

# Newtown News



Brought to you by  
Newtown Community  
& Cultural Centre

Mahuru / September  
Kōanga / Spring edition





Kia ora e hoa mā,

The arrival of Mahuru / September means that Kōanga / spring has (at least officially) sprung! I'm so excited to see the signs of the change in the season - outside my window at home the kōwhai has bloomed and the tūi are going HECTIC over it.

It's awesome to hear from Newtown's very own local urban farm in this edition - Kate, our Notorious Newtowner, gives us an insight into the coolness of compost and Sheldon's got heaps of gardening tips later on! I was on the Kaicycle farm a few weeks ago for our School Holiday Programme, with a crew with 16 littl'uns to do some weeding. My highlight of that visit was seeing how much more confident and comfortable the kids got in nature - like when we first started digging one kid was all: "ew, worms, get them away from me!", but by the end she was introducing everyone to her handful of worm-friends. I reckon we could all do with a few more worms and a bit more compost in our lives.

The change that comes with Kōanga also makes me think about new beginnings, growth and development more widely than in nature. Some changes that I've been excited about recently are:

- The government's plan to take abortion out of the crimes act. This is great news if, like me, you believe that pregnant people should be able to make decisions about their own bodies and medical treatment! Hooray! (It's in a consultation phase so I've sent in a supportive submission - you can too - write in before Sept 19th [bit.ly/31lw6EV](https://bit.ly/31lw6EV) ) I really enjoyed listening to FemForce Aotearoa's podcast about this as well if you want to learn more! [bit.ly/2yVwFPa](https://bit.ly/2yVwFPa)
- The Waitangi Tribunal finding that prisoners should have the right to vote - no one should have their fundamental rights taken away. This change needs to happen!
- Te Wiki o Te Reo Māori, i te 9 ki te 15 o Mahuru - kōrero mai kei te tari o te Whare Hapori o Newtown! Te Reo Māori Week, from the 9th to the 15th September. We're gonna give te reo Māori a go in the office that week!
- The resistance flourishing up at Ihumātao - thanks to Violet and Gayaal who have written about it for us in this edition. We're all standing on Māori land and we should respect that. *Pōneke Solidarity Alliance* - Ihumātao meet at the Community Centre on (some) Thursday evenings - find them on Facebook for more information.

And finally, if you're up for doing something new this Kōanga, why not do some writing, drawing or designing for the Newtown News?! Email me!

Ngā mihi - Ellie - [ellie@newtowncommunity.org.nz](mailto:ellie@newtowncommunity.org.nz)

Cover art by Daniela Fuenzalida, design by haroofiroo

Thanks also for the ongoing support of our amazing local businesses! Please support them back!



THE  
RAMEN  
SHOP



Baobab Cafe

Peoples

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# Notorious NEWGowner

*Kate Walmsley and Ellie had a kōrero about climate change and the importance of compost over keep-cup coffee, sitting next to the compost bins at the Kaicycle Urban Farm!*

The Kaicycle Urban Farm is a tiny but lush & plant-packed oasis, hidden between the busy traffic of Adelaide Road, the cranes of the new Children's hospital and the manicured lawns of the Governor General's house. The calm in this spot of green makes you feel like you're out of the city - as we kōrero, we're surrounded by birds and insects, and a constant whiff of compost drifts gently over the tidy beds of kale, currant trees and lettuces. Kate has been a volunteer compost-turner and admin person at the farm since 2015 - she was drawn to compost after lab-based uni study left her feeling only "half-alive and half-awake". In between her editing job, being involved in the cleanup of the Fox River, playing viola and hanging out at the quiz night at Moon, Kate always makes time to come and turn the compost.



Kate (left) & some of the Kaicycle crew at a compost tea party

The farm is run by a non-hierarchical collective of volunteers and Kate acknowledges all the hard mahi, love, sweat and tears that many people have put in over the years. It has evolved into a beautiful circular system - they have a bicycle compost pick-up service (currently at capacity, having grown from 7 clients in 2016 to 120+ today!) and all the waste kai scraps they collect are used on the farm to create compost and healthy soil. The veggies grown then go to good causes (for example, we get veggies for our Friday Free Soup Days - thanks Kaicycle!) - it's all relatively small scale at the moment - but Kate and the team are dreaming big.

