to become visible around the Park.

Work on the new entrance area is well underway, with improvements in accessibility and surfaces being our current focus. Our builder, Roger Giles, has removed a lot of rotten weatherboards from the Jail and Police House (site of the new entry) and replaced them, extending the life of the buildings considerably. We've got specialists coming in soon to replace all the spouting as well (rusted spouting was the main cause of the rot). Roger's also been busy helping with the repair of sash windows in the General Store. We had Woods Removals (local Ferrymead company) down at the Park last week to move a number of large furniture items (including several pianos and pianolas) into storage, making room for display tables downstairs in the General Store and for the staff to have a central office space in the upstairs part.

The Trust said a fond goodbye to our long-serving Chair, Denys Jones, who had served for 46 years: 23 of those as Chair. Edan Bowman was elected the new Chair of The Ferrymead Trust.

The past month or so was blighted by the actions of a few individuals who were unhappy with some of the decisions made by the Company and Trust. The trustees and directors recently issued a letter to all societies and volunteers of the Park addressing these issues. We wanted to send a message that we are in firm control of the future of the Park and will not be tolerating disruptive or disreputable behaviour. I personally think this contretemps was less about heritage, and more of a symptom of the rapid change that groups are experiencing within the Park (and it is not unexpected). For many years the Park has been in stasis, and getting the wheels moving again was always likely to result in a bit of pushback. We're working hard to build strong relationships with our Member Societies and have a programme of training planned for the next 18 months that will focus on good governance and capability-building and – we hope – a more cooperative culture.

Yesterday, the asbestos removal company started work on the brick oven in the Bakery. This work is expected to take two weeks and will require the entire building to be wrapped and temporary showers to be installed. The Trust has temporarily suspended the demolition of the oven for the Friends of Ferrymead Inc. to arrange a heritage engineering review at their own cost. This review will be undertaken by 1 October 2024 and no funds from the Trust or Company will be used for this purpose.

The restructure of the Company is almost complete, with the new roles set to begin on 30 August 2024. The roles have been designed to encompass a more modern and flexible approach





to organisational management, with three divisions to enable scalability as the Park's visitor numbers increase over the coming years. Also, we will become a living wage employer (using the 2024/25 living wage hourly rate as a benchmark).

Council staff continue to be very supportive, and we are grateful for the goodwill that exists between our organisations. I've had conversations with the food safety staff at CCC, who have been very helpful and I'm confident we will have at least one F&B outlet when we reopen, with the potential to increase this to three for high-volume days and events (Coronation Park Kiosk and Friendly Society Lodge Tearooms). We also had a visit today from the council traffic safety team. They are going to provide us with some insight into the status of Ferrymead Park Drive and this will help us develop traffic safety plans for events.

We're grateful that Predator Free Port Hills is visiting this week to discuss trapping and predator control. I'm very interested in the Critter Solutions Kill Traps from Predator Free 2050 (see also news article here), which I saw at a recent presentation held in the Heathcote Valley Community Centre. These traps use camera and Wi-Fi technology to identify, catalogue and trap pests in the wild. This charitable company is owned by the Crown and has also had success through using generative artificial intelligence (GAI) to identify bird calls, creating an ability to statistically measure an area before and during trapping to determine the level of increase in bird song (this indicates a decrease in predators, and thus the success of trapping efforts). With the salt marsh recovery project underway on both sides of the Park, it is essential

we don't become a safe haven for stoats, ferrets, rats and other enemies of native flora and fauna.

Our education team have been busy despite the closure. Over 1,000 children and at least 100 of adults and teachers will have come through the Park through the education programme during these three months. That is about half in terms of normal numbers in the same timeframe, but this drop was expected due to the works being undertaken.

I'm pleased to confirm that the Nostalgia Festival will be back in the Park for 2025, on Saturday 8 February. We've set aside a larger area in the Southern part of the Park, and this will allow the Park to remain open during the setup and takedown phase. With the new entrance, enhanced traffic safety system and upgraded F&B we feel very ready for the hordes!

In the next six weeks we'll be giving the Park a spruce-up, with some new signage and visitor interpretation. Our new café will be open to the public (without needing to pay an entry fee) and will be used as a mini-exhibition space, with a rotating series of exhibitions that change every few months.

Finally, there is a special opening on 29 September and you are very welcome. If you are able to attend as our VIP guest then please RSVP to [events@ferrymead.org.nz](mailto:events@ferrymead.org.nz) with your name, organisation and number of tickets you would like. There is no charge to you. The day will be a chance to see some of the changes at the Park and to get access to a number of places not normally available to the public. We'll have our education team displaying their heritage games and there will be lectures and tours. Looking forward to seeing you!

Noho ora mai rā, e hoa  
Jarrod

# What's on at Your Community Centre?



My favourite season is almost here! The lighter mornings, longer evenings and warmer temperatures are energising and it's wonderful to smell the blossom and see the new growth on trees.

Spring is a great time to get motivated and try something new. Why not pop along to your community centre and try one of the fabulous wellness classes, register for a workshop or come to craft group or community morning tea.

The craft group on Monday is a very friendly bunch and anyone is welcome to attend. There are all sorts of clever people working on interesting projects including knitting and crocheting, along with a ready cuppa and great conversation.

Likewise, community morning tea on Wednesday is relaxed and friendly. There is nothing better than a hot cheese scone or gran's fruit loaf, good coffee and great company. Anyone is welcome – come alone or bring a friend – and there is no charge. The library, also in the community centre, is open from 11am – 12pm on Wednesdays too so you can pop in and borrow some great books at the same time.

