



## SLOW DOWN COMING

**M**t Victoria will soon see 29 new road signs being installed in eight streets of the suburb, to lower vehicle speeds during school drop off and pick up.

Signs will be put up around Clyde Quay School and Wellington East Girls' College in Mt Victoria, notifying a reduced speed limit of 30 kilometres per

hour. The variable speed will only apply during the periods 8.20am–9.10am and 2.40pm–3.40pm, on school days.

The work is being carried out by the Wellington City Council to comply with new government legislation around school safety.

Read more inside. ➤

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# Nicola Young

Wellington City Councillor for Lambton Ward  
(and Mount Victoria resident)

I'm often out-and-about walking in Mount Victoria. Please feel free to stop and chat with me about local issues – I'm always happy to help if I can.

### My priorities

- Fighting unaffordable rate increases
- Prioritising our water infrastructure
- A safer CBD
- Listening to our community

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## INDEPENDENT

# Discover Probus

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**When:** Meeting held at 10.30am on the 3rd Friday of every month from February to November

We welcome new members

To find out more contact: [lindy\\_murrell@yahoo.com](mailto:lindy_murrell@yahoo.com)





# Slower speeds coming to Mt Vic school zones

Mt Vic drivers will need to slow down when new speed limits are introduced next year.

**Emily Callam** reports.

**N**ew variable 30 kilometre per hour speed limits are to be installed around Clyde Quay School and Wellington East Girls' College in Mt Victoria.

The changes are being introduced to schools around Wellington; the change is required under national regulation, which mandates that all councils must implement safe school speed limits by 1 July 2026.

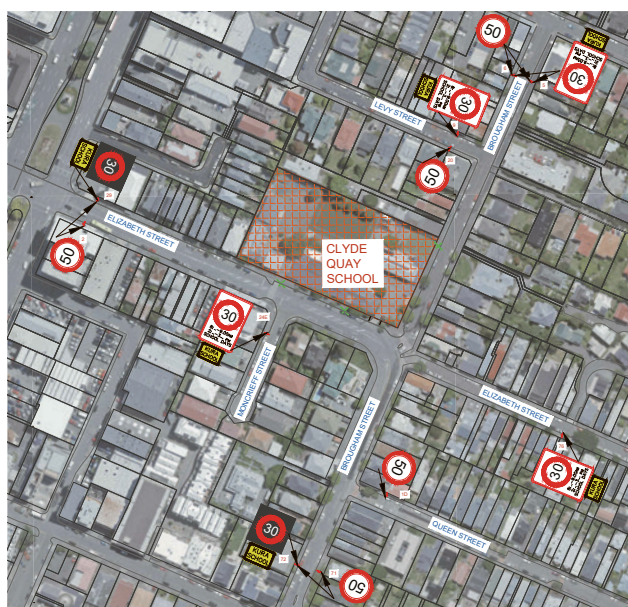
The reduced limits will apply during school travel times on roads within 150 metres of school gates. The 30 km/h limit will apply during the periods 8.20am – 9.10am and 2.40pm – 3.40pm, school days only.

The new signs will be a mix of static and digital, with the council prioritising digital signs in busier areas for greater visibility, while static signs will help balance cost and coverage.

In Mt Victoria, the changes will affect parts of Elizabeth Street, Brougham Street, Levy Street, Queen Street and Moncrieff Street, Austin Street, Ellis Street and Paterson Street. In total, 29 signs are being installed.

Clyde Quay School principal Cameron Ross informed students, parents and caregivers about the programme in the school newsletter.

“This change will apply within 150 metres of the school gates, helping to create a safer environment for our whānau as they arrive and leave each day.”



Location of the proposed new signs around Clyde Quay School. (Image from WCC).

**“This change will apply within 150 metres of the school gates, helping to create a safer environment for our whānau as they arrive and leave each day.”**

The Wellington City Council is delivering the project in partnership with NZ Transport Agency Waka Kotahi, with input from local schools.

Installation is scheduled to begin in November 2025, and the project is expected to be complete by June 2026.

According to the council, the programme will reduce crash risk and injury severity, encourage active travel, such as walking and cycling, respond to community support for lower speeds near schools, and support people-friendly, accessible streets.

