



# VALLEY VOICE

TE REO HAPORI O WAIMAPIHI

NEWS AND VIEWS FROM AROUND THE ARO VALLEY - AUGUST 2017



Image: <http://www.diveplanet.com/marine-environment/bioplastic-bags-not-solution-to-single-use-plastic-pollution/>

## “New Zealanders use around 1.6 billion single-use plastic bags every year”

(<http://action.greens.org.nz/no-plastic-bags>).

In July, Aro Valley had a successful campaign to go plastic bag free.

Many groups are witnessing the damaging effects on wildlife due to plastic bags and as a result thirty countries and 170 states have either banned or placed a levy on single-use plastic bags. New Zealand has taken up soft plastic recycling at many supermarkets, but is yet to formally ban the sale of plastic bags. (<http://www.stuff.co.nz/life-style/nz-life-leisure/74493840/Is-it-time-New-Zealand-banned-plastic-bags>).

The Aro Valley Community Centre would like to support a program that will supply local business with hand-made (from recycled fabrics) and used bags to keep in their store for customers to take as they need and return when they are done. The concept is for the bags to be borrowed and returned to bag drop stations in town, so that plastic bags will not be needed. This will be part of the growing “Boomerang Bag” movement in Australia and currently campaigning in Wellington with working bees underway.

Plastic bags never “go away” just because we send them off to landfill or recycling. There actually is no “away”. Plastic does not biodegrade into environmentally-friendly material. It photodegrades (breaks up into tiny little pieces). It is estimated that this process can take at least 100 years, but we really have not been able to test this.

In the meantime we continue to let this chemically manipulated product leach into our soils, waterways and threaten our wildlife and delicate ecosystems.

So let’s not wait for someone to ‘Ban the Bag’, let’s just make the changes ourselves. Having your own carry bags and produce bags are a great place to start. For those times when you forget your bag or accidentally grab a few more items than you planned, bags are kept in the shops for you to borrow and then return when you are done. There is no need for all of us to go out and buy carry bags, we can re-use the textiles and pimp up what we have to create beautiful bags. (continued on page 2)

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**Aro Valley’s  
General Election  
Meet the Candidates**  
Monday 28 August, 7-9pm  
Aro Valley Community Centre  
48 Aro Street

View the Valley Voice in Full Colour on line at  
<http://www.arovalley.org.nz/valley-voice-newspaper.html>  
Subscribe to AVCC E-Newsletter - <http://www.arovalley.org.nz/>

We would love to have some volunteers for sewing, cutting, organising textiles or to bring donations of old bags or materials. T-shirt donations will also be much appreciated (please make sure they are washed). These donations can be dropped at the Aro Valley Community Centre.

If you would like to know more about Boomerang Bags Wellington or assist in the project please contact Sarah at the Aro Valley Community Centre on 384 8499, at [developer@arovalley.org.nz](mailto:developer@arovalley.org.nz) or just pop into the office.



Community worker Sarah talks about reusable bags made by volunteers at the hall from donated fabrics. These have been supplied to local shops so people can take their groceries home instead of accepting a throw away plastic bag. They drop the bag back at the shop on their next trip past. It's one of the good ideas helping Aro valley be plastic bag free.





## There is one garbage truck worth of plastic dumped into the ocean every minute and it is increasing at rapid speed.

Creating behaviour changes is key to moving away from our reliance on plastic. It doesn't happen overnight, but overtime incorporating plastic free alternatives will make a big impact to your health and the environment.

The Aro Valley Community Centre has been driving a Plastic Free July campaign. Over one million people world-wide from 130 countries in making a difference. Plastic Free July aimed to raise awareness of the problems with single-use plastic and challenges people to make changes to tackle the problem in their own lives.

It has been great to hear what changes people have made and to be able to chat about the struggles and the options for the past month. But there is plenty more to chat about.

This year the Community Centre supported residents through

providing workshops, events and resources, as well as providing a pop-up waste free shop with plastic free bargains and access to well known products. We ran a range of workshops to tackle the plastic problem from all angles. Workshops have had a positive response with people taking away home made products, recipes and tips. Events included pop-up shop launch, Boomerang Bags sewing bees, Make your own toiletries, Mozzarella Making, Sustainable Event Management Training, Clothes and toy swap and a Recycling Workshop. The campaign was aimed to educate and provide alternatives. It was supported by the Wellington City Council Waste Minimisation Fund.

Local businesses are already supporting, practising and offering plastic free alternatives, like Arobake, Aro Café, the Mini Mart, Patel's, The Garage Project, Vinnies and The Rolling Mill.