And if you have something to celebrate in the coming months then don't forget that you can hire the community centre for private events. We have a full kitchen, a ceiling-mounted projector, and

tables, chairs, beanbags and a whiteboard for you to use. If you are interested in using the centre just pop me (Jen) an e-mail - [hvcc.bookings@gmail.com](mailto:hvcc.bookings@gmail.com)

For the latest happenings at the community centre and updates keep an eye out on Facebook, our website, your local noticeboards and the e-mails from Jos.

Our regular schedule includes:

## **Craft Group**

Mondays 10am - 12pm: Enjoy knitting, crocheting or sewing with a wonderful group of people each Monday. \$3 per session and morning tea and great company provided. Please contact Judy ([judyastack@gmail.com](mailto:judyastack@gmail.com)) with any questions.

## **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))

## **Te Reo Classes**

Tuesdays 3.30pm - 5pm. Contact Ali Bare for more information and an up-to-date schedule ([alison.bare@gmail.com](mailto:alison.bare@gmail.com))

## **Santosha 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))

## **Community Morning Tea**

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.

Contact Jen ([hvcc.bookings@gmail.com](mailto:hvcc.bookings@gmail.com))

### Yoga for Teens

Wednesdays 5pm - 5.45pm: This nurturing class will support both the mental and physical well-being of teens, building self-awareness, autonomy and confidence.

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

### Yoga with Lucy

Wednesdays 6pm - 7pm AND 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))

### Heathcote Valley Community Association Meetings

Held on the last Thursday of each month from 6.30pm. If you would like to hear about what is happening in our community, then come along to one of our meetings held at the Heathcote Valley Community Centre.

The Committee meets at 6.30pm to address Association business, and from 8pm we discuss wider community ideas, issues and actions.

Everyone is welcome to attend from either 6.30pm or 8pm. We ask that if you have something you'd like to specifically speak about from 8pm, that you email Jen [hvcc.bookings@gmail.com](mailto:hvcc.bookings@gmail.com) or Jos [heathcotevillageproject@gmail.com](mailto:heathcotevillageproject@gmail.com) prior to ensure we can reserve a speaking slot.

### 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 / Dog Training with Sit Happens

Friday evenings and Saturday mornings by appointment: The Sit Happens team are passionate about dogs so if you are looking for some awesome and effective training strategies then head over to <https://www.sithappens.co.nz/> or contact Vicki ([admin@sithappens.co.nz](mailto:admin@sithappens.co.nz))

HVCC WEEKLY TIMETABLE TERMS THREE & FOUR 2024		
Visit <a href="http://www.hvcc.org.nz">www.hvcc.org.nz</a> for more details		
MON	10AM - 12PM 6PM	Craft Group Tradie Yoga with Michele
TUE	3:30PM 6PM	Te Reo Classes Yoga with Breeze
WED	10AM - 12PM 5PM 6PM	Community Morning Tea Teen Yoga with Lucy Yoga with Lucy
THU	6:30PM	Community Meeting (last Thursday of each month)
FRI	9:15AM 11AM 5PM	Yoga with Lucy Movement Rewired Class with Nicky Puppy/Dog training with Sit Happens
SAT	9AM	Puppy/Dog training with Sit Happens

# Adventures with Nature

## Rewilding in Morgans, Heathcote, Horotane and Avoca Valleys

### Spring 2024 Update

#### Spring Ramble

By John Marsh

ramble — /'rambl/ verb; Talk or write at length in a confused or inconsequential way. Walk for pleasure in the countryside.



Mature podocarps – totara



Birdsey Reserve - young totara



Riccarton Bush podocarps - kahikatea

**The Port Hills were once largely covered in bush....** *podocarp-broadleaf* forest they say to be more exact. *Broadleaf* is a relatively easy word to contemplate.... wide leaved species like *mahoe*, *tarata*, *fivefinger*, *lacebark*, *kapuka* and *karamu*.... add some finer leaved *kanuka*, *kowhai*, and *ribbonwood* and you are getting there. Walk around Heathcote and you will see most of these small to medium size trees in gardens.

The *Podocarp* word sounds a bit more complex but we shouldn't be put off by it. The *podocarps* are the NZ coniferous trees... *totara*, *matai* and *kahikatea*, the main climax trees of the original forests of Canterbury.

In Christchurch the only remnant of them is in Riccarton Bush where examples of all three can be found.... some up to 600 years old.... well worth a visit.

Across the Port Hills and Banks Peninsula you will find remnants of *totara* and *matai* and where there is a little more moisture... *kahikatea*. There's not

too many of them here in our north-eastern valleys though. I imagine that 1300 years ago there would have been *kahikatea* on the lower valley floodplain merging into *totara* and *matai* around the foot of the slopes and up into the valleys. These grand old trees are long gone, maybe through fires and maybe through clearing for farmland, orchards and settlement. It's quite possible that they could have been growing right where your garage or clothesline or sitting room is today.... in the bedroom or loo even.... imagine that.... along with all those aforementioned broadleaf species plus an understorey of ferns, lichens, mosses and liana's. Full of noisy bellbird, tui and wood pigeon.... huia and kokako maybe. Just pause to ponder on this next time you visit these places in your home.

*Podocarp* trees take such a long time to grow in our temperate climate, but once upon a time they were part of the scenery. We need to get this forest back for our future generations as well as

the hordes of insects, birds and reptiles still surviving that can colonise it. We may get to see a bit of it ourselves if we are quick.

Rewilding efforts over the last 4 years in Avoca Valley have seen some 600 *totara* planted and smaller numbers of *matai* and *kahikatea*. In Duncan Park some of the earlier *totara* planted are now 6.0 metres high. In Horotane Valley this year 120 *podocarps* have been planted. If you were to visit Birdsey Reserve you would see a few 4.0 to 6.0 metre high, twenty year old *totara*.... and a few dozen younger specimens. *Podocarps* were also among the trees planted by Morgans Valley volunteers in the last 2 years.