Feedback on the proposals closed at the end of July, and a final decision is being made in August at the council's Koata Hātepe Regulatory Processes Committee.

The initiative follows changes introduced under the Land Transport Rule: Setting of Speed Limits 2024, which requires all councils to implement variable speed limits near schools nationwide. **TL**

More information: [wellington.govt.nz/your-council/projects/safe-speed-limits-outside-schools](https://wellington.govt.nz/your-council/projects/safe-speed-limits-outside-schools)

# Sign after sign

While some areas of Wellington are seeing speed limits raised, Mt Victoria will get a 30 kilometre per hour speed limit put in place – but just for a handful of streets, and for limited times a day.

I am interested to see how the community reacts to the installation of variable speed limits around Clyde Quay School. I absolutely support the safety benefits of slower traffic, but it seems mad to go to the expense of installing 29 signs simply for a few hours a week.

In addition, due to the variable nature of the speed limit, the signs are required to have quite a lot of information on them to explain when the speed limit applies – information that is hard to grasp when you are trying to drive a car – and possibly even a dangerous distraction.

It would be far easier if the whole suburb was permanently 30 km/h. On most of our narrow, irregular streets it's hard to travel much faster and it doesn't seem like it would be much of an imposition.

No doubt our aspiring councillors will have a view. We are one month closer to the local body elections and the election of new representatives. It appears

that around ten people will be standing for the Lambton/Pukehinau ward, about the same number as in 2022. Get along to a meet-the-candidates event so you can eyeball the selection in person.

Speaking of eyeballs, I was delighted to receive a record number of entries this month for the ULO. Lots of people clocked the clocktower on the corner of Brougham and Pirie Streets as the mystery object. (Perhaps it helped it was on the bus route?) It made me think that perhaps we need to choose slightly less obscure objects in future, so that more people can partake.

National Poetry Day takes place in August and so I am delighted to include a poem for the first time, in this edition of *The Local*.

In my view, reading a poem (properly) makes you slow down and savour

the words. It's a kind of mindful reading, and in this busy world we could all do with a bit of slowing down. I hope you enjoy it. **TL**



**Jane O'Loughlin**  
Editor

## THE LOCAL Mt Victoria

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### Deliveries and Distribution

*The Local* is distributed to Mt Victoria letterboxes and local cafes on the first weekend of every month (except January).

If you missed out on your copy, want extras or would prefer not to have a paper copy delivered, contact us at [editor@the-local.co.nz](mailto:editor@the-local.co.nz)

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## Bus changes

**P**roposed changes to bus route 2 (that goes through Mt Victoria) would see an all-electric articulated bus service from 2027, according to the city and regional councils.

Articulated (long 'bendy') buses are needed to provide additional capacity on the busy route as double decker buses don't fit through the Karori and Seatoun tunnels.

Consultation on the design changes will take place in November and construction is expected to be complete by the middle of next year.

Previous discussion on bendy buses had introduced the controversial idea that one or two bus stops in Mt Victoria may need to be removed, along with the pedestrian refuge at the corner of Brougham and Pirie Streets.

However local city councillors Iona Pannett and Nicola Young say that is not on the cards for now, and in fact the changes may see improvements made to the pedestrian refuge.

"They (Greater Wellington and the Wellington City Council) are also trying to minimise the amount of car-parking loss as they make the bus stops bigger to accommodate the longer buses," Pannett says.

The councillors say they emphasised the need for thorough consultation with residents. **TL**



## Mayfair mystery

**L**ocal residents are still in the dark waiting to hear next steps on the 32-dwelling Mayfair apartment block development on Westbourne Grove.

While the luxury apartments are still being advertised, and indicate seven have been sold, the resource consent has not been approved.

From January to May the Wellington City Council's resource consents department issued 'updates' to interested neighbours regarding the status of the notification report, and the reasons why it was delayed.

However, these have now ceased and a spokesperson for the Council says the applicant "has voluntarily put this application on suspend whilst they provide further information".

"We are awaiting further information and until this is provided we will not be in a position to determine the notification decision."

The council said it would only be in "rare situations" that the council would return a resource consent application due to applicant delays.

"However we are nowhere near meeting that threshold and we understand the applicant is actively working towards the provision of information." **TL**

## Earthquake rating for Embassy

**T**he Embassy Theatre has been issued an earthquake prone notice, however the Wellington City Council says the theatre can operate as usual.

