

Newtown News

Brought to you by the Newtown Community Centre

The free community zine by Newtown, for Newtown

Bumper
edition with
Covid-19 info &
puzzles for
isolation
times.



Paengawhāwhā/ April
World Book Day edition

Kia kaha Newtown!



Kia ora tātou -

With the Covid-19 pandemic, these are uncertain times, Newtown whānau. It's more important than ever that we support each other.

The Government has announced that we're going to be on lockdown - where everyone is expected to be at home, isolating - in the next couple of days. This doesn't include going to the supermarket or any other essential things we need to do.

This means the Newtown Community & Cultural Centre has closed our doors. We're looking at different ways that we can support our community while everyone is at home. If you have any ideas - email us or give us a call on our new mobile number 02 422 9838 (within work hours 9-4.30 please).

Now is the time to make sure you know your neighbours - pop a note in their letter box and exchange phone numbers, for if either of you need support.

We've set up a Newtown Covid-19 Community Support Facebook group. The idea is to support each other

during these difficult times - check it out at: **bitly.com/newtowncovid19**

This edition of the Newtown News is around World Book Day - which still seems relevant as many of us are staying home - plenty of time for reading!

It's also got some great information and resources around Covid-19 - and even some puzzles for if you're stuck at home and suuuuper bored.

The primary place for information at this time is the Ministry of Health: www.health.govt.nz or 0800 358 5453, or call your doctor.

I know this is a super hard time for many Newtowners - people are losing jobs, services and shops are closing and we are soon going to be stuck at home. This is best thing we can do to stop the spread of this pandemic.

Sending a message of solidarity and love to everyone who's struggling. **Kia kaha - stay strong Newtown.**

Ngā mihi - Ellie
ellie@newtowncommunity.org.nz

Cover image of folded 'read' book made by Caron AKA Norac Salad! **facebook.com/noracsalad**
Thanks for the support of our amazing local businesses! Please support them back!



Baobab Cafe



The views and opinions expressed in this publication are solely those of the original authors and other contributors. They do not necessarily reflect those of the Newtown Community & Cultural Centre.

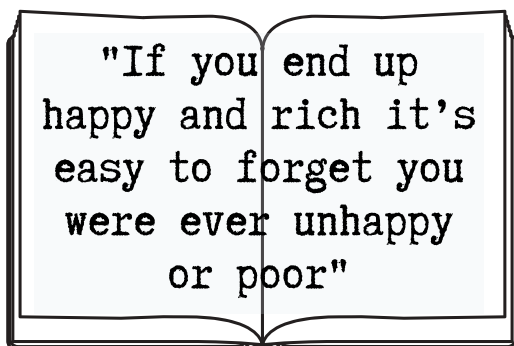
Notorious

NEWTowner

Annaleese & Ellie chatted books, Book Hound and the 'Book Shop Hop' at Rubia Cafe

Author and bookshop-owner Annaleese Jochems is originally from Northland, where her novel 'Baby' is set - a moody thriller about women running away from their lives to live on a boat. She's been a Newtowner for a couple of years, drawn here by the "mood" and the fact that "lots of people in Newtown read, so it's a great place for a bookshop!" - that's important, because Annaleese's day job is running 'Book Hound' on Riddiford Street along with her partner Nick - where she sometimes has the opportunity "to read for hours" - which, as you might expect, is one of her favourite activities.

During those hours, Annaleese mostly devours novels - a formative book for her was 'The Other Boleyn Girl' by Phillipa Gregory. She was captivated by the "calculating and scheming of the families." This kinda vibe has clearly seeped into her adult reading as well - with thrillers being a favourite, especially those about "charismatic but chaotic young women making bad choices...and married women having mid-life crises" - both of which are epitomised by 'Baby'!



Annaleese's current reading recommendations are Eamonn Mara's '2000 Feet Above Worry Level' - "all young people should read it. It's about mental health issues and not having enough money - and older people should read it too, if you end up happy and rich it's easy to forget you were ever unhappy or poor."

She also recommends Freya Daly Sadgrove's new poetry book 'Head Girl'.

Annaleese's top writing tip is "write by hand - you still feel a vague sense of progress from the accumulating mass, but you forget about word counts!" The other plus of this method is that "you can write anywhere - in the sun, on a park bench, in the library, outside the supermarket."

