



NEIGHBOURS WEEK 2020

17 - 25 OCTOBER

RANDOM ACTS OF KINDNESS

Covid has been tough on many of us, but through this time we have made many connections with the people who live closest to us - our neighbours.

Let's make Neighbours Week 2020 a memorable one and make small gestures to create kind memories.

**SMALL
GESTURES
MAKE A BIG
DIFFERENCE:**

**DROP SOME
BAKING TO
YOUR
NEIGHBOUR**

**SAY HI TO FOLKS
ON YOUR STREET**

SHARE A CUPPA

**INVITE YOUR
NEIGHBOURS
FOR A BBQ**

**CONNECT WITH
YOUR
NEIGHBOURS
ONLINE**

**PAY SOMEONE A
COMPLIMENT**



**JUST
PATERSON**

The Mt. Vic Newsletter is proudly
sponsored by Just Paterson

Neighbours Day 2020



Watch out for 'Random Acts of Kindness' in our neighbourhood on Saturday 24th October from 10am. Join us to do something special on your street or in your building.

Host a BBQ.

If you would like or need help get in touch with the Hub. We can help with printing posters or fliers to drop in letterboxes.

Email us at hello@mtvichub.org.nz



Bicycle Swap Meet

9 AM, SAT 31 OCT
\$5 FOR SELLERS,
FREE FOR BUYERS

CLYDE QUAY SCHOOL
27 ELIZABETH STREET
MOUNT VICTORIA

BOOKINGS VIA WGTNBICYCLESWAP@GMAIL.COM

GET
LOST
Cycling

NO CAR
CARGO

 [wgtnbicycleswap](https://www.instagram.com/wgtnbicycleswap)

Sign Up For Bike Swap

As part of Bike Month Nocar Cargo and Get Lost Cycling are co-hosting Wellington's first Bicycle Swap Meet on Saturday 31 October at 9am at Clyde Quay School.

If you have lots of bikes, bike parts and accessories that are no longer wanted or needed, book yourself a spot and bring them along to find them a new owner.

Get in touch with the organisers via wgtnbicycleswap@gmail.com or pop in to see Koen or Stu at Get Lost or Chris at Nocar Cargo who can answer any questions you may have.



A SUMMER-LONG FESTIVAL CONNECTING COMMUNITIES AROUND LOCAL FOOD

Mt Victoria is delighted to be part of the Seeds to Feeds local food festival being held across Wellington this Summer. Over the coming months we will be working together with Innermost Gardens to help them plant and grow the food for the community dinner which will take place late February/Early March.

We would love more Mt Victorians to get involved and help us grow. Come join the team at Innermost from 11am til 1pm on the first and second Sunday of each month to help with looking after the gardens. They also garden every Tuesday during school term from 10am - 12pm. They do an amazing job and are all volunteers. It would be great if we can help them out .



Seeds to Feeds Needs

- Volunteers to help us out - if you can bake, garden, pickle or preserve we would love to hear from you.
- We are looking for anyone in our community who has fruit trees or any backyard produce that we could use for our community dinner next year. Please get in touch.
- Lemons - for preserving! If you have a loaded lemon tree we would love to hear from you. In exchange for some lemons, we will do the preserving and give you a jar of preserved lemons in exchange.
- Keep an eye out for the workshops that are being planned at Innermost Gardens and around Mt Victoria - Notices for these will be posted in the window of the Mt Vic Hub, at Innermost and on our Facebook pages and websites

Please get in touch - our email is hello@mtvichub.org.nz or check out www.mtvichub.org.nz or www.innermostgardens.org.nz www.seedstofeeds.nz

Villa Victoria 2020 - New Date

We are so excited to be able to confirm a new date for Villa Victoria 2020! We really appreciate all the messages of support over the last few months.

Villa Victoria will be held on Sunday 8 November 2020, 10:30am-2:30pm.

We have re-commenced ticket sales and these can be purchased from:

<https://www.trybooking.co.nz/DUF>

Fingers crossed we will be on Level 1 come 8 November, however in the event we are at Level 2 or higher - we will unfortunately have to cancel the event and will arrange ticket refunds at that stage.

This is a Clyde Quay School fundraising event and your support will provide tangible benefits to our students. We are also grateful for our sponsors who have stuck by us over these uncertain months - we thank them!

