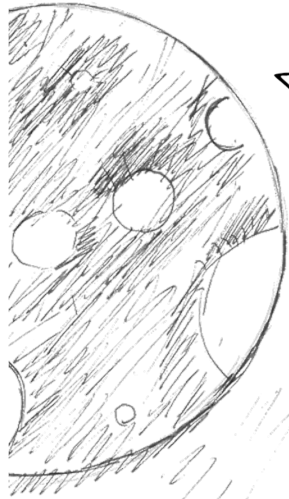


Newtown News



MAY 2016

Brought to you by the Newtown Community and Cultural Centre

Kia ora Newtown

Gee it's tough trying to fill Renee's shoes as she explores the Amazon, but our second summer (aka Amazing Autumn) with its gift of sun is helping ease the envy. And as I ponder the tricky question of which beach to visit this afternoon, I'm struck by another burning question. Should hundred year old houses get a birthday postcard from the Queen? As the Newtown History files remind us in this issue, my house, like yours perhaps, is a wise old elder that started life on a Newtown farm, lived through wars and depressions and now finds itself neighbours with lions, giraffes and chimpanzees. If our houses could talk what stories would they tell...?

Our Vesak Day article, hot off the press from India, got me thinking about all the special little Newtown things that help bring positive vibes into our lives. Wow did my list become enormous! Everything from waking to the sound of gibbons, to the colourful old buildings, street musicians, street art and the smiles on people's faces. Ultimately people make Newtown for me. It's a place where, as our May Notorious Newtowner says, you can remember people and be remembered. That counts for a lot.

If you need even more things to bring on your inner peace check out our gardening tips, Shakespeare quiz and the What's the Haps page for awesome local stuff to do in Newtown. Great news for all you Kiwi music fans, it's NZ music month!

Above all, let's keep lighting up Newtown with our smiles and friendliness! Cos we live in the best little part of the coolest little capital in the world!

Ngā mihi nui,

Kayte Fairfax

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Your Edible Oasis in May

Welcome to our first Edible Oasis column with Linnea Lindstroem!

Each month Linnea will be sharing her hints, tips, dos and don'ts to get all things green, growing and delicious in your home garden. Check out her advice this month on getting the garden ready for a winter's rest and next spring's planting.

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

For more info on Linnea and how she can help you in your garden, visit www.EdibleOasis.net

It's finally started raining and the dew is heavy in the mornings. Darkness and stillness in our gardens, but with nice sunny days from time to time. That's when we want to get out there and put our fingers in the earth, reconnecting!

It's a good time now for preparing vegie beds: pulling out any old crops still hanging around, aerating the soil with a fork, or better, broadfork. After adding a 2-3cm layer of compost, I sow cover crops in the beds which still get some sun. Oats, lupins, mustard (extra good after tomatoes!) and phacelia will grow slowly over winter, holding the soil together and protecting it.

If you prefer to just spread mulch (a thick layer of light, fluffy, biodegradable matter) you can of course do that instead. Cocoa husks are my favourite! If you do this now, spring planting will be sooo much easier!

It's the very last moment to plant out well-grown seedlings of leafy greens for winter: silverbeet, chard, spinach, kale, cavolo nero, winter lettuces... But only if your vegie beds get more than 6 hours of sun per day. Otherwise, just wait until August when the days grow longer again.



Gardening in the Community

Keen to get your hands dirty and your thumbs green, but don't have a backyard of your own? Fear not! Community gardens are abound in the southern suburbs, and they're always interested in hearing from new people who want to get involved in any way they can!

Here's just a few to get you started....

Newtown Community Gardens

Carrara Park, off Daniell St. A new but thriving garden at the west end of the park. The group meets Saturday mornings, 10am. Find them on facebook to find out more and keep updated with gardening sessions and planning.

Community Orchard

Berhampore & Island Bay

Adelaide Road, beside Granville Flats. An organic urban orchard nestled between Berhampore and Island Bay on Adelaide Rd, with working bees held on the last Sunday of each month. Find them on facebook for more info and updates.

