



Caring For Our Community

We have been thinking about what we can do for our friends and neighbours in the coming weeks should any of us have to self isolate or go to hospital. Check in with your neighbours - simply drop a note in their letterbox (we have included some on page 2) or send a text. Perhaps put together a little care package and drop it off to them, it doesn't have to be much, just to let them know you are thinking of them. Keep it simple and safe.

For more information on "Self Isolation" or "What type of contact are you?" see page 3. You can also check out - <https://covid19.govt.nz/isolation-and-care/how-to-self-isolate/#when-you-can-expect-health-and-wellbeing-checks>.

For regular updates go to the Unite Against Covid website, for things you need to know and things you can do <https://covid19.govt.nz>

Kia kaha and together we will get through this.



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sponsored by Just Paterson

Kia ora! If you are self-isolating, I can support

My name is _____

I live locally in _____

My phone number is _____

If you are self-isolating due to COVID-19 I can help with

- ☐ picking up shopping
- ☐ running errands
- ☐ A friendly phone call / video call

Just call or text me & we can chat about what you need

*Ahakoā te momo mate,
whakanuia tangata*



*Regardless of illness,
everyone is valued*



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Innermost Gardens Compost Bins CLOSED for the Month of March

We have made this decision after considering the health risks and pressure on our volunteers during the period that Covid numbers are likely to climb. It is likely that volunteers will be unable to put hours into the compost operation due to sickness or isolation.

Please do not bring any food scraps up to the gardens during this time. Our compost area is run solely by volunteers and it is important that we consider their needs. If you miss bringing your scraps to Innermost, this month might be a good time to let Wellington City Council know, as it could ensure that more local composting hubs are enabled throughout the city.

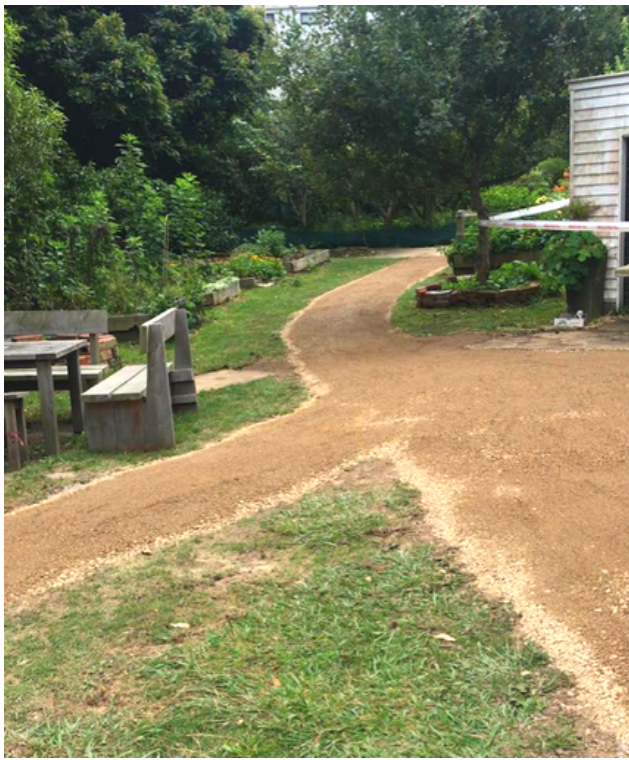
And more positive news:

No wet shoes at Innermost Gardens this winter

We are very excited that the path from the car park at the end of Lawson Place to the hall has now been upgraded, providing a smoother and drier access to the hall and through the gardens. We have dipped into slim reserves to do this work and are still seeking donations from the community. Please follow this link if you can put anything towards this project.

<https://sites.google.com/view/innermostgardens/grow>

A huge thank you to the volunteer core team at Innermost Gardens. If you see them up at the gardens give them a big thumbs up from our community for the amazing mahi they have done and are doing. They are Tim, Chris, Margaret, Ian, Viv, Rory and Sandy.



