



VALLEY VOICE

TE REO HAPORI WAIMAPIHI

NEWS AND VIEWS FROM AROUND THE ARO VALLEY MARCH 2023

COME TO THE ARO FAIR 2023!

Haere mai Aro Valley whanau!

The Aro Fair is back and this year promises another glorious, family friendly day of entertainment and community spirit with a live music stage and market full of stalls and food surrounding our wonderful newly renovated community centre.

Come along on **Saturday, 1st April from 10am - 4pm** and join us for the capital's coolest community get-together.

Craft stalls, food trucks, oddity stalls - you name it, we've got it! Our beautiful Aro Park will be filled to the brim. So get yourself ready for a day of fun and connection in the community centre grounds for the greatest little fair at the end of the Welly Summer.

WHAT TO BRING ALONG:

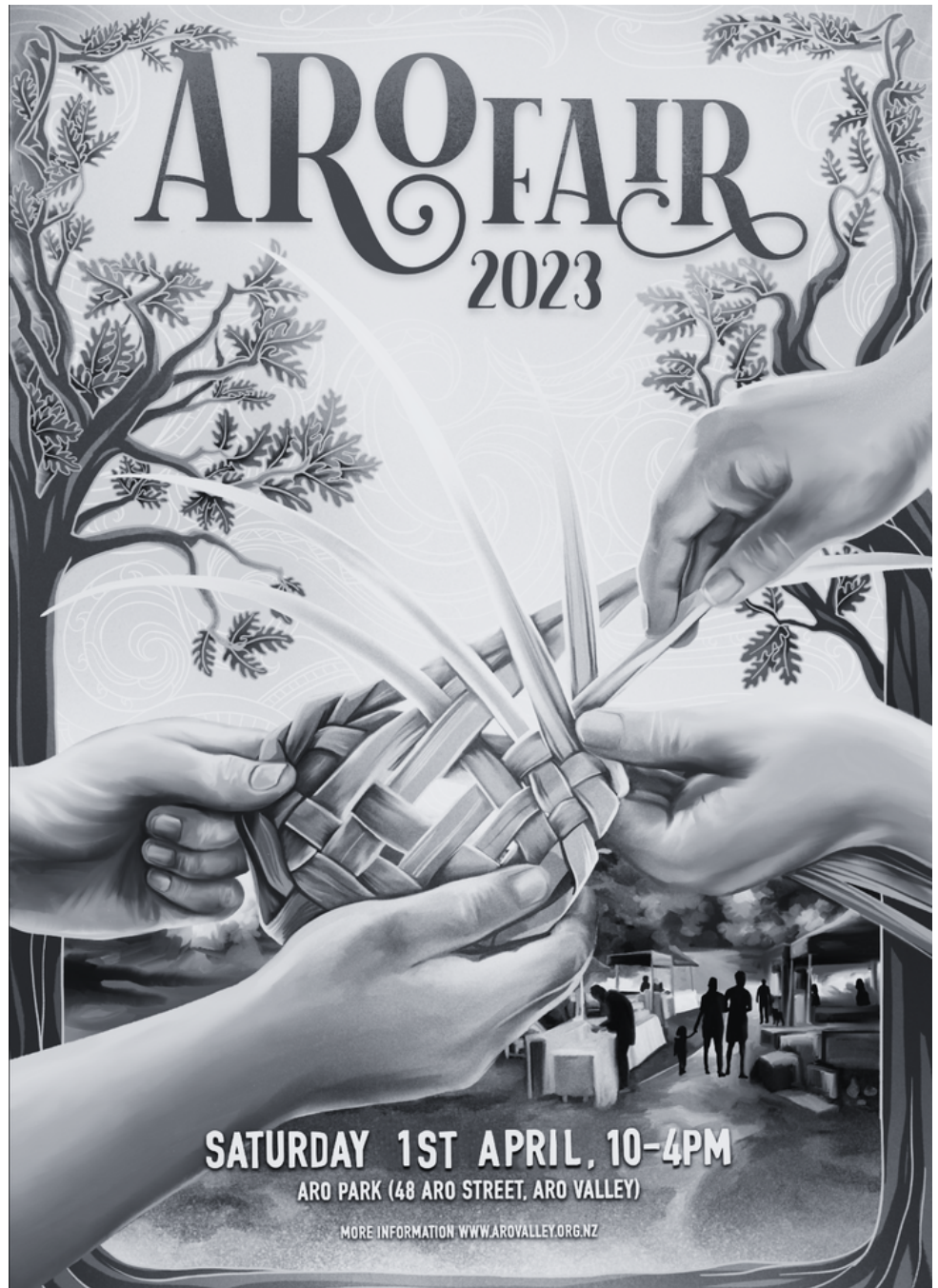
- Reuseable plates, cups and cutlery to help us keep our event waste free.
- Sunscreen and a hat
- Your water bottle

