



Coming Up at CQS:

JOIN US FOR GREAT PRIZES, RAFFLES + AUCTION, FOOD + BINGO FUN

R18

BEER AND BINGO

**SATURDAY
1ST SEPT
6.30PM**

CLYDE QUAY
SCHOOL HALL,
27 ELIZABETH STREET

\$35 INCLUDES
1 COMP DRINK +
5 BINGO CARDS

TICKETS AVAILABLE FROM:
TRYBOOKING.CO.NZ SEARCH: CLYDE QUAY
OR CLYDE QUAY SCHOOL RECEPTION

Pizza Winner Nairn Mc Gibbon is the treasurer for Victoria Bowling Club. This nomination is for his recent work arranging a 5-week long indoor bowls competition that attracted 15 teams of mostly social members (members that typically only come to the club a few times each year). The competition was really fun, for people of all ages and had a great community feel about it. Enjoy your pizza Nairn - we will be in touch with your voucher!

Waste Not, Want Not? by Iona Pannett

Waste is rightly on the agenda at central government and local government level and the media has covered the issue widely. It is fantastic to see consumers and businesses being more aware and taking action on the casual use of plastic and wanting to reduce their waste which will have numerous economic, social and environmental benefits. How can local government help? The region has developed a plan to reduce our waste from 600kg a person to 400kg per annum over the next 9 years. I am leading this work on waste in conjunction with the 8 other councils in the region through the Regional Waste Governance Group. We will try to achieve this objective by a variety of means - educating people about how they can reduce waste, hopefully developing a food scraps recycling service from people's homes, decreasing the number of landfills over time and increasing the amount that people can recycle through a full resource recovery centre at the Southern Landfill. It will not be easy but I do believe that most people want to do the right thing and that we will be able to move to a circular economy where resources are used over and over again instead of being thrown away. Iona Pannett 021-227-8509/iona.pannett@wcc.govt.nz.

Tuesday Gardening Start Up!

Innermost Gardens have heard from several people that they would love to attend a week-day working bee as they can't get to the



Sunday ones, so they have decided to trial a Tuesday morning working bee. The shed will be open between 10-12am every Tuesday and a Core Group member present. They will start by picking up general garden tasks, but may move into planning and planting for flowers and beautification if anyone wants to head in that direction.

The first Tuesday will be 7 August, and any cancellations will be notified via the Facebook page - Innermost Gardens

HELL PIZZA - Sponsor of the Mt Victoria Newsletter

HELL

<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

Mt Victoria Champion for August is Nairn McGibbon from Victoria Bowling club



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Mt Victoria Residents Association

This last month, we've continued lobbying central and local government on big issues around strategic decision-making and inter-generational planning. This is important work, vital work, to improve our city, and protect the good things we have for the future.

As I write this, my dad - a resident of Mt Victoria for eight years - has died this week. He's at the front of my mind when I see the public seats he rested on, or the cars parked on footpaths that he manoeuvred his walker past, or hear tui in the trees in our street. He enjoyed the views over the rooftops as he walked to and from town every day. He could see the Carillon from Hania St. He could see Pukeahu. He knew his neighbours, and they knew him. He saw his grandson to school for years and has watched him and his friends grow into spectacular young men and women.

He knew the small businesses around our neighbourhood, and supported them with his custom and/or his chats.

In short, he was connected to his community. I love that.

It's made me mindful of the smaller things that we work on; the things that make our suburb liveable right now, and keep us connected to each other - accessibility issues like public seating, the potholes, the parks, the signage in the town belt.

Amenity issues like sunlight, noise, disruption from building work. Safety issues like street lights, rubbish bins, the maintenance of steps that run up and down between houses.

With this in mind, we always want to hear from you about these things:

Cheers, Angela

Email mtvicra@gmail.com

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

Cheers, Angela.

A word from Grant Robertson

Ngā mihi ki a koutou.

