



LIVING IN A VIRTUAL WORLD

By Margaret Austin

Virtual reality's
Been with us
For a while
I never bought into it
Infact, it made me smile

We have virtual meetings now
We congregate
On Zoom

Nothing there suggests
We're on our way to doom!

And you can have
A virtual lunch
Enjoy a date
Have
A notional munch

Living in an as-if world
Is that really wise?
Why can't we be happy with
What's actually
Before our eyes?

We even have
To grieve online
Now that really is
A helluva way
To pine

All that said though
No "if"
No "but"
I would just die for
A virtual haircut!

THANK YOU TO THE DAIRY OWNERS OF MT VICTORIA

When we run out of bread, milk, tea, coffee or chocolate! (and so much more) You are always open, service with a smile in trying times. Thank you for being there and for all your hard work.



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PIRIE STREET



CNR MAJORIBANKS BROUGHAM ST



MAJORIBANKS ST



CORNER ELIZABETH & BROUGHAM ST

HELL



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HELL PIZZA

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Our fires will burn bright again!

Until then stay safe, be kind and look after each other



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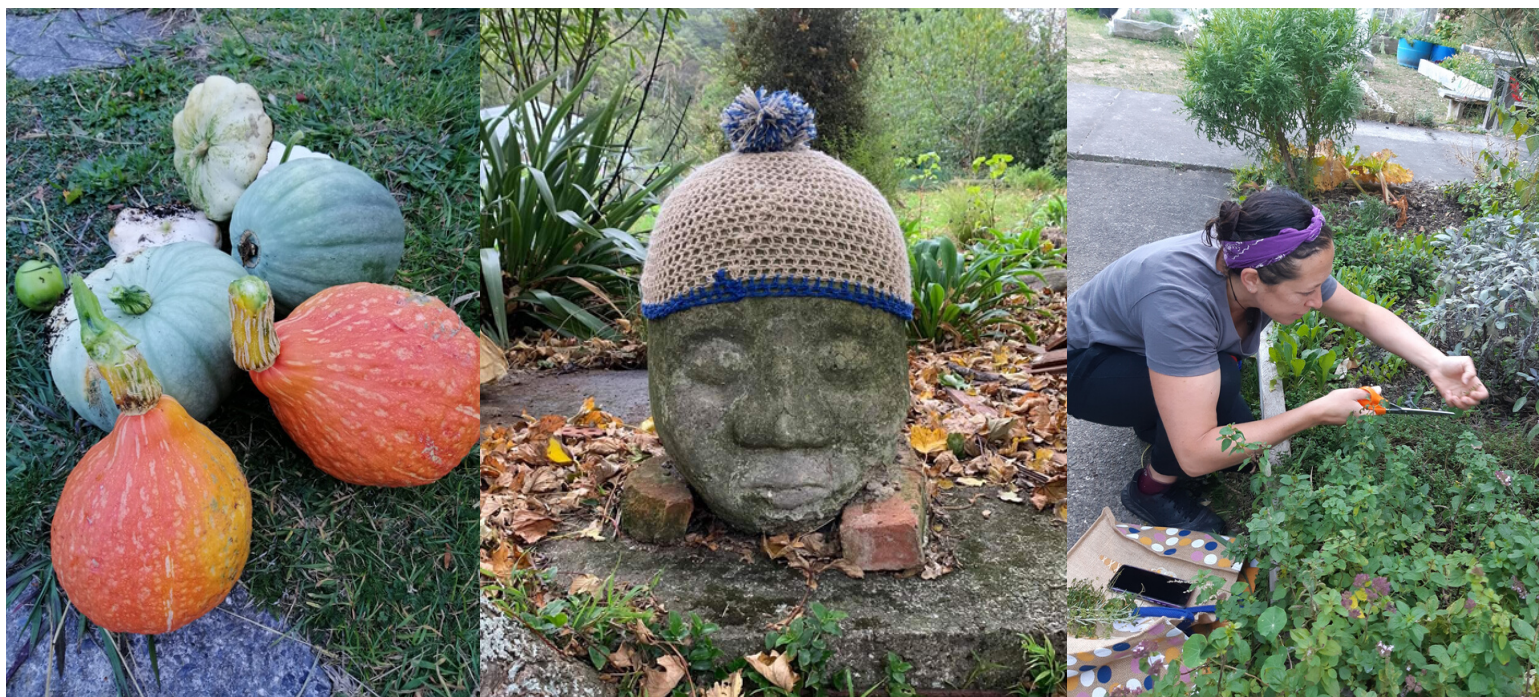
Innermost Gardens - The Benefits and Support.