Please support these local businesses:

Just Paterson Real Estate

Armstrong Prestige Wellington

The Axe Stacks Furniture

Bicycle Junction


Fix & Fogg

Havana Coffee

a.k.a. Architecture

Style Gorgeous

Please contact us if you have any questions. CQS Whanau & Friendswaf@clydequay.school.nz



HELL

Free Delivery

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

WEBSITE CODE: **HELLMTVIC**

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 ANY OTHER OFFER. STANDARD T&C'S APPLY. OFFER EXPIRES 31 OCTOBER 2020

Mt Victoria Residents Association News

The last few months have been full of korero around the draft WCC Spatial Plan. Even though submissions to the council close on October 5th, I can't see that slowing down too much, the plan itself is dense and the issues it's thrown up are complicated. This draft version of the document asks many more questions than it answers.

We had our AGM on September 24th. Here's an excerpt from my report:

We've had a lot of feedback from members and neighbours, concerned about the messaging coming from the Spatial Plan. My observation is that the loudest reactions to the plan fall largely into two camps:

- Those who fear that everything will change, that they'll lose everything they love
- Those who fear that nothing will change, that they won't get a chance to get what they want

This construct leads communities to fight amongst themselves, when the focus should be on the plan's lack of direction and detail.

We continue to work towards:

- A connected community
- A strong economy
- A healthy environment

... and have submitted feedback on the plan, with that in mind. You can see it on our website - <https://mvra.org.nz>

We also hosted a Meet the Candidates meeting, with a view to the upcoming general election. Have you enrolled? Have you voted?

We're always interested in what you think, so Email us at mtvicra@gmail.com
[facebook.com/MtVictoriaResidents](https://www.facebook.com/MtVictoriaResidents);
twitter.com/MtVictoria2

[Instagram/mtvicresidents](https://www.instagram.com/mtvicresidents)

Or call me on 021 188 7432

Angela, President Mt Victoria Residents Association



WCC Spatial Plan

Builder voice: Grant Wilson, Wilson Building

We understand the importance of needing to grow our city, and finding a balance between development and character retention is a big part of this.

Unfortunately the character of many Wellington homes was lost well before the heritage regulations came into place, and we now find ourselves trying to save something that has long since disappeared which can be a time consuming and costly process.

In saying that, we must protect certain areas from more intensive development otherwise what we do have left will be lost forever. Alongside protection, we must target development in other areas and relax the regulations. The lower end of Adelaide Road from the Basin Reserve towards Newtown is a good example of an area where far more intensive development could take place. Of course, changing the regulation's so that we can develop more intensively is one thing; being able to upgrade the infrastructure and design, consent and build to a budget in these types of areas will be the next hurdle to jump over.

www.wilsonbuildingwgtn.co.nz

Architect voice: Gerald Parsonson, Parsonson Architects

I think fundamentally the WCC are doing the right thing by facilitating greater density across all areas of the city and coupling it with a move towards better public transport, walking, cycling combined with good public spaces. Density done well builds characterful and vibrant cities, at the same time future proofing business activity.

Greater density and more housing will go some way to help affordability as there are real shortages pushing prices up currently. There is also 'a climate train crash a comin' and most of us are asleep. Current rules lock up large areas of land and restrict development, making it difficult and expensive to build close to places of work and education. Suburban sprawl with more roads and big box retailing is a carbon intensive model of city growth.

With the Proposed Spatial Plan the battle lines are forming in some areas, with 'pro-heritage' groups gathering momentum to counter those championing greater density.

Many European cities facilitate 'density done well' close to city and suburban centres, backed up by public transport, walking and cycling infrastructure. Great cities don't freeze development to suit one historic era, they embrace their top creatives of the day. All styles were modern once. Many community groups are concerned, justifiably, about the quality of new developments.

Council must offer leadership and up its game to facilitate 'density done well', enabling buildings that respond to local character and ensure they are designed by skilled practitioners.

How do they do this? The most successful European cities have good architects working within their councils who are able to identify the good and mitigate the bad. Auckland has an independent 'Design Review Panel'. WCC need to indicate that they are onto this, to give re-assurance to the doubters.

Gerald Parsonson, Registered Architect, FNZIA

Resident Voice: John Faisandier - The Challenge of community dialogue

At times I get stirred up and confused about the WCC Spatial Plan. Heritage is important; I live in an 1890s house myself. There's a need for affordable housing close to the inner city. Apparently, some investors 'land-bank' old houses and rent out unhealthy homes. Others want new developments to enhance the character of the neighbourhood. There's a lot of passion in the debate which at times can be unpleasant.

For the past 20 years I have worked with businesses and individuals to help manage emotions in difficult conversations. Here's a few reflections I can offer.

Our world is complex, ambiguous, and imperfect. It's complex because there are many competing views about most topics, including the WCC Spatial Plan.

The temptation is to make things simple. I'm right, you are wrong. This 'adversarial' approach is common in law courts and in parliament. The prosecution must prove the defence wrong and vice versa. The opposition tries to say where the government are wrong.