Some of Annaleese's fave things about Newtown revolve around...wait for it...books! She loves the "Book Shop Hop" - a tour of all the Newtown bookshops along Riddiford and Adelaide. Seeing people come into Book Hound with an ever increasing stack of books they've accumulated along the way is a highlight! She has also "recently discovered that board games are cool" and loves these and other "narrative based, quiet activities" (including reading. Did I mention reading yet?!).

Otherwise, Newtown is home because "you can live here and never leave" and because "people here smile back at you." So hop along the bookshops and into Book Hound (132 Riddiford) to spot Annaleese, most likely with her head buried deep in a book



Library Love Letter

From a Regular Reader

Oh Library. I love you. You're full of wonderful stories - new worlds to discover and old comfortable ones to pore over again. And you're super smart - if I wanna learn about dinosaurs, astrophysics or crochet, I can.

You're also so much more than just a holder for books. You're a community space - Newtowners can nap, talk, eat, EXIST in the space. Your librarians are kind and knowledgeable and even your security guard is smiley. You are the reason I don't have to cart a billion books with me, when I move literally every year because of Newtown's horrifying rental price hikes. So I love you.

Please don't change (you gotta open back up after this pandemic eep!!)...much. One thing you **could** change is that whole 'late fees' thing. I pay mine when I've buried a book under a pile of other books, because I can...but some can't. People leave you and don't come back.

Other libraries (yes, I admit, I sometimes I visit other libraries) around the world are scrapping their fees, and their alienated communities are returning to read and sit and eat and enjoy! So, please, take a leaf out of the world's (library) book and scrap the fees. Then I'd love you even more.

Newtown Community Centre renovations delayed – auee!

Aue! The NCCC upgrade has been delayed! Renovations were due to start in May, but we're now hoping they may begin in September. We are hopeful that we can stick to this new timeframe, but it's a complex process that's out of our hands, especially with the Covid-19 crisis happening as well.

The delays are due to concerns around working with a 105-year-old building and the potential for 'surprises' to be uncovered which might blow the budget (e.g. asbestos). If you would like to read more about this, see our website: **bit.ly/OurTownNewtown**

The good news is that we're able to hire out our spaces until the end of August! Get in touch if you want to hold an event, a workshop or a class!

In other news, the work to the toilets outside Network Newtown on Constable Street has begun and appear to be on track to be finished by May! Whoop! Custom built space for the Tool Library here we come!

If you have any questions at all, email us on **info@newtowncommunity.org.nz**

Being a community during Covid-I9

By Dr Marion Leighton

We've heard about Covid19 until our heads are spinning. So this is a quick to do list for us to thrive in our local community from Dr Marion Leighton, a specialist at Wellington Hospital.

We are aiming for “keep it out, stamp it out” which we really believe is possible in Aotearoa.

If we just carry on as normal then one infected person will infect 250 others in the next month. If we can all make these small changes however, then one infected person will only pass it on to 4 others over a month. That's a huge difference - and well worth the effort for the wellness of our community.

So...here's what to do:

- **Physical distancing** of 1-2 metres except for intimate family - we're soon going to be asked to stay home and self-isolate when the alert level moves to 4. This means only going out for essential reasons - e.g. visiting the supermarket. You can still go for a walk outdoors **alone**.
- **Hand wash, hand wash, hand wash:** Wash your hands with soap after the loo, before eating, and whenever you've been touching a lot of surfaces that others have touched. You'll probably be washing your hands 6-10 times per day. If you can't wash them as you are out and about, then use sanitiser.
- **Don't touch your eyes, nose or mouth** unless your hands have just been washed. (I know it seems impossible, you can learn to do this)
- **Cough or sneeze into your elbow** or into a tissue that then goes in the bin.
- If you know an older person, **check in** on them by phone.
- If your favourite band or an event you were looking forward to has been cancelled - **buy their merchandise online**.

Kia kaha everyone, hang in there as we are in for the long haul. Let's keep Newtown and Aotearoa well and healthy.

