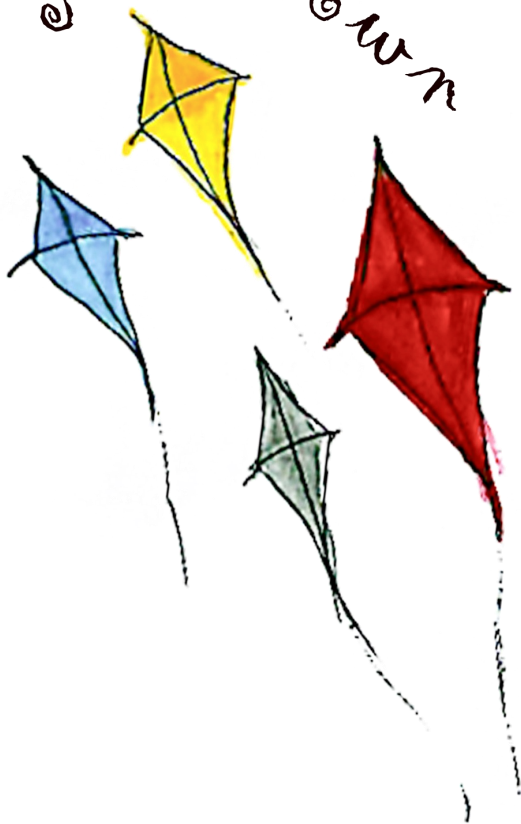


Newtown News



JUNE 2016

Brought to you by the Newtown Community and Culture Centre.

Kia ora Newtown

June marks the Matariki Festival, a celebration of the Māori New Year. This is an important time in the Māori calendar, as it is an opportunity to "connect with, and give thanks to the land, sea and sky".

Coming from the United States of America, I have experienced a similar celebration, Thanksgiving. This takes place every year on the fourth Thursday of November. It's a day to celebrate connecting with loved ones and give thanks for what we have in our lives. Traditionally, people tend to cook a big meal that often includes a turkey, gravy, stuffing, potatoes, cranberry sauce, pumpkin pie, and vegetables.

In my family, we come together, hangout, cook some food and watch the famous Macy's Thanksgiving Day Parade on the television. The parade is a three-hour long event, starting at 9 a.m., outside the U.S. based department store in New York. Historically the parade began in the 1920's and has been televised since 1952. You know the parade is over when the giant float with Santa Claus comes waving through. After the parade is over, it is usually time to enjoy the Thanksgiving meal with loved ones.

Speaking of loved ones, about five years ago my husband and I moved from the states to Wellington, New Zealand. During this time I have had the opportunity to be a part of some creative projects, warm communities and meet some amazing people with big hearts. I moved around the world to understand what community 'feels like' and it feels like Thanksgiving.

So, in celebration of people coming together, in this issue, our lovely Hariata Hema will explain what Matariki is and list a couple events that you might like to attend.

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



Edible Oasis June

By Linnea Lindstroem

The colder days have come, Matariki greets us and tells us to hide from the darkness. It's a time to enjoy indoor warmth as we gather with family and friends and share the bounty of our harvests.

Now is the perfect time to both evaluate last year and plan for the growing year ahead. How did it go this year? What grew well, what did you have too much of? What didn't do so well, and why? How could you make it work out better next year? Maybe get a gardening book from the library or read up online to learn more.

Planning the year ahead is exciting. Seed catalogues come out now, and it's the very last moment to order any perennial plants from nurseries. If you've got a spot that's shady all winter but gets decent sun in summer, why not try a black or red currant bush? I have a few posts on my blog about these and I highly recommend them!

If you plan to plant some trees or fruit bushes this year, prepare now while the ground is wet but not yet too soggy. Dig a big hole first, a good half meter or more across (depending on the size of the plant) and same deep. Put some gypsum in the bottom of the hole if you're on clay soil, it will help the roots find their way down. Mix the excavated soil with good compost and organic fertiliser and fill it back in. Cover with mulch, and let it sit for a month or so before you plant into it.



Other tasks at this time of year is to prune trees and bushes, tidy up and make compost. Just make sure you're not pruning any winter/spring flowering bushes such as camellias! Do them as the flowers wilt and fall off.



