

JULY 2018

THE NEWTOWN NEWS



BROUGHT TO YOU BY THE NEWTOWN
COMMUNITY & CULTURAL CENTRE

Kia Ora Newtown

Kia Ora,

Welcome to the July issue of the Newtown News. This month we're focusing on Plastic Free July (www.plasticfreejuly.org), both here at the centre as well as in this zine. You can join the challenge and 'choose to refuse' single-use plastic during July, or use this as an opportunity to set some waste minimisation goals.

My aims for this month are to learn how to make homemade cleaning products and toiletries that I can switch to using, instead of that nasty store bought wrapped in plastic stuff! Our friends over at waste-ed have put together a whole calendar of waste-free events happening Wellington wide, so I'll be taking advantage of the DIY workshops. Check out all the goings-on at waste-ed.com/events or turn to What's the Happs? on our backpage to find out about a bunch of events we'll be hosting ourselves here at the community centre..

Scary statistics can often be a good motivator to make positive changes. In April this year, 119 straws were picked up in 10 minutes by one person at Evans Bay. Freaky! Bars and restaurants along the waterfront have gone straw-free; let's aim for this to happen all over Wellington!

If fear isn't a motivator for you, perhaps poetry is? Regular columnist Deepa-Rose Sealy deviates from her usual style and shares a limerick with us centre page.

We're total fans of our neighbour George Young and his tunes so we send writer Rachel Miranda Evans to catch up with this Notorious Newtowner, check out the article on the page opposite.

As always, I hope you're all well and warm (and not drinking from straws)!
Ngā mihi,

Eryn Gribble
newtowns.newsletter@gmail.com

Cover art by Gerda Smit. Design by Anka Kuepper.

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



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Notorious NEWTowner

Rachel Miranda Evans shoots the breeze with local musician George Young.



Shaun from Sol Photography

George Young is not a native Newtowner. Originally hailing from the Hutt, George has been flattening here for five years and has made this mini town-away-from-town his home. Attracted to the area by the cultural vibrancy and abundance of good places to eat and shop, George remarks that there is a lot going on for the amount of people in the suburb. He enjoys that there's always new stuff popping up and a musician or two on every street.

Tall, ginger and genuine, George certainly adds to this quota. His sounds are a blend of mellow keys and melodic vocals, a soft hip-hop self produced by this multi-talented musician. George was given a guitar aged ten for Christmas and didn't put it down - he played his first gig that next year. The years followed with playing in various bands and then learning to DJ at high school, after which George went on to study music at Whitirea Polytechnic. Whilst he's been doing music longer than he hasn't, this is his first year making a living as a solo musician. It's hard, but George describes it as a "pretty hearty life of passion and work".

Aside from writing a lot, George is his own manager and has to consider his branding and imaging as he releases more. He gets advice where he can, saying that it's important to "be

wary of righteousness". There isn't too much difference between his onstage persona and who he is in real life. In spite of it being another wet day in Wellington, George is committed to his latest fashion trend of wearing shorts everywhere. We sit out the back of the Abaca, before the opening of this Aro Valley florist. His gear is wrapped in vines, and he's stoked with the new look as well as being able to support this project of his friends.

I ask George how he's been finding the winter in Newtown. It turns out he's been on the move a lot, playing a few gigs in Auckland. This has lead to him writing a new song about the craziness of big city life, as well as a renewed appreciation for the beauty of Wellington. Would he consider moving? Perhaps. London, Los Angeles, New York, Berlin. The places that appeal are the high intensity music centres, where the competition is tough but there's a lot of resources and wide population base. For now though, he's happy to let the successes continue to build. This homegrown artist is definitely one to keep an ear out for. I'm hoping to see him live soon but in the meantime I'm enjoying his originals on Soundcloud.

Check them out at <https://soundcloud.com/georgeyoungone>

The Plastic Limerick

by Deepa-Rose Sealy



Photo Credit: Deepa-Rose Sealy

There once was a planet called earth
that was full of biodiversity and worth
many called it home
on the earth surface roamed
having much fun, play and mirth.

After many millennia of play
humans started having their way
but everything still was happy
as long as the chappie
didn't let anything a stray.

But one day the time came
where human beings' aim
was to earn a lot
from everything they got
even if it brought them shame.

Then came a historical mark
when alexander parkes had a spark
he invented plastic
which everyone thought fantastic
as it was versatile and smart.

After this in the following decades
plastic and its products everyone had swayed
so that even a maid's dream
was synthetic seams
or a plastic cooking aid.

Faster and faster plastics changed
over the century there was quite the range
from baking tins, to clothes

to veggie packets people froze
now looking back it seems strange.

Then one day fifty years ago
humankind started to lose their glow
a space photo of the planet
made them all into granite
at the thought of how little they know.

People started thinking of the effect
and how plastic never was checked
for lasting forever
and how that did not seem so clever
when home planet was almost wrecked.

