



“Fashion For Life - Not Just a Season”

Senior Students from Clyde Quay School, supported by the PTA and Mt Vic Hub, are hosting a recycled clothing sale. There will be a fashion show prior to “Fashion For Life - Not Just a Season” to showcase just how fabulous you can look in second hand clothing.

Date: 4th August Saturday

Time: 3:00 - 6:00 pm

Where: CQS Lower Court and hall

If you would like to help out please deliver any donations of clean, good quality clothing that your family have outgrown to Rimu Class before or after school or Mt Vic Hub any day before the event. All clothing accessories, bags, shoes, jewellery, towels and bedding are welcome.

Items can be things your kids have grown out of, to things that are lying in the back of your own wardrobe. There will also be a baking sale, coffee sales, a local charity speaker and a sausage sizzle during this event.

Any baking you would like to donate on the day would be gratefully received. This can be dropped off to Rimu Class on the morning.

Money raised from “Fashion For Life, Not Just a Season” will go towards different charities in need. Contact hello@mtvichub.org.nz or text 021765525



Bicycle Workshop

One Day workshop on bicycle maintenance and repair. Presented by WACC (Workshops for Accessible Cycle Care)

Experienced mechanics and teachers will guide you through keeping your bike in good condition, fixing problems and understanding bike lingo.

Friendly, safe and supportive environment.

Date - Saturday 21 July

Venue: Clyde Quay School, 27 Elizabeth St

Time: Beginners session: 10am-12pm

Intermediate: 1.30pm - 4pm

Sign up for one or both sessions.

Cost - Adult \$120 Full Day

Adult \$70 half day

Concession and under 18 rates available

Visit Website for more information and

registration - <http://www.wacc.co.nz/register>



KidzStuff Theatre for Children are presenting Jessica Bo Peep, Written by Amalia Calder and Directed by Shannon Friday.

What: Jessica Bo Peep

When: 9th - 20th July 2018

Where: Tararua Tramping Club, 4 Moncrieff Street, Mt Victoria, Wellington

Times: Weekdays 10am & 11:30am, Saturdays 10am, no show Sundays

Tickets \$10.50pp, Children under 2 Free

Special \$7 preview on Saturday the 7th of July 2018!

Bookings: www.eventspronto.co.nz/KidzStuff

We have a family pass of four tickets to give away.

Email the Hub with your name and address to be in to win at hello@mtvichub.org.nz

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<https://hellpizza.com>

Nominate folks doing good in your neighbourhood and we will get them some free Pizza! Email nominations to hello@mtvichub.org.nz

See back page for special offer to Mt Victorians.



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Mt Victoria Residents Association

I hope you're all staying cosy out there. As I'm writing this, I'm looking out at a cold, grey late June day. I'm grateful for the tiny amount of increased daylight as we move towards summer, even if it's still chilly out there. At Queens Birthday weekend, I was lucky enough to go on a tour of the newly refurbished Carillon. What a glorious thing to have on our doorstep! The story behind the refurbishment effort is fascinating, and the physical workings of the instrument itself are awe-inspiring. You may have seen or heard the first rumblings of progress from the Let's Get Welly Moving program in the media. As I've said previously here, the ideas that come out of this program will inform and shape development in Mt Victoria. They will also affect how we live through the implementation of those ideas - road works, business closures, detours and the like. Do pay attention to what's being signalled by these reports. We're keeping in touch with the various parties involved in the program, to ensure issues affecting Mt Victoria are in the front of their minds when coming to a final decision on what will be put in place. We're sad to see approval from the council to demolish an historically significant house on Hawker Street. We've seen this house left neglected for years, so the move is hardly surprising. The Mt Victoria Historical Society have pulled together the story of the house itself, and its occupants over the years. We're letting the council know that we oppose this decision, and we're looking at ways to prevent other significant buildings going down the same path. Speaking of paths ... we now have a wheelchair in our house, and we find obstacles and rubbish on footpaths are prevalent throughout Mt Victoria. The Mt Vic Hub hosted a clean-up exercise last week - thanks so much to everyone who turned out for it! But do keep in mind your neighbours with limited mobility. They can't just dodge a car parked up on the footpath, for instance. As always, let us know your thoughts on these and any other subjects on your mind.

Email mtvicra@gmail.com

Website <http://mvra.org.nz> Or call me on 021 188 7432

Cheers, Angela.