The building's New Building Standard (NBS) rating is 30%. Under the NBS a building's seismic performance rating is given based on its seismically weakest part.

The assessment states there is a 1.8% chance an earthquake could cause damage and a 0.3% chance the building would be occupied should an earthquake occur. Strengthening work above the main auditorium and on the Marjoribanks Street facade would bring the building up to standard.

The notice gives the Wellington City Council – as the building's owner – 16 years to plan and carry out remedial works on the building.

It has been strengthened twice before, most recently in 2009 to 80% NBS. Standards have become more stringent since those works were carried out. **TL**



# Fear of Feathers



Some sounds of birds (unseen but heard)  
may confound those with no sense of the absurd:  
take the duck whose quack could bring on  
a heart attack  
in the timid or the meek; it's no mere squeak  
this shrill squawk could lead a paranoid to think  
he's being mocked.  
Or take the gull whose cry sounds like someone  
about to die.

How preferable the pigeon's cooing and purring  
so comforting, I find myself concurring: life is good.

by Michael Gould

**Michael Gould** is a Canadian Wellingtonian whose poems have been published in Aotearoa New Zealand, Australia, the UK, and the USA. He is also the author of *Surrealism and the Cinema: Open-eyed Screening* (1976). This poem was previously published in *Landfall*.



Clyde Quay School is excited to be opening a newly refurbished hall in the centre of Mt Victoria. The vision for the hall is a heart for our school and community – somewhere to host, meet, learn and play.



Donate here



[givealittle.co.nz/cause/clyde-quay-school-kit-the-kitchen](https://givealittle.co.nz/cause/clyde-quay-school-kit-the-kitchen)

**Kit the Kitchen**  
CLYDE QUAY SCHOOL  
Te Kura O Matairangi

Kai is an important part of community, so to make it a usable and functional space for all, we need help building in a kitchen. If you'd love to see Mt Vic have this meeting place, donate the cost of a fork, a plate, or even the kitchen sink through our Give-A-Little.

If you're someone with handy skills or hook ups on deals, we'd be just as keen for your help.



# Another Basin battle looms

Local community group Save The Basin is gearing up for another potential fight with New Zealand's roading authority. **Jane O'Loughlin** reports.

**S**ave The Basin was one of the organisations that famously stopped a motorway flyover being built at the Basin Reserve in 2015, after successfully arguing the impacts of the flyover would cause significant adverse effects to the Basin Reserve, a historic cricket ground, and to the Basin Reserve precinct.

Now members are anxious to see what the plans are for a new Mt Victoria tunnel, and whether the idea of a dreaded flyover may yet rear its ugly head.

"It's hard to see how bad this thing is until we see the plans," says Save the Basin committee member Tim Jones.

NZTA says a business case has been developed but will not be shared publicly until signed off by the Board in August.

Save The Basin is hopeful that the idea of a flyover has been hit into the outfield.

"Rumour has it that the plans for roading around the Basin may be similar to Let's Get Wellington Moving's plans from 2019, minus public transport, walking and cycling," says Jones.

Those 2019 plans looked at extending the Arras Tunnel beneath Sussex St rather than installing a fly-over to achieve the grade separation desired by NZTA.

However, if the project goes ahead, there would be other impacts, not just around the Basin. The group is concerned that the duplicate tunnel will take out houses in Mt Victoria.

"It's not just about the people in those houses, it's about the neighbours of those houses. They may end up with major construction right next to them," says Jones.

As well as advocating for the heritage, sporting, environmental and recreational values of the cricket ground, the group's kaupapa includes promoting an appropriate role for the Basin Reserve area in the development of a high quality, sustainable transport network.

"Both local and overseas evidence shows that building more road capacity just leads to more cars clogging up the roads," Jones says.

"What our city needs is better walking, cycling and public transport, not a project designed to lead to Los Angeles-style gridlock."

The group has written to the Environmental Protection Agency, which administers the Fast Track projects, asking to be put on the list of organisations to be invited to comment if and when a panel is set up.