Even though July has ended, we would love to see the Valley continue to get behind the campaign by doing what they can to reduce plastic in their day-to-day lives. Even just remembering your own bag, takeaway cup, water bottle and asking for no straw makes a huge difference to the environment. Re-useable bags, including Boomerang Bags have been deposited in a few locations around the Valley.

We hope to continue to build on the small changes beyond July and look forward to Aro Valley being a plastic bag free suburb.

You can check out, where you will find plenty of tips, tricks, recipes and recommendations.

If you need more information, please contact Sarah: [developer@arovalley.org.nz](mailto:developer@arovalley.org.nz)

# Scraps and Scribbles

Back on the soapbox: with election time looming, the TV, social media and the web get most attention as the modern way to campaign. But here in the Valley, traditional media such as the 'town hall meeting' – i.e. our world-famous-in-NZ Aro Valley meet the candidates meeting on 28 August (see the back page) – and the good old street corner soapbox are still fondly regarded.

Local Labour MP Grant Robertson will be doing his bit of soapboxing around the Valley on Saturday 9 September: 3 pm, cnr Ohiro Rd & Aro St; 3.20 pm, Aro Park; 3.40 pm Cnr Epuni St & Levina Ave; 4.00 pm Cnr Durham St & Durham Cres.

Spring cleaning the Valley: With Winter Wellness well underway, we have been cleaning our body and minds. As we move into Spring we want to focus on cleaning our physical surroundings. September Spring Clean will focus on events that promote cleaning out our homes and cleaning up our streets. Keep an eye out for the events over September and start to think about the hot spots in the Valley that need a good spring spruce. If you would like to volunteer and get involved contact Sarah or Krissy at the Community Centre – [developer@arovalley.org.nz](mailto:developer@arovalley.org.nz).

Re-homing our community garden: the orchard on Aro st needs to be vacated by early September for Victoria University to sell. So that we don't lose all of the maturing fruit trees that currently reside there, a group of dedicated volunteers have been organising to re-locate the trees. This will involve a lot of digging and physical labour. The trees will be

moved to Aro Park and Te Aro School so that the community can continue to enjoy them. The more, the merrier.

The closing of the orchard also means that the community garden will be lost. Currently local gardeners with help from the council are looking into where the best spot for a community garden would be. We would love to hear from anyone who would like to be involved in the process of developing a new community garden space. Please contact Sarah at the Community Centre to find out more of to get involved in this project at [developer@arovalley.org.nz](mailto:developer@arovalley.org.nz) or visit the Kai-o-Te Aro Facebook page.

## Aro Valley Community Council AGM

The Aro Valley Community Council (AVCC) held its AGM on Wednesday 26 July.

We had two fabulous guest speakers to kick the AGM off. Sarah Child from Boomerang Bag gave us a run down on what their awesome group was up to and where they are at in ridding the world of plastic bags.

Aaron Matthews from Predator Free Aro Valley also spoke, he is passionate about eliminating rats and other pests and encouraged everyone to get in touch so he can pass on the free rat traps he has available.

Following the Co-Chairs, Treasurer and Staff reports the following nominees were declared elected automatically as there were the same number of nominees as positions:

Co-chair – Luke Allen  
Co-chair - Hilary Unwin  
Treasurer – Chris Loveday  
Secretary - Heather Mackay

The following committee nominations were received and were declared elected automatically.

Brent Efford  
Jay Buzenberg  
Thomas Pettitt  
Madeleine Rashbrooke  
Nicole Benkert  
Roland Sapsford  
Hayley Burns  
Daniela Butterworth  
Nadine Dodge  
Rachel Griffiths

Thank you to them all for standing and representing AVCC.

Over the next few weeks we will be profiling each of our dedicated AVCC committee members on the Aro Valley Community Council FaceBook page. They will be letting you know who they are and why they were keen on joining the AVCC committee. There will also be a new page on our website with info on them as well.



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Karori  
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Electric car share possibilities: just as this issue of Valley Voice was being finalised, news came through of the Wellington City Council's intention to allocate space beside Aro Park for a few parking spaces for car shares, hopefully with charging facilities for electric cars. This is an exciting prospect, particularly for those of us who anticipate doing without our own cars but still need mobility, and for those who welcome progress towards a zero-carbon future. Watch this space!

