NOVEMBER 2024

Valley Voice

Te Reo Hapori o Waimapihi – the Aro Valley Community Newsletter

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For previous issues, go to:

arovalley.org.nz/valley-voice-archive

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

All opinions expressed in this newsletter are those of the writers and not of the AVCC unless adopted at a General Meeting.

Photographs and text are by the credited authors or the Editor, Brent Efford.

Contributions welcome

Contributions – councillors' comments, poems, articles, letters, photos, historical snippets, news of events, business news, etc – relevant to the Aro Valley community are very welcome. Please email to: ***brent.efford@me.com***

The deadline for Valley Voice articles and photos is set to enable distribution of paper copies early in the month – i.e. for the December 2024 Valley Voice (the last one for two months) it is ...

Thursday 28 November

Aro Valley Community Council Annual General Meeting

Thursday 14 November 2024
From 6.30pm
Aro Valley Community Centre

Please join us!

It may not have the world-wide significance of the horror show playing out in the United States. But the running of the Aro Valley Community Council is vitally important to anyone with an interest in the Aro Valley, whether residents, business owners or indeed anyone who wants to see our inner-urban village and the surrounding area – traditionally progressive in its politics – be both a good place now and a positive legacy for the future.

The AVCC is responsible for the day-to-day running of our community centre, running events like the annual fair, publishing Valley Voice – and, most crucially, improving the environment and quality of life of Aro Valleyites now and well into the future.

Committee members wanted

Everyone in the Valley has a say at the AGM but to do the detailed work day-to-day we need a good Committee. Not all the current Committee is standing for re-election. We need the following officers:

- *Co-chairs (two, to spread the load)*
- *A Secretary*
- *A Treasurer*
- *Committee members to support the above leaders and do jobs as they come up – like producing Valley Voice.*

If any of that sounds like your bag – or even if you just want to socialise and have a sausage – we would love to see you!

Annual General Meeting, Thursday 14 November, 6.30 pm, Aro Valley Community Centre

Planning discussion success suggests more to come

At '**Handle with Care - the future development of Aro Valley**', a lively and thoughtful discussion brought together experts and members of Aro Valley's community – who are experts too in their knowledge of the community in which they live.

In the last 18 months the Aro Valley community has been grappling with its future. Recent changes have been made to the definition of character, changes to the densification and height rules for buildings, changes to the Resource Management Act and a seemingly unending raft of proposals for Wellington and its inner suburbs. These proposed changes have focused the minds of those in Aro Valley on what do these changes mean for us, for our future and the future of those who will want to make Aro Valley their home?

Aro Valley cannot remain unchanged in the face of a dynamic and constant pressure for housing, for reducing CO2 emissions, for greener and more equitable living.

The release of a book by an Aro Valley resident and her colleague called *Planning for the Caring City** was a catalyst for holding an open discussion on how Wellington and Aro Valley can and should go forward.

The event, held in the Community Hall on 17 October was titled *Handle with Care* and advertised with a graphic of two hands gently holding up the city.

The discussion (above) was led by a panel of experts. These experts represented a range of views, ages and professions, but all are committed to working for a better Wellington. The experts magnificently chaired by our own Lisa Thompson included:

- **Roland Sapsford,** former Green Party co-convenor and Aro Valley co-chair
- **Fabricio Chicca,** International Architect and Building expert from Victoria University School of Architecture
- **Jane O'Loughlin,** Convenor LIVE WELLington
- **Liban Ali,** Welfare Vice President Victoria University
- **Iona Pannett,** City Councillor Pukehīnau/Lambton Ward.

The panel were asked to consider some insightful questions such as – what steps do we need to take to promote care as an essential component of urban planning? What are the most pressing challenges facing urban Wellington? And what does effective consultation look like? Unlike a better-known election campaign going on across the Atlantic at present, the discussion was wide ranging and demonstrated through the evening an ethic of care and thoughtfulness from all the experts. Debates were wide-ranging, including examples – from South American fishing villages to positive examples from the audience of how they have felt heard by the city. Inevitably time was short and issues were raised and discussions had that were really important. But the key message was that discussions like this are important and necessary for the voices of those who live here in Aro Valley to be heard in determining the future of this very special neighbourhood. The discussion was followed by tea and pastries supplied gratis by AroBake- thank you.

It was proposed by some in the audience that this discussion should be a start not an end so if you think there should be more discussions like this, please email community@arovalley.org.nz indicating your interest.

Claire Freeman

**Planning for a Caring City, Claire Freeman and Etienne Nel, Routledge, 2024.*

Feedback ...

Well done, WCC

In response to a request on Fixit, the WCC App that really gets results, a kowhai has replaced the hinau that had died in the middle frame on Aro Park. The frame uphill on the left houses a rata which has grown well on this site and the frame on the right protects a tawa. These are trees present in Aro Valley before European settlement caused massive clearing of the local bush for farms, building sites and firewood. They will look splendid and provide summer shade in a few years time.
Thanks to WCC for their good work with the trees in Aro Park.

Julia Stace Brooke-White

[Thanks, Julia. Credit where it is due, of course – but we remain nervous about the lack of routine WCC maintenance of large trees elsewhere in Aro Park!]