The community has been engaged on a lot of issues this month, including the new Wellington Wellbeing Survey.

I've recently launched a survey to hear how Wellingtonians feel about their wellbeing.

With Budget 2019 focused on wellbeing, this is a good chance to get in early and have your say. We've had incredible engagement from Wellingtonians. Take part by visiting wellingtonhaveyoursay.co.nz and share your thoughts.

Wellington has also been active on climate change.

The government recently had a Zero Carbon Act meeting, and people were out in crowds to have their voice heard on our zero climate future.

Together, we will meet the challenge to become a zero carbon economy by 2050, with a just transition away from fossil fuels.

I'm particularly proud of the Government's action on pay equity for 5,000 mental health and addiction workers. With pay equity, they are finally being valued for the difficult and important work they do in our communities. We want the pay that care workers get to reflect the experience they have, and show our appreciation for the valuable work they do for our most vulnerable.



Welcome to Mt Victoria: Frenchie



Chef Teresa Pert's culinary adventure has come full circle as she returns to 18 Majoribanks street after 15 years to open her new restaurant, Frenchie.

There is a three course \$59 fixed price menu of shared entree a choice of 4 mains and three desserts. Teresa cooks intuitively and from the heart using French technique and inspiration coupled with the bounty of New Zealand homegrown produce. All complimented by a few lovely French cheeses, Kronenberg on tap and a succinct wine list.

Frenchie opened 31st July 2018. Congratulations and welcome to Mt Victoria!

Innermost Gardens News

There are two types of garden beds at Innermost Gardens:

- Communal beds that are maintained by the community, with produce for the community. These are mostly between the hall and the compost bins and usually have a green number painted on them.
- Private allotments that individuals pay an annual rental fee for and grow their own produce in. These are mostly in the area between the hall and the bowling club and are identified with a white stick with an individual's name written on it.

We generally harvest from the communal beds during our Sunday working bees, and the produce is shared between the people who help on the day. Recently our allotment holders have been upset to find that members of the public have been harvesting produce from their beds. This is the reason for the new sign in the south field. Please, if you need produce from our gardens, harvest from the communal beds, and take only what you need.

Keep an eye out for

"Nothing Rhymes with Asparagus" is the name of Margaret Austin's new poetry collection. The launch party will be at the Fringe Bar on Allen Street Sunday 12 August at 4.00 pm. All welcome.

More up and coming "Make And Do" workshops - our first one was a huge success and we want to run more. If there is anything you would like to learn to make or do drop us a line and we will see if we can make it happen at the Mt Vic Hub - hello@mtvichub.org.nz

Fair Trade Fortnight launches this Friday 3 August - check out all the cool stuff happening around town

Molly Makes People Better!

Are you suffering from headaches, upper body tension or low back pain? Therapeutic massage is an effective treatment to reduce pain in this way, improve function in your body and restore balance. 33 Sunflowers Massage Therapy offers sessions for you who have developed postural imbalance due to sitting at a desk or computer. Receive a warm, healing touch close to home here in Mt. Vic! Contact Molly Sutton on 022 691 9390 or thirtythreesunflowers@gmail.com and let's work together to take care of your one, sacred body.





Pet of the Month

Dennis is a Blue Exotic Persian. His hobbies include sitting in boxes, hanging out with his Dad and dreaming of cheese.

If you would like your pet to star in the Mt Vic newsletter send in their photo to caroline@justpaterson.co.nz

Follow us on [petsofmontvic](#)

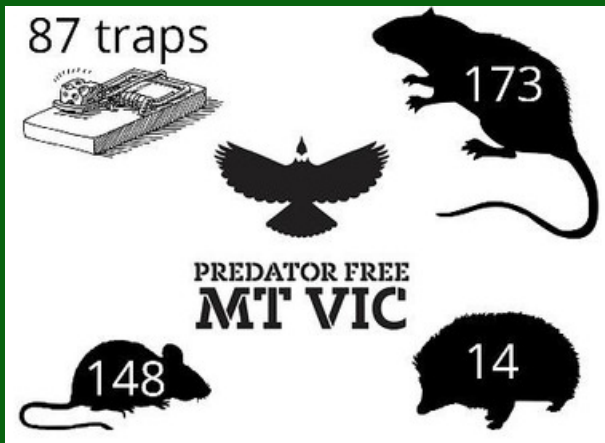
Winter Shakespeare at BATS!

