

NEWTOWN NEWS

Nā Te Whare Hapori o Newtown / Brought to you by the Newtown
Community & Cultural Centre



PEGASUS EDITION
PAENGAWHĀWHĀ / APRIL 2022

Tō koutou makahīni hapori: mō Newtown, nā ngā tāngata o Newtown /
Your community zine: for Newtown, by Newtowners

KIA ORA NEWTOWN

Kia ora tātou / hey everyone!

So, the reason for the 'Pegasus' theme of this Newtown News is that I looked up the Te Reo word for April - which is 'Paengawhāwhā' - to see if there was anything cool about it. The amazing fount of knowledge that is Māori Dictionary informed me that it was also the word for the constellation Pegasus, and that Pegasus becoming visible in the sky marks the start of the month...

So I thought 'cool, that's a random but interesting theme, flying horses are cool, constellations are cool, April is cool (and I mean literally, it's definitely starting to get cooler out eh).' But when I started writing this, I went to find out where to spot the Pegasus constellation (for all you keen stagazing beans) and found that Pegasus is only visible between August - December here in the southern hemisphere. SO it's clear that I have majorly misunderstood something! Maybe the real theme of the issue is...confusion, eek! If anyone who knows more about the maramataka (the Māori lunar calendar) or constellations can tell me what I've got wrong, I'd be keen to hear it. Hit me up with an explanation email!

However, I'm glad Pegasus was the theme - it means this beautiful Pegasus / unicorn hybrid has been dusted off from her creator's backyard and has been immortalised on this cover for you to admire. Plus, some of the mythology of Pegasus, the flying horse, is that when their hooves strike the ground, it brings up wells from the 'springs of creativity' inspiring everyone around them - including talented Newtowner Rosa, who wrote an amazing starry poem for this issue! Also, Ngā Puna Waioa - the springs under Newtown - are springs of health, and there's some great health advice in this issue from a Newtowner Doctor Marion. So with our Pegasus bringing up springs of health and creativity, I reckon we're pretty well set up for this Paengawhāwhā and the start of autumn.

Ngā mihi,
Ellie - ellie@newtowncommunity.org.nz

Cover image: Pegasus / unicorn hybrid by talented local artist Nicole Gaston of Nice Assets - niceassets.co.nz - read more later in the issue!

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Notorious Newtowner

Ellie and Georgia kōrero social drama, improv (fun? Or scary? Find out below!) and pretending to be sick, to teach doctors.

I see Georgia every Thursday, when she comes to the community centre to teach a free Social Drama class for people over 65 - she's always a popular figure, taking the time to say hello to everyone around, always with a big smile (albeit hidden behind a mask!)

Originally from the north of the UK, Georgia's family relocated to the Waikato when she was 9 and she's never looked back. She first moved to Wellington to study theatre, later taught at a performing arts school in Singapore and then moved to Newtown just a few months ago - but she's loving it so far - "I love the vibe here - everyone seems so welcoming - and there are SO MANY good coffee places in a small place - I thoroughly enjoy that."

Georgia explains that the Social Drama class (part of a series across Wellington) aims to combat the loneliness and isolation that can be

a real problem in older communities - "so I see it as half about bringing people together and half about the drama - a supportive place to come and be social, have a laugh and leave your comfort zone!" If the laughs I hear through the door are anything to go by, the class is certainly meeting that objective! They play drama games, including improv, though Georgia says the word 'improv' sometimes frightens people - "it's just playing! It doesn't matter what age you are - everyone wants to play. We often unlearn that skill over life - kids are amazing at it, but as adults sometimes we need a little more encouragement."

Georgia runs Social Drama through the Voice Arts Trust, who she thinks are pretty awesome and deserve a shout out "they run amazing projects for people in the community who can sometimes be overlooked." When Georgia isn't at the social drama class, she runs drama classes for young people through her Black Box Drama School ("there's no real difference between teaching young people and older people - I'm not even sure who's more cheeky to be honest"), or sometimes brings her dramatic skills to helping the emergency services be ready for anything - acting as a patient for medical students for example. "My passion at the moment lies with teaching drama, promoting the arts and making it accessible."