Predator-free: can we do it? Kevin Hackwell will be speaking on: Predator free NZ: How Realistic is the Vision and What Will it Take to Achieve? Aro Valley Hall 7.30pm Wednesday Sept 27 2017. (Another AVRP initiative)



Co-chair Luke Allen (photo Julia Stace)



Community workers Krissy and Sarah (photo Julia Stace)



## From the Chair(s)

Firstly congratulations to our co-chair Luke and his wife who welcomed a baby boy into the world this month.

If a week is a long time in politics, imagine 3 months in the Valley. It's been a while since the last VV and much has happened as always.

### The AGM

We had our AGM in July and welcomed some new committee members to the AVCC. It's great to have some new faces onboard and we look forward to working with you.

### Site Development Project

Enquiry by Design workshops were held over 9/10 June. The workshops provided the architects with local input, local knowledge and a consensus of what is important to the community.

The next phase – The architects are now working on 3 options for review by the community in mid September. The options will be displayed in the community centre over a week, with opportunities for people to drop in and provide feedback directly to Anne

Cunningham the project facilitator, and to the architects.

Further information on this project, including the architect's report on the enquiry by design workshops and the design brief are on the AVCC website.

### Kai-o-te-Aro

Victoria University has given notice that the community garden on Aro Street – the orchard has to be closed down. Thanks to those volunteers who have relocated some of the fruit trees to Aro Park and Te Aro school.

### The Election

I hope to see many of you at the Meet the Candidates event on 28th August. There are also lots of online resources available to help you decide on which party most represents your views. Whatever you decide, make sure you get out there and vote!

As always, thanks to all those people who contribute and participate in a myriad of different ways. You all make this community a wonderful place to live and work in.

## Aro Valley Preschool

A caring  
learning community

Monday to Friday 8.30am - 2.30pm

04 384 5156  
arovalleypreschool.nz

Located at 48 Aro Street in the heart of Aro Valley, we cater for children aged 2 to 5 years, Monday to Friday 8.30am to 2.30pm

Open from the last week in January through to the end of Term 4 in December

FREE early childhood education for 3 and 4 year olds for up to 20 hours per week

We have places available now !

A community playgroup also operates on Tuesdays from 3.30 to 5.00

Email: [info@arovalleypreschool.nz](mailto:info@arovalleypreschool.nz)





All our shipments of plants for 2017 have now been delivered to the Gully. Many have been planted out! Forest & Bird, Highbury Nursery have been especially generous, giving us not only a large first-choice option but providing ongoing material as well. WCC's Berhampore Nursery has provided over 1000 plants. Plants selected include entrance or fringe plants such as wharariki, or mountain flax *Phormium cookianum* (see the Epuni Street entrance), *Hebe parviflora* (now *Veronica parviflora*), and the bigger boys and girls such as miro, matai, kahikatea, etc. The latter will go under existing cover, with light-wells (the totara, in particular. This includes *pukatea* (*Laurelia novae-zelandiae*). They're going into the valley bottoms – damp spots, many close to our stream, or equivalent locations.

The good news is that northern rata, matai etc put in during the past two-years have by and large done very well. Their single biggest requirement is to be kept free of pest plants until they've got at least their shoulders up above the quick-growing weeds like veldt grass (*Ehrharta erecta* – a South African arrival from 1944). We'll have to undertake regular weeding runs through the Gully because of reinvasion of pest species like Japanese honeysuckle, ivy, etc. But, as we clear resident populations, the rate of reinvasion will fall off markedly. One benefit of removing

the weed carpets is already apparent: large numbers of the endemic, naturally seeded makomako, or wineberry (*Aristotelia serrata*) have sprung up.

As for weeding, our team have regularly turned out during these past wet, cool months as have various volunteer groups (special thanks to the team from MPI!). It's the single biggest part of any serious restoration project. WCC have generously, and quickly removed heaps of organic and inorganic material dragged out of the Gully – bags and bags of bottles, plastic bags, discarded domestic items, even an old milk-delivery cart (a clever, home-built job, using two bicycle rears welded together).

We've continued our trapping effort, but need to review our trap locations and ensure regular recording of catches. Lots of rats and mice to date, two hedgehogs (do you know they're protected in Europe?); and the bottle of champagne on offer for trapping our first mustelid, a weasel has been claimed! (See photo).

Prof. John Knight spoke at the Aro Valley Community Hall on Friday 28 July about Gene Drive – the use of a particular gene to control predators (i.e. producing infertile females). It's a big subject, with international ramifications.