More about the bike stand artwork

Hi Brent,
I am contacting you re. the Aro Valley bike stand outside the fish and chip shop, which you mentioned in the October issue of the Valley Voice.
I can confirm the damage was not caused by defective design or a disgruntled motorist, but by a group of teenage male skateboarders.
I heard a lot of noise on the evening of Saturday 7 September, at first I ignored it (as I live so close to the road it is often noisy) but after a while I checked what it was - it was a large group of male skateboarders who were racing down the footpath and attempting to skate along the top of the bike stand art piece.
I didn't want to confront the group so I called the police, but by the time I got through they had just moved on. Their skating along the top obviously dislodged the bolts and then as the Sunday 8 Sept was super windy it blew over completely. You could clearly see all the scratch marks along top of the art work from the skateboards.
So if the council are to fix and replace it (which I really hope they do as it looked so great!) they will need to put some rivets or something along the top so it's not smooth for future skateboarders to take advantage of.
...
Thank you for the Valley Voice and all you do for Aro Valley!

[Name withheld by request]

[Thank you for this feedback and your kind comments. Reviewing my own photos of the artwork taken when it blew over on 8 September, the deep scratching along the top, as would be caused by skateboards, is certainly obvious!]

From our councillors ...

Cr Iona Pannett

Kia ora koutou, it is fantastic to see the legendary Valley Voice back publishing regularly, thanks to Brent and the team for making this happen.

The longer days are making me more cheerful and it was wonderful to be part of the panel to talk about how we make care an integral part of city planning. I really enjoyed hearing other speakers' views on the topic and hope we can build on this discussion with some practical action planning soon.

Council has obviously been in the news a lot after a demanding debate on the potential sale of the airport. Contrary to what you might read, Council continues to make decisions and is working through a revised budget to take into account cuts to transport funding by the Government, water reform and the need to create an insurance fund.

The decision to appoint an observer was in my view political and unnecessary given there has never been any risk of not putting through a 10-year budget for the city. Politicians disagree on a regular basis and this is part of democracy.

But it is important to note that we agree more than we disagree, we are after all here for the common purpose of serving Pōneke and its residents.

I look forward to catching up with you all at the AGM on the 14th November and updating you on what Council has been up to.

Contact: Iona 021-227-8509 or iona.pannett@wcc.govt.nz.

Iona Pannett

Cr Geordie Rogers

You may have noticed that over the past few years your insurance costs have increased dramatically. The same is true for the Wellington City Council.

There are two major insurance issues facing Councils right now, all at varying degrees.

The first is that insurance providers around the world are paying out more due to climate change, from flooding to forest fires more damage is being done to our homes and our communities. This increases the cost of our premiums.

The second issue is that the cost of installing pipes, building community centers, or libraries has increased, meaning we need to take on more insurance if we want to be able to rebuild after an earthquake or a flood.

The two of these factors combined create our "insurance issue" because we don't have enough insurance to build back after an earthquake. With a large self-insurance fund off the table, we need to look to set aside funds in the event of an earthquake by reducing our debt. That means we will have to take another look at our spending over the next ten years, and we'll be asking you what you think early next year.

Geordie Rogers

From our Committee ...

The October meeting of the Aro Valley Community Council Committee covered the following main points:

- **The Annual Accounts** for the year 2023/24 have been completed and audited. They had been submitted to the WCC and approved, opening the way to holding the Annual General Meeting
- **Our Hall** continues to be heavily booked with a full roster of users.
- **The new bollards** in the driveway are too heavy for easy use. They are to be replaced with lighter ones.
- **The Aro Valley Fair 2025** will be held on Saturday 8 March with a rain day of Sunday 9 March.
- We are awaiting the result of our funding application for the **Night Market**.
- **Valley Voice** is proceeding well, and a wide variety of content items is 'in the pipeline'.
- **Review of the Constitution:** We discussed how to make a consultation process on creating a new Constitution interesting and engaging for our community – watch this space!
- **Annual General Meeting:** This will be held on Thursday 14 November. We will hold a sausage sizzle before and dessert after the AGM. The starting time will be 6.30 pm.

Pre-school 50th celebrated

A fine Saturday 12 October was a welcome relief from the bad weather which dominated most of October, and was ideal for the Aro Valley Pre-school's celebration of its 50 years of operation.

*AVPS Chair **Fionna Cumming** welcomes **Mayor Tory Whanau** and **Cr Iona Pannett.***

While the children played the adults made speeches and caught up with friends made over the last 50 years.

Meanwhile, the "wee sweetie" in the 1982 Ans Westra photo which graced the front page of the October Valley Voice attempts a similar pose in the same tree.

*Find the politician: **Wellington Central MP Tamatha Paul** is nearly invisible in this photo, thanks to camouflage clothing and welcome shade.*

At the Community Centre ...

Free yin yoga classes

Free yin yoga classes are being offered twice weekly at the Aro Valley hall.

Yin yoga sees participants come into gentle floor-based asanas (shapes) and hold them for between four and five minutes, supported by yoga blocks, cushions and bolsters. Unlike more dynamic forms of yoga that focus on building strength and flexibility, Yin yoga emphasises passive and long-held poses. The aim is to soften the body, allowing the shapes to access the body's connective tissues, known as fascia.