New paths at Innermost Gardens

Wellington Women's House Call Out For Toiletries

Wellington Women's House is currently running low on full-size toiletries such as; shampoo, conditioner, toothbrushes, toothpaste, deodorant, bodywash/soaps, new hair brushes, etc. Perhaps next time you are out shopping you can grab a few items and drop them off.

One of the ways we try to relieve the stressors of homelessness and poverty is by providing the wāhine living here with toiletries. Please drop them off at the house or at the Mt Vic Hub, 24E Elizabeth St. Thank you.

A Word from Iona Pannett

2022 may be a year we remember as deeply troubled as war commences in Ukraine, we go into the third year of the Covid 19 pandemic, a divisive protest is on our doorsteps and as inflation and the housing crisis continues to hit many households.

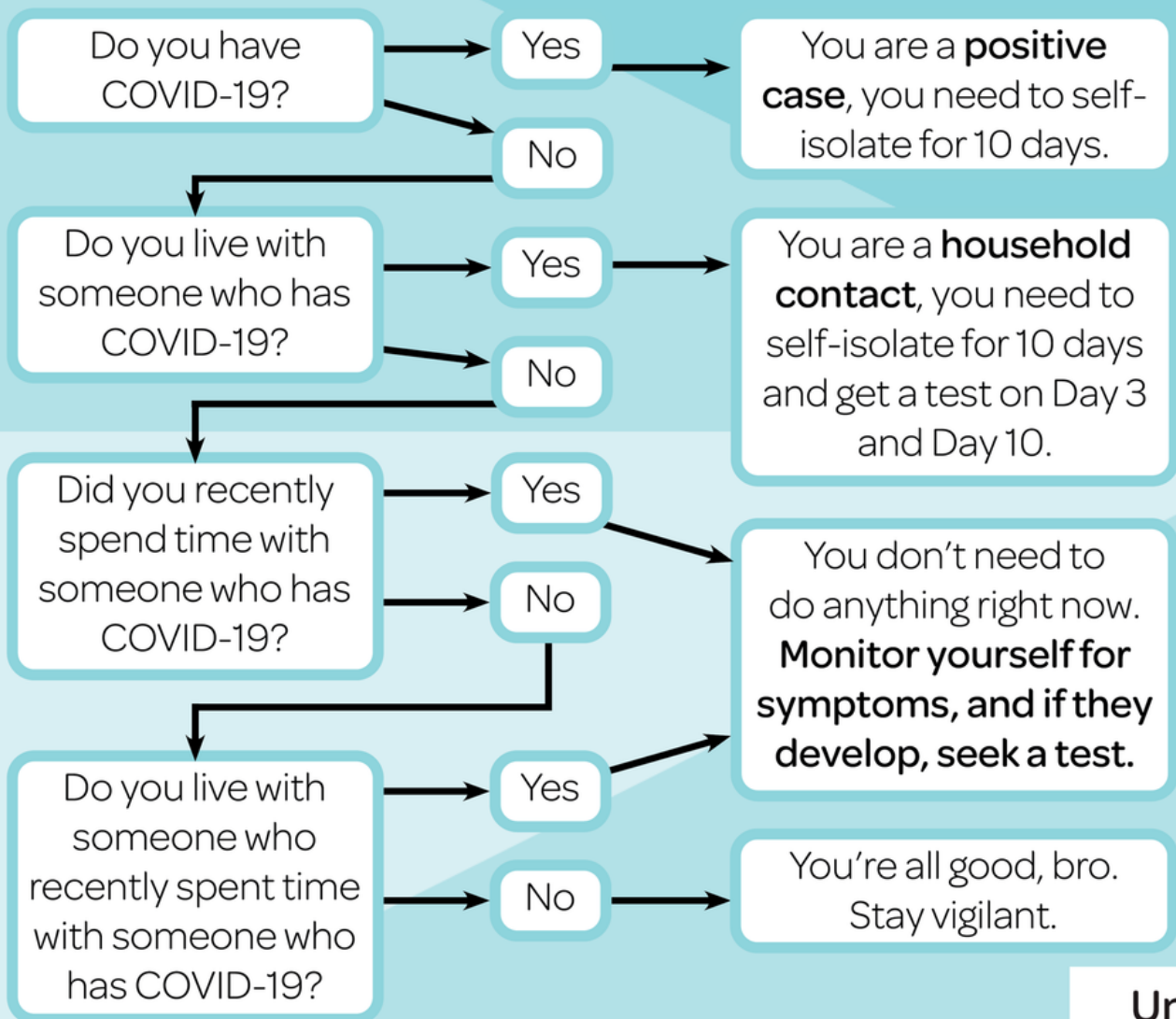
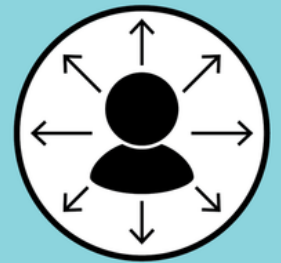
However, we have seen the best of our community and our public servants as they work around the clock to deal with Omicron and to support Police to bring the Parliamentary Protest to a peaceful conclusion. Furthermore, our Economic Agency WellingtonNZ has put a number of mechanisms into place to support struggling businesses who have been hit hard by the pandemic. Work continues on our District Plan with hearings through March. I very much look forward to hearing from the public and know that there will be strong representation from Mt Victoria. I continue to oppose the significant reduction of character protections in our suburb whilst working towards housing solutions that will see everyone well housed. Rules in the District Plan that will require affordable housing, partnerships with Kainga Ora and apartment conversions are realistic and workable solutions.