Other sources of information

SYMPTOMS OF COVID-19, FLU AND COLD

	DRY COUGH	FEVER	RUNNY NOSE	SORE THROAT	BREATH-LESSNESS	HEADACHE	BODY ACHES	SNEEZE	FATIGUE	DIARRHOEA
COVID -19	✓✓✓	✓✓✓	✓	✓✓	✓✓✓	✓✓	✓✓	~	✓✓	✓
FLU	✓✓✓	✓✓✓	✓✓	✓✓	✗	✓✓✓	✓✓	✗	✓✓✓	✓✓
COLD	✓	~	✓✓✓	✓✓✓	✗	~	✓✓✓	✓✓✓	✓✓	✗

✓✓✓ FREQUENTLY ✓✓ SOMETIMES ✓ LITTLE ~ RARE ✗ NOT

RNZ have great non-sensationalist updates : **rnz.co.nz** or tune in **101.3 FM**

Siouxie Wiles, Microbiologist has excellent information on Twitter:

twitter.com/SiouxieW

Let's Get Quizzical

Answers on the back page!

1) Which of these parts of the body would you put in a shoe?

- A**-Hallux **B**-Phalanges
C-Metatarsal **D**-All of these

2) Te Tiriti o Waitangi (Treaty of Waitangi) was signed in what year?

3) How many times can a hummingbird flap its wings per second?

- A** 20 **B** 40 **C** 80 **D** 160

4) What word can go before bath & delight?

5) Nomophobia is the fear of being separated from which device?

6) What should we be doing before & after eating, using the toilet & touching surfaces?

7) This dog is a good dog. But what breed is it?

Riddles:

1) David's father has three sons : Snap, Crackle and ____?

2) Why is Europe like a frying pan?

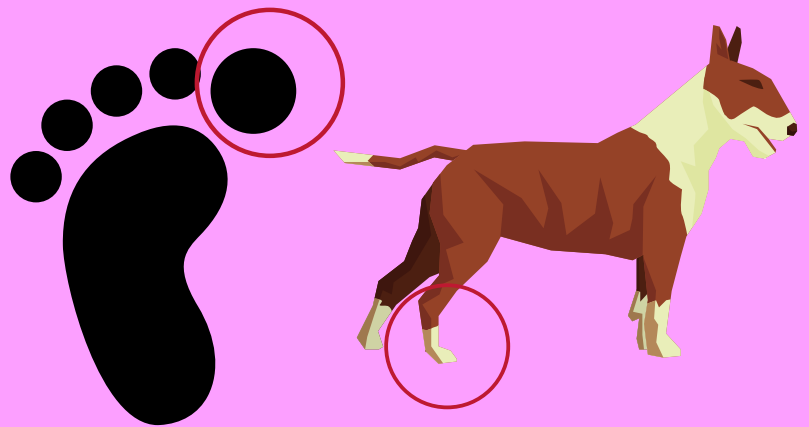
3) The more you take, the more you leave behind. What am I?

4) What has to be broken before you can use it?

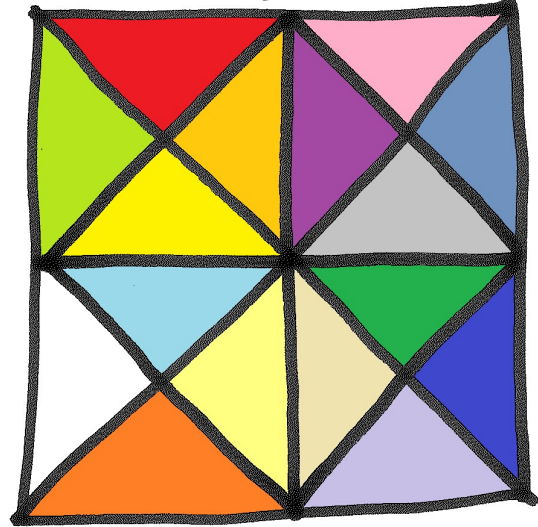
5) What month of the year has 28 days?

6) I have branches, but no fruit, trunk or leaves. What am I?

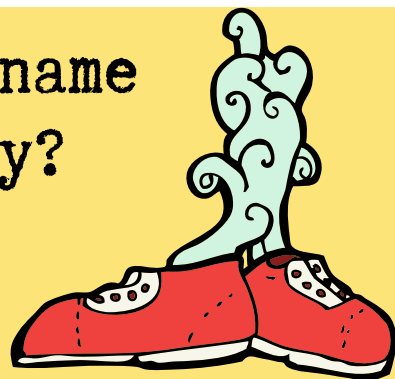
What Te Reo Māori place name does this signify?



How many triangles are there?



What Te Reo Māori place name do these images signify?



e

Sudoku for you!