Here in Newtown, Kate says, the team are hoping to employ a paid gardener so they can do heaps more outreach and education, planning to build a pātaka (storehouse) / free kai box on the street so people can come and grab the veg they need, and while we kōrero another volunteer is building a base for a bathtub which is going to be a worm farm. They would also love to be able to take more food scraps and make more great healthy compost to give out for other gardens.

This little local farm is part of a fledgling network of urban farms popping up around Aotearoa - the kaupapa is to bring food production back into the city, getting people re-connected with kai, the whenua and their environment - and ultimately making us ready for the imminent effects of climate change. "Our dream is of a de-centralised system where there is a compost hub every few blocks in the city and urban farms in every suburb. We could be growing anywhere - on road reserves for example - we can do a lot with a small amount of space." To fulfil that dream, the Kaicycle team and the wider network are working on shareable resources that would give anyone the skills and information they needed to set up an urban farm in their area.

I have composted at home for years, but I didn't really understand how awesome and important it was until Kate filled me in - "When we throw food scraps into landfill, we're literally throwing away this amazing resource which can grow more food for us! Plus, composting helps mitigate climate change through sequestering carbon." Kate explains (for those, like me, who don't know what 'sequestration' is!) that this is the process of plants and soil working together to draw carbon out of the air and into the soil - making the soil healthy and happy. Then the plants you can grow on that healthy soil send out oxygen. What I get from this is that by composting we basically smash climate change AND get to eat delish fresh veggies!

"We'd love to see more land being used for environmental and social good." Kate explains that urban farming is also really great for humans and our mental health: "some people are feeling pretty down about climate change - this is a way to channel that fire and anger and be optimistic about the future...We can learn so much from te ao Māori (the Māori world-view) and indigenous knowledge - and for those of us who are pākehā, also from our ancestors who used to be much more closely connected with the land. We need to rebuild a culture of kaitiakitanga for everyone."

**Inspired to "find your roots and get your feet back in the soil"? Kaicycle Urban Farm runs a volunteer working bee every Sunday 11am to 1pm, just drop in!**

# Aesthetics of Resistance

*Artist statement by photographer Daniela Fuenzalida - who took the Newtown News cover photo!*

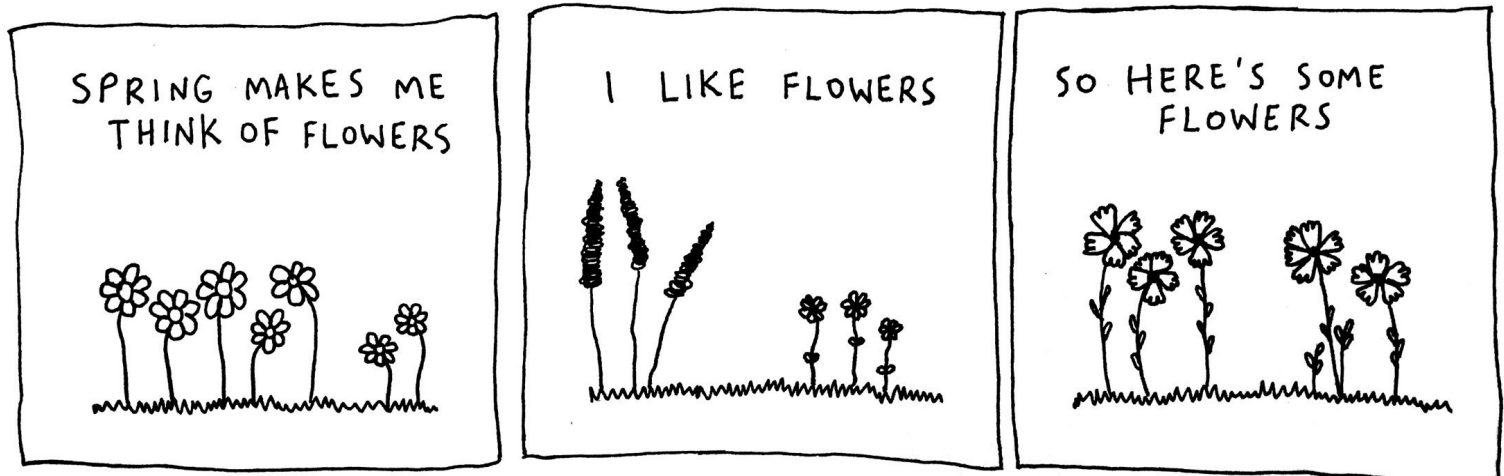
While walking on the streets one winter, I started to notice this little, impressive and brave phenomenon: plants growing in the concrete. This led me to create the photographic project "Aesthetics of the Resistance", where I capture different plants, weeds and other species making their way through the pavement.