We can't wait to see you there!

Want to be involved in the best little fair in Welly this summer?

STALLHOLDERS! Come and be a stallholder at the ARO FAIR 2023! We have just a few 3x3m and 2x3m stands still available, so get in quick! Send an email to community@arovalley.org.nz and we will help you find out all you need to know to be involved.

VOLUNTEERS! Want to help us bring all of this together on the day? We could use your help! If it's just a couple of hours, or even the whole day, we would love to hear from you. Just email community@arovalley.org.nz and we will get you started!



Dawn Blessing of New Hall

A stormy night gave way to a still pre-dawn on March the 10th. As the first cry of the kākā rang out through the valley we gathered together outside the waharoa, the entrance of the community centre with Mana Whenua, residents and WCC to bless our newly refurbished community hall.

Mana whenua representatives, Puha Rikiriki led us in with karanga and karakia, accompanied by our local manu (birds), a tohu (sign) of nature's connection to our local environment, a beautiful taonga (gift) to welcome us back into our community space.

As we entered the hall there was a feeling of deep relief in re-acquainting with our dearly loved community space, where members of Puha Rikiriki performed karakia whakahorohoro and waiata mōteatea, ancient blessings and chants to render our refurbished building safe for us to return to.

During the formalities we heard from Iona Pannett and Tamatha Paul, Pukehinau Ward councillors, and Stu Print, AVCC member and local Funeral Director.

After the formalities, we all enjoyed kapu tī in our space, with kai supplied by Everybody Eats, a charitable organisation helping to create more equitable food solutions and minimise food waste.

AVCC would like to give special thanks and acknowledgements to Ali Houppapa, Connor Macleod, Lee Hunter, Malesha Wairau and Nate Rowe of Puha Rikiriki, Wellington City Council, Everybody Eats and members of our local community for rising with the sun to help us open our hall in such a community-spirit led way.

AVCC would also like to thank PBJ Construction and Stellar Projects for their work on bringing our hall back to life.

WHEELS ACROSS ARO PARK

Shifting the Community hall has achieved what was intended. It has opened up the middle of the Community centre so that it can be used as an extension of Aro Park, there's more usable space beside the hall, the basketball court is not as isolated, and the preschool playground can be seen from the park. Improved sight lines across the park and Community centre supposedly make it safer for everyone who walks through. It is after all a pedestrian precinct.

But even before the building site's safety fences were removed the new normal was to speed through the park and Community centre on any sort of wheels that can fit through the Palmer Street entrance. Everyone on wheels is going faster. And it's not just the locals. Signs and orange cones put out on the paths asking people to slow down have had no effect. Our park and Community centre has become a race track - and the preschool gate opens onto the narrowest part of it!



The WCC is about to encourage those on wheels to continue riding through the park on what is part of an "informal" cycle route to Ghuznee Street and is inviting others to do the same by building a shared path 2.5 metres wide across the park, past the Community Centre and through to Palmer St.