Innermost Gardens have been 'growing community through hands in the soil' for over 13 years now. We're proud of the many ways in which our community and ecosystem benefits from the things we and you all do. Last year we did some research with WCC and the Victoria University Summer Scholar Programme to tell a better story about the Ecological, Personal and Community wellbeing our little green space generates, and to be honest the benefits are quite staggering.

For instance, in just the last 12 months over 6180 people across the Mt Vic and Inner City communities have benefitted from our gardens. 4710 hall users from a range of groups including home school, meditation, dancing and special needs benefit from our facilities. We've had over 480 people attend community dinners and over 620 people actively involved in gardening and personal development. Just last month, along with the Mt Vic Hub and local gardeners, Innermost produce and volunteer time helped to deliver over 100 cooked meals to our community and to those in need around Wellington. And every time we have been in the gardens in the past month there have been a staggering number of locals enjoying the gardens as a space to walk through and enjoy.



Our compost operation has been humming with over 850 kitchen green waste drop offs in the last 12 months, that's coming up to 600KG a month, and over 80% of that waste is from Mt Victoria. Our compost creation process - done entirely by volunteers - has sequestered a phenomenal 26,822 Kg's of CO₂-e in GHG (Greenhouse Gas Emissions) that would otherwise be released into the atmosphere if it went to landfill. From that we generated over 267Kg of nitrogen equivalent fertiliser and 133Kg of Phosphorus that will continue to feed our soils. The compost collection is currently closed, but we will advise the community when we open again via our facebook page and by removing the signs at the gardens.



Innermost Gardens Continued:

Over the years we have ensured financial sustainability by offering a range of ways to get involved in the gardens - through hiring allotments, hall hire, garden workshops and community dinners. But mainly hall hire, and as has been the case for many of us, COVID-19 has had a big impact on income generation which is likely to continue for quite a while. We're all volunteers but we still have quite a lot of costs to cover and we need help.

We want to hear from you:

We will adapt and are in the process of pivoting to the conditions of our new world to ensure our little slice of green goodness can continue serving our community well. But as you are our community, we want to hear from you:

Tell us how we can we adapt what we offer to best suit you? Drop us a line if you have any suggestions to innermostgardens@gmail.com to answer questions such as: How can we adapt our community dinners model to share the harvest without having a hall full of people? Are you interested in online garden workshops? Do we change what we plant in our common annual beds to better suit community needs at this time (ie more quick-growing leafy greens?)

If you can spare a few dollars a month that will help us tremendously. We've come up with a couple of options for you if you wish to help...

Donations can be paid directly into our bank account - **38-9005-0915382-00**

You can also contribute to our **Patreon** which is more suited to an ongoing donation on a monthly basis - <https://www.patreon.com/user?u=31265051>

Innermost Gardens Incorporated are a registered charitable trust and therefore donations over \$5 are eligible for a tax credit.

THANK YOU

We made it through Level 4!

Kia ora koutou Mt Victoria. A huge congratulations to our community. Together we made it through Level 4. We have physically distanced ourselves, enjoying walking and biking safely in our streets.

Many of us have discovered new parts of our community, seen new faces, and met new pets (at a distance!). Thanks to everyone who took the time to smile, wave or say hi to those they passed out and about - let's keep that up going forward. Now is the time to keep listening to the official advice - remember, keep your distance, wash your hands, stay in your bubble unless working or going to school (no barbecues sorry!).

I will leave you with an Irish proverb this month that I think is particularly meaningful at this time:

Ar scáth a chéile a mhaireann na daoine / In the shelter of each other the people live.

We can't do anything alone, least of all this. Stay strong, stay kind Mt Victoria, and we will see you soon.



Mt Victoria Residents Association

How's it going at your house/office/classroom? Are you enjoying the quieter streets, or are you missing the hustle and bustle of life before lockdown?