But first they need to know what they are dealing with: "We need to see the plans." **TL**

## VOTE ZAN RAI GYAW For Wellington City Council

**Wellington Electoral Area; For Ratepayers and Long-Term Residents Only**

By next year, Council will have collected twice the rates it did in 2020 (\$316 v \$626 million). It will also have paid \$68 million in interest payment on the ongoing \$2 billion dollar debt. We will need prudent Wellingtonians on the council to make it right, this time and the next. With the presence of 40,000 plus short-term residents/ voting public, the task of electing those prudent residents has been trying. A law change for residents-only voting is the only way forward. It is a city council and not the Ministry of Health or Police. Eliminating irrelevant spending can be done with not many consequences.

Authorised by Zan Rai Gyaw, [zanrg7@gmail.com](mailto:zanrg7@gmail.com)



# Three ingredients for a popular property

Current buyers have key criteria in mind, according to **Anji Foster** from Lowe & Co.

Last month I wrote about the incredible opportunities available in the current market for buyers, and how the current buying opportunities might never get better than this. But I also mentioned that there are still a smaller number of properties selling well. Multiple offers, sale on tender day, maximised price. So, what homes are selling well right now?

Every week on a Tuesday, the full Lowe & Co sales team gather to talk about our new listings coming to the market that week, and the sales that occurred the previous week along with any lessons learnt from that process. We also discuss any pricing or strategy changes for homes already on the market. So, what have James and I learnt so far in 2025 about the properties that are getting results and the properties that are struggling to get interest?

First of all, location. It's hardly news in the property world that location, location, location is all important. But what we have noticed is that rather than the premium and popular suburbs attracting the buyers, it's often the well-priced fringe suburbs that are exciting the first home purchasers, who make up the largest percentage of today's current buyers.


Properties in areas such as Newlands, Johnsonville, Tawa and Grenada are often getting multiple offers, whereas homes in the "premium" suburbs like Mt Vic can be struggling with their higher price point not offering buyers the same "value" that they can get 10 minutes' drive away.

Second, property type. When a market is being driven by first home buyers it makes sense that the sub million-dollar price bracket tends to do best. Unfortunately for apartment owners wanting to sell, this doesn't appear to include that property category. First home buyers are largely wanting their own piece of land and a tidy home upon it. When apartments and homes are selling for similar prices, a fee simple title will always win. When house prices start to rise again apartments look like a good alternative and represent value.

Stand alone, tidy, two-three bedroom, one bathroom homes are the holy grail right now, and if they are priced below \$1,000,000 better still!

Third, price. This might seem like an obvious point, but as mentioned above, it is the sub million-dollar market that is seeing the strongest activity currently, with good homes in that category often attracting multiple offers. Outside of first home buyers, the general buying market is very price sensitive currently, and if they believe a home is overpriced, then they will simply move on rather than offer at a level that they feel comfortable.

For this reason, it is critical that any price guide given to the market, ie a buyer enquiry over level (BEO), is set correctly from the start. Buyers are particularly conscious of homes that require money to be spent on them such as piling, roofing, electrical work and renovations. If a job is likely to cost \$20,000, buyers will want a \$50,000 discount. If there are several things to spend money on, they will often just move on.

So, it's no surprise that location, price and property category make the difference right now between homes that are selling well and those that are struggling. It's also no surprise that if you are looking to buy currently, you probably won't find a better time! 

**It's no surprise that location, price and property category make the difference right now between homes that are selling well and those that are struggling.**



**Lowe & Co**  
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# Fresh look for iconic theatre



The Hannah Playhouse has a new look and purpose. **Jane O'Loughlin** went to find what's behind it.

**N**ow with a new name and fresh identity, the Hannah is leaning into its role as an incubator for a broad range of Wellington performance art.

Built to home the famous Downstage Theatre group, the Brutalist building on Cambridge Terrace has long been a key part of Wellington's performance culture and is now nurturing much more than theatre in its new role.

Now called The Hannah: Theatre & Performance Lab, the flexible 243-seat theatre space has operated for the past year as 'a creative engine room' dedicated to performance, experimentation, and professional development for Aotearoa's boldest and most independent theatremakers.

"Some people still call us Downstage and we're hoping that the new look and everything will help us make our own mark," says General Manager Eleanor Strathern, regarding the branding created by graphic designer Lily Paris West.