An act of courage. Facing the track of time, the advance of the city's landscape and the concrete... wherever it cracks, there is a possibility of survival. Wherever there is space, there is a possibility of resisting man-made interventions.

I'm curious. I'm intrigued. I applaud every action of rebellion. I bow to every act of bravery. I acknowledge how strong and determined tiny breakthroughs of nature are. And how much beauty and poetry we can find hidden (sometimes) to the passerby.

*www.fotografa.cl / For photography projects: dp.fuenzalida@gmail.com / Facebook: Daniela Fuenzalida Photography / Instagram: @natures\_resistance*

## Lenny got us flowers!



[lennyzook.com](http://lennyzook.com)

IG: @lenny.zook





# Get in the Garden!

*By Sheldon Levet, Kaicycle farm volunteer*

As Kōanga (Spring) approaches it's time to prepare our gardens for planting. During Hōtoke (Winter) the soil has been resting and slowly growing a few things. Now's the time to wake up the life held inside and feed it with lots of mulch and compost. The key to gardening and growing food is thinking months in advance, as plants grow slowly and take time to develop. What do you want to be harvesting and enjoying in Raumati (summer)? Now's the time to plant their seeds.



**Preparing a bed:** Whether you have some garden beds, patch of grass, bath tub, pallet garden or just a horde of pots, mulching the soil heavily with compost and organic matter is key at this time. Don't have a garden yet? Lay down some cardboard and cover with a thick layer of compost now. Don't forget to collect up any weeds, leaves and other organic matter in a pile to compost over the summer to fertilise the soil again in Ngahuru (Autumn).

**What to grow:** Around this time some seeds can be directly sown in the soil, others need to be raised inside and planted out as seedlings.

- Beetroot, Carrots, Chives, Coriander, Dill, Lettuce, Parsley and Radish can be sown directly in the soil from now (get out there!).
- Beans, Peas, Pumpkin and Corn can be directly sown in the soil after the risk of frost.
- Celery, Tomatoes, Eggplant, Chillies, Squash, Basil, Broccoli and be started inside and planted out in 6 weeks.

I can't recommend [www.gardengrow.co.nz](http://www.gardengrow.co.nz) enough, to help keep ahead in the garden.

**Mulching:** It's crucial we protect the soil around us - especially during the hot periods of Raumati (summer). The most important thing is to keep the soil covered at all times. Either plant out different plants in the gaps to bring diversity, or cover with some mulch (straw, seaweed, hessian sacks, bark, wood chip etc.) This will keep the soil more moist and cool, stop the top drying up and 'capping' and suppress any unwanted weeds coming up.

**Companions:** Diversity is the keystone to sustainable life. Many plants enhance each other when planted together - whether by reducing pests, or sharing nutrients. An ancient planting plan is the 'three sacred sisters', which is corn, beans and pumpkin grown together. Corn is sown first, followed by the beans when the corn is 10-20cm tall. As the beans climb the corn pumpkins are planted at their feet to protect the soil.

Whether you have lots of time or a little, growing, enjoying and sharing food that you grow yourself is second to none. The garden is also a great place to escape from the world and have some time to yourself - a free meditation session.



# Protecting Ihumātao

*By Gayaal Iddamalgodā and Violet Wilson-Baird, members of the solidarity group 'Pōneke Solidarity Alliance - Ihumātao' (PSA-I), who meet at the Community Centre some Thursday evenings. Find PSA-I on Facebook to check when they're meeting next!*



The struggle for Ihumātao is not recent. It reflects a struggle that has been ongoing since the Crown's first acts of colonial violence against Tangata Whenua. It is another thread in the ceaseless struggle to regain and reaffirm claims to whenua, mana and Tino Rangatiratanga; things that were never ceded.