But the big companies kept looking away
and thought profit would always pay
despite what research said
no plastic was shed
so everything continued to be in a fray.

When in the mornings people walk
along the beaches they gawk
to always see micro beads
in amongst the weeds
and it turns their days into chalk.

After the beaches they stand
on busy road corners they scan
plastic floats down the drain
or they see bags stuck in big cranes
or caught on a windscreen on a van.

This is the plastic that escapes bins
but what about it in other jinns?
like cling film on food
or on products glued
not to mention it doing other sins.

Just recently I read in pain
a most common environmental bane
whales dead
in their stomachs shreds
of 70 kilograms plastic plain.

Then in other parts of the world
another story always is unfurled
plastic rivers blocked
bringing villagers shock
and the end of their survival swirled.

When I was a child I was taught
china's great wall was thought
to be the largest made
human structure laid
and this from space was caught.

A decade has passed from then
and I have since learned and ken
the biggest construction
humans have made causes suction
as it is a plastic island in an oceanic glen.

So now you may feel shocked and sad
but surely it doesn't have to be that bad?
what about a solution
that doesn't create pollution
that makes the planet all happy and glad?

Let's start first in our house
where plastic can be as quiet as a mouse
do you need plastic sheets
to wrap your favourite eats
when instead use a recycled fabric blouse?

Recycled fabric no you say
don't worry, then that's okay
sandwich wraps
can be beeswax cloth scraps
and voila, you're on your way!

Amble to your cupboard of food
doesn't it all look yummy and good?
but covered in plastic
it makes you feel drastic
but don't go hiding that in your hood!

Instead go out walking down the block
armed with bags and even a wok
to the bulk bin shop
the best place to stop
to refill your reusable bags, and jars chock!

Then back at home in the bathroom
you reach for the floss and fume
that too is plastic
it ain't fantastic
but now you can get alternatives! Boom!

More and more in the shops
alternatives exist that aren't synthetic flops
like floss can be silk
as white as milk
and your teeth will come out feeling on top!

Then after your teeth have been flossed
don't look in the mirror feeling lost
toothbrushes can be bamboo
only costing dollars few
and after months in the compost can be tossed!

So now it is time to go to work
but the keepcup please do not shirk
in kinds original and brew
with every colour and hue
your hot drink can only be a perk!

At your work desk you get a box
something exciting but covered in the pox
it's only plastic soft
to a supermarket it can waft
before it gets turned into more stock.

Now comes the time for lunch
but here comes the common crunch
you go out to a cafe
and then have to pray
your straw is steel and not making a plastic
scrunch.

So here comes, my friend, the lesson
and not something to give you tension
plastics are bad
but a plastic free fad
will give the world more attention.

Go now on into the great future
and ensure you create a suture;
between the world and you
things don't have to be so blue
but only if there is a plastic free future.

Repurposing Plastic Bottles in DIY

Royal College of Art graduate Micaella Pedros gives every day single use plastic drink bottles a second go at life by turning them into joints to hold wooden furniture together.

by Anka Kuepper

Pedros walked around London collecting empty and discarded plastic containers for her project 'joining bottles'. She used heat-shrinking to transform the plastic into malleable rings which she placed around pieces of wood.

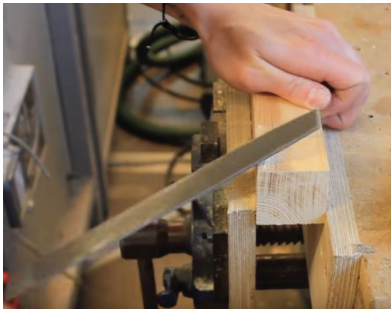
"When I discovered its potential to form a join, I was amazed by the fact that anyone can do it, [...] contributing to the growing do-it-yourself culture."

A heat gun shrinks the PET at a temperature of 300 degrees Celsius as the molecules move closer together. According to Pedros, the strength of the plastic joints depends on the shapes of the objects being linked and also on the grooves in the wood. Deeper ridges or indentations allow the plastic to form a stronger grip, and stop the separate parts from moving and weakening the joint.

She also hints at the possibility of using a combination of materials such as timber and stone. There is a great potential for creativity and exploration in this approach.

The designer hopes that this project will help shift our perspective on waste and contribute to raising awareness by showing a new approachable and easy-to-make application.