Absolutely no experience is necessary and yin is suitable for people of all ages and fitness level. You won't work up a sweat . . . and you certainly won't be out of breath. Yin is an opportunity to slow down, and move your focus from the outside world to the world within. A regular yin practice can help reduce stress, improve flexibility and balance, and lead to a better night's rest.

The hour-long classes (Sundays 4:30pm-5:30pm, and Tuesdays 6:30-7:30) are offered by experienced yoga teachers Mark, Emily and Hannah.

"We know not everyone can afford to attend yoga studios, or may not feel at home in those environments, says Mark. "We wanted to offer classes that welcome everybody and *every body* and we're lucky to be able to offer these classes with the full support of the Aro Vally Hall committee."

What to wear: Comfortable clothing that will allow you to move easily in and out of the shapes on offer.

What to bring: Just yourself – yoga mats, blocks and bolsters are provided for free – but you're also welcome to bring your own.

More information: mark@hotmetal.nz

Regular classes & activities
~ November 2024 ~

Day	Time	Class	Price	CONTACT
Mondays	8:30 - 9:30am	**Tai Chi with Yi Ching**	Koha	community@arovalley.org.nz
Mondays	6:30 - 7:30pm	**Foreign Language Class**	Contact for price	info@foreignlanguages.co.nz
Tuesdays	12am - 12:45pm	**Chair yoga with Kristin**	$8/$10 or koha	022 694 1197 kristingiorgi@gmail.com
Tuesdays	6:30 - 7:30pm	**Community free yoga**	Free	mark@hotmetal.nz
Tuesdays	6:30 - 7:30pm	**Foreign Language Class**	Contact for price	info@foreignlanguages.co.nz
Tuesdays	7:30 - 9:30pm	**Estudio de Samba Wellington**	$13.30 $80 term	estudiosamba@gmail.com estudiosambawellington.com
Wednesdays	8:30 - 9:30am	**Tai Chi with Yi Ching**	Koha	community@arovalley.org.nz
Wednesdays	1 - 2pm	**Dance 4 Us With Dance Therapy NZ**	Gold coin (If possible)	(09) 636 3029 admin@dancetherapy.co.nz
Wednesdays	6 - 7:30pm	**Afro Brazilian Dance**	$132 term or koha	afrobraziliandances.ba@gmail.com
Wednesdays	7:45 - 9:45pm	**Argentine Tango**	$10	021 542 7136 irinatango.nz@gmail.com
Thursday	4:30 - 6:30pm	**Trash Planet Beat Clinic**	Koha	contact@olmecha.com
Fridays	8:30 - 9:30am	**Tai Chi with Yi Ching**	Koha	community@arovalley.org.nz
Fridays	10:30 - 12pm	**Community Singing With Jo Shrigley**	$10/$70 for The term	jshrigley@gmail.com
Fridays	12:30 - 1:30pm	**Handstand Workshop**	$20	021 996 782 nicolas@oni.co.nz
Sundays	4:30 - 5:30pm	**Community free yoga**	Free	mark@hotmetal.nz
Sunday Fortnightly (3rd, 17th)	2 - 4pm	**Aro Valley Jazz Jam with Aro Valley Jam Band**	Drop in & play or listen	community@arovalley.org.nz

Community Co-ordinator: Ahmen Mahal 384 8499

48 Aro St, community@arovalley.org.nz

Office hours: Monday closed;
Tue to Thur 10am – 2pm; Friday 12 – 4pm

Aro Valley Community Centre – managed by the Aro Valley Community Council

Aro Valley Preschool artwork: this mosaic mural, installed in 2017, adorns the portico at the entrance to the Preschool building. The plaque reads:

Te pikitia pakitara o te awa o Waimapihi
The mural of the Waimapihi stream
This pikitia pakitara depicts the stream (awa) of Waimapihi which runs under Aro Valley Preschool on its way to Te Whanganui a Tara, Wellington Harbour. Waimapihi starts in hills above Holloway Road and can be seen flowing in its natural state through the forest (ngahere) in Polhill Reserve before travelling under the city to the sea.
The mural depicts the Ngai Tara princess Mapihi who bathed in this awa and for whom the awa was named - Waimapihi means the water of Mapihi. It also shows Tawhirimatea, god of winds and storms, appropriate for Wellington, and Tangaroa, the god of rivers and seas, with his children the fishes (nga ika), as well as tamariki holding kumara and plant seedlings. The area where Aro Valley Preschool stands was irrigated by Waimapihi and both the stream and the gardens of the area provided food for the nearby Te Aro pa.
Thanks go to mosaic artist Rachel Silver, Sacha Green who initiated the idea, the Wellington City Council who funded it. Liz Mellish from the Wellington Tenth Trust who retold the story of the origins of Waimapihi and Neavin Broughton, also from the Wellington Tenth trust, who unveiled and blessed Te pikitia pakitara o te awa o Waimapihi in April, 2017.
No reira, tena koutou, tena koutou, tena katoa.