

THE NEWTOWN NEWS

Brought to you by the Newtown Community & Cultural Centre



NOVEMBER 2018

Kia Ora Newtown

Bonjour, Hello, Hej, Dia dhuit, Hi, Kia ora,

I'm back from gallivanting around Europe and the United Kingdom. It was a month where I didn't even have one full rainy day!

Just to brag further, highlights included tracking down Banksy street art in Bristol, cycling in Copenhagen alongside hundreds of locals taking up entire roads, hanging out in an artists' squat in Paris and screaming my head off riding roller coasters at Thorpe Park. Fine food, cold bevies, friends and family also made the trip a pretty special one.

A huge thanks to Lenny for keeping my seat warm, emails answered and all the things ticking along in my absence - what a legend. Speaking of legends, our other coordinator Renee Rushton is soon to be leaving - sad face. She's off to have a sprog so is taking a year's maternity leave. We're gonna miss you oodles Renee, so be sure to come and visit!

We had loads of amazing, enthusiastic and skilled people apply for the fixed-term role and we have ended up with a good one. I'll have to keep hush hush about who that is until the contract is all finalised and signed, but watch this space.

On to this issue! Deepa-Rose Sealy is talking toilets on pages 4 and 5 with a whirlwind tour of toilet memories. World Toilet Day 2018 falls on November 19 and is an official United Nations international observance day aimed to inspire action to tackle the global sanitation crisis.

Mhairi McGregor's back with an awesome pantoum on page 6. It's a special poem where the second and fourth lines of a stanza become the first and third lines of the next. This one is about a watering can. Intrigued? Have a read, along with Snibbo's hilarious water-themed cartoon on the same page.

Lenny just can't keep away, so she's back with her pal Patches on page 7. They celebrate World Vegan Day by sharing a delicious recipe for vegan burritos with y'all. Go on, make friends with salad! She's also this month's Notorious Newtowner on page 3.

We've got loads of new dance classes happening here at the Community Centre, so turn to "What's the Happs?" on the back page to get all the deets on how to get moving.

Until next time!

And Au revoir, Farvel, Hwyl fawr, Slán, See ya, Ngā mihi,

Eryn Gribble

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



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Notorious NEWTowner

Eryn Gribble knocks back some long blacks and shares some black humour at Black Coffee on Riddiford Street with local Lenny Zooks...



Lenny jokes that they are “a citizen of the world, belonging nowhere!” Born in the USA, they hold four passports - English, New Zealand, Italian and American. Growing up they resided in several countries, the family moving wherever science professor Dad got a job! Lenny completed their high-schooling in Wellington and returned this year after living and travelling abroad.

“I knew I wanted to settle in Newtown!” they tell me enthusiastically. They had one attempt in 2009 that failed - a flatmate ripped off the flat account by \$3000, forcing them all to quickly move out of the house and suburb. Lenny has succeeded this time, moving into an apartment with their partner Patches.

You can find Lenny on Thursdays at the City Mission, volunteering in the kitchen to provide cheap, healthy, yum meals to Newtown locals in need: “It helps alleviate my privilege, knowing that I am helping my community and in turn becoming a part of it. That helps me, someone who has never really belonged anywhere!”

One place Lenny feels they belong is at “burns”. These events are inspired by ‘Burning Man’ in Nevada, USA, and the ten core principles that guide the week-long arts festival. Lenny has worked as core crew at the past six Kiwiburn events (our small New Zealand version). This means they spend more time “on the paddock”, arriving weeks early. Mates of Lenny’s from all over the world camp together in “tent city”, eat meals together and go to work each day building the festival’s infrastructure.

You may have spotted some of Lenny’s comics in previous issues of this very mag! Lenny has always been creative, but they tell me that school stifled that: “When I was eleven I had an art teacher tell me my painting was a waste of paint! And then when I was drawing I could never accurately depict what I was seeing, so I thought I was no good at art”.

It was when they were living in Melbourne several years ago that Lenny started drawing as a way to improve their mental health. They draw “cute stuff, for sad babes” and hope that their work de-stigmatises mental ill-health, or at the least that people can relate to it, feeling a little less alone. Encouragement and belief from friends and their partner now means Lenny has exhibited in galleries and has a website complete with an online shop.

