



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

Nā Te
Whare
Hāpori o
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Newtown News

Hakihea / December 2021 & Kohitātea / January 2022

Kia ora Newtown

Kia ora tātou / hey everyone!

I've been hearing a lot of talk about traffic lights recently - and it's not because in my mid-30s I've finally decided to learn to drive (because I haven't haha, bicycles all the way baby!) Instead, as we've probably all heard, we're about to move into a different phase of our struggle against Covid - the "Covid Protection Framework" aka the traffic light system.

What this basically is going to mean is that there are different levels of the Covid threat in the community - red being the worst, orange in the middle and green being kinda okayish - and that at those levels, there are different things we can do, depending on whether we're vaccinated or not, **including coming to the Community Centre - we'll need to see your Vaccine Pass after Friday 3rd December** (see back page for more details). This is because We're going to be facing Covid actively moving across the motu in the next couple of months, once travel out of Auckland is allowed. Delta is highly transmissible, especially between unvaccinated people.

Those of us who have stayed close to home over the last couple of years haven't really ever truly dealt with Covid. We've been doing the right things - wearing masks, distancing etc - but soon it's gonna get real, and the vaccine is our best line of defence. I have to say that I'm scared for us. I'd like to personally put out a call out to anyone who hasn't yet been vaccinated - please do it? For the safety of your family, friends and the Newtown community. And for yourself - both to stop you getting sick **and** to allow you to be able to access services and community stuff. Dr Marion Leighton has some great answers to common questions about the vaccine later in this issue, if you're still unsure.

Please let's stay safe this summer Newtown.

Ngā mihi, Ellie

Cover picture is a piano player woodblock print by Newtown based artist Stu Morris - find more awesome art on Insta [**@stuzy__**](#) (that's two underscores!)

Thanks for the support of our amazing local businesses! Please support 'em back!



Baobab Cafe



Peoples

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

Ingrid and Ellie met in Black Coffee (about half-way between where Ingrid lives now and Newtown Hospital where she was born) to kōrero music, Newtown and the housing crisis.

Ingrid is a Wellingtonian, with Pākehā, French and (recently discovered) Tainui whakapapa, which she's still uncovering and exploring. She's a musician; the singer, songwriter and guitarist of Ingrid and the Ministers, which she started in 2018. Their "bluesy punk rock" sound is heaps fun (I can personally attest to this, having had a dance at several I&M gigs!) and also has a deeper meaning. "Our songs are about where the personal meets the political. It's like therapy for me - a healthy way to get my anger out."



The new album she's written is about "navigating the insecurities of not being able to afford to live in the city she was born in", energetic, angry bops about the housing crisis. As an artist, she's been told to "get a job" - but as she notes "even my lawyer friends can't buy houses - so why should I give up my passion, get a 9-5 and still not have secure housing?" The band are running a Boosted campaign (bit.ly/3cK46bw) to fund the album, which is being recorded in Newtown. Naturally Covid has had a huge impact on their mahi "it's more than halved the amount of live gigs, which impacts us financially, and mentally - it's hard to turn up to practice when you're not sure what the goal is."

She also teaches guitar to kids and adults. "I'm self taught - I started learning out of a book when I was 13 and living in France...turns out I played my first two years on an untuned guitar!! It just goes to show if you turn up every day and do a little bit, you can do this thing." She reckons being self-taught is part of what makes her a good teacher and is appealing to her students "It's everyone's own journey - I empower people to teach themselves."

If you're an eagle eyed Newtown News reader, you may remember that we interviewed Ingrid shortly after her first Newtown Festival gig about how to start a band! Her latest advice to Newtowners who wanna take the plunge into the musical world is "say yes, jump in - take all the opportunities, especially for performances - performing live in front of an audience is worth a bunch of practices! Have fun, don't be afraid to be weird."

Ingrid's other message to Newtowners is to "get vaccinated (please!) and keep being awesome." She loves playing in Newtown - Moon is a fave spot to play and "Chan's Eatery is a fave - yummy food."

So, get vaxxed, and maybe you'll be able to see Ingrid and the Ministers live again in the not too distant future. Until then, listen to them on Bandcamp bit.ly/32xOx4V, or if you wanna get learning yourself, hit Ingrid up for some guitar lessons! bit.ly/3xiBLSV

Vaccine Q&As with Dr Marion

Dr Marion Leighton is a Newtowner, and a specialist at Wellington Hospital. She knows a lot about the Covid-19 vaccine and is here to answer your questions! If you have other questions, contact us and we'll put you in touch.

I'm scared of getting the vaccine - what's your top advice?

Humans are amazing and we can still do things we are scared of - especially when we know it's going to help others as well as ourselves. Sometimes having too much information stops us from being able to make a good decision. Look around you, and you'll see the 95% of people who've had the vaccine safely and are well. It's ok to be scared, and to have questions or worries, but still go ahead and do it without feeling completely reassured. Living with uncertainty is hard, but it's also normal.