Over the last 15 years the City Council has been busy planting *kahikatea* and *totara* along Truscotts Road and around the Matuku Lakes in the lower valley floor.... more *podocarps*.

We hope to soon see more being planted along the Heathcote River corridor from Tunnel Road to Ferrymead where the City Council are currently undertaking a major revegetation project, removing the old pine trees and planting 12000 native plants.

So a start has been made.... just a start though.... a forest takes a few hundred years to grow.

Our 2024 planting season is winding down now but there is much work still for keen and energetic locals wanting to make a difference. If you are fit, want to get fit, cheerful, grumpy, want to be grumpy, can sing loudly, or quietly, can't sing at all, want to get in touch with and learn with nature and you appreciate our environment and community.... there is a role for you out there. More on this below.

*Adventures with Nature is compiled by  
John Marsh*

## Getting Involved in Neighbourhood Conservation

*By Tamsin Page*

There are many on-going projects in our Valley to restore and re-vegetate pockets of public land with native plants. You can already see and appreciate the change this is making in some places, and within the next 5-10yrs, it will be awesome!

A lot of this work is supported by Christchurch City Council and by trusts and charities, in the form of providing plants and materials. But most of the actual mahi, of preparing sites for planting, planting the trees, and then the follow-up maintenance to keep the weeds from smothering the new native plants, is done by committed local volunteers.

With literally thousands of new trees planted over the past few years, there is **always** on-going work to do – it does not stop once the trees are planted...in fact the subsequent couple of years are critical to ensuring the new plants survive. Mostly, this maintenance work involves “releasing” the new plants – clearing the grass and weeds immediately around the new plants to ensure they are not smothered and die, wasting all the effort and resources that have gone into getting the plants in the ground. For this mahi, many (regular) hands definitely make that work much lighter!

So, if you appreciate and enjoy the diverse and enriching spaces that are being created in our community, and you are capable of some light to moderate, physical activity, get in touch with any of the people mentioned below – it would be just **amazing** to get some more people committed to the future of these special spots. Whether a regular hour or two each week or fortnight is your gig, or if you'd prefer a kind of “adopt-a-patch” approach, where your whanau, you and your neighbours, just you, or you and

your bestie(s) commit to a releasing session a few times a year (think the changing of the seasons, maybe), this would be a tangible, rewarding, refreshing, healthy and lasting contribution to making this Valley even more special!

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### **Morgans Valley - Bush + Bird Regeneration**

*By Rachel Wells*

This winter we are planting the lower gully area below the water tank. The top part of this gully was planted with native trees 15 years ago and is well established. We had a successful planting day in July and got approximately 500 plants in the ground.



*Trees planted at the top of the valley 15 years ago are now well established*



*The Morgans Valley team enjoy a break*

Many thanks to those that came and helped out. Its rough ground and tough going so thank you for your mahi and we were pleased to be able to roll out our new afternoon kit donated by **Mitre 10 Ferrymead**. We also really appreciate the Morgans Valley predator trappers who are working hard to keep the pest numbers down.

Special thanks to supporters who have donated plants this year: Christchurch City Council and Te Kakahu Kahukura (TKK – Banks Peninsula Conservation Trust). Please get in touch if you'd like to help out. We still have a few trees to plant this winter.

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

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### **AVOCA VALLEY - Linda Woods Reserve - Summit Road Society**

These last couple of months Avoca Valley has been healing from the long dry spell in autumn that slowed growth to a standstill. With the rain that finally arrived at the end of May soil moisture returned just in time for the June planting days.....it would have made a gripping movie plot. Volunteers, boosted by the Student Volunteer Army then planted 1400 plants over two weekends and a group of kura tamariki planted another 100. Wai-ora revegetation contractors planted the final 4000 trees to round off the season as well as complete the three year contract that started following the



*Tamariki planting in the upper Avoca Valley - 2024.*

pandemic. Close to 55000 plants have been now been planted in the valley. A huge thank you to everyone who has contributed to this work. We are now planning our 2025 work.



*Artists impression – upper Avoca Valley in 2030*

Lots of weeding and maintenance still to do here though, so if you wanted to get some fresh air and exercise there is always the Wednesday morning work party you could join up with... just turn up whenever you have a spare day, but you will need to sign on to get the weekly email notices. Contact John Marsh at [jmarshtree@gmail.com](mailto:jmarshtree@gmail.com) or phone/txt 0274 310 182.

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### **Horotane Valley - Linda Woods Reserve - Summit Road Society**

*By John Marsh*

Multiple groups of volunteers from businesses have been visiting Horotane Valley on Friday afternoons (and one Saturday afternoon) since the end of May.... *engineers, web designers, landscape architects*, electricians, project managers, IT guru's,

tomato growers, stonemasons and a small group of dedicated locals have all joined in here. At the time of writing they have planted 3000 trees. Just another 1500 to go in the next few weeks. Our vision is that this is just the start of an ongoing program over the next 6 years to restore forest to all the gully's and eroded slopes in Horotane. Planning for next year is currently underway. If you would like to be involved in the work at this site, please get in touch with John Marsh on 0274 310 182 or [jmarshtree@gmail.com](mailto:jmarshtree@gmail.com)

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### **Heathcote Valley Reserves**

*By Tamsin Page*

#### Bridle Path Triangle site

We've done it!