It is sometimes said that this struggle is a struggle without end. Indeed, every generation of Māori has asserted itself in this struggle since its beginning. However, the struggle for Ihumātao is different, it represents a change in how the struggle has been fought and viewed.

For example, the events at Ihumātao are being closely watched. The actions of the police and the cynicism of the government are being carefully scrutinised both in Aotearoa and overseas, in ways that they have never been scrutinised before. The police have tried to brutalise the peaceful Land Protectors at Ihumātao, like they have done to so many peaceful protest movements in the past. Today, it feels like Aotearoa and the world have called out their shameful behaviours, with UN observers condemning the State's actions against indigenous sovereignty, and Amnesty International observers present on the site.

Politicians too have been shown up for their shameless lack of principles. The call for Jacinda Ardern and the Labour Party to take a stand on Ihumātao and their clumsy attempts to sidestep the issue is hurting the government. The Prime Minister's refusal to step foot on the land, and acknowledge Mana Whenua; the party's bungled and unprincipled handling of the dispute reminds us of that party's track record of abusing the rights of Maori; Ihumātao is set to stand along with the invasion of Te Urewera and the theft of seabed and foreshore in New Zealand Parliament's ever-growing list of abuses against Te Tiriti.

Things are changing, but this change has not come overnight. It represents the fruition of a lot of past struggle. In the past, those who protected Māori land and those who stood up against racism were attacked, beaten and abused with impunity by the agents of colonial government. Those brave strugglers never gave up, they faced the violence, and they stood up to the scorn and continued. Their narratives now are becoming more and more powerful and this fact is reflected in the outpouring of solidarity. People from ethnic backgrounds have joined Mana Whenua in standing for the return of Ihumātao. Trade Unions, migrants and working people of all stripes have turned out in droves to support the Land protectors. For many, standing for the return of this stolen land seems to be the most natural thing to do.

This solidarity is a huge achievement of Ihumātao. It marks a growing tide of ordinary, working class people, who realise that no matter what your background, standing with Tangata Whenua against corporate greed is a blow for everyone's freedom.



*New starts for our Youth Programme!*

**tell us what you think**



We're super excited to have a new Kaimahi Taiohi / Youth Worker, Harry Baitz. She comes to us with heaps of experience in supporting young people and raising up youth voices. So, in the spirit of this new start, we've just launched a Youth Survey!

**Young people aged 10-17 living in Newtown or Berhampore are invited to tell us what you want and need! AND by filling in the survey, you can be in to win a \$50 Visa Gift Card.**

Pick up a survey at the Newtown Library, Community Centre, visit **[bit.ly/NewtownYouthSurvey](https://bit.ly/NewtownYouthSurvey)** or scan the QR code above. The results will be used by the Newtown Community & Cultural Centre to inform our events, workshops and programmes!

We're hoping to set up a rad new after school drop-in VERY SOON! Watch this space. For now, if you are a young person and need help, advice, support or just a chat, feel free to email Harry - [harry@newtowncommunity.org.nz](mailto:harry@newtowncommunity.org.nz) or drop in to the Youth Attic Wednesdays 3-5pm (or by appointment).





# What's the happs?

*At the Newtown Community Centre - Corner Rintoul/Colombo Streets*

## **Te Wiki o Te Reo Māori - 9th-15th Mahuru / September**

Haere mai ki te tari o te Whare Hapori o Newtown, ki te kōrero i te reo Māori! (For Te Reo Māori week, we'll be trying to speak more te reo in the office here...we're beginners, though, so be patient!) We'll also be running a Facebook campaign with some rad local cafes, so keep an eye out for that!

## **Timebank series: Plan and Prepare! Sunday 8th, Sept 4-5pm**

What would you do if an earthquake happened now?! Join WREMO for their Plan & Prepare sessions, for all Timebankers (and those wanting to learn more about Timebanking and emergency preparation).