It will be a "temporary" addition to the Aro Valley cycleway - part of the 1st stage of a 3-year process to complete the cycleway from the bottom of Aro Street up to Appleton Park in Karori. It will not be an easy ride! In the safety audit by via Strada they describe the path and who is expected to use it:

"... the proposed treatment for the Aro Valley route, whilst being an improvement on the existing situation, is only expected to attract cyclists of the "strong and fearless" or "enthused and confident" categories... this is considered acceptable."

The Council is fully aware that the existing paths through the park are "often used by people walking and biking through Aro Park and Little Palmer Street to the CBD." However, the flawed safety audit doesn't include an analysis of the risks of the proposed shared path to the preschool children and their minders, the AVCC staff, the users of the hall, the Aro School children or Valley-ites who just want to be able to walk across or hang out in the park - their park - without being on full alert!

Our tiny park is the only flat, accessible park for the nearly 4,000 people who live in the Aro Valley. Aro Park is so much more than just a thoroughfare. It is a much loved and well-used part of our community precinct.

Preschool Head teacher, Bridget, states the obvious "Bikes, electric scooters and motorbikes already go through this space, some at great speed - with little regard for people walking. Just getting to the preschool gate will mean walking across the shared path and into the path of cyclists."

Our children rarely walk in a straight line, they run ahead of their parents, jumping, twisting, or running through the park to the preschool gate. The pathway currently offers families a chance to teach their children to ride a balance bike or small bicycle without worrying about cars etc. A shared pathway will likely increase the numbers of vehicles and decrease the safety of walking - an increase of bikes, scooters etc will increase the risk.

And who will take responsibility if a child is injured by a cyclist, or scooter ride, or motorbike while on this shared pathway?"

Based on the current behaviour of many on wheels, we cannot expect them to stick to a speed limit - or take the proposed painted snails on the widened path seriously.

The safety and needs of the park users are more important than the inconvenience of a cyclist having to find a way to get to the bottom of the Aro Street cycle lane until their dedicated and safe (for cyclists) route is finished.

~ Jaqui Tutt (AVCC Co-chair)

Protecting Green Space in Aro Valley – My Priority

Written by CR Iona Pannett

The future of the Central Allbreeds Training Ground and the permanent widening of the path in Aro Park for cyclists have been hot topics recently. Many thanks to those who are working on these issues.

Given the limited amount of green and flat space in the Valley, it is critical that we preserve and improve these spaces now and into the future.

Council has decided to widen the path in Aro Park to make it safer for pedestrians and cyclists. I do not believe the path should be widened permanently as the park is primarily for pedestrians, some who are really vulnerable. I will be working with councillors and the community for a way forward on this issue and to ensure too that our cyclists are safe.

In terms of the old dog training school, it was great to meet with the community to look at how we can ensure that it can continue to be used as a park going into the future now that some of the access has been blocked off. I will be convening a meeting soon to look at how we can make it accessible as possible for everyone. Everyone will be most welcome to come along.

For more information, contact me on 021-227-8509 or at iona.pannett@wcc.govt.nz.

~ WHAT'S ON ~ IN OUR NEW SPACE!

Take a detailed look at some of the awesome activities you can come along to in our revamped Hall.

Olin Yoliztli - Traditional Dances of Mexico
THURSDAYS 6-8pm (Starts: 6/4/23)

What to expect? The first 20 minutes are a warm-up following different routines and movements of a prehispanic practice (in Náhuatl known as Yeyecoa or Kinam) which harmonize our energy through the body, mind, emotions and vital energy. After that, 1.5 hrs to learn one of the traditional types of dance (which changes monthly) and finally 10 min of cooling down.

Join us, everyone welcome!

For more information contact Laura
laura@olinyoliztli.com

Posture & Breathing - improve both at once!
Sunday Workshop - 7 May - 1.30pm - 4.30pm

Are you sitting for long hours? Do you breathe freely, without tension? Would you like to improve your posture, but not sure how? An easy, natural upright posture enables you to breathe better. Freeing your breathing will help to improve your posture.