In just 4 years, we have filled this triangle with a diverse mix of native plant species. As the plants mature and start to shade out the grass and weeds, the site will transform from open grassland into a valuable piece of habitat for native birds and insects. Along with the other pockets of mature and emerging native vegetation (e.g. Birdsey Reserve; Morgans Valley), this will provide a series of "stepping stone" habitats through the Valley, extending ki uta ki tai – from the mountains (Te Tihi o Kahukura/Castle Rock) to the sea (Ihutai/Avon-Heathcote Estuary).

In urban and semi-urban areas, networks of habitat like this, that are close enough for native birds to travel easily between, are critical to the



*On a hot Saturday in July – an orderly group of planters fanned out across the hillside in Horotane Valley.*

survival and increase in those birds and make the return of species like tuī and kererū to our neighbourhoods a very real possibility.

Although all the planting in this site is now complete, there are close to 1000 new plants in the space, which means quite a lot of seasonal maintenance for another couple of years. All you need is a small pruning saw or a small sickle-style cutting tool for cutting the grass and weeds – super easy to pop in a wee backpack and duck in to the site for half an hour of releasing before or after your regular stomp up the Bridle Path/ Pipeline track!

If you've been involved in planting these trees, you know where they are 📍. If not, please get in touch and I can give you directions.

#### Bridle Path Stream site

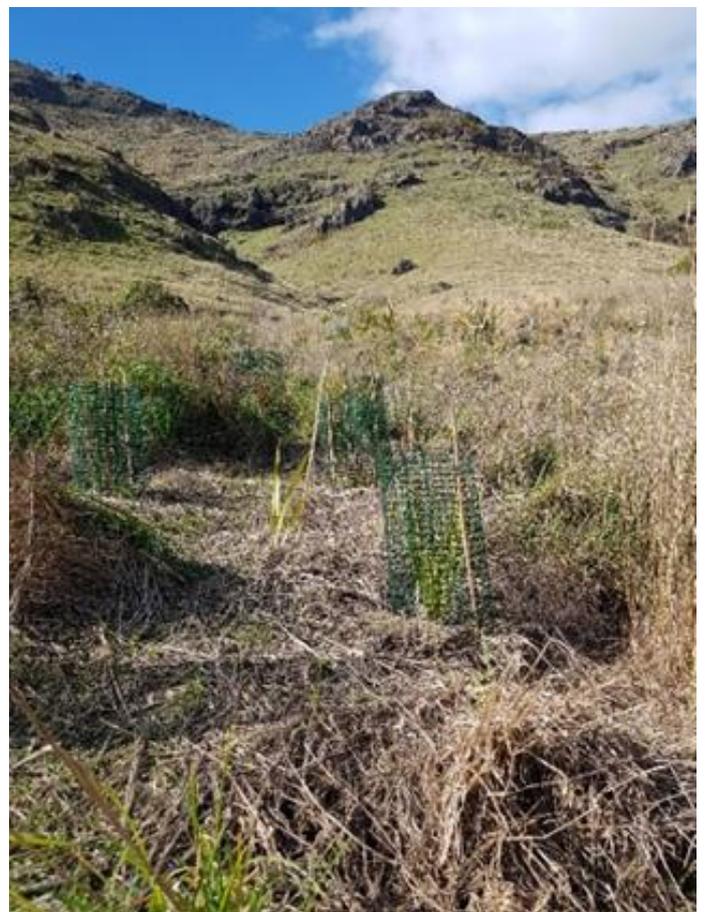
This year we shifted planting efforts across to the other side of the Bridle Path Track. Uphill of the big concrete tunnel reservoir, some revegetation planting was done as part of the reservoir construction project. Although some parts of this planting is thriving, some parts, not so much. This year we focused mainly on flaxes and cabbage trees along the edges of the two natural swales/water channels that extend up to culverts running under the Bridle Path track – hence “Bridle Path Stream” site. Next year, we'll continue this focus, along with potentially some planting of dry-tolerant species amongst the silver tussock in the space between the two water channels.

Thanks to the great crew of young and old who turned up in the drizzle (perfect planting weather 😊) to plant this site in July. A month on, the plants are looking good, so fingers crossed for some good late winter and spring rains to help them get their roots bedded in.

Again, there will be on-going releasing needed at this site, especially late summer/early autumn next year, so please reach out if you are able to



*Bridle Path Stream site looking north down the valley*



*Looking south up the valley*

help here. This site is less steep than the Bridle Path Triangle site, so may be more suitable if steeper ground is challenging for you.

For more information or to get involved with either of the Bridle Path sites, please get in touch with Tamsin Page ([tamsin.page@gmail.com](mailto:tamsin.page@gmail.com) or 0276423555).

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## **Birdsey Reserve Native Re-generation**

*By Tasmin Page*

This winter, ākonga from Heathcote Valley School and from the local Girl Guides have once again planted around 300 plants at Birdsey Reserve, continuing the on-going work to revegetate this area with native trees and shrubs. Most of this involved the bulk-planting of 250 kanuka in the grass paddock between the two bushy areas, in the southern half of the reserve. You may have seen the big effort that CCC rangers made to clear the forest of fennel that had established after 6+ months of no grazing at this site. This certainly made it easier for our young tree planters to access and move around the site – I was afraid we might lose a few of them otherwise!

Surely the battle with the fennel will continue here, but after 6 months to a year, it is ok to graze around the kanuka, as sheep tend not to browse them, so we hope that this may be possible until the kanuka become tall and thick enough to begin to shade the fennel out.

Christchurch City Council have also provided resources and labour to mark and mow a track, with stiles and pedestrian gates, that now runs the length of Birdsey Reserve, taking a more meandering route through the sections where the native revegetation is now well established. This track, and the pedestrian access gate at the

northern end also enables quick and easy access to the Reserve from the School, and we hope that this will facilitate opportunities for classes to take some of their learning outside, and to grow their understanding of the importance and benefits of the environmental enhancements that are taking place on their doorstep.