One not so good event to look out for is myrtle rust: it's a serious fungal disease that attacks plants in the myrtle (*Myrtaceae*) family, including our Northern Rata, swamp maire and manuka species, *Eucalyptus* and guava. Originating in South America, it's now established in Australia and recently arrived here. Producing microscopic spores, its easily transported by air, birds and – if you touch or brush against it – you. Current

treatments are ecotoxic, in other words the cure is (arguably) worse than the condition. What effect it will have here remains to be seen. Yet to arrive in Wellington but, alas, it won't be far away. If you see it, or think you've seen it, call MPI. Don't move infected plants.

If you're ascending or descending the Gully via the dog-exercise area, look out for the work going on there (picture). Just below the football ground/cricket field, we're removing blackberry, and putting in the original inhabitants. Pleasant work, especially when accompanied by a local male Bellbird and various fantails!



Denis Asher, the Tanera Gully Restoration Project leader, had offered a bottle of French champagne to the person who caught the first mustelid in the area. Dave Meyers, who regularly baits a line of pest traps for this project, caught a weasel up in a bushy area of Tanera Park in August. This proves we are dealing with mustelid as well as our usual catches of rats & mice. We will continue to trap to protect our increasing bird population in the gully. If anyone reading this would like to be part of this exercise please contact Julia: [jbwstace@gmail.com](mailto:jbwstace@gmail.com)



### Compass Funded Classes

Compass Health is a Primary Health Organisation (PHO) that provides a wide range of primary care services through 60 General Practice Teams and a number of other health care providers throughout the Wellington, Porirua, Kapiti and Wairarapa regions.

Compass Health fund our weekly Sit and Be Fit and Wednesday yoga class.

### Sit and Be Fit

Sit and be Fit has been running on a Tuesday morning from 12- 12.45pm for a few years now and we are lucky to have the fabulous Kathy McConville teaching this class. It is an open koha class that aims to improve mobility, strength and coordination for older

adults. The class has seated exercises with the option to stand for those able. There is also a 10 minute standing balance component to promote falls prevention. Dynabands are used for strength conditioning.

If you feel that this would be of benefit to you come and try the class out.

### Wednesday Yoga

Every Wednesday in term time Bridget Kelly an experienced yoga instructor takes our Compass Health funded koha donation yoga class. It is a relaxed yoga class for all that aims to improve flexibility and strength. If you have been wanting to give yoga a go, it's a great class to try and is for all levels of ability. You will become yoga hooked easily!



**Editor: Brent Efford**

**Distribution:** Krissy Cloutman

All contributions and feedback to:  
[aro.voice@gmail.com](mailto:aro.voice@gmail.com) or 384 8499  
Valley Voice published on behalf of  
Aro Valley Community Council  
48 Aro St, Wellington

**AVCC**

Co-chairs: Luke Allen and Hilary Unwin

Secretary: Heather Mackay

Treasurer: Chris Loveday

Committee Members: Brent Efford, Jay

Buzenberg, Thomas Petitt, Madeleine

Rashbrooke, Nicole Benkert, Roland

Sapsford, Hayley Burns, Daniela

Butterworth, Nadine Dodge

Rachel Griffiths

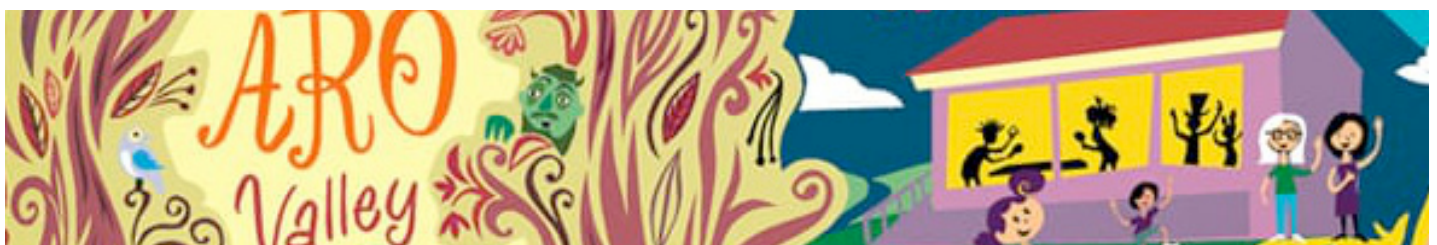
**Aro Valley Community Centre**  
[community@arovalley.org](mailto:community@arovalley.org). 04 384 8499