Update from Innermost

Compost Bins:

We're making the most of winter to plan new projects at Innermost. A lot of thought has gone into relocating our compost bin area to a place that is higher and drier. We have drawn up plans for bins that will enable a hot compost process, made out of timber that will last a lot longer than the current pellet system we have. We're now in the process of fundraising and hope to get the work underway shortly.

Native Swamp Garden:

More immediately you will also see progress in the south field. We have secured plants from WCC to plant our 'native swamp garden'. The plants have been chosen for their ability to soak up water, and will visually bring the town belt down into our gardens.

Volunteers Please:

We are always looking for volunteers - either to turn up to our working bees on the 1st and third Sunday of each month, or on a more ad-hoc basis. And if you know of a teenager who needs to build hours for a service badge, we can help out there too as our working bees are always supervised. Please get in touch with us on innermostgardens@gmail.com

Bubbleology Workshop

Sunday 15th July 2-4pm \$10 per person

Clyde Quay School Mt Victoria Come and learn how to make glow in the dark bubbles, big bubbles, fog bubbles, have a steampunk bubble shoot out, make a bubble sculpture and even how to put a person in a bubble. At the end of the workshop you will be a qualified Bubbleologist. All ages welcome
For more photos checkout Bubbleology on Facebook

Rise above your I-hunch

Is your (or your child's) posture deteriorating with frequent use of technology? Here's a brief movement lesson which, practised regularly, may help:

Sit on a chair with a firm, flat base. Sit towards front of chair, so your back is not resting on the back of the chair.

How easy is it to sit straight, but relaxed?

Feel the pressure of your sitbones on the chair.

Is the weight even left and right?

Without bending your back, lean your whole torso and head a little forward then back. Repeat a few times, feeling the weight shift on your sitbones.

Pause, then lean torso and head side to side, feeling the weight shift.

Now combine those directions to make a circle.

Feel the circle of pressure on your sitbones, and the circle that the top of your head makes.

Perform each movement slowly and gently, several times. Maintain a relaxed, straight spine so you don't bend. Focus on the accuracy of your circles.

Pause and feel if you're sitting better.

More upright? More evenly weighted?

Want to know more?

I run Feldenkrais Awareness through Movement

classes on Mondays 6pm at Clyde Quay School hall.

Next term starts 30th July. First class free.

Sue Field

0274667123 or suefieldnelson@hotmail.com

A Word From Iona Pannett

As I write, it is getting pretty cold and all of our heating bills will be getting to their highest point for the year. The Sustainability Trust has some great advice on how to make your house warmer at <https://sustaintrust.org.nz/pages/heating>.

ECCA also has some great advice on how to lower your bills at <https://www.energywise.govt.nz/at-home/simple-ways-to-lower-energy-bills/>.

Some of you may have seen that council is analysing how heritage areas (but not Mt Vic as this work has been done already) might accommodate more homes as the city grows.

Whilst I see the need for more housing, I think the Council will need to watch closely to ensure that what makes our inner city suburbs special is not undermined. This work will inform our revised District Plan so there will be many opportunities to engage on the issue of how our suburb will change over the next 30 years. Child safety has continued to be a high priority for me as I work to ensure that every school in the city thinks about how kids can safely walk, scooter and bike to school. With 4 schools, a kindergarten and Childcare centre in our neighbourhood, there is a lot of pressure on our roads. The Government's new direction on safe trips to schools may help, especially as it should come with more funding. Working with schools to increase the numbers of kids walking does work, we have seen the percentage of kids walking to school 5 days a week double in only four years. Iona Pannett 021-227-8509 or iona.pannett@wcc.govt.nz.

Coming up at BATS:

Warm up this winter at BATS with a night of theatre! Running from 5 to 7 July is the last leg of the Young and Hungry national tour of A Country of Two Halves. Four actors present extracts from eight New Zealand plays that highlight the differences between rich and poor, country and city, male and female. Ever topical, the show asks what is it that divides us and what brings us together.

At the end of July, the 2014 Adam award-winning play, Seed, comes to The Propeller Stage after a successful season at Circa Theatre in 2015. The show follows four women and their dilemmas with modern reproduction. IVF isn't fool proof and IUDs aren't failsafe. iPhones come with ovulation apps and being married doesn't mean you have to breed. Come see this hilarious, contemporary, smart show on its last Arts on Tour stop.