With half of its annual use now dedicated to the development of new works, the space provides a much needed rehearsal and design space for medium to large performances.

Strathern gives the example of circus trio Laser Kiwi, who are popular on the fringe festival circuit.

"They have a small space in Berhampore but this provided them with a very large space and they've built a brand new work that will premiere in Edinburgh soon."

The space has clearly found a niche, because

bookings are pencilled in for the rest of the year, with some periods having up to five groups on a waiting list hoping for a slot to open up.

The theatre is available for all kinds of performance, from music to opera, theatre to circus.

Strathern says that a new website and more social media and communications channels will help let people know what's going on behind the scenes – and reassure them that the space is being used, even if no performances are being advertised.

Another innovation may see the public invited in to see productions in their development stage.

"I want people to come to The Hannah to experience something new. It might be something that is brand new, that is making a premiere, but it also might be something that's halfway through its development, that's asking for feedback," Strathern says.

"And that's not really something we do in New Zealand so much. It's extremely common overseas. People will preview a show before reviewers are allowed in the door for a whole month, but we just don't have the culture of that nor the population.

"But because we're a hub for development, we want to welcome people into the process, and I hope that people get excited about that."

Strathern has been in the role a year and pays tribute to Isabel McKinnon, the previous manager, and Murray Lynch, the Chair of the Hannah Playhouse Trust, along with Stephen Blackburn the Wellington City Council's Manager of City Events.

"The Hannah has always been a space where artists take risks, try new things, and push the limits of performance," says Strathern. "Now, with this new identity, we're putting that spirit front and centre — and inviting the public to arrive curious." **TL**

# The music fan who hung out with rockstar royalty

Working backstage at Live Aid is only one of many great rock star tales this Mt Victoria resident has to tell – **Sharon Greally** caught up with him.

**Q**ueen. Bruce Springsteen. The Rolling Stones. The names of these iconic music moguls roll off Andrew Haddleton's tongue like they are old friends. That's because he's been there on stage with them, as stage manager at Live Aid Wembley, and other gigs.

Live Aid was the first of the big charity shows back in 1985. I remember it well, dancing round my flat in London, heavily pregnant with my first baby. I had to be happy watching it on TV where it was broadcast live – another first. And I loved it.

But Haddleton was there and he's got the original Live Aid showtime sheet printed on butcher's paper to prove it.

"I saw it there and thought I'd nick it before it got thrown out with the rubbish. There was another one but I don't know where it went. Probably the bin."

He also worked with Queen at their big show in Wembley: "The one the film was about".

He was approached to be tour manager for Dire Straits but turned them down – "too samey" for his tastes. He couldn't imagine being on stage with the same songs every night. Does he regret it? "No".

Considering these were 'summer jobs', away from his day job, it's pretty extraordinary. "Instead of going to the Mediterranean to get sunburned, I was doing gigs instead."

He cut his teeth at Leeds University where he was studying economics.

"They had a great reputation for putting on big bands in those days, and recorded albums there, but that was before my time. I worked with and promoted huge bands like Santana, and Bob Marley there."

From the heady heights of London's music scene, he and his partner moved to Mt Victoria approximately seven years ago, after initially living in Roseneath, via



Auckland. He wouldn't live anywhere else, he said.

"Wellington's got access to everything we want – film festivals, food festivals, breweries, vineyards, and the best olive oil in the country! We've won 15 out of the 17 gold medals from Kāpiti and the Wairarapa! We had a car, but hardly used it. We can walk everywhere. And go to three, four or five gigs a night. It's simple living. You've got the waterfront, the mountain, and it's an easy walk to work for my wife and I."

He runs a digital marketing business, supporting small businesses with internet marketing, websites etc. He has helped the Mt Victoria Historical Society develop its website content.

His favourite place to go for his cuppa used to be Myrtle, but he also loves Tomboy just around the corner.

He likes being involved in the community, goes to the markets at Chaffer's every Sunday, and takes compost up to the Community Gardens.


He delivers *The Local*, and is surprised at how many tucked away streets there are in Mt Vic, and loves bumping into people.