Last year Lenny got involved in the Zine community, another turning point in their artistic career. Attending Auckland Zinefest, they met “a bunch of queer, awkward weirdos - my people!” who all got together to swap and sell their original small-circulation self-published magazines, writings and drawings. Lenny even sold out of some of their publications.

Lenny, who has been vegetarian since they were ten, and vegan for the last five years, “brings home the tofu” by supporting a couple of kids that have unique needs - and loves hanging out being silly! Lenny certainly knows how to make hanging out an enjoyable experience, as I knock back the last of my coffee and hug this warm wahine goodbye.

The Zook is out there, and I encourage you to find them at the locations below where you will see how wrong that art teacher was!

lennyzook.com / Instagram: [lenny.zook](https://www.instagram.com/lenny.zook)
Wellington Zinefest: 17 November 12-4pm / Te Auaha NZ
Institute of Creativity, 65 Dixon Street

A whirlwind tour of toilet memories

by Deepa-Rose Sealy

My earliest memory is of a toilet. I was age two. Squatting. Squatting on an Indian squat toilet. I know that's no charming way to start this story of toilets, but so be it! Who would have guessed that maybe because of that early memory I took an interest in toilets and the variety of designs from country to country, from age to age.

And through all of this I have realised the 'bottom' line of it is that we don't talk enough about toilets. It seems strange to me. Most of us use them everyday, multiple times a day even, and yet it may be the posters or scribblings on toilet walls we notice more than the design, age and comfort of the toilet itself.

So here, in an attempt to breach this shortcoming in our daily conversations, and in celebration of World Toilet Day on November 19, is a whirlwind trip through my toilet-related memories...

1992 - Being two and thinking I'd get sucked in to the big gaping hole of an Indian squat toilet.

1993 - Another squat toilet on a fast-moving Indian train where a glimpse of the racing ground could be seen while looking down and thinking, once again, the ground would swallow up my tiny being. (Fig. 1)



1) Train squat toilet

https://www.indiamike.com/fckeditor/UserFiles/Image/trainimages/toilets_on_the_india_railwa.jpg

1994 - My first experience of a 'Western' toilet (after three years of squats) where I felt I would fall in bottom first to the toilet's big, wide, spotless 1900's porcelain bowl.

1994 - Feeling the suction sound of an airplane toilet (terrifying) while it sucked air out of the toilet bowl.

1994 - Being too short at four years old to reach the toilet's flushing chain on the 'Water Closet', an old-style cistern. (Fig. 2)

2) Water Closet Chain

<https://i.pinimg.com/236x/ec/c8/11/ecc8113a59e525ed0aff42aa1ab2854e.jpg>



1995 - Clambering through the dark and cold at a NZ bach to the outhouse while peering out at the ghosts and imaginary beings of the night.

1999 - Going into a Turkish public toilet that smelled amazingly of powerful incense and realising that toilets could almost be sacred.

1999 - Thinking a bidet in an Italian hotel was a toilet at age nine.

2000 - Watching the last scene of the film *Elizabeth* (1998), a film where a conspirator is killed while sitting on an Elizabethan toilet. (Fig. 3)



3) Elizabethan toilet

http://farm5.staticflickr.com/4098/4891085440_76c4525d69_z.jpg

2001 - Experiencing my first self-warming toilet seat in a London hotel at age 11 and thinking it was the best thing ever.

2001 - Being told at age 11 that the person who designed and heavily encouraged modern sanitary plumbing, and the modern toilet flush as we know it, was named *Thomas Crapper* (hehe!).

2003 - Being completely absorbed reading a book called *The Porcelain God: A Social History of the Toilet* cover to cover in the spring sunshine in one sitting (not on the toilet!) at age 13.

2003 - Experiencing my first long drop toilet out in a rural setting in New Zealand at age 13.

2004 - Going to a new 'spaceship' public toilet in Sydney which was not working properly. Every time I sat on the toilet the automatic doors would open and Beethoven's *'Moonlight Sonata'* would start to play.

2005 - Visiting a family friend who had a bathroom full of pot plants (amazing) and experiencing a large fern frond in my face while I sat on the toilet.