Linnea Lindstroem is a permaculture designer and teacher based in Newtown where she also runs workerBe oasis' urban farm. She's training future urban farmers in bio-intensive methods and runs regular workshops. www.EdibleOasis.net



Newtown History Files

By Chris Rabel

The suburb of Melrose was put up for Auction in November 1882. The Evening Post advertised the suburb, stating "Melrose gives the most magnificent panoramic views of the City, Evans Bay, Island Bay, Cook Strait, the Kaikoura Mountains, the Harbour, Newtown Park, and all the rich and varied scenery around Wellington."

The residents in Melrose will be free from the crushing burden of city rates and the incapacity of City Council administration, every day growing more oppressive.

Melrose has a clear, beautiful atmosphere. All medical men and practical chemists agree the air is exceedingly pure, and largely impregnated with ozone, that life giving factor."

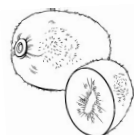
Asthma, bronchitis, diphtheria, scarlet fever, and other zytomic diseases, the offspring of the wretched drainage arrangements of the city, cannot exist in the fresh air of Melrose.

The suburb of Melrose is situated adjacent to that part of the city known as Newtown, and abuts immediately on the Newtown Park and lake, of which it commands a splendid view. A section of three or four acres in Melrose, on which a horse, cow, pig, and poultry can be kept, will cost less than a 30ft allotment in Wellington.

The valuable and beautiful suburb of Melrose, consisting of over 100 sections range in area up to 14 acres each, and front main roads.



Kiwi-fruit Chutney Recipe



There seems to be kiwi fruit as far as the eye can see at the vege markets at this time of year. Packed full of vitamin C (vital for fighting the winter colds!) but sick of them in smoothies or desserts? Make use of them with this kiwi fruit chutney instead!

Ingredients:

500gms of cooking apples, peeled, cored and chopped	½ teaspoon of ground cinnamon
6-7 ripe kiwifruit, peeled and diced	½ teaspoon of ground ginger
1 cup of cider vinegar	½ teaspoon of cumin
1 cup of packed brown sugar	¼ teaspoon of ground cloves
1 cup of golden raisins	¼ teaspoon of allspice
2 tablespoons of lime juice	¼ teaspoon of salt
	1 clove garlic, minced

Preparation Instructions:

1. In a large saucepan, bring all ingredients except the kiwifruit to a boil.
2. Boil gently for 18-22 minutes, stirring occasionally.
3. Add the kiwifruit and boil gently for another 20 minutes or until chutney is thickened, stirring frequently.
4. Ladle the chutney into hot sterilised canning jars, filling to within 1cm of the top.
5. Seal and process in boiling water bath for 10 minutes.
6. Remove jars from bath and cool away from drafts. Store sealed jars in a cool place until ready to use.

Notorious Newtowner

Ra-iwi Smith has a chat with the bearded bartender from BebeBemos, Calum Bell.

"The beard does not define the man."

These days it's hard to walk down the street and not hear the distinctive 'rissss rissss' of a beard out for a casual stroll.

When I mentioned to a couple of friends that I was going to interview Calum, they remarked that he had a particularly outstanding beard.

With a statuesque height of 6 foot 3, a bluey green eyed gaze and a commanding cool demeanour, throw a low-toned Glaswegian accent on top of it and you're scraping at the introduction of Calum Bell.

Calum hails from Glasgow, Scotland. "The most incredible city in the world" he declares. Bell described the amazing night-life as having some of the best live music and art scenes that anyone could ask for. "It's got the perfect balance of honesty, friendliness and edge that a real working class city has to offer. It taught me some pretty rough life lessons along the way – but it will always be home".

After traveling a decent cut of the world, Calum came to New Zealand two years ago and pretty much started his roll at BebeBemos the day he arrived.

As the manager of BebeBemos bar in Newtown, Bell has to be on the proverbial ball a lot of the time. He recalls his first shift at BebeBemos, it was the perfect preparation for Newtown's bizarre charm. "A sprightly lad of about 75 years with a white flowing beard had no top or shoes on. He was running up the middle of Riddiford Street with a shopping trolley while

screaming at two police cars. The police cars were following behind him at about 5kmph with a megaphone, asking him to stop."