I know our community will continue to rally as we meet these challenges, take care everyone!

For further information, iona.pannett@wcc.govt.nz or 021-227-8509.



What type of contact are you?



Te Kāwanatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19

Facemasks For sale "Handmade by Paige"



Paige lives locally here in Mt Victoria and is 12 years old. She has recently started a little business making masks. There are various sizes and each mask is \$5 and 20% of sales goes towards helping remove rubbish from the ocean - teamsters.org

We have a selection here at the Hub (24E Elizabeth St) for sale or you can email Paige at sheinach@gmail.com

Mt Victoria Residents Association

Kia ora koutou!

What we're thinking about at the moment ...

We had our first meeting for the year at the beginning of February and identified a few areas to focus on this year. They are:

1. Safer streets – how do we make our streets safe and accessible for all users?
2. Renting in Mt Victoria – we hear a lot from homeowners, we'd like to hear from renters too
3. Matairangi – what's going on in the town belt?
4. District Plan – how will the District Plan affect Mt Victoria?

What do you think of these areas? Do any of them interest you enough to come work with us on them? We'd love it.

I close with sad news (for me) - we say goodbye to Judith Graykowski as she is moving out of town for a bit. Anyone who's had the pleasure of meeting Judith will know that she's friendly, clever, curious and tenacious. I've had the honour to work with her on the committee for a few years now, and we're all going to miss her terribly.

If you've got something you want to share with us, please contact us

Email us at mtvicra@gmail.com

facebook.com/MtVictoriaResidents;

twitter.com/MtVictoria2

Instagram/mtvicresidents

Or call me on 021 188 7432

Cheers, Angela.

Mt Victoria Bush Regeneration

Mt Victoria Bush Regeneration Group is your local group looking after part of our park - the Mt Vic Town Belt. Come along and help us restore native ecosystems to our backyard. We appreciated the importance of our park recently for stormwater management, as it provides a green sink to slow down stormwater in our heavy rainfall events. Our project is a long term initiative and we can use any skill you can bring.

We meet up formally once a month on a Sunday morning for a get together and working bee, next one is 27 March at 10am, top of Majoribanks St. Find us on Facebook or get on our new email newsletter list, email MtVicBushRG@gmail.com.



