

Newtown News

Whiringa-ā-Rangi / November 2020



*Your free community zine:
For Newtown, by Newtowners.
Brought to you by the Newtown Community Centre*

Kia ora Newtown

Kia ora e te whānau,

The kaupapa of this month's Newtown News is The Great Outdoors, to mark Get Outdoors Weeks! (Check **getoutdoorsweek.co.nz** for ideas!)

Whether it's something big or small, the weather's getting nicer, so it's a great time to get outdoors - which in turn is great for our mental health.

My favourite outdoor activity is getting in the ocean! So I've made a lil' map later in this issue of my fave snorkel spots (with help from my snork-buddy Ru!) - our local bit of ocean at Island Bay is absolutely stunning both above AND under the water & is so easily accessible - just grab the 1 bus to Island bay from outside the Hospital or Community Centre and ride it to the end of the line. It feels like a re-set button for my brain - especially if I'm stressed or having a bad mental health day. It's a whole other world down there. As a wise cartoon crab once said: "under the sea, darling it's better down where it's wetter, take it from me."

I've seen wheke (octopus - and squid!), whairepo (rays), lots of rimurimu (seaweed - check out the kelp forests, holy moly), kopukopu (cod), rarī (butterfish), moki, kōura (crayfish), huge pāua and tiny triplefin. It's basically on our doorstep, go check it out - all you need is a mask and snorkel (check the op-shops!) and togs and you're ready to discover this world.

Ngā mihi,

Ellie Clayton - ellie@newtowncommunity.org.nz

Cover photo by Jenny O'Connor, from the amazing 'Newtown As Is Where Is' project - she got out and about in Newtown and took pictures of everything! Check out **newtownlive.wordpress.com**

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



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(s)

Ellie has a kōrero with TWO Notorious Newtowners - Alana and Andrew - at Peoples!

Alana and Andrew are two volunteers for Predator Free Newtown (and neighbours Mt Cook & Berhampore)! They've each lived in and around Newtown for over a decade, but separately made their way to the volunteer mahi of making our 'burb predator free!

Over coffee at Peoples, we talk about their volunteer work, which is primarily getting free traps into Newtowners' backyards. The aim is to eradicate the creatures (e.g. rats, mice, stoats) that have decimated Aotearoa's native flora and fauna. "We currently have 250 traps in Newtown and we only need around 80 more. Our aim is to get 1 out of every 5 backyards to have a trap in it! Crofton Downs got that ratio and they've now stopped catching ANYTHING."

As Alana says, "it's the easiest volunteering ever - you don't even have to leave the property - but collectively we can make a huge difference." She continues, "it's a small commitment, just a couple of minutes a day - check the trap and empty it if there's a predator in there. You could bury the body or put it in an old bread bag and put it in the rubbish if you have to." If you do this regularly enough, it won't even be too gross - unlike Alana's stories of volunteering clearing traps on the Town Belt "I've definitely frightened off people admiring the view by screeching when I've found particularly maggoty ones!"

As an animal lover, I've always found trapping a bit weird - deliberately killing an animal would be hard for me, so I ask how they feel. Andrew says "I don't like killing things either, but the traps are humane, so it's a quick painless death. Choosing NOT to trap the predators is also a deliberate choice, one which will likely result in many of our native species going totally extinct." Makes sense - maybe I need to get a trap!!

I can tell they must love Newtown to be doing this mahi, so I ask how they each feel about our home: Alana says "Newtown has it's own pace and I love that there are so many people out on the street." Andrews says: "the people who live here love it here and get into community stuff because of that love." Nawwww!



They also share some fave local walks: Alana's is "Te Raekaihau - best views in Wellington" (check out Lainey's write-up of this walk later in the issue!!) and Andrew's is "around the back of the Zoo - there are thousands of tracks to explore up there."

So what are you waiting for? Sign up now to be one of the last 80 backyards needed to (fingers crossed) eradicate pests in Newtown, and you might meet Alana or Andrew too!
bit.ly/pfmcnb-signup

Get out walking!