If you are someone who is worried about the vaccine and gets it anyway - you're a winner and everyone else is really impressed with you.

Is it safe though?

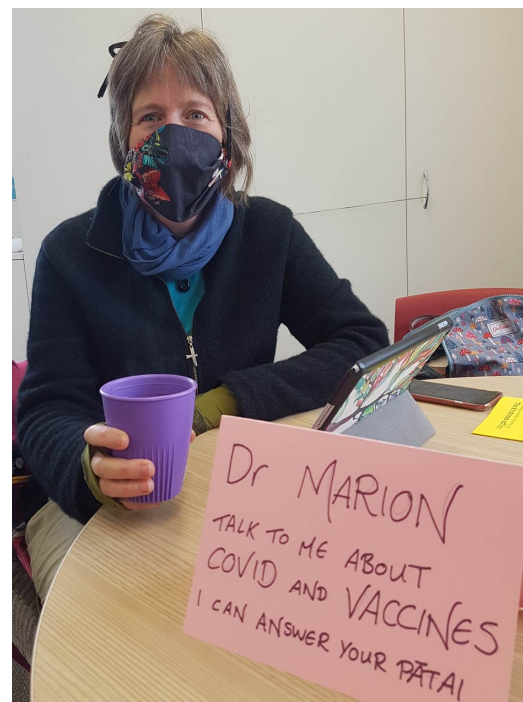
This vaccine is the medicine that's been taken by the highest number of people in the entire world, and is the safest and most effective medicine that we've got in New Zealand at the moment. Covid is dangerous for almost half the people who get it - either with severe disease or long lasting symptoms. If you talk to your friends who've had the vaccine, almost none of them had any problems.

Even if I get the vaccine I can still get Covid - so why should I bother?

The treatment of an infectious disease is not just about us, it's about the whole community. It's not the same as treating a broken leg or even cancer, where if you decide you don't want that treatment, it's only you that's going to be affected.

Having the vaccine means you're much, much less likely to pass on Covid to others in the community. You might be infectious enough that you could pass it on to your partner or people you're intimate with, but you're very unlikely to pass it on to anybody else. The disease will also be much less bad if you're vaccinated - it might seem like a bad cold. A few vaccinated people end up in hospital, but almost no vaccinated people die from Covid.

Whereas if you're unvaccinated, you are pretty much certain to pass it on to everybody else in your household, highly likely to pass it on to others you meet. You're also likely to have severe symptoms.



What would happen if we didn't have the vaccine?

We would all have to stay in lockdown. The UK was locked down for eight months last year. And they still had leakage of virus all over the country and hundreds of thousands of people have been affected. Our lockdown even at the moment is really short compared to what other countries have gone through. Vulnerable people in the UK who have essentially been in lockdown for 18 months now.

How do pandemics go away?

Pandemic viruses don't really go away, but once everyone has been exposed, the way it affects us will change and be less dangerous. With a virus like this, each of us would usually need to be exposed three or four times to it before our immune system is ready to fight it off, making it just feel like a sniffle.

Over time, our immune systems will be primed and primed again and eventually be so onto it that we will fight Covid off really quickly. And that's where the vaccine is so fabulous, because it does that priming for us – it's like 2 of the 3 or 4 exposures we need. The vaccine allows us to see the virus for the first time and go, "Oh, right. That's something new, I'll notice that and I'll put up some defences against it. And I'll leave it here on the shelf ready to go again." But it doesn't allow our immune system to go into overdrive trying to fight it off nor is it an actual infection that infects all our cells. Both of these cause the severe illness we see in hospital.

What's with these booster shots?

So you get the 2 Covid vaccines, which gives you defence against the virus. However, if you then don't get the disease, your immune system puts those defences to the back of the cupboard, thinking it's no longer a threat. If you see the disease, the defences will be brought out and make a really good immune response, but you might get a reasonable infection, and feel like you've got the flu. The reason we're now looking at doing booster doses is to give people that third immune prime, so that the defences can be brought back to the front of the cupboards, and be even stronger and more accessible.

I've had my vaccine, so why do I still need to wear a mask and socially distance?

If we get to 98% vaccination rates, we could potentially all stop wearing masks, but until then, there are just too many holes in our community from the unvaccinated population (some of whom have no choice, like children – but they will get their vaccine soon). That means that the virus can still be spread around. Covid can make people who are unvaccinated seriously ill, as well as vulnerable people who are vaccinated. Wearing masks indoors, where we know it's high risk, keeps the spread low and slow. This protects our hospitals and healthcare workers from being overwhelmed. If you get sick, you need there to be a bed in the hospital for you – and that means slowing the spread. Masks, hand washing and distancing are still the best way to protect ourselves until our vaccination rates are almost 100%.