Easier

More challenging

		9						
	6				1	5	7	
5	2						4	
2			7		6			
		3			2	1		7
			9				3	
	8	2	6			9		
			4					3
3				8				

©Sudoku.cool

		8	4					3
6						3		7
			2				9	
			1	8		5		
2	6	3	7	1				5
							9	
	5	6	3				1	8
1				6				2

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Take care of you!

Of course we need to take care of our physical health by trying to prevent the spread of this virus, but we also need to care for our mental health. This is a stressful time. Here are some top tips for making sure our mental health is okay.

Even when we're self-isolating, you can still **get out and about!** Go for a SOLO walk, a scoot, a roll or a bike ride. **Get into nature** - we're so lucky in Newtown to have the town belt, and the South Coast so close. Seeing the sky, the ocean, the trees is so good for the brain. **Stay 2 metres away from others.**

Grounding exercises - if you find yourself getting overwhelmed with worry, try some grounding exercise, e.g.- **54321** - 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 great thing about you! Check out more grounding exercises, physical and mental here: **bit.ly/2Qs25Ww**

Stay connected! Make an effort to meet stay connected to friends - facetime them, or arrange a group video dinner party from isolation. Write love emails to all your friends! Send everyone in your contacts a joke by text message. **Text 1737 for mental health support** if you're feeling really stink.

Get dis-connected - is social media or the news stressing you out? Take a break! All the talk in your where is about Covid-19? Get everyone to take an evening off.

Keep active - get your friends together on a group skype - have a group video dance party, do a workout, or some yoga from Youtube tutorials. Or do it solo if you'd rather!

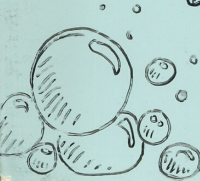
Wash those germs right off of your hands!

Hand-washing is one of the most important things we can do to keep ourselves and others safe and stop germs from spreading. Good practice is to wash your hands under running water with soap for 20 seconds and then dry them thoroughly. Feeling like 20 seconds is a long time? or not sure how to time it? Here's some musical ideas from **Harry Baitz** of our Youth Programme!

THESE CHORUSES TAKE 20 SECONDS TO SING

CLEAN HANDS SAVE LIVES

- Wet
- Lather
- Scrub
- Rinse
- Dry



No I don't want your number
No I don't wanna give you mine
No I don't wanna meet you nowhere
No I don't want none of your time
I don't want no scrub, scrub is a guy that can't get no love from me
Hangin out the passenger's side of his best friend's ride
Trying to holla at me

No Scrubs - TLC

Ra-ra-ah-ah-ah
Roma-roma-ma
Gaga, ooh la la
Want your bad romance
Ra-ra-ah-ah-ah
Roma-roma-ma
Gaga, ooh la la
Want your bad romance

Bad Romance - Lady Gaga

Why men great 'til they gotta be great?
Don't text me, tell it straight to my face
Best friend sat me down in the salon chair
Shampoo press, get you out of my hair
Fresh photos with the bomb lighting
New man on the Minnesota Vikings
Truth hurts, needed something more exciting
Bom bom bi dom bi dum bum bay

Truth Hurts - Lizzo

Baby it's you / You're the one I love / You're the one I need / You're the only one I see / Come on baby it's you / You're the one that gives your all / You're the one I can always call / When I need to make everything stop / Finally you put my love on top

Love on Top - Beyonce

Decolonisation in Isolation

Stuck at home? Kei te pai - what an awesome time to skill up!

Te Tiriti Based Futures & Anti-Racism 2020 was an online conference which ended March 2020. Their webinars and content should now be available online! bit.ly/2U15AW7

Ever felt unsure in a marae setting? Want to be more culturally competent? Te Wānanga o Aotearoa offer **free Tikanga Māori** online courses, enrolling each month: bit.ly/2wj9lx8

Learn Te Reo Māori! Te Wānanga o Raukawa have a free online course - next enrolments are not until July but get inspired now and start enrolling bit.ly/2IZUcnb - until then, if you have a smart phone, download the **Drops** language app which offers a Te Reo Māori option!



Bookshop Rebellion



"In many ways, it is fitting that the first quasi-"office" of the Black Panther Party in Philadelphia was neither a tenement apartment, nor a basement, nor a bar, but a bookstore, a realm for the exchange of ideas. ...It is striking that the present age offers scant opportunities for young rebels (and the young are innately rebellious!) to meet, to talk, to think, to exchange. For one thing, some bookstores, though certainly not all, are part of larger, often times global, commercial networks - they are not so much meeting places as buying places."