When she's not working, she might be hosting the quiz at Fortune Favours, having a coffee at Black Coffee - her fave Newtown spot - catching up with friends, or getting out and about in nature "I love a good walk or hike. The walk up to Mount Vic from Newtown is great." Her message for Newtowners is "Come to social drama at the community centre - and if you're not eligible, tell whoever in your life IS eligible to come!" and she also reckons you should bring the social drama vibe into your everyday life - "Use your imagination, be creative, don't be scared."



Social drama runs on Thursdays, 10.30am - 12pm at the Newtown Community Centre and is FREE thanks to the amazing Voice Arts Trust: facebook.com/voiceartstrust

CREATIVE CORNER

Unicorn Pegasus

By Nicole Gaston of Newtown pottery studio Nice Assets (niceassets.co.nz)

I made the unicorn / Pegasus on the front cover of the News! A few years ago I had the opportunity to rifle through a shipping container full of pottery slip-casting moulds. Slip-casting is the process of pouring liquid clay (slip) into a plaster mould. The plaster absorbs the liquid and leaves a clay 'shell' on the interior of the mould. You pour out the remaining liquid clay, allow the piece to dry in the mould for a bit, and then try to gently remove it without ripping it in 2, or letting it dry too much to the point it cracks. It's quite a fiddly process and I don't really find it very creatively fulfilling so I don't do a lot of slip casting myself.

However, the container was full of strange and unusual moulds which I believe had been used by a commercial pottery production studio in the 1980s and 1990s somewhere in the Auckland area - it was too good of an opportunity to pass up! Most of the moulds were of that era and had been imported from Europe, the UK and North America. New slip-casting moulds are very expensive to import since they are huge and heavy, or have to be handmade, which is quite a labour intensive process. I came home with several unicorn moulds as well as a skull mug, some creepy doll heads and limbs, some teapots and coffee cups. Occasionally I get them out and do some slip-casting and always end up with a lot of clay on myself and the floor, which is a pain to clean up but great for making puns about 'slip-on shoes'.

Paengawhāwhā Poem

By Rosa Martelletti

Do you ever look up at the stars
and realise how small you are?

Do you ever spend a night
lying on the grass,
trying to count them,
trying to find the constellations?

Do you ever close your eyes,
imagine the universe,
see yourself in comparison to it?

In those moments,
do you ever think about your worth?

Your life just a flick of a paintbrush,
your story broken up
by all the bigger things around you.

Do you ever think about how small you are,
then realise
stars are small too?

Constellations mean nothing to the
average eye
But when you know what to look for
You see stories
Lighting up the darkness

Carina,
Sailing to find the Golden Fleece.

Phoenix,
Bursting into flames before being reborn.

Pegasus,
The beautiful creature telling you when
it's time to move on.

So when you see those stars
And you think about your story,
Just know:
People will find it
When they know what to look for.

HISTORY FILES

By Chris Rabey

Newtown and Mt Cook were rich in deposits of plastic clay suitable for moulded and extruded earthenware industries. Beginning with brickmaking the industry soon progressed to the manufacture of pipes and a wide variety of domestic ware.

The establishment of the first brickworks in Wallace Street was followed early in 1876 by a temporary plant set up on the site of the current public hospital to provide the two million bricks needed for that building. It closed once the project was completed although the large circular kiln remained as a local landmark until the late 1880's when it was demolished.

Late in 1876 Charles Swiney, a butcher, established a brickworks in lower Adelaide Road, south of the present Adelaide Hotel. The property extended through to Hanson Street and was well supplied with springs and streams. When offered for sale as building sites in March 1877 the works included a brickmaking plant, lime kilns and shed room for 60,000 bricks.



We loved getting this note & chalk in the letterbox at the Community Centre recently!

What a great idea to have fun and build community safely during these stressful Covid times.

We did a little bit of chalking and it was rad seeing what the community had done after the weekend!

TOFU WITH BRONWYN!

