



# NEWTOWN NEWS

*celebrating*  
**World Vegan Day**



November 2017



Proudly brought to you by  
the Newtown Community & Cultural Centre

# Kia Ora



Welcome to the November issue of the Newtown News. How have we got this far through the year already? Christmas decorations are appearing in shop windows all over town, and Christmas Carols are soon to be stuck in my head the end of the year is fast approaching!

Loads has been happening this past month at the Community Centre. We're proud to support a Newtown chapter of Boomerang Bags and have hosted several working bees. The Boomerang Bags movement is a community driven initiative tackling plastic pollution at a grassroots level. They divert textiles and fabric from landfills and upcycle it into readily available reusable bags for everyone. Anyone can pick up a free bag from participating shops, use it for their grocery shopping, take it home and then bring it back for someone else to use. Big ups to 'The Newtown Greengrocer' at 100 Riddiford street which is the first (of many) Newtown shops to support and stock Boomerang Bags.

If you're interested in volunteering at one of our many working bees (held at the centre) you can search "Boomerang Bags Newtown" on facebook to find the groups page, or give us a call at the centre for more info.

The Newtown Community isn't short of awesome initiatives and this month we

introduce you to a local project called 'Quick Kai'. It's world vegan day on the 1st of November and world vegan month is celebrated throughout November. With that in mind, it seems fitting that Quick Kai chef Jeremy shares a cheap and cheerful Vegan recipe with us all.

We continue this theme with regular contributor Rose Deepa-Sealy sharing her reasons for eating a plant based diet.

Perhaps if you eat a vegan diet, or just like trying new food and eateries, now might be the time to stop by Newtown's newest joint "Mara". Located at 178 Riddiford street, this vegan restaurant has a low waste ethos and is an accredited living wage employer - that's two thumbs up from us!

Hope you enjoy the issue.

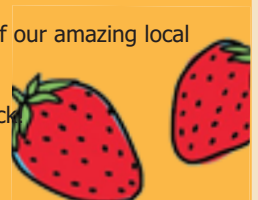
Ngā mihi,

Eryn Gribble  
newtowns.newsletter@gmail.com

Cover art by Merumo Mukaide  
Design by Trung Le

Thanks to the support of our amazing local businesses!

Please support them back





**Eryn Gribble has a yarn with the vibrant force that is Emily Sheffield, Support Worker behind 'Quick Kai' (read all about it on page 5).**

Emily Sheffield hails from Farnsfield, a village just outside of Nottingham in England. She spent her formative years running around the countryside playing 'fox and hound' and cherished many hours with her beloved Grandmother Shirley, who was often seen around the village in a pair of red hot pants!

Enjoying her freedom from village life, Emily attended university in Leeds where she completed a BA in film and moving image production. For her final project, Emily worked on the production design for Sci-Fi flick 'Eternal Life', starring Jamie Lomas, of Eastenders and Hollyoakes fame. In 2010 'Eternal Life' won the film school prize at Encounters Film Festival.

Emily gets her love of travel from her father, who tragically passed away when she was 7 years old. Her passion for politics and history took her all over South America. Emily recalls winning a rap-battle in a large club in Buenos Aires, a hilarious highlight from her travels.

"The MC was doing his thing, with hundreds of people all circled around him. I'd had a few drinks so I challenged him with a Spice Girls rap. Everyone loses it with applause and I win! They had no idea it was spice girls", she laughs!

In 2011 Emily arrived in Wellington, New Zealand, not intending to still be here 6 years later. After meeting a kiwi bloke over a backyard BBQ of freshly caught Paua, they eventually moved into her first flat of many in Newtown - a rustic sleep out. Emily explains, "It was more of a shed - it had a bicycle chain for a lock!"

Emily currently supports others engagement and involvement in the Newtown Community in her role as a Community Broker for young people with intellectual disabilities. Emily tells me she loves her job and currently supports

people to volunteer weekly in Newtown at Opportunity for Animals and Wellington City Mission.



Earlier this year the 55,000 member strong E tū Union elected Emily as the 'National Youth Delegate', where she often sticks up for the lil' guy! "It's a competitive job market with little room to negotiate due to the governmental squeeze of recent years. I'm over the moon about the recent change in government" she says. In April this year, E tū won the landmark "Equal Pay Case". Care and Support workers challenged their wage rates on the basis they would be paid more if their workforce were dominated by men rather than women. Emily represented vocational support workers and spoke at both a parliamentary select committee hearing and at the equal pay settlement announcement. Her strong voice made Emily a passionate advocate for colleagues throughout New Zealand who now are enjoying a fairer and more liveable wage!