Learn to free habitual patterns of posture and breathing with "Awareness through Movement lessons® (Feldenkrais Method)®"

Registrations and information: Sue Field
suefieldnelson@hotmail.com
Phone 0274667123

Joyful Chair Yoga Dance Class!

Tuesdays at 12 noon, 45 minute class.

Improve Stability, Flexibility, Strength, Balance and Coordination all whilst having fun together with this supportive group.

For more info contact Kristin on
022 694 1197


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Dance 4 Us
WEDNESDAYS
1-2pm
(Starts 26/4/23)



Join our fun therapeutic dance at our Dance 4 Us Wellington group where we will use creative and expressive movement-based exercises to promote social relationships and emotional literacy.

This group is designed to support adults and young adults with disabilities (including Cerebral Palsy, Downs Syndrome, cognitive delays & physical disabilities - wheelchairs and mobility issues). In order to boost individual health, our therapy team works with participants to co-create meaningful shared experiences in the community.

There is no need to pre-register; all you need to do is bring yourself, and, if you'd like, a support person.

(09) 636 3029 admin@dancetherapy.co.nz
Cost: gold coin (not mandatory)



CLEANER(S) WANTED

We are looking for reliable, thorough cleaner/s for Aro Valley Community Hall.

- Weekly - 3 hours @ \$30 p/h
- Casual - 2 hour post-function cleaning @ \$30 p/h

Email: community@arovalley.org.nz
or call Vorry on 027 2670100

**VALLEY VOICE**

All contributions and feedback to
community@arovalley.org.nz
or 027 267 0100

Valley Voice is published on behalf of
Aro Valley Community Council
48 Aro St, Wellington

Opinions expressed in this newsletter are those of the writers and not of the Aro Valley Community Council (AVCC) unless adopted at a general meeting.

AVCC 2022 - 23:

Co-Chair: Lisa Thompson

Co-Chair: Jackie Tutt

Secretary: Mariana Esquivel

Treasurer: Richard Skinner

Committee Members:

Karen MacIntyre

Sarah-Jane Parton

Madeleine Rashbrooke

Stu Print

Aro Valley Community Centre

Co-ordinator: Vorry Mahal

vorry.mahal@arovalley.org.nz

04 384 8499

~ APRIL ~

CLASS SCHEDULE

DAY	TIME	CLASS	PRICE	CONTACT
MONDAY	8.30-10am	Tai Chi with Yi Ching Mao Starts: 3/4/23	Cost: Koha	04 3848499 community@arovalley.org.nz
TUESDAY	12-12.45pm	Chair Dance Yoga with Kristin McGuigan Starts: 4/4/23	Cost: \$5/\$10 or Koha	022 694 1197 kristingiorgi@gmail.com
WEDNESDAY	8.30-10am	Tai Chi with Yi Ching Mao Starts: 5/4/23	Cost: Koha	04 3848499 community@arovalley.org.nz
WEDNESDAY	1-2pm	Dance 4 Us Wellington Starts: 26/4/23	Cost: gold coin* (not mandatory)	(09) 636 3029 admin @dancetherapy.co.nz
THURSDAY	6-8pm	Olin Yoliztli, Traditional Dances of Mexico Starts: 6/4/23	Cost: \$10 per class*	laura@olinyoliztli.com
THURSDAY	6-9pm	Tango with Sebastian Arrua Starts: 20/4/23	TBC	sebastiantangonz@gmail.com
FRIDAY	8.30-10am	Tai Chi with Yi Ching Mao Starts: 7/4/23	Cost: Koha	04 3848499 community@arovalley.org.nz

* FROM OLIN YOLIZTLI: If you really want to attend but can't afford it, just contact us! We'll be happy to talk and accept an affordable donation from you.