- Mumia Abu-Jamal, 'We Want Freedom: A Life in the Black Panther Party'

Support your local bookshops! Visit: Another Chapter, Book Haven, Book Hound and the Freedom Shop - all in Newtown.

**Rapid
recommended
read!**

All Who Live on Islands by Newtowner **Rose Lu!**

Creative essays about her family's experiences after migrating to Aotearoa. From beautifully detailed minutiae of preparing food, to issues in the workplace - captivating and important.

History Files: Life in the Zoo! By Chris Rabey

In the early years of Wellington Zoo in Newtown opening, many creatures were donated by European settlers, who had arrived from overseas bringing animals with them - Border Control was unheard of then! The City Council recorded details of all creatures donated to the zoo, and identified the donors, which makes interesting reading:

Capt. Bollins - 2 penguins; *Mrs Magure* - 1 white rabbit; *Mr C Taylor* - two green lizards; *Mrs C Herron* - 6 squirrels, 1 cuckoo, 1 mole, 1 partridge, 1 jackdaw; *Mrs J S Paynter* - 1 giant petrel; *Mrs R S Thornton* - 1 squid; *Mrs A White* - 3 Australian snakes; *Mr J Smith* - 2 blue tongued lizards, 1 bearded dragon, 6 common dragons, 2 prickly lizards, 1 tortoise; *Mrs S Curtis* - 1 parrot; *Mr L George* - 3 tame seagulls.

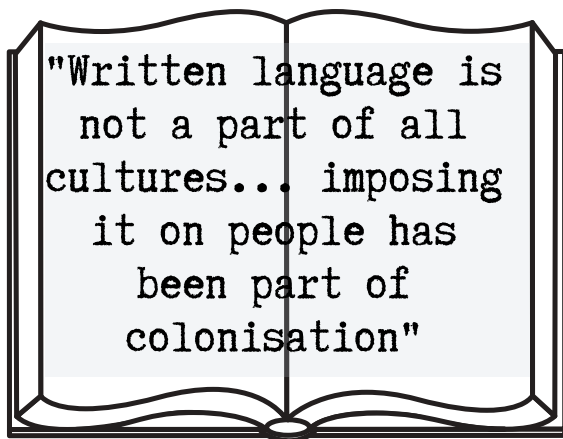
One historical donation was made to the Zoo in 1912 - Roald Amundsen, the first man to reach the South Pole, presented one of his expedition dogs to the Newtown Zoo. It seems many dogs ended up in Newtown Zoo after their Antarctic expeditions - Osman (right) lived to 20, having retired there after a British expedition to the Antarctic!



Are Books Still a Thing?

By Peppertree

The death of the book was predicted many years ago when TV became widespread. But books are still around, and despite all the online content, record numbers are being published. In Europe, about 600,000 new print titles are published annually. What has changed is the retail scene – the big chains that dominated in the '90s like Borders and Dymocks have disappeared, but smaller, independent book shops are still around. Last year Unity Books celebrated its 50th birthday. On a slightly smaller scale, the Freedom Shop in Newtown will hold its 25th birthday party on May 1.



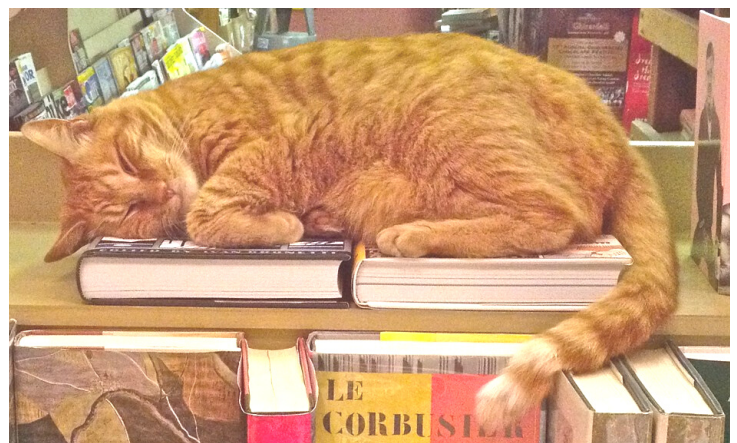
'World Book Day' is a UN initiative, and their website says that "books help weave humanity together as a single family." While that is true, we should also not forget that written language is not a part of all cultures and that imposing it on people has been part of the colonisation process. Ever wondered why Kiribati is spelled that way, when it is pronounced 'Kiribas'? The story is that the English missionary who 'enlightened' the people there had a broken typewriter without an 's', so he used 'ti' because somehow he thought that sounded similar.