Hearing how Emily contributes to her communities makes me incredibly glad that she decided to call New Zealand home. This wonderful wahine has loads more stories to tell, so if you see her about Newtown, make sure to stop and say hey!



# PLANT

## *Philosophy*

By Deepa-Rose Sealy

How many vegans does it take to twist in a lightbulb? Two! One to put it in, the other to check the ingredients! World Vegan Day is on the 1st November, a day to celebrate 'Veganism'; the rejection of animal products mostly in diet, but also in products and clothes. Vegans do this for a number of reasons the most common being animal ethics, environmental respect, health or religious beliefs.

My own awareness of veganism was from a young age being surrounded by Jains, Buddhists and Hindus. I did not know the word but the intent resonated, so it only seemed natural that when I left my (Christian) home I would edge towards veganism. It took a year to 'transition', and now eight years on I am still perusing ingredients on products and continually surprised how there are milk solids in everything!

From an animal ethics point of view, it seemed straight-forward. Surely animals should not be kept in cages, overpopulated sheds, and without the integrity of life? Surely it is species of humanity to choose who lives, who dies? And who ends up on their dinner plate.

Another perspective The China Study<sup>1</sup> brought with it a convincing health argument. It is a book based on the China-Cornell-Oxford Project that over a 20 year period, crossed multiple countries and populations. It concluded that people with more meat in their diet had a higher rate of mortality from cancer and other chronic diseases. This made sense to me as, while our ancestors would have eaten meat, did they eat as much as is deemed normal now?

The United Nations thinks a reduction of animal products and change in diet is one of the 'easiest ways to quickly reduce our carbon footprint including water usage'. According to a 2010 United Nations Report<sup>2</sup>, animal products "in general require more resources and cause higher emissions than plant-based alternatives". A later 2017 study by the World Wildlife Fund<sup>3</sup> found that 60% of biodiversity loss can be directly linked to the current vast scale of feed crop cultivation needed for tens of billions of farm animals. This is putting a massive strain on natural resources resulting in extensive loss of land, and species. From a water perspective, it takes 15,500 litres of water to produce 1 kg beef, contrasted with 180 litres for 1 kg tomatoes. Studies have shown that farming uses 70% of the planet's accessible freshwater.

There are of course many other reasons why vegans become vegans, but however you look at it, one regular small(ish) change in your daily life can ripple out and make an incredible impact. Now I am off to eat my vegan cheesecake (after reading the ingredients of course)!



#### References:

1 The China Study, T. Colin Campbell, 2005

2 Assessing the Environmental Impacts of Consumption and Production, United Nations Report, 2010, [www.unep.org/resourcepanel/portals/24102/pdfs/priorityproductsandmaterials\\_report.pdf](http://www.unep.org/resourcepanel/portals/24102/pdfs/priorityproductsandmaterials_report.pdf)

3 Appetite for Destruction, World Wildlife Fund, 2017, [www.wwf.org.uk/sites/default/files/2017-10/WWF\\_AppetiteForDestruction\\_Summary\\_Report\\_SignOff.pdf](http://www.wwf.org.uk/sites/default/files/2017-10/WWF_AppetiteForDestruction_Summary_Report_SignOff.pdf)



## Introducing..... Quick Kai!

### Ready to heat and eat meals!

We know many people in the community who could use a cheap but healthy pre-prepared home cooked meal! 'Taking away' all the stress and strain of slaving over that hot stove! Perhaps you've had a week of work that just won't quit? A new baby to look after? Have been struck down by illness or injury? Or you just hate cooking (and the clean up)!?

Quick Kai is a new collaborative project of the Newtown Community Centre, Island Bay Community Centre, Wellington Timebank and the chefs involved. The individual chefs of 'Quick Kai' are young adults with intellectual disabilities who drive this project. Each week they plan

and prepare the meals which reinforces skills like problem solving, team building and gives them the opportunity to use and enhance their cooking skills in a supported environment. The team loves helping out the community with what is proving to be an essential service!

Stop on by the Newtown Community Centre and pick up a tasty meal from our freezer. There's a huge range from 'Thai Green Curry' to 'Chunky Minestrone Soup'. Gluten Free and Vegan available! Meals cost \$6 for members of the public. If you are a Timebank member it'll only cost \$3 and 1 Time Credit.