I am writing this from the track while on my Wednesday walk! I belong to Tararua Tramping Club, which has 100 years of organising tramps into the wilderness from clubrooms in Mt Vic. It runs tramps at weekends & Wednesdays. I also belong to the Forest and Bird Wellington walking group. All the work for these groups is done by volunteers, many of whom also maintain pest traps, monitor penguin boxes or maintain local walking paths. Hurrah for us retired, who have time for all this mahi!

Over lockdown I went all out on our local, wonderful green hills, and as time went by, extended my walking to explore new (to me!) areas. There were so many people out doing the same – and now I miss them! So grab your sunhat, water or an apple, pop on your best walking shoes and head out!

My current favourite area has the most beautiful views, plus areas of shelter from the winds, and you CAN get there on foot or using buses. It's called Te Raekaihau, above Princess Bay/Houghton Bay.



By Lainey Cowan

If you have time and energy, you can start from the zoo, walk south along tracks on either side of the zoo – you can get maps cos this part is on 'the Southern Walkway' which goes all the way from Oriental Bay to the South Coast at Houghton Bay. Or catch a 23 Houghton Bay bus.

Walk around to Princess Bay and you will see signs for – 'Te Ranga a Hiwi Track'. It's a bit of a scramble but so worth it. You will find yourself on a ridge track, and if you go south on this you reach a grassy spot with fab views. Oh, take your phone/camera for this!

From there you can walk all the way along the ridge to reach an airport beacon – Arthur's Nose. Admire volunteer planting that has restored bush to overwhelm introduced weeds, then rest on a seat dedicated to Kae Miller, a local resident who led the opening up of this area. Walk on down to Houghton Bay from there, or emerge onto View Road South and if you don't want a bus ride, walk back on View Rd, then join the tracks from Mt Albert to the zoo.

If this sounds a bit much to navigate, join Timebank (timebank.org.nz) & ask me to lead you there! For more info: bit.ly/2HJh8d2



Sherry enjoying
the view!

Photo by
Lainey

Super snorkel spots!

@ Island Bay

Snorkelling vs scuba diving

I learnt to scuba dive at IB Divers and it was RAD. but I prefer to snorkel most of the time because it is free and heaps easier!

Webcam!

Handy webcam, to see how rough the ocean is. if it's super wavy, probably gonna be rubbish visibility under the water/ not much fun! bit.ly/3jeOZax

The Beach house and Kiosk

Sirens Rocks

Near Beach House / Dive Wellington.

Heaps fun - like an underwater playground!
Lots of channels to explore...but exposed to the open ocean, so no good if it's windy

4/5 starfish

'The Lagoon'

I saw dolphins here once when I was snorkelling!!!!



Taputeranga Island

I recommend going left from the little carpark (bit.ly/2HgD0fc) onto a tiny stony bay to get in. I personally don't rate the actual snorkel trail (marked by orange buoys) because it goes out over very deep water, so you don't see that much if you're snorkelling. But this is a beaut spot for mooching around close to shore! Great for a late arvo/ evening snork 'cause it gets the sun until later than the other side of the bay.
Pretty deep, better at lower tides.

5/5 starfish

'The Snorkel Trail'

Underwater webcam!
www.seeseatv.com is an amazing resource - when it's working. They have a small webcam under the ocean taking stills. SO useful to check the visibility, but is often out of action unfortunately.

Island Bay Divers

Shorland Park

Island Bay beach

Island Bay Education Centre

Great H. unfortunately.

A beautiful spot especially if you're just starting out - sheltered from the open ocean by a line of rocks, so usually calm even if it's a bit windy. Split into two areas by a row of rocks in the middle. The area closer to shore can get very shallow at low tide, so sometimes better at higher tide! Lots of biiiig kōura down low on the rocks

5/5 starfish

Remember, Island Bay and much of the South Coast is a marine reserve, so don't take any marine life - just take a look instead!



Get Outdoors

*By Srishti
Moudgil*

When anxiety
Troubles your dreams
Piercing nights with moist eyes
Seeking answers
From sea, sky
And sometimes walls
Of your room
And all your mind
Thinks..

My job
My goals
My cat
My dog
My kitchen
My feelings
My ego
My space

Know that it's time
It's time to get out
Out of 'my mind'
'My comfort zone'
And think how
'My existence' can create
heaven for others!