WorkerBe Oasis

Hospital Road, off Adelaide Road (near the Blood Donor). Newtown's first urban farm with permaculture design! Grow organic food, attend workshops, or just drop off your household compost. Find out more at www.workerbe.co/workerbe-oasis/

Mokai Kainga Owhiro Community Gardens

72 Happy Valley Road, Owhiro Bay. A hidden gem of community vegie plots, native eels, free range chickens, riparian planting, harakeke weaving and so much more! Find them at www.mokaikainga.org.nz



Newtown History Files

By Chris Rabey

In 1877 the firm of Stevenson & Stuart was instructed to survey and cut up a 21-acre block of land in Newtown, known as Howe's Farm, into new building allotments to be sold at auction. The farm, owned by Walter Turnbull, was divided into 249 sections that faced onto Coromandel, Owen, Constable, Daniell and Mein Streets and six new streets created through the property: Waterloo Avenue (later renamed Wilson Street), Picton Avenue, Somerset Avenue, Regent Street, Harper Street and Cardall Street. Minerva, Emmett and Hiropi Streets had not yet been formed. The sale considerably increased the value of property in Newtown, as it allowed settlement on land that been tied up for years in one block, and there was stiff competition to buy the newly subdivided sections from prospective home-owners, investors and speculators alike. Not so different from the Newtown housing market of today, perhaps!

Thy Quiz For Thee!

Speaking of history, last month the world celebrated the life and works of playwright William Shakespeare, 400 years after his death in April 1616. Four centuries on, his work still teaches us about the human condition, though we know little about his life. Test your Shakespeare knowledge and see if you can do any better than a leathern-jerkin, crystal-button, knot-pated, agate-ring, puke-stocking, caddis-garter, smooth-tongue Spanish pouch (Shakespeare's words, not mine).

- 1: How old was Shakespeare when he died?

2: There are three types of Shakespeare's plays – what are they?

3: Many words and phrases commonly used today first appeared in Shakespeare's plays (though it's not clear whether he invented these words or merely recorded ones already in use). Which of the following are attributed to Shakespeare?

 - a) Fashionable
 - b) Sanctimonious
 - c) Pomp and circumstance
 - d) Method in the madness
 - e) Full circle

4: Which 1990's teen hit movie starring Heath Ledger was based on 'Taming of the Shrew'?

5: Hamlet has been performed in Klingon – true or false?
- 6: How old was Shakespeare thought to be when he wrote his first play?

 - a) 11
 - b) 19
 - c) 22
 - d) 25

7: The stories told in most of Shakespeare's plays are not original – true or false?

8: What was scandalous about Shakespeare's marriage at the time?

9: What did Shakespeare's father do?

 - a) Farmer
 - b) Taxidermist
 - c) Bookbinder

10: Which country has banned Shakespeare at some time?

 - a) Germany
 - b) China
 - c) Turkey

7: True. Most plays were based on earlier material or English or Latin folk tales (eg Romeo and Juliette was based on an Italian folktale).

8: Shakespeare married Anne Hathaway, who was both older and pregnant.

9: Farmer.

10: Germany. After World War II broke out, the performance of Shakespeare was banned as a 'foreign' influence, though Hitler quickly lifted the ban – but only for Shakespeare. France also briefly banned 'Coriolanus' in 1934 for being 'unpatriotic'.

Notorious Newtowner

Ra-iwi Smith has a chat with one of our passionate French locals, Nadia Ettaher.

Une Fleur Exotique



This flower of French descent is a Newtown delight to all that orbit her. The combination of a well-studied psychologist and a massage therapist makes her a calmly alert presence to be around. A hearty hug and a laugh kicked with caffeine and our interview begins.

“My first real interest was to work in psychiatry, to build trust and confidence in people, make them aware of what they are going through and to help them find a place in community and society. In France it's quite tricky because I was constantly getting told that there wasn't enough money. It wasn't till I was working as a support worker in NZ that I realised some of the services that these people are banned from.”

After working in psychiatry for a few years she boldly quit her job and went travelling. “I was really interested in moving away from the mind aspect and exploring the possibilities of the physical combined with the psychological.”

While in Melbourne she approached a Chinese health clinic about doing massage for them. After Nadia delivered a rather average trial massage, the owner nevertheless concluded that she had determination and that he would train her, after which she could work in his clinic. Massage magician was born.