Contact: [quickkaiwellington@gmail.com](mailto:quickkaiwellington@gmail.com) or 04-3894786 (ask for Eryn!)  
Find out all about Wellington Timebank (and how to join) here:  
[www.wellingtontimebank.org.nz](http://www.wellingtontimebank.org.nz)

## Jeremy's Famous Rice!

A simple yet tasty vegan side dish that serves 8.

*"I'm really thankful for sharing my recipe with everyone, I hope you all enjoy it"*

- Jeremy Tapari, Quick Kai chef.

### Ingredients:

4 cups rice  
1 tin of coconut cream  
1 tin of chickpeas  
3 celery sticks  
1 can of your favorite beans  
1 cup of sultanas  
1 tablespoon of curry powder  
1 inch of fresh ginger  
1 teaspoon of turmeric powder  
2 bay leaves  
Coriander (optional)  
Salt and pepper (to taste)

### Method:

- In a large pan, use your desired method to cook the rice.  
- While you are waiting for your rice to cook, chop up the celery and set aside.  
- In a bowl, mix the herbs, spices, bay leaves and ginger with the coconut cream.  
- Drain and rinse the beans and chickpeas.  
- Once the rice is cooked - pour in the coconut cream mixture.  
- Stir through the beans and chickpeas on a low heat.  
- Add the sultanas and celery and stir through.  
- Eat and enjoy - delicious hot or cold!

# Guerrilla Grafters!

By Clemence Latour

It is finally spring and life is slowly coming back, trees are budding and flowering. I recently realised that most of our trees in town are flower trees or ornamental trees, and wondered, where are all the fruit trees?

You know, the trees where you could grab an apricot from? Or why not some cherries? A stone fruit? Nowhere to be seen. I had an idea of being able to go to parks and enjoy raspberries and strawberries. And then, I found the "Guerrilla Grafters"! Their goal is to insert fruit trees in towns through grafting on non-fruit bearing trees. I just loved the idea. What a great way to slowly but surely integrate fruit back into our lives.

## So, how do you do it?

It's easy! Take scions<sup>1</sup> from good fruiting trees and get ready before spring (which is when the trees are still dormant). The wedge graft is the technique used by the Guerrilla Grafters for simplicity:

- Make a "V" shape on the cut part of the scion.
- Insert the wedge into the branch and make sure to insert the green skin of the scion in continuity with the skin of the grafted tree (this part is called the cambium layer).
- Hold the graft union firmly: Make sure the cut surfaces are touching.
- Wrap the tape beyond the graft and

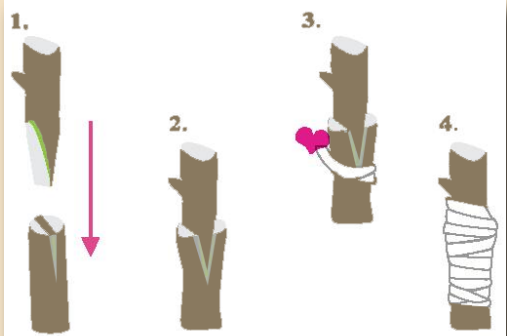


image credit: [www.guerrillagrafters.org](http://www.guerrillagrafters.org)

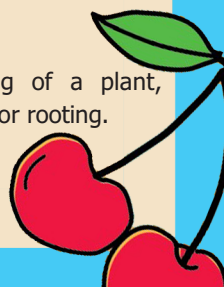
onto the scion to cover all cuts, start from below and go up in a spiral. Secure with a rubber band.

It can take up to 5 years before a grafted limb bears fruit. But, if a few people would get involved we could change the face of our streets and re-integrate fruits on our pathways. What is better than a just ripe stone fruit on the way to school? Or a cherry before an important meeting?

Life should be fruitful! You can find more details about this movement on the Guerrilla Grafters website (including an instruction manual) at [www.guerrillagrafters.org](http://www.guerrillagrafters.org).

With graft, Clemence.

<sup>1</sup>Scion; young shoot or twig of a plant, especially one cut for grafting or rooting.





# Random acts of Kindness

Being a grumble-guts is overrated. Being kind is easy - just give it a go! 'World Kindness Day' falls on November 13th this year so we've put together this wee list with a few suggestions of how you can spread the love:

- Share overheard compliments with those you heard them about!
- Put a surprise note or sketch in with your friend/flatmates/partners/kids lunch.
- Pick up some litter.
- Pay it forward, buy the next coffee so a stranger gets a surprise.
- Donate blood, call 0800 GIVE BLOOD to see if you are eligible and find your nearest location.
- Call someone you haven't spoken with in a long time.
- Learn something, cos ignorance doesn't help anyone!
- Practise self-compassion, give yourself the same kindness you would give others.