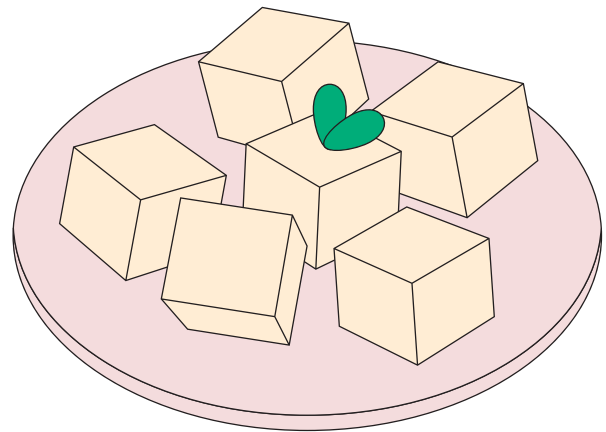
By Bronwyn Haines

Lots of people are a bit bewildered by tofu, but it's really a very simple, cheap and easy protein. It's hard to overcook it, and it takes on any flavour you throw at it. I generally buy firm or super firm tofu, because it keeps its shape and texture best when you cook it. The next few editions of the News I'm gonna share 3 of my favourite ways to make tofu. Here's the first one!

Simple fried tofu with Soy Sauce

Ingredients

- 1 pack of tofu
- Neutral oil eg sunflower/canola
- 2-3 tablespoons soy sauce



Method

Open your tofu and tip out the liquid. Wrap the tofu block in a couple of paper towels or a clean tea towel. Give it a gentle squeeze so you're getting all the surface liquid off, but not so hard that it starts to break up in your hands.

Heat up a frying pan to a high heat while you unwrap the tofu and chop into chunky slices about 2cm thick. Put a generous amount of oil in the pan so that base is well covered, and wait until it's nice and hot. Put the tofu slices in the pan and wait about a minute. You should hear the tofu sizzling at this point.

Add the soy sauce, distributing it over all the tofu slices, then give the pan a good shake so that the sauce goes around all sides of the tofu. It will bubble and steam a lot, but this is a good thing. After a couple of minutes, turn the tofu with tongs so that another side of each slice is facing the pan. Repeat until all four sides of each slice is browned. Sometimes the tofu will stick to the pan a bit - if this happens try sliding a fish slice/spatula under each slice to separate it from the pan. You might want to use a bit more oil next time.

This tofu is delicious served with pretty much everything from roast veggies to 2-minute noodles.

COVID PĀTAI WITH DR MARION!

Dr Marion Leighton is a Newtowner, doctor, has been a specialist physician at Newtown Hospital and is currently working with the Ministry of Health

I just want to get Covid, get over it and move on with my life – why shouldn't I?

Omicron is milder than Delta, but it's still about as nasty as the original Covid variant - and it can still make some people very unwell. Even with vaccination, 1 out of 20 people get long Covid which is very unpleasant. Also, because it's an unstable virus, you can catch it again, especially if we get a new variant.

I've already had my two jabs, why do I need a booster?

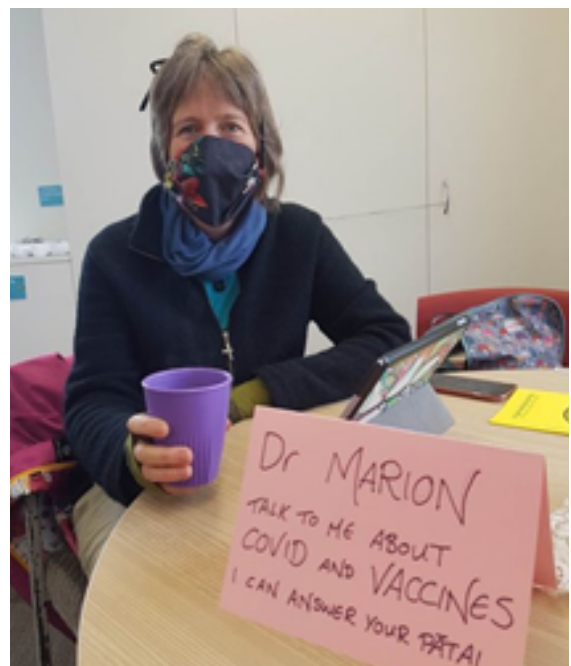
The booster keeps your immune system in tip-top readiness. The first two shots introduced your immune system to the virus - the booster makes sure it has all the different immune cells ready to fight off the virus. We might benefit from future doses - scientists are looking into this. More doses don't mean the first ones didn't work, instead they continue to build our immune response, meaning we can fight off the virus quicker.