BebeBemos is a relaxed and fun place to be, there's a full plethora of people from Brazilian food enthusiasts, doctors, nurses, and beer fans. Calum explained that New Zealand has a lot of craft beer and there always seems to be a beer related event that one must attend, if only to taste the latest brews and network with others in the biz. "It's not an easy job, but someone has to do it" he laments.

Calum Bell remains largely mystical, but it has been an entertaining and enlightening intro to the Glaswegian character. Come check out BebeBemos and catch a glimpse of Calum's beard.



Matariki By Hariata Hema

When I was growing up in rural Hawkes Bay, I never heard of Matariki, even though my parents gardened according to moon phases. This means they recognised the practical benefits of working with the gravitational and magnetic forces of the planets. Sun, Moon and Earth in particular, combining to create complex rhythmic patterns which give us daily, monthly and seasonal changes. Planting, weeding, composting and harvesting according to the effects on plant sap made for better yields.

I now know Matariki was traditionally a time to celebrate and prepare the ground for the coming year of crops. My parents just got on with consistently producing incredible fruit, vegetables and flowers without calling it anything in particular, or drawing attention to Māori New Year.

Matariki actually refers to three things. The central star in the Matariki cluster, the whole Matariki star cluster, and the festival which is celebrated when Matariki can be seen just before dawn in late May or early June, signalling the start of the Maori New Year.

This means the festival begins on a different date each year. In 2016, the festival starts on June 5.

Visible from both the northern and southern hemispheres, Matariki is one of the closest star clusters to Earth. It lies approximately 425 light years away from Earth, and is also part of the Taurus constellation, one of the twelve zodiac signs. It has several names, too. The Seven

Sisters, Messiers 45 (M45), The Pleiades, or Matariki.

The actual celebration time of New Year varies from iwi to iwi. For some, it is the rising of Puanga (Rigel in Orion), and not Matariki that signals the start of the New Year. Some celebrate immediately, some wait until the next full moon, or the dawn of the next new moon.

The Hawaiians have similar staggered celebrations. Incidentally, their new year festival is called Makahiki. Isn't it interesting that this same star cluster features prominently in the legends of indigenous all around the world. South American, Hawaiian, Australian aboriginals and Maori included. Some say it is because Matariki is the spiritual home of humanity, and that is why we "keep an eye on it".

In the early 2000s Te Taura Whiri i te Reo Māori (Māori Language Commission), the Ministry of Education and the Museum of New Zealand Te Papa Tongarewa, became involved in the revival of Matariki celebrations. So the current practice is for the rising of Matariki to signal the New Year.

The Festival is used as an important focus for Maori language regeneration, and various public and private institutions now celebrate Matariki in a range of ways over a period of a week or month anywhere from early June to late August.

In 2000, five hundred people celebrated in Hastings, while only three years later in 2003, that number had swollen to 15,000. Te Rangi Huata, one of the

organisers, said Matariki was a celebration of Maori culture that brought all New Zealanders together, and it was like our version of Thanksgiving.

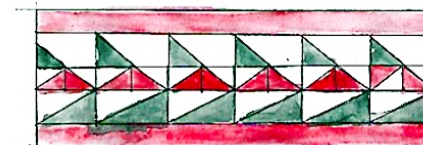
There are many events across the whole country now, and with so many in Wellington, the festival even has its own website for local events. (www.matarikiwellington.org)

I outline two celebrations here to show how Matariki is established, and growing year on year.

In the Wairarapa (near Carterton), Stonehenge Aotearoa will celebrate Matariki and the Winter Solstice on Sunday, 19 June by viewing the sun set over the Winter Solstice heel stone, followed by a shared meal. (Weather permitting and bookings essential, through eventfinda.co.nz).