2008 - Reading the snippets people had written on the toilet walls at Midnight Espresso in Wellington.

2011 - Finding out my grandfather's occupational therapist advised the shower should go over my grandparents' toilet - so never coming out of the loo without a soggy bottom!

2013 - Being at the Luminare festival and experiencing the excellent system of mass compost toilets that used coffee chaff as the carbon layer after each toilet visit. Each toilet experience there smelled of coffee, even after a long, hot eight days. (Fig. 4)

2014 - Experiencing my first composting toilet in a friend's house in the Wairarapa and thinking this really was the future.

2016 - Moving into a 1940's Mount Victoria flat that had a toilet flush handle attached directly to the mains (no cistern) that unleashed quite the (un-environmental) flush.

2016 - Selling lots of composting toilet flat packs at work after the 2016 Kaikoura earthquake.

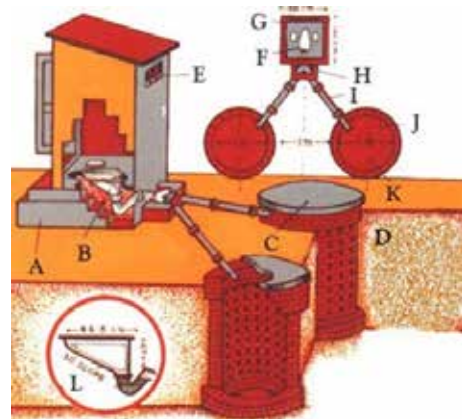
2017 - Watching a Bollywood film called *Toilet: Ek Prem Katha* loosely based on a true story of a new bride not accepting her husband's family's rural house as they didn't have a toilet.

2018 - Seeing a simple plan of how to build your own toilet (particularly for rural India) without sewage issues. Making a trial brick one with my father in a friend's back garden. (Fig. 5)



4) Compost toilet

http://www.omick.net/composting_toilets/OR_toilet_open.jpg



5) Pit toilet design

<http://www.esigujarat.org/resources/toilet-technology/two-pit-pour-flush-latrine/>

And there we have it: 28 years of different toilet thoughts. So let's see if you can go in to a toilet now without thinking about the one you are sitting on...

Happy Toilet Day everybody!

Poet's Corner

Pantoum of the Watering Can

By Mhairi McGregor

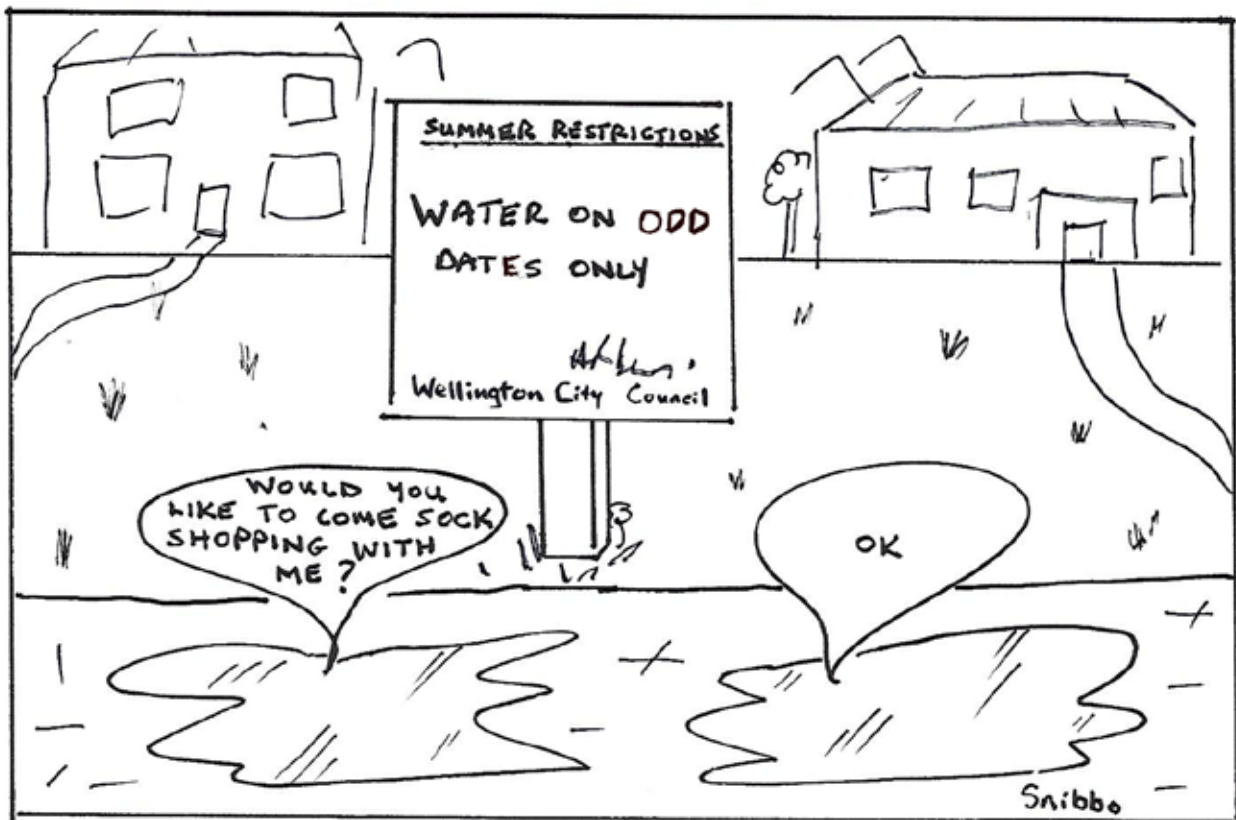
A watering can sits, remembering
In an old man's forgotten backyard
The tick tock of time has dimmed all lustre
Around the rusted handle flowers entwined