## **Youth Attic hours with Harry - Wednesdays 3-5pm or by appointment**

Young peeps of Newtown - come meet our new Youth Worker Harry - she'll be up in the Youth Attic at the Community Centre! Email [harry@newtowncommunity.org.nz](mailto:harry@newtowncommunity.org.nz) if you wanna say hi but can't do Wednesdays.

## **Understand Te Tiriti & support Tapu Te Ranga Marae! Sat 7th Sept, 9.30-4.30pm**

Jen Margaret of Groundwork is running a one-day Te Tiriti (Treaty) workshop to raise funds for Tapu Te Ranga Marae. Find out about the history of Te Tiriti—why it was written, what it says, and how we got to be where we are today. Use this knowledge to help make sense of current relationships and to explore where you stand. You MUST register – email [alex@wclc.org.nz](mailto:alex@wclc.org.nz) More info here: [bit.ly/2N1Wq8L](https://bit.ly/2N1Wq8L)

## **Shaolin Wushu Kung Fu - Every Wednesday, 4.30pm - 5.30pm**

Join Heman on Wednesdays at the Community Centre from 4.30pm for his new kung fu classes for kids! These are a great way to increase flexibility, coordination, agility, balance and self defence skills while having fun! These classes are for children 14 years and under, and cost \$12 per class. For more info or to enrol, email Hernan at [hernan@newtownaccupuncture.co.nz](mailto:hernan@newtownaccupuncture.co.nz)

## **Souper grateful - Friday 27th Sept, 12-1pm**

To celebrate Mental Health Awareness Week, we're holding a special edition of our Friday Soup Group! Join your community as we eat some delish soup (vegan available), some nom nom dessert and have a reflection on what makes us feel grateful.



*At Newtown Hall, 71 Daniell Street*

## **Beeswax Wrap Workshop - Saturday 14th September, 12 - 3pm**

Our Seas, Our Future & Plastic Free NZ are hosting a \$10 make your own beeswax wrap workshop. BYO jazzy fabric, or some is provided. More info: [bit.ly/2Hvt2V0](https://bit.ly/2Hvt2V0)



*Elsewhere in Newtown*

## **Meet the Candidates: Paekawakawa/Southern Ward - Thurs 19th Sept 7pm**

Meet your local Wellington City Council candidates and learn more about who they are and what they stand for, at St Anne's Hall, 22 Emmett St.

## **Newtown Plogging Marathon - Saturdays, 1pm**

Have you heard about Plogging? Picking up litter while jogging? Join a growing number of Newtowners keen to get our streets cleaner and tidier while getting a sweat on. Dress-up encouraged - or come as you are. BYO gloves and a bag. Meet outside Newtown Library. [bit.ly/3297qFB](https://bit.ly/3297qFB)

## **Vinnies Book Fair - Sat 28th Sept, 8am-4pm, Sun 29th Sept, 9am-3pm**

Get ya winter reading sorted! 1000s of books to browse, all at \$2 each or less. St Anne's Church Hall, 22 Emmett Street. All funds raised will go towards funding the Vinnies Welfare and Support services.

## **Women's cycling workshops - Sat 14th Sept, 10am-12pm (also 12th Oct, 9th Nov)**

Learn to ride, improve confidence, learn road rules & basic bike maintenance with qualified women instructors from Pedal Ready and Workshops for Accessible Cycle Care. For women from migrant, former refugee or low-income backgrounds and their friends! Bikes and helmets provided. At Mechanical Tempest, 224-234 (the old Caltex petrol station) Riddiford Street. [bit.ly/2Z5dVvt](https://bit.ly/2Z5dVvt)



*Elsewhere in Te Whanganui-a-Tara / Wellington*

## **General Strike for Climate - Fri 27th Sept, 11am-2pm**

Join the climate strike for the climate! March from Civic Square to Parliament. More info: [bit.ly/2z9i2ru](https://bit.ly/2z9i2ru)

## **South Coast clean-up, 10th anniversary! - Sat 21st Sept, 10.30am-1.30pm**

Volunteers will be cleaning up the coast between Breaker Bay & Owhiro Bay, with a sausage sizzle at the end! More info here: [bit.ly/2NdPuFC](https://bit.ly/2NdPuFC) or email [southcoastcare@gmail.com](mailto:southcoastcare@gmail.com)