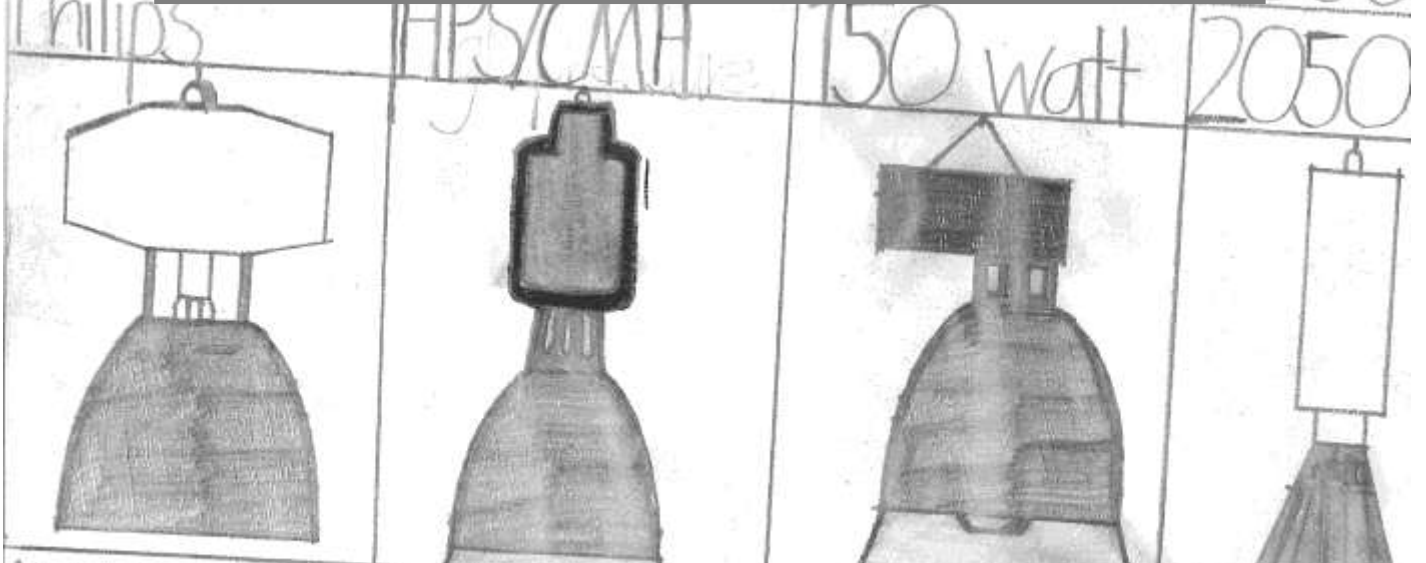


# NeWTOWN NEWS

## APRIL 2017

Thorn	Compact Fluorescent	220 watt	6500
Unknown	MH/HPS	600 watt	20500
Philips			20000
Unk			20000
Philips			20000
Philips			20000



Metal Halide	Mercury Vapor	Mercury Vapor	MV/HPS/MH
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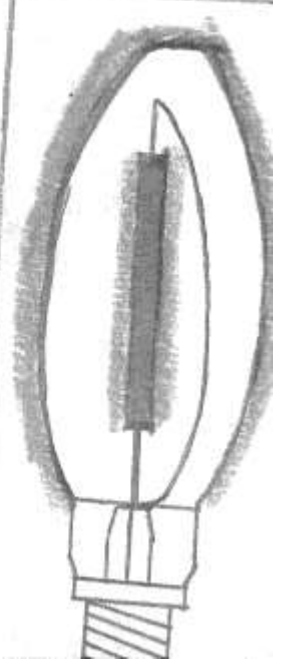
Don't Go Sticking The Wrong Light Bulbs, In The Wrong Light Sockets!!

Warning!!  
Warning!!