This August, BATS is proud to have Lonely Shakespeare Collective staging one of Shakespeare's rarely performed political dramas, Troilus and Cressida. This meaty work has it all: comedy, war, heroes, revenge and some gruelling fight scenes. Nations and lovers alike do battle in this funny, piercing drama about romance and revenge in a world at war.

Set during the second half of the Trojan War, we meet our iconic heroes, such as Hector, Achilles and Ulysses, who engage in political debate over whether to return the dangerously beautiful captive Helen or continue to fight. Meanwhile Troilus, a young Trojan prince, pines for Cressida, a bright woman trying to play it cool. As two nations go to battle, the two lovers are tested in a moment of fate.

Come see it at BATS Theatre from August 7-11 at 8pm. Tickets are \$20/\$15 at bats.co.nz or 04 802 4175.

Predator Free Mt Vic Stats July 2018



We have just become one of the 11 new communities added to the Kiwibank Predator Free Community programme. This will mean funding, support, and exposure for our group is on the way, so if there's anyone who'd like to join us, now's a great time.

contact Ian Robertson at predatorfreemtvic@gmail.com or at (027) 449 1489.

Meet the Mt Vic Hub trustees

It's been a while since we talked about our Trust, so we thought we'd take the chance to introduce, or re-introduce them. Keep an eye out for them around the community, and don't be shy to say hi!

Sara Williams ...with a background in emergency management and not for profit and social justice work, Sara was thrilled to be invited to join the Trust in 2016. A Wellingtonian since 2001, and Mt Vic'r since 2015, Sara lives with her husband and Clyde Quay attending daughter on Majoribanks St. Sara became Chair of the Trust in 2016, and enjoys working with the Trustees, Trish and the Wellington City Council to advance social connectivity and resilience in Mt Vic. Sara has recently established a Chairs Forum for Chairs of community centres, and is looking forward to the new collaborations this could bring.



Tania Austin ...with an extensive background in community development and event management, Tania currently works for the Common Unity Project in Lower Hutt - a community-based, urban village programme growing food, skills, leadership, employment, enterprise with local families. In 2007 Tania came into the Mt Victoria community to help manage the campaign to Save Crossways on Brougham Street and has been involved ever since - from relocating to the "New Crossways" centre, running the Mt Victoria Festival for 3 years and re-joining the Crossways team to help run the 2016 Mt Vic Treasure Hunt.

Pamela Bell ...trained in architecture and is Chief Executive of the non-profit innovative construction industry advocacy body PrefabNZ. A proud Mt Vic resident for over ten years, she has brought up her two daughters with the Crossways Creche, Piko Piko Kindy and Clyde Quay School whanau. Part of the parent-led committee that re-established the Creche back into Mt after the original Crossways building was sold, she joined the New Crossways Trust during the time that a new strategy was being developed and new premises were sought. Inspired by a Ted Talk on 'spare capacity', Pam and the team developed the new Airbnb-style approach for a virtual hub which can be highly integrated into the community through utilising several existing non-profit-group buildings and through hosting regular community-growing events. She is thrilled to be associated with the Mt Vic Hub as a continually evolving and growing entity that reflects the diversity of our unique urban suburb.