A word from Grant Robertson

Kia ora Mt Vic residents, hope you're doing well. Some positive news – in the two years since the Government launched Ka Ora, Ka Ako Healthy School Lunches programme more than 47 million lunches have been served in 921 schools, including in 96 schools in the wider Wellington region! Having a healthy lunch makes such a difference in a child's day, improving focus and overall health and wellbeing, boosting attendance and reducing financial hardship on whānau. It's one of the many ways we're working to eliminate child poverty in



Aotearoa, with recent figures showing 66,500 children being lifted out of poverty. I know it's been a stressful few weeks for our city as we face a number of challenges, including community spread of Omicron. We've recently moved to Phase 3 of our response to Omicron in the community, with the biggest change being that now, only cases and household contacts have to isolate. The traffic light system is still in place, the different phases outline how the health system manages high case numbers in regards to testing and isolation requirements. I know it can be difficult to adjust to having an outbreak of COVID-19 after two years of little widespread transmission. I want to reassure you that we're well placed to deal with this, we're highly vaccinated and increasingly well boosted. Stay safe, look after each other, and make a plan with your whānau or flatmates about how you'll manage things if you have to isolate.

Kia kaha

Grant

Koha Yoga at Innermost Gardens

Haere mai to **Koha Yoga with Olivia** a new yoga class starting at Innermost Gardens, Mt Victoria.

Time is from 8 - 9 am on Fridays and classes start from Friday 11th March onwards. You will need a yoga mat and comfortable clothes. Cost is a koha/donation. The ancient roots of yoga lay in moving the body to calm the mind. This class offers an hour for you to just simply be. A space to move your body, breathe deeply, and then settle into some stillness. Whatever that looks like for you. All bodies are welcome and no experience of yoga is necessary.

*The space requires a vaccine pass and for you to wear a mask until you reach your mat. *Spare mats are available.

*All details on the FB page: facebook.com/kohayogawitholivia

CONTROVERSIAL MĀORI THEATRE, MOKOMOKO, SET TO MAKE ITS MARK AT BATS THEATRE IN MARCH 2022



Writer/Director Sherilee Kahui (Taranaki) is “going there” with her new script Mokomoko, and is leading a team of Māori practitioners to make it happen. The final Co-Pro Show at BATS Theatre funded by Toi Aotearoa’s Adaptation fund 2021, Mokomoko is ready to drop some hard truths; are you ready to hear them?

Mokomoko is a solo show that follows the titular Moko, who is stuck between a rock and a hard place. She feels that a stronger grounding in her whakapapa will help her heal from personal trauma, but the more she learns, the more she finds there’s so much more work to do. Join Moko on her quest to discover the truth of her origin story, and help her to stay on the path to becoming the wahine toa she was born to be. Integrating live performance with AV and taonga pūoro, Mokomoko sets out to reclaim the Angry Māori Woman trope in this provocative, disruptive and (very) black comedy.



Like many of our Arts and Creative Communities BATS could use a little aroha to keep things ticking along. Introducing the Love BATS pack here are some of the ways you can show them your support:

- Sign up to Regular Giving
- Make a One Off Donation
- Make a Major Gift

Check it out online at <https://bats.co.nz/support-us/>
BATS also has an online Art Auction in progresss at the moment. With many pieces from amazing New Zealanders and artists of Aotearoa. All pieces are hanging in the Lumen Bar at BATS if you’d like to see the pieces in person.