Maybe extend
'My vacation' to
Family vacation

Listen to your parents
Sometimes their free advice
Is life savior
Cherish old stories
Recipes of your grandparents
Or volunteer at children's hospital
Maybe cook some kai
For that homeless guy you saw last week
Or for friends
Who stood by you
Snatch someone's loneliness

With your presence
Plant trees somewhere
And be mindful of what you put in your
plate

Want ideas on how to be useful?
For community
And people around

Talk to a tree
Spend time with river
Ask the sun (not Wellington Sun)
How they radiate love all the time?
Without please, sorry, thank you
Rejoicing in silence

Get outdoors.
Look around!



Rintoul St Blossom

By Don S Newtown McDonald

"I take hundreds of pictures a
day, of the beautiful things and
the ugly things" says Don.
This blossom is certainly one of
the beautiful ones.

What's the Happs?

At Newtown Community & Cultural Centre (corner of Colombo & Rintoul Streets)

Free Legal Advice Clinic with Community Law , Weds 4th November, 11am-12noon

No appointment necessary (and no bookings taken) just drop-in with your legal questions and spend a few minutes with a qualified lawyer who help answer them! Held on the first Wednesday of every month.

Every Bodys clothes swap, Sat November 7th 11am-2pm

Need new threads for winter, but not feeling that capitalist vibe? Want to pimp your wardrobe, without contributing to total ecological collapse? All genders, ages, shapes, sizes, and styles very warmly welcome! Entry by koha to Wellington Homeless Women's Trust. bit.ly/35EMidR

Art Share – Saturday November 14th – 12.30-3pm

Bring your art creations, songs, stories and snacks to share with everyone – or just come along and sit back and listen and watch! bit.ly/2J9fq5n

Timebank Orientation, Thurs 19th Nov 5.30pm-6.15pm

Share your skills and get to know others in your community with Wellington Timebank (where time is the currency) curious to know more – check out wellingtontimebank.org.nz or come along to this orientation session! bit.ly/2J9fCBD

Roadworn, Every Friday 10am – 2pm

Roadworn is an empowering urban brand that offers homeless folks and other marginalised communities a sense of ownership and real financial reward, through their creating of one-off fashionable belts made from used bike tyres which are then sold. Each belt-maker is given \$10 on the spot for each belt they complete. Most belt-makers can complete three belts in an hour. Just turn up!

New Wash Against Waste Kit for Hire!

Did you know the Newotwn Community Centre has a Wash Against Waste kit? "A what?" It's a resource kit filled with reusable plates/cutlery/napkins that you can hire for \$5 to minimise waste at your next event! For more info check out newtowncommunity.org.nz/washagainstwaste

Quick Kai – Ready to 'heat and eat' meals for \$2 at the centre

Take away the stress of slaving over that hot stove, by grabbing a Quick Kai. Available (9am-4.30pm M-F). There's a huge range in the freezer from cheesy pasta to thai green curry to veggie soup. Gluten free and vegan available. \$2 each.

At Newtown Hall (71 Daniell Street)

Mindfulness Works, Thursday 19th November – Thursday 10th December, 7.15pm-8.15pm

Reduce anxiety/worry and improve sleep. Increase self-acceptance with this 4 week mindfulness course! Bookings essential, course costs \$135. Register and find out more here: bit.ly/2Tpd0l1

At Smart Newtown (9/11 Constable St)

Smart Newtown has a whole range of services that are free to the public – computer classes, free one-on-one help desk, internet access! They've got a shiny new website to advertise all of their offerings, check it out and pay them a visit! www.smartnewtown.org.nz

Elsewhere in Newtown

Crop Swap - Whiringa-ā-Rangi, Saturday November 14th 10.15am-12.30pm @ Kaicycle Urban Farm, Hospital Rd, Newtown

Grown too much parsley but not enough kale?! Bring surplus or homemade kitchen/garden goods, seeds, craft, art, ferments, baking, smiles - any amount welcome. Crop Swap is a place to share resources and meet others in the community.

My Walk In Wardrobe, Saturday November 14th 10am-1pm @ Te Whaea - National Dance and Drama Centre, 11 Hutchison Road, Newtown

Great quality pre-loved, handmade, vintage, up-cycled and brand new ladies, mens and kids clothing for sale at bargain prices! bit.ly/3kzXiPK

Get in touch

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