Nadia's been in NZ for just over a year but is passionately determined to stay. Her work with intellectually disabled people through MASH Trust, as well as her work with therapeutic massage, has introduced her to an array of amazing people. Teaching French at the French Alliance has also provided her with a swag of friends, a new ability in teaching and a slice of France away from France.

Currently some immigration issues have meant it's been a tough time trying to cement her life here. “But I feel this is home,” she says, bashing the coffee table emphatically. “The thing that really strikes me about New Zealand is that there is space to notice and get to know people,” she replies when asked what she likes about NZ and Wellington.

“I was looking up to the hill in Miramar one evening and I could count 55 houses! With that it's like I can see these individual existences, like 55 household hearts beating. It's not just a mash of humanity. I'm part of a little society and I can feel that. I can see and remember people and also be remembered.”

I've loved meeting and swinging round the town wicked with this girl. She's a vibrant force within our Newtown, and if we can keep her all the better for us!



1: 52

2: Comedies, histories and tragedies.

3: All of them are!

4: 10 Things I hate about you

5: True

6: About 25

Vesak Day - 21 May 2016

Peace, Compassion and Community

By Rose Sealy

I am in the land of Buddha. And I have been glimpsing a waxing moon of late. When the moon is full, in this month of May, millions of Buddhists will celebrate all across Asia. It is a celebration of the birth, enlightenment and death of Buddha. Vesak, the day of the full moon, has been celebrated for 2500 years all over Buddhist communities, reminding us of the life of the 'enlightened one'.

For most it brings the reminder of peace, compassion and community into the home. With the far-reaching Buddhist tendrils amongst millennials in Western countries - countries that often practice politics far from Buddha's own ideal - this message of peace and compassion refocuses frustration and disempowerment. For some it brings the reminder to search deeper within ourselves, to seek the Middle Way.

Vesak began about 500 BC with Buddha. Siddhartha Gautama ('he who achieves his aim'), was an ascetic born into a Nepali royal family around 563 BC on a full moon night. From an early age his family's riches didn't fool him, as he desired none of his own except the reality of life. Despite being groomed to be king with five seasonal palaces built for him, he sought reality beyond the kingdom's walls. His own path of wandering was meandering through the Indian subcontinent, learning and teaching about suffering and peace as he went.

It is thought that on this journey he was inspired while sitting under a Pipal tree (now the sacred Bodhi tree) to not leave the tree until he had found the truth through his meditational practices. He found the Middle Way, a life between severe monasticism and rich indulgent rapacity. A life that based an understanding of oneself as a pathway to understanding the world. This was later known as his enlightenment.

Millions of pilgrims every year flock to this same Pipal tree to seek their own enlightenment, perhaps on the very same path that Buddha sought those few millennia ago. As I walk around the Mindrolling Monastery, in a little Northern Indian town, I see the local devoted click their beads as they journey around the giant stupa under the same waxing moon. The statue of Buddha benevolently passes on blessings from the higher realm, perhaps bemused by some of these 'devoted' who also check their smartphones.

But truth comes in all shapes and sizes. Out of the 500 million or so traditional Buddhists about 20 million are of non-Asian

'Heed the Buddhist teaching that life and the environment are essentially one.'



countries, each interpreting their views of truth. Whether it be through meditation, following peace within themselves or the 'simplicity' of the religion, this religion has increasing traction with many non-traditional Buddhists. In a time of great violence, change and suffering, Buddhism offers a safety net of acceptance of what is and a focus on what should be in yourself.

The Buddhist tenet that 'all suffering is caused by ignorance' is something we can believe when 'people inflict pain on others in the selfish pursuit of their own happiness or satisfaction' (Dalai Lama XIV). This is evident in daily shows of ego inflation at the expense of others whether it be on a small scale, or that of corporations and the business of politics.

This ego 'ignorance' stems similarly from the belief that compassion and love are luxuries and not necessities; a belief that drives bad will.

What can we do about all this?

Personally, I believe that we are ourselves a microcosm of the greater universe. It seems that we mirror the world. When the waters of that pool inside us are raging, so does the world. Likewise when the pool is calm so is our world to us. The Dalai Lama says 'world peace must develop from inner peace. Peace is not just mere absence of violence. Peace is, I think, the manifestation of human compassion.'