With new plantings occurring throughout the different parts of Birdsey Reserve over the past 5 or so years, there is an ongoing need for regular releasing of these new plantings. We'd love to see more people contributing to this ongoing mahi. Maybe your tamariki have been involved in planting trees through the school...wouldn't it be awesome to have them show you these, and for you to spend an hour or two, a few times a year, making sure those trees survive through their early years?

Or maybe you have a rangatahi doing their Duke of Edinburgh or William Pike award? An hour per week of releasing native plants is a perfect way to fulfil the community service component of these awards.

Please get in touch if you could help in this way and/or would like to help with future planting, or want more information – local people investing in their local spaces is a successful formula!

Tamsin Page ([tamsin.page@gmail.com](mailto:tamsin.page@gmail.com) or 0276423555)



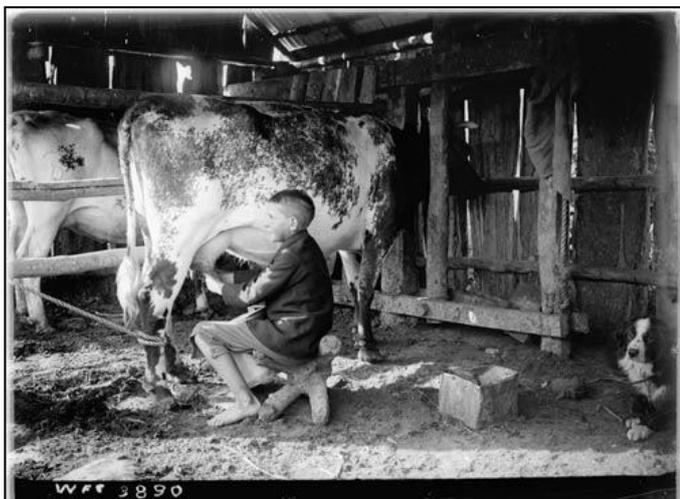
*Ākonga from Heathcote Valley School busy planting kanuka in Birdsey Reserve.*

# Where Did Our Milk Come From Many Years Ago?

*By Ted Shields*

A lot of the modern generation residing in the Heathcote area will have no knowledge of where milk was obtained from prior to supermarkets etc.

Post WW1 there were five dairy farms in the Heathcote area between the Ferrymead Bridge and Rocky Point and it was these farms that supplied the milk. Most of the farmers did their own delivery and each had their own set rounds. All of the cows early on were milked by hand as there were no machines and the milk was delivered seven days a week.



*Photo: Courtesy Tairāwhiti Museum*

Working southwards from Ferry Road there was Harry Bliss, then the Munnings brothers. Munnings had quite an established farm and delivered to the Heathcote Valley and nearby hill areas. The milk was delivered in milk cans and ladled at each property into a billy the owner would leave at the gate, and the Munnings also sold milk at their dairy which was adjacent to the milking shed. The dairy building is now home to Upshot Coffee and the farm is now the Ferrymead Pony Club.

When the Munnings retired in later years Phil Garrett and Gerald Deavoll took over the enterprise and ran it in conjunction with another farm on Scruttons Road where they had pigs.

Then we come to the next farm which was owned by Joe Donald and located on Port Hills Road. The farm was bounded by Scruttons Road, Port Hills Road [now Laing Cres] and the railway. Joe separated the milk from the cream and made butter which was sold locally, more especially during the war years when butter was rationed. The cottage, now known as Honeysuckle Cottage, is still occupied and basically in its original condition and in the loving care of Jocelyn, editor of our newsletter.

The next farm was run by the Carter Family on land leased from what was then the Lyttelton Borough Council. The farm was bounded by Scruttons Road and went down to the river and across to Truscotts Road and then to the railway line. They also had a run-off block at the bottom of Horotane Valley below the Mary Duncan Estate. Carters were the largest of the milk suppliers and had two trucks delivering milk, the second truck being added after the WW2 and was surplus to army vehicles. Their rounds took in the Heathcote Valley, Horotane Valley, Avoca valley and the industrial area of Woolston. They had their own bottling plant and delivered the milk, both in bottles and also ladled from milk cans into billies. The bottles were either one pint or one quart depending on one's choice upon delivery. Generally, no accounts were kept but the housewives merely kept a record of their monthly consumption and paid the delivery boy once a month or left coinage daily in an empty bottle at the gate ready for return to the farm.



Harrison's farm was on Port Hills Road and bounded by Scruttons Road, Chapmans Road and the railway. The farm was later owned by Reg Jarden who delivered milk to the Opawa area. His means of delivery, as was that by Harrison previously, was by a horse drawn rubber wheeled buggy which had the milk cans on-board. The horse always knew where to pull up when on the delivery run.

On the opposite side of Port Hills Road was Mick Petheram's dairy farm known as Earnbank, which encompassed what is now the Mary Duncan Park and he also delivered milk by horse and buggy. Although the farm was of reasonable size the hillsides were covered with gorse and had a lot of erosion so were of little use for grazing.

The last dairy farm was Hector Jarden's which was a smaller enterprise as he also had a contracting business cultivating land with horses and plough etc. That farm is now what is known as Nuttall Drive etc.

It will be noted the milk was not pasteurised in those days, nor did households have refrigeration so it was quite difficult keeping milk fresh, so much so that it would need to be scalded in the summer months.

## REMINDER

**Heathcote Community Sports Club**  
Open Day - Sunday 10 November

## Craft Group

The Heathcote Craft Group meets at the Community Centre each Monday 10am to midday.