He's still very involved in music, and has been helping promote the Blues Club in Dixon Street for four or five years. "It's been around for 30 odd years, and is the longest running jazz club in the Southern Hemisphere". He also runs the Wellington Jazz Meetup app, which keeps up to date info on Wellington's vibrant music scene. "People say Wellington's dead, but with this many gigs going on, I'd say it's thriving." **TL**



# ULO ? Unidentified Local Object

Identify the mystery object – something in the Mount Victoria area – to win a \$20 voucher for your favourite local cafe.

Email your answers to [editor@the-local.co.nz](mailto:editor@the-local.co.nz). If there's more than one correct answer the winner will be selected at random. Congratulations to Tracy Keyes, who identified the July ULO as the clock on the apartment block on the corner of Pirie and Brougham Streets. 



## The Surreal Seduction – A Love Story in a Bun (From 4<sup>th</sup> to 31<sup>st</sup> August, 2025)

In a creative kitchen, The Bridge Bar set out on an impossible mission:  
To create the perfect burger of love. But not just any love. Surreal love. Dali love. The kind of love that melts clocks, warps reality, and drips with reckless passion. Inspired by Salvador Dalí's devotion to his muse Gala – and his unapologetic obsession with flavour, fantasy, and fire – the Surreal Seduction was born.  
Crafted not just for hunger, but for hearts.

📍 28 Cambridge terrace, Te Aro

🌐 Reserve yours now : [www.cambridgehotel.co.nz](http://www.cambridgehotel.co.nz)

**Community notices are free for local groups and not-for-profits. Get in touch if you would like to include your listing in *The Local*.**

### One Mindful Breath

One Mindful Breath explores the role of meditation and mindfulness in embracing the wonders and difficulties of our modern lives. Our practice is secular, framed by Buddhist values. We meet every Wednesday at 7.30pm at the Friends' Centre, Moncrieff St, Mount Victoria. Each session has a meditation, discussion, and a cup of tea. The first Wednesday of the month is "Beginners' Mind", great if you're new to meditation. Find out more at [onemindfulbreath.org.nz](http://onemindfulbreath.org.nz).

### Pikopiko Clyde Quay Kindergarten

Spaces Available! Pikopiko is open for 2-5 year olds, Monday to Friday, 9am-3pm during school terms. 20 hours free from 2 years old. Phone **04 385 0441** or email [pikopikoclydequay@wmkindergartens.org.nz](mailto:pikopikoclydequay@wmkindergartens.org.nz). Please see [wmkindergartens.org.nz](http://wmkindergartens.org.nz) for more information.

### Crossways Community Creche

61 Majoribanks Street, is a parent-run early learning centre for children aged 1-5. It is open Monday to Friday and offers 20 hours of state-funded ECE for over 3s. Contact us at **04 384 8201** or email [info@crosswayscreche.org.nz](mailto:info@crosswayscreche.org.nz).

### Table tennis for over 60s

Table tennis is a fantastic sport for older people as it helps with movement, brain stimulation, and muscle/bone strength. We have eight tables and play three times a week at the stadium on Alexandra Road. We want to encourage new people to join our fun social event. Only \$4 each time - no subscription. For more information contact Diana Winn, email [winnich@xtra.co.nz](mailto:winnich@xtra.co.nz) or phone **04 801 9556**.

### Innermost Gardens

Gardening Sundays: 10am-12pm on the first and third Sunday of the month. Also Tuesday morning gardening every week during school term 10am-12 pm. Everyone is welcome. Contact [innermostgardens@gmail.com](mailto:innermostgardens@gmail.com) or check out our website [innermostgardens.org.nz](http://innermostgardens.org.nz) to find out more about how the gardens are run and allotment and composting opportunities.

### Meet the candidates events plus Mt Victoria Residents Assn AGM

The Mt Victoria Residents Association will be holding candidate meetings for the upcoming local body elections. A mayoral and ward candidate meeting will take place on 4 September at St Joseph's church hall on Ellice St, and a regional council and Māori ward meeting at St Peters church on Willis St, date to be confirmed. (Please check out our Facebook page). Members and non-members are welcome. Please let us know what questions you have before the meeting. The September candidate meeting will be preceded by our AGM where we will adopt a new constitution among other matters. All residents of Mt Victoria are eligible to join the association; we are more effective the more people join in.

### Mt Victoria Residents Association

MVRA holds regular monthly meetings at the Mt Vic Hub on the first Thursday of the month at 5.30pm. All members welcome.