More questions? Email info@newtowncommunity.org.nz or call 04 389 4786 with your phone number and we'll put you in touch with Marion.



Our Summery Songs



The Newtown Community Centre crew wanted to share their summer song recommendations - so get your ice block, sun block and beach towel at the ready for listening to these summery tunes!

Tangerine by Glass Animals

The beat is super poppy and fun and that means summer vibes to me! Also summer means good fruit and so the title works for that too! bit.ly/3kHHDjI

Lenny!



"Hit the back" by King Princess This has seen me through a few cold wintery days - it's an upbeat flirty bop! The whole album "Cheap Queen" is a total vibe - KP is the genderqueer icon we need right now - get her in ya ears!"
bit.ly/30uVmn9

Eryn!



It's a good day (to fight the system) - Shungudzo

A light, bright summer song with some heavy-hitting lyrics inspiring us to action! Check out the summery video too! bit.ly/3nibm4c

Ellie!



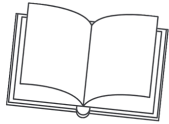
Riptide- Vance Joy

This song takes me back to sunny road trips, when you're in the car with the people you love but it's quiet, everyone is swaying or mumbling the lyrics under their breath and you're cruising along with stunning scenery on either side. The best time!
bit.ly/3cHDmbp

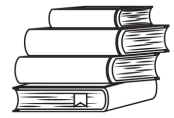
Nuzha!



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There Is No Right Way to Meditate: And Other Lessons By Yumi Sakugawa.

Library listing: bit.ly/3oKFuVo Review by Te Atawhai Scott.

When I picked up this book, I didn't realize how much of a momentous change it would have on my perspective of life. This pukapuka only took me 30 minutes to read! Yumi Sakugawa, makes you feel as if you are having a cuppa and kōrero with her, the comfort that you didn't know you needed when reading a book.

A fun, comedic, and practical way to slow down your mind. The fun illustrations are accompanied with thoughtful text reflecting that finding happiness is seeking peace. This book is only limited in its number of pages! I wish there was more to read and learn from this illustrator. A practical guide to unpacking how important it is to give your mind and body space to thrive. An essential read!



Illustration by Newtown librarian Milly Hampton



On the 29th October, we held an event as part of Heritage Week to share memories of the adventure playground that was on the corner of Constable and Daniell Streets back in the 70s - it was a pretty radical space for exploration. Some of the youth workers and volunteers came along, as well as some of the kids (now adults!!) who played there - it was like attending a family reunion! Super heart-warming to hear stories about what a meaningful space it was for people and how much it allowed them to develop as rangatahi. Ngā mihi to all involved.

What's the Happs?

The Community Centre is closed over summer, meaning no regular classes or events in any of our venues – our last day open is Weds 22nd December and then we're reopening Weds 12th January. After that we're on summer hours (9-3pm) until 13th February! Keep an eye on the calendar for last dates for 2021 and start dates for 2022 for classes/groups etc: bit.ly/2IYfoO9

Covid Vaccine Passes

From Friday 3rd December, we will need to scan your **Vaccine Pass** if you want to come to any of the community centre venues, hire a venue, attend a class/group or come in for a cuppa. See information about Vaccine Passes and how to get yours here bit.ly/3ogMydH

The community centre's board has decided that this is the best option to keep the community safe and well during this public health emergency. You can see our full policy here: newtowncommunity.org.nz/covid-19 and help to get your pass below.

Any questions? Call **04 389 4786** or email info@newtowncommunity.org.nz

At the NEW Community Centre, 2a Green Street

No Shizz Gift Shop - Saturday, 4th December, 9am - 3pm

An unique gift pop up shop - come and grab your pressies, from locally made arts, crafts and eco gifts to vouchers for fun stuff and useful services. **Vaccine pass required.** Facebook event: bit.ly/3HTn65s

Justice of the Peace - Monday-Friday, 10.30-12.30

Get your documents certified, no appointment needed!

Be a part of Newtown's history!

We are putting together a Newtown time capsule and we need your help to fill it with Newtowner's history - drop off items to us during office hours. For more info - info@newtowncommunity.org.nz 04 389 4786.

Community Fridge

We have a community fridge, accessible during our opening hours. Come take what ya want, give what you can! If you work in a local cafe and want to prevent food waste, we'd love to hear from you - we've got the hungry peeps and you've got the food - let's make friends! Email info@newtowncommunity.org.nz or call 04 389 4786

Elsewhere in Newtown

Support to get your Vaccine Pass - Unichem Newtown, Lychgate Centre 100 Riddiford Street

Need help getting your Vaccine Pass sorted? Bring along some ID and your purple vaccine card and they'll help you. Free B&W printing, or \$5 for colour/laminated. If you haven't had your vaccines yet, they can also do that!

Get in touch

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