Read more about it here:
www.dezeen.com/2016/06/30/micaella-pedros-royal-college-of-art-graduate-showrca-joining-bottles-wood-furniture-recycled-plastic/



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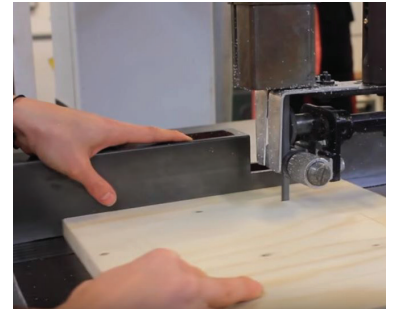
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Good Vibes: How to stay positive during winter

by Georgina

The winter months are upon us. Winter can be quite depressing with all the wind, rain and snow on the hills giving off that chill that's in the air. Have you wondered what you can do to make the winter months more bearable? I most certainly have! Here's a bit of a list of things I do to keep the winter blues at bay:

- Think of winter as an adventure where you can go out shopping for slippers, socks, sweaters, gloves, scarfs and gumboots. When there is a cold, dull day, dress with more colour.
- When it can be a struggle to get motivated, switch it up. What's something new you've always wanted to try? One year I took up knitting, and I knitted my niece a cute, pink winter scarf!
- On those days where you just want to blob out, give yourself permission. Watch movies or Netflix in bed so you feel snuggly and warm. Now is your chance to curl up with that book you wanted to finish.
- Houses in Wellington can be a struggle to heat and be expensive. Why not try some more economic ways to keep warm, such as drinking a hot chocolate, tea or soup, which will warm you from the inside out.
- Take a day to make your living spaces more inviting and cosy so you'll feel comfortable spending more time inside.
- Because people tend to hibernate in winter, connect with others by writing a letter or using social media to touch base with friends. If you really want human to human contact, invite friends over for a dinner party.

I hope these tips give you inspiration for a positive winter!

“One kind word can warm three months of winter”

“Japanese proverb”

What's the Happs?

Te Kawakawa Community Gardens Working Bee with Conservation Volunteers NZ

Tasks vary, but you can expect weeding, maintaining the vegetable garden, planting natives and track construction. Gloves, tools and training provided. If you'd like to get involved in this exciting initiative and check out a hidden gem in the Melrose hills then get in touch today! Ask about our free transport options. Friday 6th July, 9am-2pm, near 44 Hornsey Road, Melrose. Parking on the road near house #71. Bookings essential - please contact Natalie on 021 774 258, wellington@cvnz.org.nz.

Learn to Sew with Boomerang Bags

Tutors will help you to learn basic sewing skills which will instantly be put to use to help ditch the dirty old plastic bag by making reusable bags out of upcycled fabric. There will be two workshops on Thursdays 12th & 26th July, 5.30-7.30pm, Newtown Community Centre. Registration essential, spaces limited renee@newtowncommunity.org.nz. \$5.

Newtown Tool Library Repair Cafe

Got broken stuff? Bring it to the Repair Cafe! There will be skilled volunteers on hand to show you how to mend your loved items. Think clothing, jewellery, electrical stuff, kitchenware, toys, accessories, furniture and musical instruments (and more). Delicious snacks & coffee/tea will be available from the Koha Kitchen. Contact newtown.tool.library@gmail.com to find out more. Saturday 14th July, 11am-2pm, 199 Riddiford Street, Newtown. Koha.

Plastic Free at Newtown Market

Let's make Newtown Vege Market plastic bag free! Nada Piatek will be holding a stall on Sat 30th June & Sat 21st July providing reusable bags, used bread bags & ice cream containers that be used in place of plastic bags to weigh & carry your fresh market produce. If you have any clean ice cream containers or bread bags you could donate, please deliver them to Newtown School or the Newtown Community Centre. If you'd like to help out on the day, Nada would love to hear from you! Contact Nada Piatek: nada@upcup.coffee.

Zero Waste Expo

Featuring talks and stalls from local zero waste businesses. Tuesday 24th July, 6-8pm, Newtown Community Centre. Free entry. Contact info@newtowncommunity.org.nz for more info.

Our Town Newtown - Meet the Architects

Be part of the collective voice and help shape the future of the Newtown Community Facilities. Building on the great work done in the 'Our Town Newtown Project' come and meet our newly appointed Architects from WSP Opus who will be leading the upgrades of the Newtown Community & Cultural Centre, Smart Newtown and Newtown Hall. Come and take part in the first workshop in a series of three to develop the brief and the design for our important community facilities. Saturday 28th July 2018, 12-3pm, at Newtown Community Centre (cnr Rintoul & Colombo Sts) meal provided, Free.

Art Supplies Swap

Bring your arty items that are still good, but unwanted – swap for new (or new-to-you) supplies. The Swap is on Sunday 29th July, 2-4pm, Newtown Community Centre. If you have nothing to swap, but want to shop, come along with \$5 at 3pm and score yourself a bargain! Drop off goods to the Newtown Community Centre on: July 25th 9-4.30pm, 26th 9-7.30pm, 27th 9-5.30pm, 29th 1-2pm. Contact eryn@newtowncommunity.org.nz for more info.

Volunteers Wanted for Community Fridges

Newtown and Aro Valley Community Fridges are on their way! They will be a drop off and pick up point for excess food. The aim is to reduce food waste and make food more accessible. We are looking for volunteers to help set up and run the fridges. You can commit as little as an hour a week or more! If you would like to get involved contact Sarah at communityfridgeswellington@gmail.com.