Stonehenge Aotearoa is a modern adaptation of the Stonehenge ruins on the Salisbury Plain of England. It contains 24 pillars and is 30m in diameter and about 4m high. The pillars are capped with lintels, completing the circle, and a 5m tall obelisk, marking the centre of the henge. Basically, the henge was built to show us how our ancestors understood astronomy. (Matariki was also used in navigation). It is really worth a trip, and guided tours occur at advertised times, year round. If you can go at Solstice, and with the cooperation of the weather, it can be really special. I have witnessed it, and very highly recommend it.

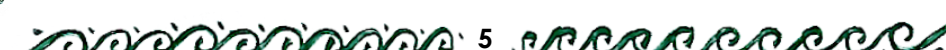
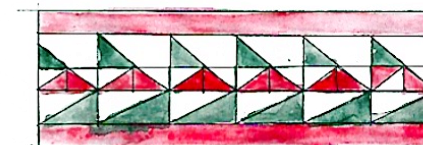
The second illustration of how Matariki has



grown is harder to get to from Wellington. It's in my home town of Wairoa, Hawkes Bay. So while I didn't hear much talk when I was growing up there about Matariki, it would not be possible to grow up there now and not hear about it.

Over Queen's Birthday weekend, there is a massive Maori Film Festival taking place, with marae powhiri, screenings over three locations, international guests, films in te reo, film awards, hot pool visits, a special screening of "Hunt for the Wilderpeople" with guest cast appearances, and the promise of a fantastic time. I'm already booked for that weekend, but I definitely have FOMO when it comes to this Film Festival.

I shall console myself by taking the free Art Bus from Te Papa on 2 June as my own Matariki celebration. I wish you a wonderful Matariki, doing something meaningful to you. Start the new year as you mean to continue, I say. Art, peace and fun!





Chakradance Intro Session

Chakradance is a meditative dance practise using meditation, closed eye dancing, guided imagery and mandala art creation to travel through the seven Chakra system to experience healing, energetic shifting and discover the areas in your life you need to work on. Check out this intro session at the Newtown Community Centre on June 14th, 7 - 8.30pm, koha only and open to all! A 9 week course in Chakradance will start the following Tuesday for keen beans!

Hoopdance Classes

Join Frenchy for this hoopdance class and learn tricks to impress your friends and get fit! The course will take students through heaps of tricks and look at flow, transitions and some group work. Hoops supplied, beginners welcome! At the Newtown Community Centre, starting June 21st, 6 - 7pm. \$15 per session.

Brown Paper Bag Appeal

Look out for the Wellington City Mission's annual Brown Paper Bag Appeal, running from the 9th to the 30th of June. Pick up a Dom Post on the 9th of June to get your free paper bag which you can fill with non-perishable goods for their food bank. If you're prefer to give cold hard cash, details for a financial donation will be in the same Dom Post insert.

St Vinnies Street Appeal

St Vincent de Pauls will be running their annual street day appeal on Friday 17th June, and they're keen to hear from potential volunteers! If you're interested in being a collector for 1 to 2 hours around the CBD area, contact Mike Keenan on 478 9317 or mikekeen39@yahoo.co.nz

Keep Newtown Clean

Keep Newtown Clean painting mornings are back! Meet outside Newtown New World at 9am on June 5th with old clothes and a friend or two, and help to keep our suburb looking it's finest with removing old posters, rubbish and graffiti, and finish up with a free bbq!

International Day of Yoga

Come get your downward facing dog on with us at the Newtown Community Centre on this International Day of Yoga! 10am on June 21st, just 2 bucks for a great class with a qualified yoga instructor and awesome community members. Babies are also welcome! We'll finish up with chai, coffee and treats for those who have broken a sweat!

Wellington Timebank Sign-up and Orientation

Keen to join a community of people who help each other out by sharing time, skills, talents and knowledge? Then come along to a Wellington Timebank orientation and sign-up session at the Newtown Community Centre on 13th or 27th June at 5.30pm. Contact Chris on 9206708 or wgtn.timebank@gmail.com, or visit our website wellingtontimebank.org.nz

Friday nights at Baobab

It's winter - time to hunker down with a hot-toddy and some good music to finish up your week. Head down to Baobab cafe of Friday nights to check these guys out: 3rd June, P hantasticus; 10th June, Nicole Andrews; June 17th, Bitter Brothers; June 24th, Mike Kingston and Matthias Ceballo.