Warning!!  
Warning!!

brought to you by the NeWTOWN COMMUNITY and CULTURAL Centre

Be Sure Light Bulbs, Match What Sort of light fitting It Is.



# Kia ora Newtown

At the time of printing I'm packing my bags and getting ready to fly off to the seaside village of Lyttelton, near Christchurch. I'll be joined by some of the awesome Wellington Timebank team at the inaugural "Living Economies Expo". Besides this being an awesome opportunity for quality team building hangs, we'll be learning more about alternative economies that can support our communities and inspire our Wellington Timebank (<http://wellingtontimebank.org.nz>). Exciting!

This issue we put a spotlight on Autism as April 2nd is "World Autism Awareness Day".

*"An Autism Spectrum Disorder is a lifelong developmental disability affecting social and communication skills. People with the disability can also have accompanying learning disabilities; but, whatever their general level of intelligence, everyone with the condition shares a difficulty in making sense of the world. The estimated population of people with Autism Spectrum Disorders (ASD) in New Zealand is approximately 65,000."* ([autismnz.org.nz](http://autismnz.org.nz))



Our friends over at "Altogether Autism" provided us with a story written by a 13 year old with autism and her experiences socially. Altogether Autism is a free, nationwide service in NZ for autism spectrum information and advice. You can check them out at [www.altogetherautism.org.nz](http://www.altogetherautism.org.nz).

I also use the month's theme of autism as a good excuse to reconnect with an old friend. Jamie Grimwood is our cover artist for April and our Notorious Newtowner. Read more about him and his passion for lightbulbs, art and diggers on the page opposite! Friday 7th April is "World Health Day" so Rose digs deeps and reflects on her personal journey with Health on pages 4 and 5.

Since we've been talking about health, here is a reminder for ya: check ya body for lumps and bumps, check in on ya mates to see if they are wearing smiles and check the websites provided if you want to learn more about autism.

Until the next issue - be well!

Ngā Mihi,  
Eryn Gribble

[newtowns.newsletter@gmail.com](mailto:newtowns.newsletter@gmail.com)

Cover Art by Jamie Grimwood

Design by Leona Palmer



Thanks to the support of our amazing local businesses! Please support them back

# Notorious Newtowner

*Eryn Gribble has a chat with Jamie Grimwood who lives on the boundary of Newtown and Berhampore - but can still claim the title of "Notorious Newtowner"!*

This new writing gig is a good excuse to catch up with Jamie who I supported when I worked for Alpha Art Studio and Gallery - a vocational arts service for adults with intellectual disability. He tells me he still enjoys going, but sometimes it's a bit a loud for his sensitive ears and his super hearing! We reminisce about how my bad habit of clicking a pen once annoyed him - he tracked me down from two rooms away to politely ask me to stop.

Jamie welcomes me into his room and immediately I'm struck by how orderly and tidy it is - everything seems to have a place. I think back to the mess I left my room in and feel a little guilty. A corkboard on the wall is filled with hand drawn beautiful images; tiny coloured triangle patterns repeated that are reminiscent of a mosaiced kaleidoscope. Stunning!

He's a hard interview subject, turning any question I ask back towards me - more interested in my opinion than answering the question. I look around his room and among the usual bedroom furniture Jamie has two tall plastic sets of drawers in his room. One set contains his large light bulb collection. Each of the 6 drawers has a label on it to indicate the contents but he tells me he struggles to decide how to organise them - should it be by wattage, shape, fitting, style? He shows me another recent challenge - bulbs he has hand painted that steam and smoke when plugged in, so they aren't safe to use.



Jamie pulls my attention over to the second set of drawers which contains journals and books that he has made dedicated to his interests. Each page in the "digger book" features an accurate hand-drawn image of a digger, much like something you'd see in a 1970s mechanics repair manual. Beneath the image is a list - make, model, year, features. I think I could impress my farming family with all I'm learning about these impressive machines.