Caroline Collison... has lived in Mt Victoria with her family for over 15 years, her boys went to the local crèche, kindy and school. Passionate about making a difference in the community and motivated about getting stuff done, she helped set up the PTA at Clyde Quay School and with a group of parents together set about organising fundraising and community events. Caroline has taken her motivation, drive and passion to Just Paterson real estate and was delighted to be asked to become a trustee of the Mt Vic Hub so she could get back to being involved in the community. When she gets a chance, she loves hanging out with her family, and their new puppy Louie the pug.

Tom Ackroyd... the newest Trustee, Tom has lived in Mount Victoria Mātaurangi for nearly four years with Viv—who is active at the Innermost Gardens—and their two teenage sons, who both go to Wellington High. He works as a collector at Ngā Taonga Sound & Vision, and living on Austin Street, appreciates being close to both the city and the green belt. (Don't expect to see him mountain biking up there, though!) As a brand new trustee Tom is looking forward to helping out in any way he can to advocate for and connect our many Mt Vic communities.



It's hard to believe we're only 8 weeks away from the first day of spring when it's so cold and miserable at the moment. But don't be fooled, it will be here before we know it so if you're planning on selling in spring you need to start planning now. If you have started to declutter that's great news! If not, don't worry. I can help you with a step-by-step plan on what needs to be done to get your home ready and looking its best. Please get in touch - I'm here to help.

Thanks Jean for sending in cleaning hack #2! I'm definitely going to give this one a go especially as I have a puppy and school holidays have finished.

"For fresh smelling carpet/rugs devoid of any of the stinky evidence of the children and pets who have wreaked havoc upon it, crush 1/2 cup of lavender flowers to release their scent, then mix with 1 cup of baking soda and sprinkle liberally on carpet. Leave for 30 minutes, then vacuum." Don't forget to keep on sending in your tips on ways to avoid using chemicals and reducing plastic waste. I'll continue to share them with you.



Living and Selling in Your Neighbourhood

Caroline Collison

027 566 1666 | caroline@justpateron.co.nz

carolinecollisonx carolinejustpateron

RECENT MT VICTORIA SALES STATISTICS FROM REINZ

Kent Tce \$765,000	Brougham St \$925,000
Majoribanks St \$400,000	Roxburgh St \$1,290,000
Hawker St \$1,890,000	Armour Ave \$1,365,000
Shannon St \$1,423,000	Elizabeth St \$1,700,000
Elizabeth St \$743,000	Moir St \$1,129,000



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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 next meeting of Mt Victoria Transition Towns will be held at the Mt Victoria Hub, 24e Elizabeth St. on Tuesday 14th August commencing 7:30pm. It will be a showing of a documentary film about bee colonies around the world. All welcome
For further information contact Frank Cook, 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 Fifeshire 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: sophiatara@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 Fifeshire 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 - 5th & 19th August 11am-2pm. Everyone is welcome and volunteering your time for even 1 hour is much appreciated.

Eckankar - Spiritual Wisdom on Relationships
Sunday 26th August 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 - The Power of Empathy
Wednesday 29 August @ 7pm Mt Vic Hub, 24E Elizabeth Street
Email wellington.heart.nz@gmail.com Ph/text 027 345 2010

One Mindful Breath Wellington's secular Buddhist community - every Weds 7:15-9:15, Friends' Centre, 7 Moncrieff St. Contact Noah 021 885 180 or onemindfulbreathnz@gmail.com.



WHEN YOU SPEND \$25 OR MORE ONLINE. JUST USE THE BELOW CODE:

WEBSITE CODE: **MTVIC666**

HELL.CO.NZ

THIS OFFER IS ONLY AVAILABLE TO MT VICTORIA RESIDENTS. OFFER IS ONLY AVAILABLE FROM HELL CUBA ST, BOND ST & HATAITAI. NOT AVAILABLE IN CONJUNCTION WITH OTHER ANY OTHER OFFER. STANDARD T&C'S. OFFER EXPIRES 30TH SEPT 2018

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.

Follow us on Facebook or Instagram - Mt Vic Hub