We are a welcoming group that encourages new members. Each week we gather to share our latest projects and have a chat. If you have a couple of hours free we would love you to join us.

First visit is free and then a small weekly charge of \$2/week.

Looking forward to seeing you.

Contact information: Judy 027 491 6476  
or Liz 021 107 1211

## Twinkle Tots



Twinkle Tots meet each Friday morning, during school term.

Song and dance activity for pre-school children, up to 4 years.

St Mary's Anglican Church Hall, Corner of Martindales Road and Truscotts Road.

Children must be accompanied by a parent or caregiver.

We meet 10.30am to 11.15am and then have a relaxed break for morning tea/ coffee or water and something to eat – children can play safely.

Free to all, regardless of faith or creed. Gold coin donation.

For more information contact:  
Suzanne Stewart 027 285 1843

# News from the Church of St Mary

*By The Reverend Mark Sullivan, Vicar*

Recently, I was invited to comment upon whether Easter and Christmas trading laws should be abolished. I am not sure why my opinion was sought. I appear to have been randomly selected amongst a group of interested parties, my only reference being an ordained minister of the church.



*Mark Sullivan, Vicar*

Regardless of our beliefs the world is controlled by the life of Jesus Christ. The year in which we live signifies the number of years since Jesus' calculated birth. We jealously guard Christian festivals such as Easter and Christmas and our laws were all developed based upon Christ's teaching. Jesus even supported the paying of taxes! Laws after all are provided to ensure a fairness for all and nowhere is this more evident than in our Social Welfare system. The Social Welfare system we enjoy today was originally administered by the Christian Church through donations and tithes by Christians. We still see this today in Christian Social Services such as City Missions and other agencies. While Florence Nightingale is credited as the first nurse, the reality is that hospitals and nurses were operating many hundreds of years before her, by the Christian Church. These hospitals were organized by nuns, hence the traditional name for a nurse was "Sister."

If you call an Ambulance, you will find a vehicle emblazoned with the title "St John". St Matthew, St Mark and St Luke and St John were the four evangelists who recorded the work of Jesus. Their words form the authoritative basis of the Bible's New Testament. In St John's name the St John Eye Hospital in Jerusalem was formed in 1877 when it

first began training people in First Aid. From this small beginning, the Order of St John now encircles the globe. Throughout New Zealand, St John provides a range of caring services for the public. In all areas but Wellington, it operates the national ambulance service. Integral to the Order are its Christian Chaplains. All new ambulances, and vehicles, new staff and activities are blessed by a St John Chaplain. The annual national awards are acknowledged in ecumenical Christian church services. Whenever an unexpected death occurs in an ambulance or whenever a particularly difficult situation is experienced (Mosque shootings) the chaplains are on hand to support staff and to bless vehicles before reinstatement. St John vehicles and premises are therefore "consecrated ground."

Easter (which acknowledges the resurrection of Jesus on the third day following his execution) is determined throughout the world by the lunar calendar. Easter Day is the first Sunday after the first full moon following the autumn equinox. This is the reason the Easter date changes each year.

Furthermore we proudly sing our National Anthem in both English and Māori . God defend New Zealand! It seems something of a contradiction that our state schools are secular, yet we sing a plea to God's saving ability to "defend our Triple Star."

I responded to uphold the "Holy Day" trading regulations. And none of my reasoning was based on any of the above. Could we not, just for a couple of days each year, dedicate our lives to those who are most important to us? Could we not retreat from cafes and retail outlets to recharge our batteries taking inspiration and life from those who need us more. Is our life so dependent upon shopping that we must prioritise it above all else? I hope not!

But anyway, I like watching TV with my kids without advertisements, even if it is for a couple of nights each year!

*The Reverend Mark Sullivan is Vicar of the Anglican Church of St Mary, the only Church in the Valley.*

## Spring Recipe

# Spicy Apricot Glazed BBQ Chicken

BBQ season is on its way. Here's a yummy recipe you are sure to enjoy!

## METHOD

1. Place a saucepan over a medium heat with a drizzle of oil, then sauté the onion (reserving 1 Tbsp for garnish) for 4-5 minutes or until the onion begins to soften. Add the garlic and chilli and cook while stirring for a further 2-3 minutes.
2. Once the onion and chilli mixture has softened, lower the heat, then add the apricot jam, honey and lime juice. Stir well to combine, then season with salt and pepper. Simmer for 2-3 minutes, then remove from the heat. Set aside.
3. Preheat your BBQ hot plate or stove top grill pan to a medium to high heat. Score the chicken cutlets lightly, then drizzle with olive oil and season.
4. Place the chicken thighs on the BBQ and cook for 4-5 minutes on each side, or until they reach a deep, golden colour and are cooked through. During the cooking time, use a brush to glaze the chicken thighs liberally with the apricot glaze.
5. Once cooked, place the glazed thighs onto a serving platter and garnish with the reserved red onion, coriander, lime wedges and chilli. Serve and enjoy.

Serves: 4-6

Prep time: 10 minutes

Cooking time: 25 minutes

## INGREDIENTS

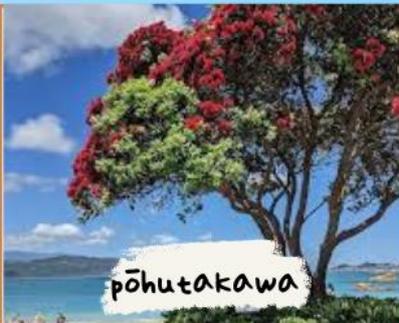
- Extra virgin olive oil
- 1/2 red onion, finely diced
- 3 garlic cloves, crushed
- 1 green chilli, finely chopped
- 1/2 cup apricot jam
- 2 Tbsp honey
- Juice of 1 lime or lemon
- 1.2 Kg - 2 Kg bone-in chicken thighs or cutlets
- Fresh coriander, lime and chilli to garnish

## TOP TIP

For a finger-food friendly version, use chicken wings or drumsticks for a delicious handheld twist! If doing so, adjust the cooking time accordingly.