One book screams for my attention with its rainbow candy-striped cover. In Jamie's handwriting it boldly states "Jamie's List Book". Inside, it's filled with just that - lists! Many are "wish lists". I admire his research skills as the store location is recorded with the best price. I relate to his indecisive nature as items are crossed out - discarded from his wants and desires!

A good hour later I need to get going but before I do Jamie insists on showing me one final list "Jamie's 22nd Birthday Wishlist". He points out his number one pick: "fluorescent green T-Shirt with print from Outlet City" and says (with a grin) "You can buy that for me, if you like!" The master of subtlety then packs everything away - back into its neat and labeled place and I leave happy to have reconnected and had a glimpse into Jamie's world.

# THE BUTTERFLY OF HEALTH

By Rose Sealy

My earliest memory is lying in a hospital bed. I would have been only two years old. Luckily I have only a scar in my eyebrow to prove it. That hot Indian afternoon there was a Monarch butterfly trapped in the ward; a magical offering while getting stitches. The rest of my hospital visits played out vicariously.



2000 was the year; the origin of ill health in our family. It started with my father's angina. He needed an angiogram. I remember waiting. I remember vividly looking out at the golden daffodils by the Christchurch Hospital. I remember my mother nervously sitting in the chapel; a shaft of red stained-window light bathing her. I remember how, unceremoniously, a surgeon told us (in butcher boots) my father's two arteries were 94% blocked. That was when the past unleashed on us.

My father had waited for this. His paternal 13 uncles and aunts had all died of major heart attacks before the age of 50. My grandfather had had a major heart attack at 49 but survived. Imagine. The cardiologist told my father he needed a triple bypass, and then calmly told us to watch the Sydney Olympics Opening Ceremony that evening!

Two years later, in 2002, my aunt and honorary surrogate mother went in for a colonoscopy after digestion problems. I, now 12, visited her on a hot summer afternoon after school. I had pale green butterfly clips in my hair. I had never seen somebody so unwell; her skin so pallid. Her smile so weak. By the time I left my aunt's bedside those innocent butterflies had flown away.

In 2004, my aunt died despite the two operations on her liver, chemotherapy and radiotherapy. I had seen death before.

Just four months before my friend took his own life a few weeks shy of turning 14. He had depression; a form of ill-health I didn't know the name for. Our school thought it best to tell his friends that he died from a seizure. They didn't use his depressed health and death as an open door to mental health awareness, but a closed door to a warning of ill (physical) health. Would they, years on, still react similarly?

It was here my teenage self realised that health was about death, the nearing of it or the attempt to keep it at bay. The metamorphosis of existentialism was a cataclysm; the butterflies of life and death were well formed now. Health was not entirely controllable. But sometimes it could be.

Dad did not have that bypass. He chose garlic instead.

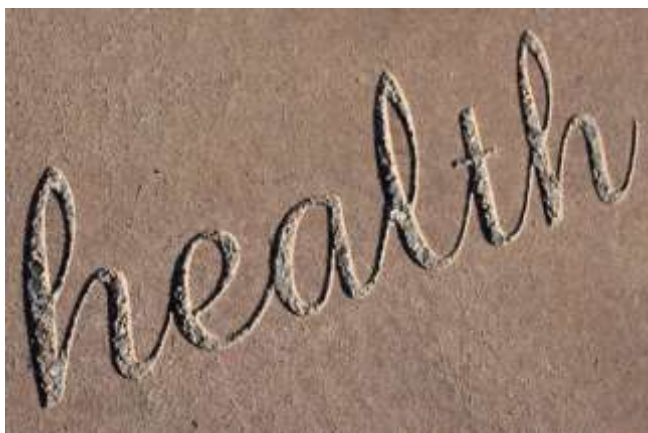
Seriously! Pickled (vinegar) garlic, raw garlic on breakfast toast and Indian garlic pickle! He's happy now, and healthier than he ever was. Eating healthily (mostly) taking twilight walks every day, and living in happiness through his books and the natural world. My grandfather, despite his inherited thick blood, lived to 89. It wasn't his physical heart that killed him; it was a broken heart from my grandmothers' death.