SPCA Fundraiser

Fancy a movie night to support the animals Join the SPCA | Wellington Centre for a special viewing of "Mamma Mia! - Here We Go Again" Wednesday 25 July, 8.15pm, Roxy Cinema, 5 Park Road, Miramar. For more details and to book tickets go to the SPCA Wellington facebook page or Eventbrite <https://www.eventbrite.co.nz/e/a-movie-night-to-support-the-animals-mamma-mia-here-we-go-again-tickets-47330754561>

THANK YOU FOR YOUR HELP

A huge **THANK YOU** to everyone who came and helped us to **Clean Up Our Streets in June** and to HELL Pizza for lunch afterwards it was delicious. We are going to do it again during Term 3 and invite the Mayor and councillors - After all they did say they would come!! Watch this space to find out when it is happening.



We would also like to say a massive **THANK YOU** to everyone who came and helped us to harvest some of the olive trees on our streets, especially to Colin Kelly from the core group at Innermost Gardens. Colin gave us equipment and direction on the day and arranged to have the olives pressed and bottled, we couldn't have done it without him.

We will have the oil as part of the meal at our next community dinner and upcoming events. We harvested 9 trees and got almost 100kgs of olives. and labelled it with the poster designed by local Ian Garrett. I'm sure the others would agree it was a very special experience and I am looking forward to next year already.



Victoria Bowling Club

The summer season has come to a close however the Victoria Bowling Club can reflect on a very successful last couple of months to the season. During the second half of the season Victoria members reached no less than nine Wellington Centre finals winning four of them. Richard Corry, Bradley Down and Ray Martin won the Wellington Mens Open Triples in February, Mark Burgess won the Wellington Mens Champ of Champ Junior Singles in March (you are classed as a junior for your first 5 seasons of play irrespective of your age), and then on a truly special wet day indoors at the Naenae complex was a remarkable brother and sister act with two lots of siblings combining to win both the Wellington Mens and Womens Champ of Champ Pairs. Pictured is 19 year old Bradley and 17 year old Amber Down, and 23 year old Nicole and 25 year old Tim Toomey.

The efforts of all of our finalists secured Victoria the title of Wellington Mens Club of the Year eventually putting a gap between us and second placed Stokes Valley, while we were third in the Womens Club of the Year behind Johnsonville and Naenae. The greens are now closed for renovation until September however there is an indoor bowls league at 6pm on Thursday nights. Contact Nairn on 0274488373 if interested.



Workshops At The Hub:

Would you like to learn to make some things to help reduce your plastic packaging.

Pop along to the Hub on **Sunday 29 July**

from 10am -12pm at Mt Vic Hub, 24e Elizabeth St.

We will have deodorant making, wax wrap making and produce bag sewing during the morning. Tea and Coffee and home bakes provided. There will be a small charge to cover costs.

Email us to find out more - hello@mtvichub.org.nz.

Predator Free Mt Vic Stats



you want to get involved or have a trap in your backyard contact Ian Robertson at predatorfreemtvc@gmail.com or at (027) 449 1489.

I don't know about you but we are always looking at ways to avoid using harsh chemicals when it comes to doing jobs around our home and garden.

We're also trying hard to cut down on plastic waste and it scares me how quickly the recycling bin fills up! It's really hard and sometimes feels impossible to make a difference. So I thought as a neighbourhood, every month we could share our tips and tricks with each other. I'll start with my tip for streak free windows - newspaper, water and white vinegar does the trick.

If you've got a great tip to share, feel free to email me and I'll share them in next month's newsletter.



Living and Selling in Your Neighbourhood

Caroline Collison

027 566 1666 | caroline@justpateron.co.nz



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RECENT MT VICTORIA SALES STATISTICS FROM REINZ

Austin St \$300,000	Roxburgh St \$1,060,000
Armour Ave \$1,394,000	Hawker St \$2,200,000
Armour Ave \$1,600,000	Roxburgh St \$1,090,000
Brougham St \$1,300,000	Brougham St \$1,000,000
Roxburgh St \$1,095,000	Roxburgh St \$1,100,000



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Classes & Groups

Wellington Central Grey Power.

www.greypowerwellington.org.nz You can sign up by email greypowerwellington@gmail.com

Over the Rainbow Dance Classes Plimmer House Innermost Gardens Creative Ballet, Jazz & Preschool classes. Affordable & quality classes. www.overtherainbow.dance

Awareness through Movement classes (Feldenkrais Method) - Monday (School term) Clyde Quay School at 6pm. Call Sue 0274667123

Transition Towns Mt Victoria

The July meeting for 2018 will be on Tuesday 10 July beginning 7:30pm, at 24e Elizabeth St. It will be a showing of the film Living the Change, which explores solutions to the global crises we face today - solutions any one of us can be part of - through the inspiring stories of people pioneering change in their own lives and in their communities in order to live in a sustainable and regenerative way. All Welcome.