# HEATHCOTE VALLEY BINGO - SPRING EDITION

HOW MANY OF THESE CAN YOU SPOT IN OUR VALLEY?



## New Neighbours?

Spring is a popular time for moving house.

If you have a new neighbour or know of someone new coming into the valley please contact me for a wonderful locally made tote bag with local goodies for you to add to as desired to give to your new neighbours. It's a great way to make new friends and welcome newcomers into the community.

Jocelyn de Kort

Community Facilitator

Email: [heathcotevillageproject@gmail.com](mailto:heathcotevillageproject@gmail.com)



# Don't Pine the Pines

*By Barrie Woods*

If you're a Heathcote local you can't help but have noticed that the pine trees along the Ōpāwaho Heathcote River, between Tunnel Rd and the golf course, have been cut down.



*Contractors at work cutting the pine trees.*

This is not because the mayor and councillors are short of firewood, but is actually part of the first stage of the Ferrymead Regional Park Development Plan. The area will be replanted with almost 12,000 native plants this season to create a restored corridor of indigenous vegetation along the Ōpāwaho River Track. In fact, as I write this, the planting is already well under way. In a later stage further planting will be undertaken in the paddocks to the south that are currently used for grazing.

However, my article is not about the development plan, which is just the latest of many changes this part of the Ōpāwaho Heathcote River has seen over the years. I thought it might be interesting to take a look back in time to see just how much the area has changed.

The pine trees first appear in aerial photographs in the early 1940s and appear to have been planted in stages. They were probably planted as shelter belts for cattle as the farmland was used for dairying at the time, or maybe as a future firewood supply. The first farmer of this land was Mr George Scrutton, after whom Scruttons Rd is named. Scrutton farmed the land from at least 1861, until his death in 1874 at the age of 55 years. At the time the area was known as Ashley Farm. Dairy cattle continued to be farmed on the land until at least 1961. The area now used for horse grazing is council-owned. This is part of the Ferrymead Regional Park which extends from Tunnel Road, through the golf course and the Matuku Lakes area, to the sports fields.

Talking of horses, do you know there used to be a Heathcote Race Course? It was located on Ferry Rd in the area that is now Settlers Crescent.



*Aerial photograph from around 1925 showing the racecourse*

Conveniently the Heathcote Arms Hotel was on the other side of Ferry Rd. Apparently the first trotting meeting in New Zealand was run on a track in Heathcote in 1875 in what was then called "Brown's Paddock". About 1880 the Lower Heathcote Racing Club was founded and set up a track complete with a grandstand. Regular races were held there up until 1894 but after that date it appears the course was used only as a training track up until the 1920s. From 1889 the Heathcote racecourse was also a popular venue for pigeon shooting matches.

In the early days of Christchurch settlement, goods were ferried from the port at Lyttelton across the Sumner bar to Heathcote Harbour. The deeper water where the river cut in near the base of Canon Hill was a suitable place to build a wharf and within a short time docking and storage facilities were established.

Christchurch City. Once the railway tunnel to Lyttelton opened in 1867 the Ferrymead line was relegated to the status of a siding and the station buildings were relocated to Heathcote and Christchurch stations. Today the only remaining signs of the wharf are a few posts at the riverside near Ferrymead Reserve. The railway line remains in place as part of the Ferrymead Heritage Park.



*Ships at the Ferrymead Wharf alongside the railway.*

From the 1850s several other wharfs were built along the Ōpāwaho Heathcote River. These were generally known by the owner's name, so we hear of Montgomery's Wharf, Landown's Wharf, Aikman's Wharf, Milton's Wharf and Thacker's Jetty. They were mostly used to service the local industry that sprang up along the river. Before the advent of steam power, boats were navigated along the river by means of tow-lines, with tow paths for horses along the river banks. Land for the tow paths was reserved as far upstream as the Radley St bridge. These strips of land along the river still show in the council maps to this day. The stretch near what is now Calder's Green was known as Devil's Elbow due to the difficulties with navigation around the bend. Many a boat became cast in the shallows. Draglines were used to keep the river clear of silt ensuring adequate depth for the boats.

The original 1864 Heathcote bridge (which today we call the Ferrymead Bridge) was a swing bridge which could be lifted to allow boats to pass



*An early view of the wharf from Canon Hill.*

From about 1850 a punt service operated to carry people and goods to the other side of the river until the Heathcote bridge was completed in 1864. One of the punt operators, James Townsend, built a nice homestead near the wharf. When he sold up the new owner called the house Ferry Mead Hotel, from which the Ferrymead suburb takes its name.

In December 1863 New Zealand's first public railway opened to link the Ferrymead wharf to

through. A toll needed to be paid to cross the bridge, and at half the rate for a punt crossing, the ferryman soon found himself out of a job. The swing was replaced by a cantilever bridge in 1907, but poor design meant it did not close properly.



*The Heathcote cantilever bridge at Ferrymead.*

With a reduction in river traffic it was eventually decided to leave the bridge closed. In 1923 tramway tracks and overhead electric cables were installed across the bridge and the lifting mechanisms were removed. I remember crossing the bridge as a young lad and remember it as being pretty rickety. This bridge was replaced with a conventional fixed bridge in 1965. The current bridge opened in March 2015 after the 1965 bridge was damaged in the 2011 earthquake.