## REGULAR ARO VALLEY COMMUNITY CENTRE USERS

Day	Time	Group and Cost	Contact
Monday	7:15 am – 8:00 am	Tai Chi Class free	Lynsey 021 267 6638
	6.00 pm – 8.00 pm	Capoeira \$15 per class \$80 for 8 classes	Bobby Semau 027 696 1708 bobbysemau@gmail.com
	8.00pm – 9.30pm	Tai Chi with John Young	Craig Wallace 382 8135 tozot@outlook.com
Tuesday	9.30 – 11.30	ESOL – Intermediate Class Koha donation	<a href="mailto:community@arovalley.org.nz">community@arovalley.org.nz</a> 384 8499
	12.00- 12.45 pm During school term	Sit and Be Fit \$3 per class	Kathy McConville: teacher Contact Community Coordinator 3848499 / <a href="mailto:community@arovalley.org.nz">community@arovalley.org.nz</a>
	3.30 – 5.00pm	Aro Jam Introductory Music Programme	Hannah and Ruby <a href="mailto:arovalleyjam@gmail.com">arovalleyjam@gmail.com</a> <a href="https://www.facebook.com/aromusicacademy">facebook.com/aromusicacademy</a>
	6.00 – 7.00 pm	Yoga with Katie \$5.00 class	Aro Valley Community Centre <a href="mailto:community@arovalley.org.nz">community@arovalley.org.nz</a>
	7.10 – 9.10	Taiko Drumming	Jessie Gibbs <a href="mailto:narukamitaiko@gmail.com">narukamitaiko@gmail.com</a>
Wednesday	7:15 am – 8:00 am	Tai Chi Class free	Lynsey 021 267 6638
	10.00-11.00am	Open Yoga Class with Bridget Koha donation	Aro Valley Community Centre <a href="mailto:community@arovalley.org.nz">community@arovalley.org.nz</a>
	6.00 pm – 8.00 pm	Starjam	<a href="mailto:wellington@starjam.org">wellington@starjam.org</a> 212 4971 / 021 782 866
Thursday	6.00 pm – 7.00 pm	Samba from Brazil Hillary Reid & Fabiola Stevenson \$10 per class	Hillary Reid 021 230 8732 <a href="mailto:Hillary.Reid@vuw.ac.nz">Hillary.Reid@vuw.ac.nz</a>
	7.30 pm – 9 pm	Yoshukai Karate \$10 or pay what you can afford. Includes 2 <sup>nd</sup> weekly class at Northland Community Centre	Colin Berry 475 9985 / 027 249 5342 <a href="mailto:Cberry2020@gmail.com">Cberry2020@gmail.com</a>
	9.00 – 10.00pm	Open Meditation Group Koha / Free	Open to all
Friday CSA Organic pick up	7.15am – 8.00am	Tai Chi Class free	Lynsey 021 267 6638
	10.30 am – 12.00 noon During school term	Sing For Your Life – Community singing Come along any time to have a great sing & a cuppa. \$8 a time or \$60 a term.	Julian Raphael 802 5398 <a href="mailto:communitymusic@xtra.co.nz">communitymusic@xtra.co.nz</a>
Saturday	9.00 am – 10.00 am	Yoga With Maggie \$5 per class	<a href="mailto:community@arovalley.org.nz">community@arovalley.org.nz</a> or <a href="mailto:lovedayyoganz@gmail.com">lovedayyoganz@gmail.com</a> ph: 384 8499 or 0220193208
	1.00 pm – 3.00 pm First Saturday of every month	Capoeira free	Bobby Semau 027 696 1708 <a href="mailto:bobbysemau@gmail.com">bobbysemau@gmail.com</a>
Sunday	1.30 – 3.00pm	Qi Gong with Brenda	Brenda <a href="mailto:b.fan@qigong-culture.com">b.fan@qigong-culture.com</a> 586 8185
Sunday	7.00pm-9.00pm	Taiko Drumming	Jessie Gibbs <a href="mailto:narukamitaiko@gmail.com">narukamitaiko@gmail.com</a>



# Party Vote Green

 [greens.org.nz/candidates/james-shaw](https://greens.org.nz/candidates/james-shaw)

 /JamesShawMP

 @jamespeshaw

## James Shaw and Wellington Central Great Together

 Wellington

Authorised by Gwen Shaw, Level 1, 17 Garrett Street, Wellington



**Aro Valley's General Election Meet the Candidates**  
Monday 28 August, 7-9pm, Aro Valley Community Centre, 48 Aro Street



# Grant Robertson

for Wellington Central



 Labour

**Let's do this.**

Authorised by Andrew Kirton, 160 Willis Street, Wellington