I don't know if the story is actually true but it wouldn't surprise me.

Europeans have consistently used the concept that anything written on paper is superior to anything spoken as an argument for their own assumed superiority. Indigenous history has often been displaced by European history because it wasn't written down (and that may be the reason why the UN linked last year's World Book Day with the Year of the Indigenous Languages). Māori lost their land because they didn't have a piece of paper that said it was theirs.

Books can also be an instrument of plain oppression. There is a reason why phrases like "throwing the book at someone" exist. It can be profoundly disempowering when someone reads an officially worded text at you, whether you are at WINZ, in court or just at the bank.

But that is no reason not to celebrate the pleasure of reading a good book. There is something about a physical book that intrigues. There is nothing like holding one, smelling one, turning over page after page and eventually falling asleep with the finger in it.



Pikachu Prevails

By Anna Persson

"I'm standing in front of the whole school assembly when I spot my parents proudly gleaming at me from through the sea of Tasmanians. My mother doesn't know that I've stolen her lipstick to turn my cheeks crimson red or stolen coathangers to make ears.

I'm eight years old and in Year 2. It's down to the final question in what has been an intense quiz over who has the most book knowledge. I'd been selected from my class and now, in a move that would cement my fate as an intellectual feminist, I find myself facing two older boys from Year 3 and Year 4, respectively.

The final question, one my whole life had built to - "Who wrote the Harry Potter books?" My Aunt back in Perth had wanted to send me the books and all the other kids were reading them. Except me. Anything anyone else was doing, by rule, I was not.

Luckily, my father had the foresight to take me to the library the day before. By chance, I'd memorized the name that would go to win me my title.

Glen Dhu Primary School Book Day Quiz Winner.

I step up, a yellow-tracksuited Pikachu.

And smile."



Pikachu image from Wikipedia

Mutual Aid through gardening

By Kaicycle Urban Farm

We are all entering a testing and uncertain period of time.

Financial, political and societal structures are all under pressure. Now is not the time to be greedy or self-driven, now is the time to imagine your community as a strong muscle ready to flex on adversity.

Food is a key component of us all and our communities, and food may not be as secure tomorrow as it is today.

Kaicycle is launching a mutual aid network to get Wellington growing.

Whether you are a newbie or a wizard, a seed hoarder or a cyclist, there is a part in the network for everyone. Please visit this webpage, share around, talk to friends and neighbors and consider growing for the future.

www.kaicycle.org.nz/mutual/gardens

Rebus puzzle!

Figure out what word or phrase these rebuses/dingbat style puzzles represent! You have to change the way you think - think about the size of words, the order etc! Answers below :)

1 BUR	2 TIME a b d e f g h i j k l m n o p q r s t u v w x y z
3 TEEF FEET TEEF	4 po FISH nd
5 DAYSALLWORK	6 ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE

1. Backrub 2. Long time, no see 3. Two left feet 4. Big fish in a small pond 5. All in a days work 6. Tennis shoes

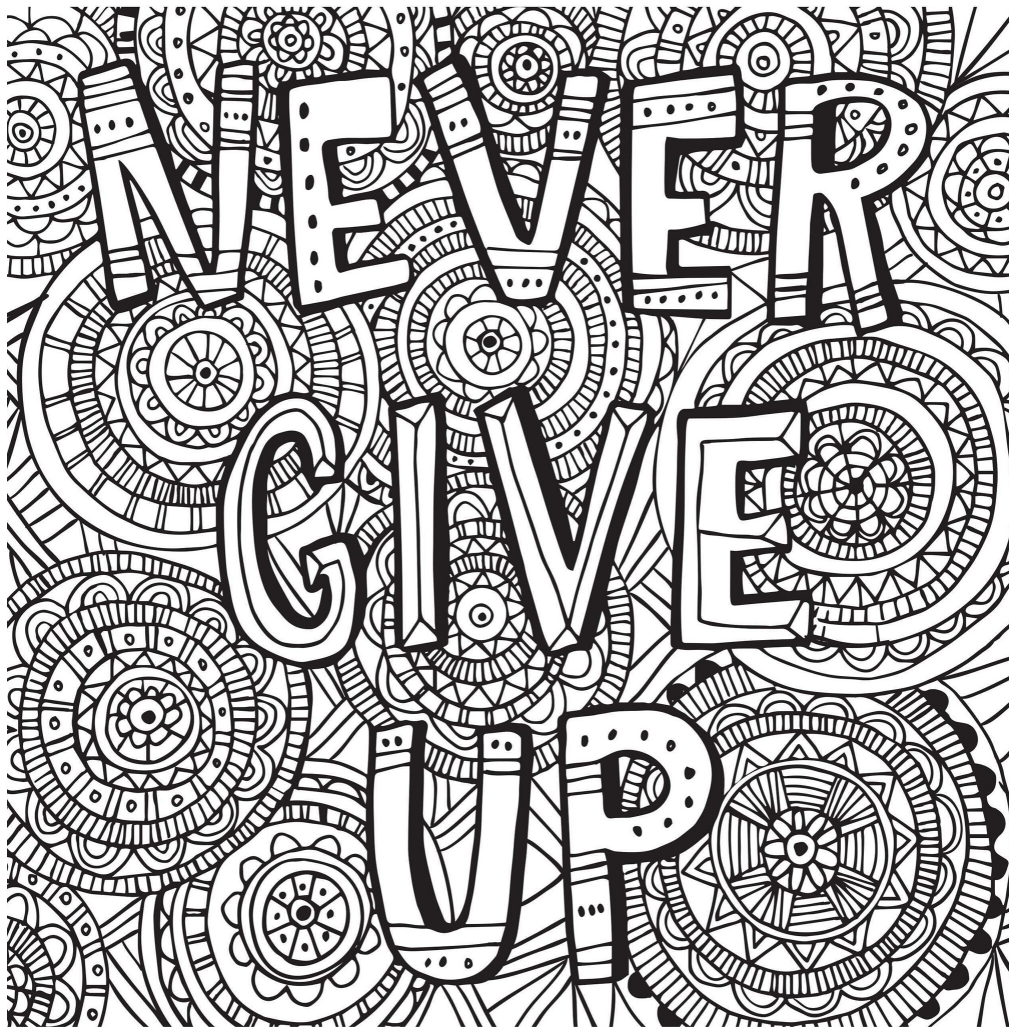
What's the Happs?

Honestly, basically nothing! Everyone is being advised to stay home. We're still aiming to support our community while everyone is in self-isolation, but it will have to look pretty different. If you have any rad ideas of how we can build community without being in the same space, or any needs and/or offers of support, email us on info@newtowncommunity.org.nz or call **022 422 9838**.

Another way to share these ideas and needs/offers is through the new **Newtown Covid-19 Community Support** group on Facebook. Join up at bitly.com/newtowncovid19 - also a great place to post pictures of your pets who are stoked to have you at home! Wahoo for tiny silver linings!

If you want health information, give the Ministry of Health a call **0800 358 5453**.
Kia kaha, stay strong - from Ellie & Eryn @ the Newtown Community & Cultural Centre

Here's some relaxing colouring in!!



Newtown News future:

This may well be our last physical version of the Newtown News. We'll still be doing an online version. If you are bored at home & want to contribute writing or art, email me! (My email is at the bottom of the page!)

If you want to sign up to our e-newsletter and get the next Newtown News in your inbox, sign up to our newsletter at:

bitly.com/newtowncontact

Quiz answers

Let's Get Quizzical: 1) D - all of 'em / 2) 1840 / 3) c - 80 / 4) Turkish / 5) Cellphone / 6) this was not a trick question lol. WASHING OUR HANDS! / 7) Bernese mountain dog
Riddles: 1) David! 2) Because Greece is at the bottom 3) Footsteps 4) An egg 5) All of 'em! 6) A bank
T-shirt: there are 7 holes! Where do ya put your body in without holes!
Triangles: There are 44! Count 'em again (unless you are really good at counting and ya got it right?)
Te Reo place names: 1. Toe, paw - the correct pronunciation of Taupō! 2. Pie, car, car, reek, e - Paekākārikī!

Get in touch!

www.newtowncommunity.org.nz
www.facebook.com/Newtown.Community.Centre
022 422 9838 / ellie@newtowncommunity.org.nz