What are some top tips for if I get Covid but don't feel tooooooo bad?

Sleep is better than rest - try to catch some zzzzs during the day rather than just vegging in front of the TV. Use ice blocks, honey & lemon drinks & throat sweets with anaesthetic (the others are just expensive lollies!) for sore throats. Paracetamol, ibuprofen as per the packet instructions. Hydrate! 2l per day or 3l if you have a fever. When you feel better, start exercising again SLOWLY - take it day by day & work up to previous levels in about 2 weeks - this is in case your heart was affected by Covid.

What more serious stuff should I look out for if I have Covid?

Call your doctor, healthline or 111 if you're short of breath, have chest pains or feel exhausted walking around the house, or if your child is wheezing, grunting or struggling to breathe (small children can get croup from Covid).



WHAT'S THE HAPP'S?

AT THE COMMUNITY CENTRE, 2A GREEN ST

Free Soup Fridays are back! Fridays 1-2pm.

All welcome for a free bowl of veggie soup with the community. You could even prevent food waste and grab some free kai from the Community Fridge while you're here.

Isolating? Don't be isolated. Weekly zoom chats - Mondays, 11-11.30am.

More & more of us are isolating with Covid or because someone in our household is sick. Join us on Zoom to be connected to support or just for a chat! bit.ly/3IHDcX

Free Social Drama for 65+ - Thursdays, 10.30-12pm

Read the 'Notorious Newtowner' interview with Georgia earlier in the issue to get the goss on this super fun free class!

ELSEWHERE

Every Body's Clothes Swap - Saturday 30th April, 11am-2pm - venue tbc

Need to refresh your wardrobe? This is a great chance to get rid of old clothes, grab some new ones - all in an all-body-shape inclusive atmosphere. Koha entry fee goes to Black Sheep Sanctuary. More info, plus venue when announced at: bit.ly/3iN15Kq

Newtown veg market - Saturdays, from 8am

Get your affordable local veg & much more at this Newtown institution! bit.ly/3x3CsBJ

Newtown Vintage Arts & Crafts market- Sat 9th April, 9am-2pm, Newtown School.

Local crafts, art and other lovely stuff to buy! bit.ly/36wmsNL

Here & Out exhibition, on until April 22nd, Toi Pōneke Gallery. Abel Smith Street.

Check out this rad exhibition of women street artists from Aotearoa and around the globe. bit.ly/3wNGazg

AT SMART NEWTOWN, 9-11 CONSTABLE STREET

Work with us! Applications close 8th April.

Are you good with computers? a people person? have a love for the Newtown community? Then maybe you should join our team! We're recruiting for a Kaiwhakaako / Kaimahi Tari - trainer and administrator at Smart Newtown. Applications close on the 8th April. See the job description and how to apply here: bit.ly/3Nzf70c

What type of classes do you want at Smart Newtown?

Have you ever used our free community computer hub, Smart Newtown? If you have, or you would like to, we want to know what type of classes you're interested in! Fill in the 5 minute survey here: bit.ly/3wORon6

AT NEWTOWN HALL, 71 DANIELL STREET

Every Body Dance! \$2 exercise & dance class. Mondays, 5.30-6.30pm. Every Body Dance is all about making dance accessible to everyone - all levels welcome! Rotating through different dance styles, come along to have a sweat, a boogie, raise confidence, learn some dance skills and have fun! More info at bit.ly/3oQYani or call 04 389 4786.

Thursday koha yoga is back. Thursdays 5.30-6.30pm (note time change!)

After a bit of a break, this Thursday evening koha yoga class is back (note that it's now at 5.30pm rather than 6) with teacher Natalia. Get along for a good stretch!

GET IN TOUCH

www.newtowncommunity.org.nz
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