Many of us who grew up in Christchurch will remember the Heathcote dump. For those of us who lived on the east side of town, it was a good alternative to the Bexley tip and was a bit cheaper. I remember trips to the dump with my dad when we would return home with almost as many treasures as trash we had taken – an early kind of recycling I suppose. The dump was initially located in the area now called Woodhill, which is where the Tamaki brothers built the short-lived Tamaki Christchurch Maori Village around 2005. Later, in 1978 the dump moved across the railway line to what is now the golf course. The dump was closed

on 1 July 1985, but it was not until 2004 that proper remediation work began. Interestingly the hill that covered the landfill site (Woodhill) was built from soil excavated to form the Matuku Lakes which are a storm water catchment area.

So why is the dump important to the river? Being all but adjacent to the river and with an open tip-head, the dump was a major contributor to pollution in the river and across the tidal mudflats.



*Rubbish encroaches on the banks of the Lower Heathcote River in 1972.*

A strong southerly blow would see all manner of rubbish swept across the railway line and into the river. On an incoming tide it would drift up into Woolston and on an outgoing tide it some would flow back down and lodge on the mudflats. The cycle would repeat until a good rain flushed the river out into the estuary. On the other hand, a north easterly wind would blow plastic and cardboard across much of what is now the Ferrymead Park area. While the landfill site was predominantly at what are now Woodhill and the golf course, there was plenty of 'fly tipping' in the nearby area particularly when people arrived after 4pm closing time. This was also a popular place to dispose of old car bodies and this practice does not appear to have been actively discouraged by the Council and local petrol-heads would visit to scavenge for parts.

Over the years the Heathcote dump was the subject of many complaints to the County Council and letters to the editor. It is said that a fire burned

almost continuously at the dump and the smoke would be carried up the valley on a north easterly wind making life unpleasant for local residents. Perhaps as a side-note, but also important, as happens with dumps, seagulls were the dominant birdlife in the area, to the exclusion of other species.

Pollution the lower Ōpāwaho Heathcote River is nothing new. From the early days of European settlement industry began to grow along the river. Not only did it provide a source of water, but it was also a convenient way to dispose of waste water. By 1873 there were 7 wool-scouring works and 5 tanneries in the area, all discharging into the river. Their pollution was recognised at the time, but considered a necessary compromise in order for industry to flourish. There also seems to have been a thinking that industrial waste was better discharged into the Heathcote than the Avon.

By the early 1900s locals were beginning to complain about the state of the river. Not just from industrial pollutants, but also from household sewerage. Many septic tanks discharged to the river, but just as many new 'water closets' were piped directly to river outfalls. The water at Ferrymead was rank to say the least. The Acclimatisation Society attempted to introduce trout and perch into the river, but they did not thrive in the lower reaches due to the foul water. Prior to the arrival of European settlers the river had been rich with tuna (eels), pātiki (flounder), whitebait, koura (crayfish) and shellfish on the mudflats, and was an important source of kai for local Māori. Raupo and flax would have been the predominant vegetation along with seagrass on the tidal flats.

It was not until the mid-1920s that the Drainage Board began to tackle the problem of industrial pollution. The pollution of the river below the tanneries was described as 'abominable' and 'scandalous'. Industries were encouraged to trap

solid matter before discharging effluent. The resulting 'sweepings' were deposited onto low lying land along the river for reclamation purposes, not that it really helped the problem. In 1926 the New Zealand Glue Company faced legal action for failing to manage solid effluent effectively, but it seemed that efforts to reduce pollution were mostly futile, particularly as the city continued to grow. It was argued the clearing of the river by dragline only exacerbated the problems with pollution as it stirred up sediment, but this was deemed necessary to reduce flooding further upstream.

It was not just the river that suffered, but also the estuary. A study in 1953 found the water was rife with bacterial coliforms and organic matter. It noted a striking change in plant life in the estuary, with the once dominant zosteria (eel grass or sea grass) having been displaced most completely by ulva (sea lettuce), the latter being responsible for an offensive odour that characterised the estuary, especially at low tide on a hot day when it began to decompose. Much of the pollution was deemed to have come from the Heathcote river. It was noted at the time that there had been a surprising increase in the variety of birdlife since a previous study in 1929.

The water pollution was to continue for many years. In 1970 the Woolston industrial sewer was commissioned, along with sewerage reticulation systems linking Sumner, Redcliffs, Mt Pleasant and Heathcote to the city's main sewerage plant, rather than discharging straight into the estuary. This improved the river pollution somewhat, but it was not a complete cure as the outfall from the Bromley Treatment plant was still into the estuary. The sea lettuce continued to flourish in the estuary along with its accompanying stench. In 1971 marine biologist Professor G Knox estimated that there were 120,000 tons of sea lettuce in the estuary. It was eventually determined that the only solution to the estuary pollution would be an ocean outfall for the discharge from the Bromley treatment plant.

This would finally be realised with the commissioning, in March 2010, of a new pipeline discharging 3Km off the coast from New Brighton.

Closure of the dump site provided an opportunity for redevelopment of the surrounding area and a reduction in pollution has allowed the river to begin healing. The establishment of the Matuku Lakes has improved storm water drainage together with creating some new walking tracks. Along the river we now have the Ōpāwaho River Track, which runs from Ferrymead Park to Tunnel road, passing by the Calder Green Reserve and lizard sanctuary. The planting of the saltmarsh and river banks with indigenous vegetation (including marsh ribbonwood, mingimingi, mānuka, kānuka, tōtara and ake ake) will encourage the return of native birdlife and provide a new parkland we can all enjoy.



*New planting along the Ōpāwaho River Track*

## 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.

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