In an old man's forgotten backyard
The watering can has seen a lifetime of memories
Around the rusted handle flowers entwined
The old man used to pick for his wife

The watering can has seen a lifetime of memories
Children born and grown
The old man used to pick for his wife
The shiniest fruits from the tall pear tree

Children born and grown
Playing knee deep in the dewy grass
The shiniest fruits from the tall pear tree
Fall and rot, the old man is dead

Playing knee deep in the dewy grass
The tick tock of time has dimmed all lustre
Fall and rot, the old man is dead
A watering can sits, remembering



PLANTS
ARE
FOOD



Plants are food

By Patches and Lenny

Vegans have superpowers. They run ultra-marathons, they have psychic abilities and most can fly. Alright, I'll let you choose which of those is real, but it is very true that choosing a plant based diet or meal gives you the option of flexing your culinary muscles in all kinds of new ways.

I promise you, eating a more plant based diet is not so hard! I wouldn't be surprised if some of your favourite foods are plants, because seriously, who doesn't love chips?

Like so many other things in life, there is no one way to eat a more plant based diet. It's important to learn to listen to your body and what it actually needs, and not just what it might want!

Going straight to vegan isn't the way for everyone, but making more mindful choices, becoming more informed about what is in the food you eat and where it comes from is something we can all begin to do.

Some easy changes you can make are...

- Choosing one day a week to eat no meat (e.g. Meatless Mondays)
- Drinking your coffee black or with an alternative milk
- Realising beans are your friends (NACHOS!)

Eating more plant based foods is not so scary or difficult, and it can actually be pretty fun.

Here's a nice and easy recipe to get you going...

Thanks and good luck!

VEGAN BURRITO

PREP TIME 15 minutes
COOK TIME 8 minutes

SERVES 2

Ingredients

Tortillas - store-bought tortillas are fine.

For the filling

- 6 Tbsp salsa (oil-free & low sugar if possible)
- ½ cup kidney beans or black beans (100g)
- ½ red onion, finely chopped
- salt, pepper, cayenne
- 2 Tbsp brown rice, cooked
- 2 Tbsp corn kernels
- 2 lettuce leaves, shredded
- ½ medium fresh tomato, chopped

Instructions

1. **For the filling:** Mix together the salsa, beans and green onion and mash slightly with a fork. You don't need to overdo it - it's fine if some of the beans retain their texture.
2. Season the mix with salt, pepper and cayenne to taste.
3. Fill each tortilla with half of the salsa, bean and red onion mixture as well as half of the brown rice, corn, lettuce and tomato. Make sure they're not too full so that you can still roll them.
4. **Making the burrito:** Fold in the sides and roll into tight burritos closed on all sides.
5. Place them seam side down into a frying pan and grill over medium-high heat for around 3-5 minutes until brown and crispy.