We're getting feedback from pedestrians and cyclists that it feels much safer to be out and about without so much private vehicle traffic. We're seeing loads of people walking and running in the trails around Mt Victoria.

How can we keep hold of that, once we're through this? The less positive message we're hearing over and over, is that the council's stance on kerbside recycling is out of step with our pre-Covid actions towards sustainability. And please don't leave your recycling on the street. I know, I know, this situation is not ideal, but it's only for a short time longer.

With that in mind, we've met with councilors to understand the council's response to Covid19 - what it means for Mt Victoria, and Wellington in general. And we've met with other community and residents' groups, to see where we can work together on issues and challenges arising from Covid.

We're always interested in what you think, so ...

Email us at mtvicra@gmail.com

More than ever, check us out online at:

www.mvra.org.nz;

facebook.com/MtVictoriaResidents;

twitter.com/MtVictoria2

Instagram/mtvicresidents

We're posting updates from council, as well as other information to keep us going.

Also, check out the Mt Vic Hub and the Mt Victoria Community Notice Board on Facebook.

Or call me on 021 188 7432

Cheers, Angela.



Photo from our pre-lockdown days

Virtual Friday Drinks!

We forgot to host our first Friday Drinks last week so we are going to host it this coming Friday 8 May from 5.30pm until 6.30pm (And longer if needed)

If you would like to join us for a chat with your wine or cuppa please let me know and I can send you a link

hello@mtvichub.org.nz or you can find it on our facebook event - Mt Vic Hub

Please share this with anyone you think might like to come along.

Friday 3 April: 5.30pm - 6.30pm



PET OF THE MONTH

Ralph a schnoodle puppy is celebrating his first birthday this month. He is energetic, curious and loves his walks around Mt Vic and into the town belt, where he always likes to bring home a pine cone. He misses being allowed to play outside his bubble with other dogs and run freely off the lead.

To compensate he has found his voice and often now barks at new friends as they pass by.

A Word From Grant Robertson

As I write this, we have just entered Alert Level 3. Reflecting on the nearly five weeks that we have spent together in isolation, I am deeply appreciative of the unity, sacrifice and kindness we have all shown in the last month. We're showing that as a team of five million, working together, we can take a huge step toward eliminating COVID-19.

Do not underestimate what you have achieved so far. Things could have been very different if it weren't for your compassion and care for everyone in Wellington and Aotearoa.

As we move into Alert Level 3, let's not waste this chance. We're not out of the woods yet, but we can get there with the focus and discipline we've all shown. As we continue to work to eliminate COVID-19, we've got one more way that we can show kindness with one another, and that is by supporting our local businesses. With more businesses opening safely at Alert Level 3, now is the chance to support your local however you can. Shop local whenever you can, make the most of online or contactless services and buy vouchers from local shops to use when they reopen. It's just another way that we can look out for one another in this difficult time. Kia kaha, take care of one another, and let's finish the job. - Grant



The Zui By Stella Carruthers

In the 2020 Lockdown world, video app Zoom has become a new part of everyday existence for many. It has even harboured its own lexicon. Take my favourite term 'The Zui.' Or 'Zoom Hui.' Characterised by slow broadband speeds, awkward silences, pyjama fashion and cameo appearances of tamariki and pets, the Zui, to me, symbolises the best of us during the lockdown.

There is the attempt for genuine connection despite difficult circumstances. There is the openness of sharing not only ideas and opinions but also the insides of our homes. There is a sense of importance placed on connecting with others as we carve out video conference times into our days.

Days that for some are full of family obligation and work commitments to be juggled against each other. However, for others the days stretch into each other awkwardly and zoom might be one of few social avenues available for people living in a solo bubble.

Zoom sessions can be a carefully cut out commitment. They can also act as an important connection to the outside world. Whatever place they have in your lock down experience, the term Zui I feel, characterises a spirit of stalwart humour that is helping many people get through this time. It also heralds sincere attempts to make contact with each other. It is a great tool that acts in a way to connect us where, while we may be physically distanced, we are not made socially so.



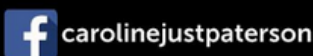
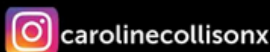
The Mt Vic Trust getting to grips Zoom!