For further information contact Frank Cook on 0276496508.

Peak Players Table Tennis - Mon 9.30-12pm; Wed 1.30-4pm. Constable St. end of Alexandra Rd. \$4 Diana Winn winnich@xtra.co.nz or 801-9556. Seniors especially welcome.

PikoPiko Clyde Quay Kindergarten

Mon-Fri 8.45-2.45pm, @ Elizabeth & Brougham. Offers 20 hours ECE. 04.385.0441 or www.wmkindergartens.org.nz

Crossways Community Crèche at 61 Majoribanks St is a parent-run early learning centre for children aged 1 to 5. It is open Monday to Friday with sessions running from 8:30am until 1:15 or 2:30pm, and offers 20 hours of state-funded ECE for over 3s. Currently there are spaces available for over 2s on Monday, Wednesday, Thursday and Friday. Contact us at 04 3848201, email julie@crosswayscreche.org.nz or drop in.

Tai Chi - Friday Mornings at the Irish Society, 10 Fifehire Avenue. 10am
Ukes & Roses Uke Cafe, Empathy Cafe, Death Cafe, Meditation Cafe, Soul Cafe are coming to the Mt Vic Hub. Please check the Mt Vic Hub website under 'Find A Group' for listings and details. Enquiries to Sophia Ph/Text 027 345 2010 Email: sophiatara8@gmail.com www.sophiatara.com

Shut Up and Dance! Want to learn how to dance to Beyoncé's "Single Ladies" or Michael Jackson's "Beat It"? Wellington Irish Society, 10 Fifehire Avenue. Thursday - 7.30pm www.shutupanddance.co or check Facebook

Mt Victoria Toastmasters at Tararua Tramping Club, Moncrieff St. See website for class times and dates https://mtvicttoastmasters.org.nz

Hula Hoop Classes. Tuesdays 5.30-6.30pm Contact Evelyn - 022 0783889 or email coulson.ev@gmail.com

Innermost Gardens - Gardening Sundays - 1st and 15th July. 11am-2pm. Everyone is welcome and volunteering your time for even 1 hour is much appreciated.

Eckankar - Spiritual Wisdom on Relationships

What is the secret of all relationships? Sunday 29 July, 2-3.30pm. Mt Vic Hub, 24E Elizabeth St., Mt Victoria. RSVP Viva - (021) 338482. Donation \$5

Qigong - Chun Yuen Quan and Dayan Qigong. Tuesday 6.30-8pm. Contact Cynthia Shaw (04) 384 3199 or info@newzealandqigong.com

Public Forum 'Wellington Heart - Towards A Culture of Love and Compassion (Speak Peace In A World Of Conflict) Wednesday 25 July @ 7pm Mt Vic Hub, 24E Elizabeth Street Email wellington.heart.nz@gmail.com Ph/text 027 345 2010



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Unclassified Ads

33 Sunflowers - Massage Therapy

Contact: thirtythreesunflowers@gmail.com or www.22sunflowers.com

An Extra Pair of Hands - Home

Cleaning Contact:

info@anextrapairofhands.co.nz or call 0800 535 355 for a free quote

Highly experienced house and pet sitter

available for Mt Vic area. Christina kiwichriss@hotmail.com or 027 64 88 747

House Rental - 5 bedroom house for rent in Mt Vic. \$1200/week. Contact Alicia 021661456

Dog Walking - College age boy looking for dog walking or odd jobs lives locally in Mt Victoria call Louie 0210797794

Experienced & Mature Nanny/Babysitter available. Contact: Georgina - 021 232 3015

Classes and Groups Contd:

Scottish Country Dancing: 7:30pm every Wed, at St Mark's Hall, Basin Reserve, \$5 entry, for lots of fun, all welcome.

Able Bodies for Older Adults - exercise class designed to make movement easier & more enjoyable. Improves balance, mobility, strength & overall body awareness. 10:15-11:15 Thursdays, Urban Fitness, 25 College St. \$20 per class. Contact Penny to register your interest & to book 0275154464 or penny@pennybeale.com

If you would like to contribute, send feedback to the newsletter or help out your community centre in any way get in touch, we would love to hear from you

Email: hello@mtvichub.org.nz or Tel: (021) 765 525 or (04) 3901411.

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