Flip around and grill for another 3-5 minutes.

Enjoy with some more salsa, avocado, or whatever you fancy!

What's the Happs?

At the Newtown Community Centre, corner Rintoul & Colombo Streets

Fergus Collinson - Sale of artworks

Fergus Collinson is Newtown's iconic jazz painter and poet. Works by Fergus and works from his personal collection will be sold at his former home. Don't miss a unique opportunity to find something very special by this colourful local artist and personality. Saturday 10 November, between 1-6pm at 55 Wilson Street, Newtown. For more info email Clydeclemett@gmail.com.

Harakeke Weaving Workshops

Get ready for summer with our practical weaving block courses, where you will create your own flax flowers, hats, backpacks, baskets and wall-hangings. These 4 and 5 week block workshops will extend your learning from previous workshops with more advanced harvesting and preparation techniques and weaving skills. **Block course 1:** Waikawa to Whakairo, Saturdays, November 10 - December 1, from 1-4pm. **Block course 2:** Putiputi to Pikau, Mondays, November 12 - December 10, from 6-8pm. \$80 (\$60 concession), 1 time credit space also available on each course. Spaces limited, registration essential at tanya.milne@gmail.com. You must register for the full 4 or 5 weeks of the course.

BollyFIT

BollyFIT has come to the Newtown Community Centre! Come and join Shveta and her team, working it out and dancing to their favourite Bollywood tunes. Dance your way into fitness! This class is open to anyone and everyone who wants to try something new or just have some fun dancing - burning calories is a bonus. Casuals, walk-ins and enrolments open. Thursdays, 6-7pm. \$10 casual or \$90 for the term. Contact Shveta on 021 0294 3197 for more info or to book.

Hawaiian Dance (Hula) Class

This class starts with a warm-up learning the basic hula steps, and continues with learning a dance that brings the words and the story of the mele (song) to life. All this accompanied by beautiful Hawaiian music, traditional and

contemporary. Suitable for all ages and abilities and a great way to exercise - we get our hearts pumping every week! Wednesdays, 6.15-7.15pm. First class free. Cost \$15/class or \$12/class if paying for a term. Ask about concession prices - no one will be turned away for not being able to pay. To book contact Liora on 021 355 041 or lioranoy3@gmail.com.

Dances of Africa - NEW CLASS

Shake, shimmy and groove to the soulful rhythms of Africa, led by Jenny Bloomfield and accompanied with live drumming by Simon Elwell and the drummers of African Beats NZ. You will be guided through a warm up, learn some moves, and put the choreography to music for an interactive high-energy experience, followed by a relaxing stretch - so you leave feeling great! Bring water and come ready to have fun! 7.15pm-8.15pm Thursdays, starting 18 October, \$10/class. Contact Jenny at jenbloomfield@gmail.com.

Holiday Heels Beginner Workshop

Get ready for the holidays! Over the course of this beginner heels workshop, you'll work on basic dance movements, practise walking in heels, and learn a group routine. No previous dance experience needed! Think like the heels dance in Mean Girls, but better. Our song is "Santa Baby" by Eartha Kitt. Tuesdays 6-7pm on 6, 13, & 27 November and 4 December (no class November 20). Cost is \$40 for the 4 classes, no drop-ins. Reserve your spot here: <https://goo.gl/forms/GAAJWvcjRYu5RnpS2>

Newtown Crop Swap

Crop Swap is on Saturday 10 November (and every 2nd Saturday of the month). Bring surplus or homemade kitchen/garden goods, any amount welcome. Homemade crafts also welcome. Items like garden produce, plants, seeds, ferments/preserves, baking, homemade cosmetics/toiletries and art are all great! Crop Swap is a place to share resources and meet others in the community. Contact cropswapnewtown@gmail.com or visit 'Newtown Crop Swap' on Facebook for more details. Please arrive by 9.45am. Koha for room hire.