As we move into Level 3, it is great that the real estate industry will be back and open for business, even if it is with a few sensible new restrictions. While we have had a number of successful contactless sales over the last few weeks, we are itching to be able help you sell and buy properties again in a new safe post lockdown environment, please get in touch if you would like to know how we can do this or would like to know about recent sales. Keep safe Mt Vic



Caroline Collison

027 566 1666
caroline@justpateron.co.nz



<https://www.ratemyagent.co.nz/real-estate-agent/caroline-collison-aa492/>

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Recent Mt Vic Sales: <https://bit.ly/39v4SVt>

**RECENT MT VICTORIA SALES
STATISTICS FROM REINZ**

McFarlane Street	\$1,221,100
Duke Street	\$820,000
Brougham Street	\$1,705,000
Moir Street	\$1,012,000

Feldenkrais Awareness through Movement classes are being held online during the lockdown. Explore new possibilities for movement, posture and breathing, in the comfort of your own home. Great for unwinding !
Live classes will restart when possible (probably at Alert level 2, with appropriate precautions). Online classes are held on a variety of days and times.
I use Zoom which is really easy. First class is free for newcomers. All you need is floor space, a device (laptop, mobile phone, etc), and a willingness to try something new.
Contact: Sue Field - 0274667123
suefieldnelson@hotmail.com



**SHORT STORY
COMPETITION**

We're running a short story competition here at The Mt Vic Hub during May!

THEME: The Good Old Days

Interpret this as you will... You might be inspired by a tale an elderly relative told you when growing up or you might be reminiscing about life pre lock down. You might write as a way to cope with worry. Or as a way to express wonder for the world.

All interpretations and approaches are welcome.

Prize is a \$50 Unity Book voucher and publication in June's edition of the newsletter.

WORD COUNT: 500 words, give or take!

ENTRIES DUE: 25 May 2020

Email to Stella - hello@mtvichub.org.nz



More fairy houses and doors coming to Mt Victoria!
Keep a look out!

You can find these ones on Ellice St.!

Wellington Women's House

Can you donate a house-warming present? Wellington Women's House have three residents preparing to move into their new permanent homes when we move to level 2. They're on the hunt for donations to help them get set up. Bedding, towels, pots & pans, furniture, toiletries, and household goods.

Please email us at wwbh.committee@gmail.com
They can organise collection.



Have you seen this in Mt Victoria - At the top of Ellice St. How cool is this, a marked out bike path

Kaibosh Give a Meal in May

Give
Make a Meal in May
Make a Difference



Zero Food Poverty, Zero Food Waste.

kaibosh
FOOD RESCUE

Every May we usually hold a community dinner and anything we take in donations we gave to Kaibosh for their "Make a Meal in May" campaign. Unfortunately, we can't do that this year. But they are still running their campaign and you can donate to them here. If you can spare a few dollars maybe send it their way. Every little helps and we would love to support their campaign again this year until we can host one of our dinners again.
<https://www.kaibosh.org.nz/give-a-meal-in-may>

WOOL ZUI
Knitting or Crochet
Thursday 7 May
7.30pm til...

Email us to join in and get the Zoom meeting code -
hello@mtvichub.org.nz

Share your projects, your Ravelry favourites, who your favourite supplier is. Let's help and advise each other. And have a cuppa or a glass of wine while we do and some good chats.

Helpful links and numbers:

Government Helpline : 0800 779 997 or find out more at covid19.govt.nz Anyone is welcome to call with any non-health-related concerns. They have friendly people ready to speak with you, and they can offer assistance in a number of ways.

The Healthline number for Covid-19 enquiries is 0800 358 5453

Additional Support for New Zealanders and Businesses please contact workandincome.govt.nz

Age Concern : 04 499 6646 or info@ageconcernwellington.org.nz

Call ahead if you need to see your Doctor or Other Medical Services.

Mental Health Support - please call or text 1737 to talk to a trained counsellor.

Student Volunteer Army - If you need help with anything during the lockdown, you can either email sva@vuwsa.org.nz or put through a request at <https://www.vuwsa.org.nz/sva>. If you don't have access to Internet connection, you can also ask for support on 021 256 9987.

Wellington City Council: wellington.govt.nz/coronavirus or call 04 499 4444 or email info@wcc.govt.nz for all information on services and facilities.