Health affects us all. It is the number one thing we all worry about at some stage in our lives. My mother has always told me "health is wealth". And I believe that. My physical health record has been clean. I now recognise the butterfly of health isn't a binary but a shimmering, evasive creature. One could inherit ailments, and live healthily and still be unhealthy. You could have enough medicine to 'fix' you and still die. You could change your diet and stress levels in an effort to live longer!

Intrinsically, our bodies are instruments that last our lives. Like all instruments they must be tuned, and kept well. I continually honour Hygeia for my health. I like to touch my scar occasionally to remind myself how lucky I am, and how I have got off so easily (so far). The scar also reminds me of the butterfly of health with all those many colours and combinations. Sometimes shimmery, sometimes dull, but never fearing her own mortality.

Where to get help:



Lifeline: 0800 543 354

Youthline: 0800 376 633

Healthline: 0800 611 116

If it is an emergency and you feel like you or someone else is at risk, call 111.

# Fitting the mould

By the Ghost in the Hallway (aged 13)

Do you know the pain of not fitting the mould, being the socially awkward one? Have you joined a sport or club you loved, then ditched it because you don't get along with people? It sucks!

Social awkwardness is feeling shy or uncomfortable when interacting with people, often when in conversation with others sometimes pushing conversation into a weird state that irritates others.

Some socially awkward people try too hard to befriend a group, and others are on their own walking up and down the hallway or sitting, sheltering in a corner because they struggle to keep up a conversation.

The problem of social awkwardness is obvious, yet people ignore it. I wish to raise awareness as I have seen many people face it and I know how it becomes a struggle on both sides. On one side we have people struggling to hold conversations with other people. The other side is people losing patience as they get irritated, or completely leave the person to themselves. Often thinking the person is bizarre, shaking their head as they walk past. The responder may also believe that social awkwardness is something people grow out of it but I know it can only improve, it never completely dissipates.

When I was younger I was more awkward than now, lacking confidence. I had one good friend but struggled with other friends, never truly feeling like I had a presence. I felt like a ghost. Then one day he taught me to play chess and that year he convinced me to enter the whole school tournament, becoming the top out of all the year two's. It boosted my confidence, inspiring me to enter the next year's tournament.

Then becoming the top year-three chess player showed that I had potential. The next year I joined the school chess club, a thing I had wanted to try earlier but was too scared; being socially awkward. Years later, I had a community and the courage to face challenges. I had finally become a little less socially awkward.

For people going through social awkwardness, I have some advice: I suggest following your passion and finding people that share it. Those people are often easier to talk to. Building on your talent and enjoyment improves confidence.