For the United Nations, the truth is 'change'. For 2016, this change is in the form of environmental awareness. The UN Secretary General wishes the 'spirit' of Vesak to 'animate a global response to the challenges of our day' and particularly in this day and age of climate change to 'heed the Buddhist teaching that life and the environment are essentially one.'

So as you become aware of the moon growing brighter and more dominant, remember your wandering through life and the different truths that you seek. Remember the inner peace that you are entitled to as an enlightened being. We are all seeking our own truths that are applicable to our own lives. The Dalai Lama, a respected philosopher, believes Buddhism is a 'simple religion', where there is 'no need for temples, no need for complicated philosophy.' Instead it is 'your own mind, your own heart that is the temple and your philosophy is simple kindness.'

We all walk in the footsteps of Buddha. We all feel the same moonlight that the Buddha felt a few thousand years ago filtering through the leaves of the Pipal tree on that day of Vesak.

Buddhism is a simple religion. Your own mind, your own heart is the temple and your philosophy is simple kindness.



What's The Haps?

Fruit Trees in Wellington

Wellington City Council wants to increase the number of fruit trees in Wellington, and make the most of the ones already thriving in the city.

There are lots of ways you can get involved, including planting your own, becoming a fruit tree guardian, and telling them about any heritage fruit trees you know about in Wellington. For more info, check out the WCC website: www.wellington.govt.nz/ourfruittreecapital

Jhan Lindsay and the Chattelains

Head down to Moon Bar on Riddiford St on May 6th to check out the beautiful soulful jazz of Jhan Lindsay and the Chattelains, from 8pm.

With special guests Saali Marks and Tyson Smith. Just \$10 at the door. You can hear Jhan's tunes and learn more about this multi-talented songstress at www.jhanlindsay.com

Wellington Fabric-a-brac

Head down to St Anne's Hall (top of Emmett St) for Wellington's next Fabric-a-brac, 10am - 2pm on Saturday 7th of May! Just like previous

Fabric-a-bracs, it'll be filled with all sorts of treasures - fabric, notions, trims and tasty treats from the Fabric-a-brac cake stand. And with all money raised from the hospice table, cafe and stall fees going to the Mary Potter Hospice, it's a great reason to come along and treat yourself to a little something!

Mindful Mum Workshop

Do you want strategies to manage the anxieties, mood difficulties, frustrations and stress that motherhood can entail? Are you super keen to learn about how mindfulness can help you to grow your happiness and the happiness of your children? Then get along to the Mindful Mum workshop on May 7th, at the Wellington SPCA (140 Alexandra Road, Newtown). Tickets are limited! Search for Mindful Mum on facebook or head to mindfulmum.leadpages.co/workshop-wellington-may-7th-2016/

Art & Creativity Classes

Drop into fortnightly art and creativity classes at the Newtown Community Centre and have a play with these guided open studio sessions.

Running every second Wednesday from May 11, 6.30 - 8.30pm. All materials provided.

Koha entry!

Free Legal Advice

Community Law Wellington and Hutt Valley run free outreach law clinics throughout the city, with Newtown Community Centre hosting a session on the first Wednesday of every month. Head down to the community centre on May 4th between 11am and 12noon to see the lawyer!

Free, and no appointment necessary!

Mary Potter Appeal

Mary Potter Hospice Annual Appeal is running on Friday 20 and Saturday 21 May, and collectors will be hitting the streets of Newtown and Wellington City. If you're keen to volunteer just a few hours of your time on either of these days, register through the Mary Potter website www.marypotter.org.nz

Free ESOL Classes

Want to improve your English or know of someone else who does? English Teaching College is based in the city and runs a series of free courses in English throughout the year, part-time or full-time. New students can start on any given Monday! For more info, email rozina@etc.ac.nz or call 04 385 0066.

NZ Music Month

Hey, don't forget that May is NZ Music Month! There are a bunch of great venues in Newtown to catch local gigs and support home-grown talent, including Moon, Baobab, Newtown Community Centre, Bebemos, Death Ray Records and Bicycle Junction! Hit them up to find out who's playing where and when, or visit nzmusicmonth.co.nz for a comprehensive list of gigs taking place around the country.