Rubbish and Recycling:

Kerbside rubbish collections (yellow bags) will continue as usual however kerbside recycling is on hold during the lockdown.

Composting at Innermost Gardens is not available until further notice.

Please be conscientious of rubbish on our streets,

30KPH For Mt Victoria



Over these past few weeks of lockdown one thing we have enjoyed is being able to get out for walks. With little or no traffic on the roads it has been possible to pass each other at a distance but remain safe and not worry about speeding traffic whilst stepping out on the road.

Pedestrians and drivers alike have been courteous, cautious and friendly. An added bonus has been being able to cycle safely on the road in our immediate neighborhood. Taking the bikes off the footpath not only gives us a chance to teach our tamariki the rule of the road, but for the rest of us to feel safe walking on the footpaths!. If you would like to see this slower speed world permanently in place for Mt Victoria please email your local councillor with your feedback and let them know your thoughts.

Iona Pannett - iona.pannett@wcc.govt.nz

Nicola Young - nicola.young@wcc.govt.nz

Tamatha Paul - tamatha.paul@wcc.govt.nz

**If you want to send us a story or a post for our social media please get in touch
or for your feedback**

Website: mtvichub.org.nz Email: hello@mtvichub.org.nz

Call: 04 3901411 or 021765525

Irish Brown Soda Bread

This reminds me of home. It is another really simple recipe and easy to make. Great with just butter and jam, or with soup, Irish stew or with cream cheese and smoked salmon. Always a regular on our table and the kids love it. And again very easy.

170g Wholemeal Flour
120g Plain White Flour
40g Butter/ Olivani
20g Caster Sugar/Sugar
1 Teaspoon Baking Soda
Pinch of Salt
365ml Buttermilk

Mix the Wholemeal Flour, White Flour, Caster Sugar, Salt and Baking Soda together.
Rub in the butter until it is like crumbs.
Add the buttermilk and mix together well.
Spoon into a prepared greased loaf tin and spread mixture evenly. .
Bake at 170 for about 45 minutes - or until golden brown and firm to touch.
Loaf should sound hollow when you tap on the bottom

If you can't get your hands on buttermilk you can use milk and about 3 tablesppons of lemon juice and leave it sit for about half an hour or so.

(This recipe makes one loaf. I always double it to give to the neighbours or to freeze.)



The Street - Online Church Services

No Sunday gatherings don't mean we can't still do community online. From our house to yours, join us online on Sundays for a live-streamed service, or catch up later. Each service includes music, which you can join in with, or just listen and reflect as you feel comfortable. We also share stories from our community, moments of prayer and reflection, and teaching from the Bible. We look forward to joining you online soon! www.thestreet.org.nz/live

CAP Debt Centre

During these uncertain times, you might be worried about the security of your income and your ability to pay living expenses and service debt. Don't ignore your concern, rather take this opportunity to get clarity on the facts and make informed decisions with the help of a trained team and come out of this lockdown ready to step forward and take control of your finances and debt.

At CAP we walk alongside New Zealanders in debt. We provide practical support so that you can find freedom and hope! All services are FREE, friendly and focused on the best way to help you.

We're still operating as an essential service and have detailed operating guidelines to enable us to serve the community in all alert levels whilst maintaining the safety of our volunteers and the community.

<https://www.capnz.org/get-help/debt-help>
0508 227 111

Our Favourite Lockdown Facebook Pages:

- **The Pandemic Pack** - Supporting local food places and trying out their recipes. Now making and delivering food too.
- **Aotearoa Town Hall** - Bringing community together online. With weekly Facebook Chats and much more
- **Love Local - Wellington** - Supporting local businesses, people and events.
- **Stellarize Sunday Streams**- Every Sunday at 3pm from their house in Mt Vic. Local band bringing the music to you in your lounge from lots of places in their house. Support them if you can!
- **Nat's What I Reckon** - Australian Chef who hates jar sauce and will teach you cooking basics.
- **Sourdough In Lockdown** - Show off your efforts and learn from others - the good, the bad and the ugly.
- **Network of Wellbeing** - connecting and empowering community-led initiatives.
- **Wellington - LIVE** - we can't be everywhere in our city to see the cool stuff, but on here you will see lots.