# Newtown History Files

## Early Newtown bowling club - the oldest in Wellington!

By Chris Rabey

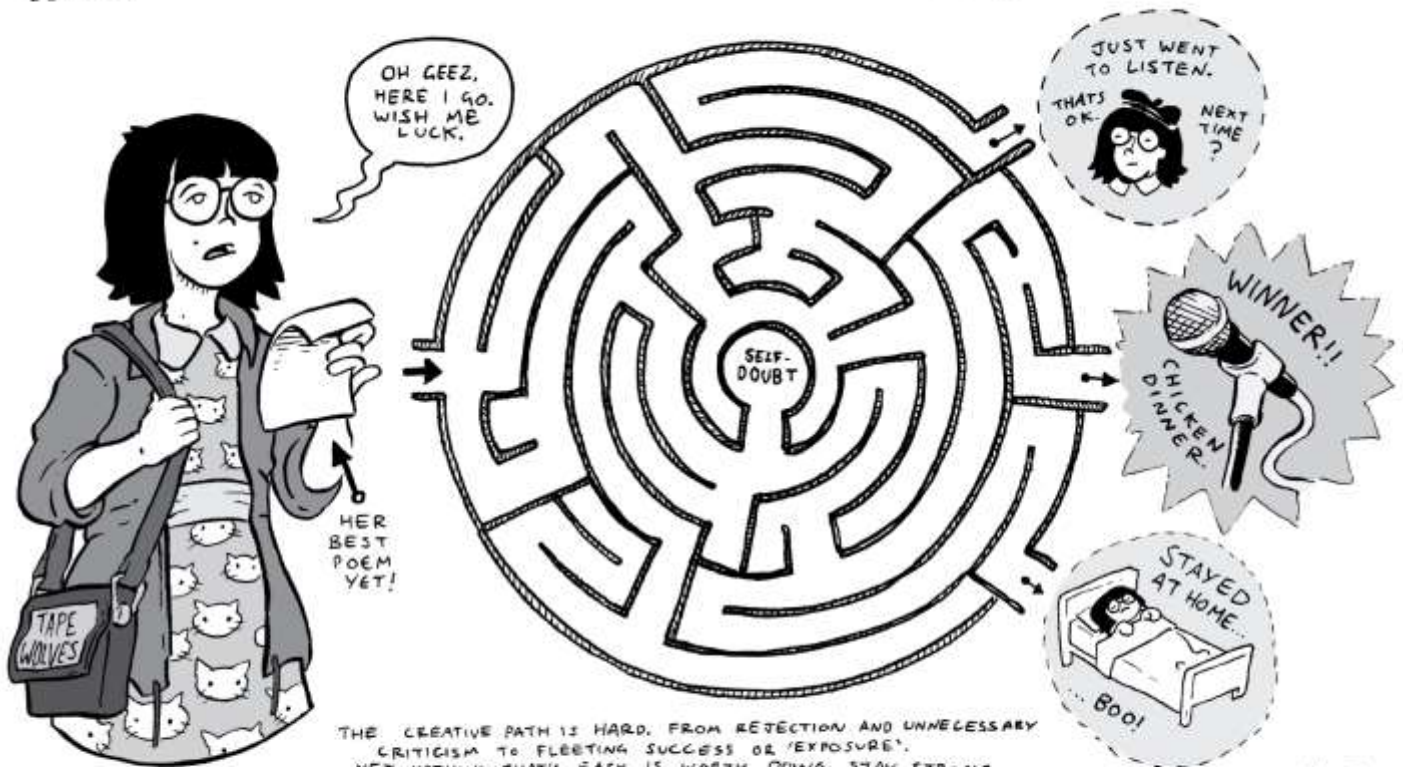


The initial meeting to form a bowling club in Newtown was held in the State Schoolroom on Tuesday 16 May 1893. Membership had already been set at 40, none of whom had previously played the game of bowls.

The green was situated in Riddiford Street, where it was originally formed, the name Mansfield Street having been abandoned in favour of Riddiford Street, as the streets were continuous. It was in close proximity to Newtown Park and was formed with as little delay as possible.

Over the ensuing years the club took part in several tournaments. In 1896 it tied for first place in the Wellington/Wanganui Tournament, but was beaten in the playoffs. In 1899 it won the Senior Pennant of the Centre. Newtown Club won the Huddart Parker Cup outright in 1901, and over the next 20 years won numerous Centre Titles. Nearly 125 years later, the Club is still participating in Bowling Championships.

## HELP CLAIRE GET TO THE OPEN MIC TO READ HER POEM



THE CREATIVE PATH IS HARD. FROM REJECTION AND UNNECESSARY CRITICISM TO FLEETING SUCCESS OR 'EXPOSURE'. YET NOTHING THAT'S EASY IS WORTH DOING, STAY STRONG, KEEP YOUR PASSION ALIVE, FIGHT THROUGH WRITERS BLOCK LAUGH IN THE FACE OF NAY-SAYERS, MOST IMPORTANTLY SHARE IT WITH US ALL.