Here's a thought: Could we make the WCC consultation on the Spatial Plan a dialogue process? Dialogue is a process by which we 'increase the pool of ideas. To do this requires listening and talking with one another about complex ideas. By its very nature, it's messy and ambiguous. There's uncertainty and contradictory ideas. Even the very process needs to change as new ideas emerge.

Dialogue requires both humility and passion. I have my idea and I feel very strongly about it. But I don't assume that it is the perfect way, or even the right way. If I did assume there are no other ways of solving the problem, the pool of ideas would shrink. Feelings make dialogue difficult: Feelings tell you what your values are and what is important to you. Everyone in the dialogue process has feelings. However, feelings are not the sole measure of what's right and wrong. Hearing an idea that's different to yours can feel like an attack. You might become defensive or want to fight back.

If you can managing your feelings in these situations, it helps a lot.

So, name them to tame them: Acknowledging feelings - other people's and your own - helps defuse highly emotional situations. Naming feelings will tame feelings.

It is much easier to have rational, considered dialogue when feelings (and values) have been acknowledged, without blame or criticism. In dialogue, you each learn what is important to the other person. By doing so, you increase the pool of ideas. This

will give us all a better chance to come up with complex solutions for our complex world.

Mt Victoria resident, John Faisandier, teaches people to manage emotions in the workplace. Check out his Thriving Under Fire website at www.tuf.co.nz

Resident Voice: Anon - He tangata, he tangata, he tangata.

He tangata, he tangata, he tangata. To all Mt Vic homeowners resistant to change: People are important. Put people first so they can do the same for you. We already have a housing crisis and need to accommodate another 50-80,000 people by 2043 (yes, these population forecasts make sense – ignore the statistical misdirection of heritage lobbyists). We have two options:

Option 1: Increase housing density in the inner suburbs. People need to be able to live in the places that they work. Homes for the teachers at inner suburb schools, CBD workers, hospital workers, your gardeners, cleaners and tradies, our students. Homes for artists and creators, not just for the rich. So we can all minimise transport impacts and carbon emissions. So we can all contribute to and enjoy our city.

Option 2: Preserve low density housing for the wealthy in the inner suburbs. Push the less fortunate further out, with longer commutes, more carbon emissions and more traffic congestion, requiring more parking buildings and roads – a second Mt Vic tunnel, a Basin flyover. Those who live here cannot afford to make the music, art and culture that Wellington prides itself on. Businesses, workers and students move from Wellington seeking more affordable housing. Let's provide homes for our people, protect our environment and look to the future of our city.

Botanical Prints and Dyes Workshop

**Sunday 8th November 1pm - 5pm
at Innermost Gardens, Mt Victoria**

Barbara Wheeler is an Australian artist working with natural fibres and fabrics, botanic prints and dyes in a practice that spans clothing design, stitching, basketry and fabric piecing.

The Workshop: Botanical Prints and Dyes

In this workshop you will learn

- How to extract dyes from kitchen waste and apply them to textiles using
- Experiment with windfall eucalypt leaves to print textiles and paper

Tickets: \$40 - Numbers are Limited

For Full details and tickets please see our

Facebook event - Mt Vic Hub

or email us at hello@mtvichub.org.nz

Clyde Quay School Election Day BBQ Saturday 17 October 2020 - 11am-2pm

Clyde Quay School is the local polling station for the upcoming elections. What better opportunity to celebrate our community and enjoy time out with family, friends and neighbours.

The school would like to warmly welcome our Mt Victoria community and encourage visitors to stay for a drink and bite to eat. We will crank up the BBQ and run a small number of food stalls, while we enjoy music and cultural performances on the stage. (Performances will proceed if we are at Level 1 at the time) Put it in your diaries!

We look forward to seeing you there!

CQS Whanau & Friends

Mt Vic Craftsmen



During lockdown, John Schmidt passed a garage and saw a band saw.

"I stopped and said, 'I make violins,'" says John.

Oliver Dickie replied that he made banjos, and in a socially distanced manner they swapped phone numbers.

"Once we came out of lockdown we had a 'show and tell'," says John who had wanted to be a master machinist like his grandfather but became a physics teacher.

He and Jan Schmidt are the Resident Friends for the Quakers in Moncrieff Street. John has made 21 violins and has taught violin making to a variety of groups. Oliver has made three banjos and is working on two more.

Pictured - John Schmidt and Oliver Dickie

Age Concern

Do you need help with shopping, or a phone friend perhaps? Age Concern Wellington may be able to help you.