## THIS IS NOT A DRILL....!

BROUGHT TO YOU BY....



## Introducing the Chain Whip

By Sparky O'Toole

The bicycle is undeniably one of the most off-the-chain inventions of modern times revolving through many cycles of style since it's birth. It's originator, Kirk MacMillan, a Scottish blacksmith, was spotted in 1842 "bestride a velocipede... of ingenious design".. Kirk was a proud spokesman for his cogless free-wheeler, but the French soon cranked it up a gear and rolled out a design still peddled by bike shops today. A chain reaction of fashion and utility made the bicycle the champion of both the industrial revolution and the wheelie poor. With the vicious cycles of growing cities and poverty, 20th century workers could perambulate on their own machine and fix it without being taken for a ride.



The squeaky wheel gets the oil and the addition of chains, cables, gears and brakes also meant special tools were needed for repairs. The cassette, that funny sideways stack of sprockets on the back wheel of your bike sometimes needs to be removed from the wheel itself for adjustment or replacement. To take the cassette off the wheel you can use a 'chain whip' from the Newtown Tool Library! The chain whip resembles something between a spanner and a medieval weapon but without it you may become a total cycle-path struggling with this tricky task.

# What's the H a p p s ?

## **EVENTS AT THE NEWTOWN COMMUNITY CENTRE CNR RINTOUL & COLOMBO STS, NEWTOWN**

### **Inca Kiwi Spanish lessons**

Inca Kiwi are now offering Spanish classes at the Newtown Community Centre! Get started in Spanish with SPANISH FOR BEGINNERS on Mondays from 6.30-7.30pm and Sundays from 10-11am (2nd group). If your Spanish is already around intermediate level and you want to improve your banter, come along on Mondays from 7.30-8.30pm for an hour of CONVERSATIONAL SPANISH or on Sundays from 11am-12noon for the REVIEW YOUR GRAMMAR class to perfect the technical elements of your Spanish. \$7/class. Contact Maribel to register: [incakiwi@gmail.com](mailto:incakiwi@gmail.com).

### **Lian Wu Tang Chinese Kung Fu**

We have a new Kung Fu class at the Newtown Hall on Daniell Street! Come along to this class and learn authentic Chinese

Kung Fu System which is fantastic for enhancing general health and wellbeing. You will develop your confidence, strength and gain excellent self-defence skills. No previous experience required. Cost: \$10 for Casual; a term of 4 classes for \$32. Free trial for first class. Contact Master Evan Chen for more info: [vuwkungfu@gmail.com](mailto:vuwkungfu@gmail.com); 0212645642.

### **Strummy Time**

Loud, fun and energetic music & movement sessions for pre-schoolers with Pip Algie (Registered Music Therapist). Mums, dads or caregivers welcome with their pre-school aged children. \$70 for 10 week term or \$10 casual. Email Pip Algie: [pip.algie@gmail.com](mailto:pip.algie@gmail.com). Fridays, 10-11am.

## **HAPPENING AROUND NEWTOWN**

### **Meet the Candidates Meeting**

The Newtown Residents' Association invites you to Meet the Candidates for the by-election for a Southern Ward seat on Wellington City Council, and to hear their reasons why you should vote for them to take Paul Eagle's place on the Council. All welcome! Supper provided at the end of the meeting. If you have a topic that you would like the candidates to address, please email [newtownwellington@gmail.com](mailto:newtownwellington@gmail.com). Tuesday 14th November at 7.30pm at St Anne's Hall, Emmett St, Newtown.

### **Friday Flicks @ 6 - Moana**

Moana - All welcome AND popcorn will be provided. An adventurous animate teenager sails out on a daring mission to save her people. She is guided by Maui to become a master wayfinder. Friday 3rd November, 6pm at the Newtown Library, 13 Constable St.

### **Get Connected with Work Connect**

Are you a skilled migrant, partner of a skilled migrant, or an international student looking for work? Work Connect is a free programme to help you get ready for the New Zealand job market. Information sessions will be held on Tuesday 14th and 28th of November from 11am – 12noon. To find out more, call 0800 222 733 or visit [careers/govt.nz/work-connect](http://careers/govt.nz/work-connect) and submit an inquiry form. At the Newtown Library, 13 Constable St.

### **Kōhunga Kōrero**

Preschool storytimes in te reo Māori. For more info, please contact Debbie House, [Debbie.House@wcc.govt.nz](mailto:Debbie.House@wcc.govt.nz). Tuesday 7th November, 10.30-11am at Newtown Library, 13 Constable St.