YOUR FRIENDS: NEWTOWN COMMUNITY CENTRE & MOSKONREVIEW.COM

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# What's the happs?

## ! Stephanie Rearick - Talk

Stephanie Rearick is the founder and former Co-Director of the Dane County Timebank - a 2800 member Timebank in the USA. She is the Creative Director of Mutual Aid Networks, a new type of networked cooperative 'creating means for everyone to discover and succeed in work they want to do, with the support of their community.' We're stoked that the Wellington, Lower Hutt and Upper Hutt Timebanks are hosting this talk in Wellington. It'll be at the Sustainability Trust, 2 Forresters Lane, at 6.30pm on Monday 10th April. Visit the Wellington Timebank's Facebook page to register.

## ! Newtown Summer Bike Workshops

Last chance to get your bike fixed in Newtown! Head on down to the Newtown Community Centre (Cnr Rintoul & Colombo Sts) on Sat 22nd April from 1-4pm and get some assistance from the experienced mechanics from Mechanical Tempest. FOR FREE! BYO BIKE! Contact Renee for more info: newtown.community.centre@paradise.net.nz or 3894786.

## ! Vinnies Book Fair

The bi-annual Vinnies Book Fair is back once again! Located at St Anne's Church Hall (22 Emmett Street, Newtown), this is an event for all the Wellington bookworms out there. All books are \$2 or less and we promise you will walk away with a box full of your favourites! The proceeds from our book fair go towards our Vinnies Welfare Programs which help your local communities. Sat 22nd April 8am-4pm and Sun 23rd April 9am-3pm.

## ! Bliss Connection

This workshop series will explore the book Hiding in Unnatural Happiness by Devamrita Swami. Each workshop workshop will run from 6-7.30pm and will include a discussion on a chapter in the book, a guided meditation and some yummy vegan snacks. Workshops are on Saturdays, April 1st, 15th and 29th, and May 6th, 13th, 20th and 27th. If you're into good vibes and vegan snacks get yourself down to Newtown Community and Cultural Centre at 6pm! Contact Jay to RSVP 0210 763 762.

## ! Wellington Ecobuddhist Group

With the blessings that we have in New Zealand, we want to think carefully about how to preserve these for future generations. A new Wellington Ecobuddhist group will begin their journey towards this goal on **Sunday, the 9th of April**, at the Community Centre. Everyone is welcome to join for a small koha or dana donation, and you'll get some health, wellness and inspiration in return. Visit [www.facebook.com/events/1230081630409895/](http://www.facebook.com/events/1230081630409895/) for more details.

## ! French Bilingual unit at Newtown School

A French-speaking community is interested in establishing a French bilingual unit in the Newtown School! Check out the plans for this exciting project, learn about the benefits of this project for the Newtown community, and understand how the unit will be funded (spoiler alert: additional costs would be funded through FRENZ, a non-profit organization whose goal is to promote bilingual French/English education in New Zealand). Check it out at [www.facebook.com/NewtownFrench/](http://www.facebook.com/NewtownFrench/) or contact us at [unitebilingue@gmail.com](mailto:unitebilingue@gmail.com).

## ! New Classes at the Newtown Community Centre

Got an itch to get out and take up a new hobby? We've got some great new activities on at the Newtown Community Centre that might hit the spot. Niki Phillips is running **Painting Classes** on Sats (1-3pm) & Suns (10am-12noon). If you're bent on yoga, Kim has a class for you - **Thursday Yoga** is back - 5.30-6.45pm at Newtown Hall on Daniell Street. Keen to brush up on your public speaking skills?

**Toastmasters** is on every second and fourth Wednesday, 7.30-9.30 at the Newtown Community Centre. **AFRA dance** is back for term two! Different classes for adults, kids, parents & bubs are on Mons between 3.30-7.30pm. For more info on any of these classes visit our website:

[www.newtowncommunity.org.nz/weekly-timetable.html](http://www.newtowncommunity.org.nz/weekly-timetable.html)