Please call 04 499 6648 or email
ea@acwellington.org.nz



New Therapy at GVST! The Tomatis® Method

Good Vibrations Sound Therapy now brings you the Tomatis® Method which can be helpful with conditions such as Sensory Integration, Motor Skills Difficulties, Autism, ADD/ADHD, Dyspraxia, Dyslexia, Speech Delay, Learning Difficulties, Tinnitus and other related Auditory Processing Disorders.

If a child/person has problems with verbal delay or written language it may be due to auditory processing difficulties. There may be a dysfunction in the way their brain is processing auditory information, which affects their language as it is through listening to speech sounds that we acquire our verbal skills.

The Tomatis® program starts with a comprehensive listening assessment that measures frequency response, ear dominance, and sound selectivity.

A thorough case history is taken to determine the suitability of the program. An ear-brain-body retraining program is then designed to meet your child's needs. The client listens to classical music, mainly Mozart and Gregorian Chants, through a special headset including both bone and air conduction. This music is modified by the Tomatis® Listening Device known as the "Electronic Ear" to re-educate the ear and awaken the person's listening skills.

If you are interested in finding out more, please get in touch.

Sharon Grealley

☎ 0212 648 544

✉ info@goodvibrationssoundtherapy.co.nz

🌐 goodvibrationssoundtherapy.co.nz

MT VIC HUB
BRINGS YOU

Poetry Through The Ages

Readings, Wine and Nibbles

Books for Sale and Signings

Thursday 19 November - 6.30 to 8.30PM

The Minimal Co, 24d Elizabeth St

Join the Mt Vic Hub to acknowledge the wisdom and wit found in both
those young and old.

As part of celebrating Seniors Week this event is
a poetry reading with a difference.

Four female poets across the generations will read poetry
about feminine experience and how poetry serves as a unique way for
them to express themselves and the truths about their lives.

Rachel McAlpine, Margaret Austin, Sarah Scott and Devon Webb
are all local poets and will read from
their bodies of work.

Check out our Facebook page to book or you can email us at hello
@mtvichub.org.nz Koha entry

Mt Victoria Bush Regeneration News

Our group have planted over 2000 native plants
this winter season and now we need to be out
looking after them.

Join us for our next plant care morning on Sunday
25 October at 10am. Check out the details on our
Facebook page



Classes/Classifieds

Feldenkrais Method -Awareness through Movement classes. Call Sue 0274667123 - Please note this has moved to the Quakers room, 7 Moncrieff St: Tuesday night 6 - 7pm

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 and offers 20 hours of state-funded ECE for over 3s. Contact us at 04 3848201 email julie@crosswayscreche.org.nz

Mt Victoria Toastmasters at Tararua Tramping Club, Moncrieff St. See Facebook or website for class times and dates - mtvictoastmasters.org.nz

Writing Help - Clarity, conciseness and appropriate tone are paramount. I can edit your writing and coach you in plain english principles along the way. Phone Margaret 04 8019777

Karuna Clinic - Acupuncture. 20% discount for first visit to readers of Newsletter. Contact Karuna Olatunji 021 1789 640 www.karunaclinic.nz

The Quakers, 7 Moncrieff Street has meeting rooms for regularly scheduled or one- time meetings for nonprofit and governmental agencies. Wifi and projector available
Email: wgtnquakers@gmail.com or Call: 04-385-4897

Innermost Gardens - Gardening Sundays 11am-1pm - 4 & 18 October. Everyone is welcome and Tuesday morning gardening every week from during school term 10am - 12pm.

Mainly Music

If you are new to the area or just looking to meet other parents or caregivers, Mainly Music is a wonderful way to do that. 9:30am - 11:00am, Tuesdays during term time. Location: The Street Church, 21 Hania Street, Mt Victoria
Session Cost: \$4.00 per child or \$5.00 for two or more children. Concession cards available (two free sessions per term) Please contact Myra for more information families@thestreet.org.nz

Newsletter Contact :
hello@mtvichub.org.nz
or call 04 3901411 or
021765525
www.mtvichub.org.nz

Just supporting the everyday lifesavers

Over the last 10 years, the team at Just Paterson have raised over \$350,000 for cancer research for The Malaghan Institute.

List and sell your home with us during Malghan Month in October, and not only will we give you a free advertising package worth \$3,000, we will also donate \$1,000 per sale to the Malaghan Institute.

Contact us now to help us help the lifesavers in our community. 04 385 7755 malaghan@justpaterson.co.nz



Recent Mt Victoria Sales Statistics From REINZ

Mcfarlane Street - \$2,100,000

Austin Street \$427,750

Prince Street - \$850,000



Caroline Collison

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Charles Morley-Hall

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