SLUG
Supermarket

240 Elizabeth St
Mt. Vic
Wellington

MARCH 3RD - 17TH

JPALM	BONNIE WROE
TURUMEKE HARRINGTON	GEO KNITS SLOW
ITCHY KNITS	ELLA HARRINGTON KNAPTON
JUJU	MONIEK SCHRIJER
GEORGETTE BROWN	MIL HAMPY
J'AKE	AUGUSTA
VAGUE JEWELLERY	LANCE STRICKLAND
ESTA DE JONG	CAIT LUCAS
CHARLIE	BLACK WAX PRESS
TOMMIE LOVE	COREY PUGH
OF BODY	T.WEI
SICK CERAMICS	MATE VELA DESIGN

CURATED MIXES:
Comf, Charlie OPI, Alice Agnes, Ilish

WORKSHOPS:
Hand building with SICK CERAMICS
Movement workshop with CHLOE JAQUES

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Celebrating Wellington Anniversary Weekend at Crossways Creche

The tamariki (children) and kaiako (teachers) of Crossways wished Te Whanganui-a-Tara a happy birthday for Wellington anniversary weekend.

Kaiako "I wonder what we could do for Wellington's birthday"

Tamariki "Make a birthday cake?"

Tamariki "We could make Wellington an earth-cake"

Kaiako "An earthquake?"

Tamariki "Hahaha Nooo.., an EARTH-CAKE!"

Kaiako "That sounds like a great idea what would we decorate it with"

Tamariki "Flowers and stuff"

Children have the best ideas, creating this Earth-cake from nature's resources was a fun group effort.

When we asked how old they thought Wellington is, the tamariki offered many ideas but if we look to the story of Ngake and Whātaimai the taniwha of Wellington harbour, we can see that Te Whanganui-a-Tara/ Wellington's history reaches into the very distant past, as first Māori and later others came to live in this place that we all call our home.



Maori Language Moment

Be kind

- Check in on others

- Help others

Kia atawhai

- Me toro ki ētahi atu

- Āwhinatia ētahi atu

Feldenkrais Method -Awareness through Movement classes. Call Sue 0274667123 - Quakers, 7 Moncrieff St: Tuesday night 6 - 7pm

Koha Yoga with Olivia

Friday mornings 8am - 9am at Innermost Gardens,(31 Lawson Place, Mount Victoria, Wellington 6011)

What you need: a yoga mat and comfortable clothes (a block is optional)

PikoPiko Clyde Quay Kindergarten

Mon-Fri 8.45-2.45pm, @ Elizabeth & Brougham. Offers 20 hours ECE. 04.385.0441 or www.wmkindergartens.org.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. Call: 04-385-4897 or Email: wgtnquakers@gmail.com

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

One Mindful Breath is a meditation group based on secular Buddhist principles. Beginners and experienced are welcome. We come together on a Wednesday evening to meditate, followed by thoughtful discussion and a cup of tea. We meet at the Friends Centre, 7 Moncrieff St, Mt Victoria. Doors open at 7.15pm, the meditation starts around 7.30pm. You can just turn up! For more info onemindfulbreath.co.nz

Crossways Community Crèche, 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

Innermost Gardens - Gardening Sundays 11am-1pm - First and Third Sunday of the month. Everyone is welcome and Tuesday morning gardening every week during school term 10am - 12pm. Contact them on innermostgardens@gmail.com

Mainly Music - This is a wonderful way to meet other parents or caregivers. 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 are available Please contact Myra for more information families@thestreet.org.nz

Professional dog walking and dog sitting service - Adventure walks - \$30 Does your dog need some exercise? Or do you need someone to watch your dog for a few hours, for a day or for the weekend? Call or text Tamara 022 1063540 for more info.

Bookkeeper Wanted

Do you know how to run xero?
I have a small business that requires a bookkeeper. Probably requires one half day a month at the moment but sometimes grows to need a little more. I live locally. Call 021 495959.

Mount Victoria Sales

Here's a list of what sold in January in Wellington's hottest suburb!

AUSTIN STREET - \$1,200,000

MOIR STREET - \$1,060,000

QUEEN STREET - \$630,000



Caroline Collison
Property Specialist

M: 027 566 1666

E: caroline@justpaterson.co.nz

**Living and Selling in
Your Community**