### The Quakers

Each Sunday at 10:30am Wellington Quakers gather for worship as part of unprogrammed Friends Meetings. Our address is 7 Moncrieff St. We welcome all. For more information email [wgtnquakers@gmail.com](mailto:wgtnquakers@gmail.com).

### Quaker meeting rooms

7 Moncrieff Street has meeting rooms for regular or one-off meetings for non-profit and government agencies. Wifi and projector available. Call **04 385 4897** or email [wgtnquakers@gmail.com](mailto:wgtnquakers@gmail.com).





**Do you offer guitar lessons? Are you a dog-walker looking for customers? The Listings section is an affordable way to let people know about your service. Advertise in *The Local* for as little as \$40.**



### **CLEANWELL Cleaning Service**

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### **U3A in August**



August talks at U3A Wellington City explore bold ideas – from rethinking flood protection with Tom Kay, to angel investing with Serge van Dam, and Sally Davenport on doing science differently. Military historian Chris Pugsley returns to uncover the political story behind New Zealand's WWI memorials. No lectures on 12 & 15 August due to NZIFF. Tuesdays and Fridays, 10.30am at the Embassy Theatre. \$5 for visitors; \$50 membership. Full programme: [u3awellingtoncity.org.nz](http://u3awellingtoncity.org.nz).

### **Good Vibrations sound therapy**



Feel like you're out of tune, mind, body or spirit? Sounds like you need some Good Vibes to bring you back into harmony. Sound healing is an ancient practice that harnesses the power of sound vibrations that affect us on a neurological, physiological, and biochemical level to promote healing and relaxation. Harness the healing power of sound to benefit your life. Contact Sharon Grealley at Good Vibrations Sound Therapy, The Paddington, 140b 11 Jessie Street, Te Aro, Wellington 6011, phone 021 264 8544 or email [info@goodvibrationsoundtherapy.co.nz](mailto:info@goodvibrationsoundtherapy.co.nz).

### **Bioresonance Sessions with Dr Daniel Taylor**



Looking to explore deeper insights into your physical and emotional wellbeing? Bioresonance is a non-invasive modality using the Blue Opal Metatron, the only ISO-certified biofeedback device worldwide. It can help identify energetic patterns in the body. Many people find it a supportive tool in their personal wellness and health journey. Sessions are 90 mins long. Take advantage! Wellington | Aug 25–28 & Sep 1–4. Contact: Madhava Mohini – 020 4056 3965.

### **Feldenkrais classes**

Awareness through Movement classes are held Tuesdays 6–7pm, from 11 February, at the Quaker room in Moncrieff St. Relieve pain and stress, improve posture, balance and breathing, in a friendly, relaxing environment. Sue 027 466 7123, [massagewellington.nz](http://massagewellington.nz).

### **Host Your Next Event at the Taranua Tramping Club Hall!**



Looking for a unique, affordable venue with charm and space? The hall – a beautifully restored former church – is perfect for workshops, classes, and community events. Seats up to 145, two smaller breakout rooms available.

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# Wristy business

Are there any upsides to breaking a bone?

**Jane O'Loughlin** finds out.

I was reading the 16,783rd story in the newspaper about how bad New Zealand's health system is, the long wait times in hospitals and the chronic lack of staff, when I set down the paper and airily announced: "I think the best thing is to avoid the health system altogether!"

If my life was a Greek tragedy (who knows, it may yet prove to be) at this point the gods would gather and mutter to one another that this mortal was getting too arrogant and complacent and must be humbled.

Conveniently for the gods, a few days later I decided to go ice skating and it was thus a short time later that found myself in the hospital's Emergency Department with a broken wrist.

But this is not a tale of terrible ED times. In fact I was pleasantly surprised at how quickly and efficiently I was seen to; apparently the day before had been much worse. I therefore recommend to anyone planning to break a limb that you schedule it for a Wednesday lunchtime and perhaps you'll find like me you will emerge from the hospital within the government's target six hours.

The discharge sheet said 'Broken wrist. Ice-skating. FOOSH'.

I thought it was cute that the doctors inserted this playful description of my accident in which one moment I had been happily iceskating and then unexpectedly as I went to step off the ice my legs went from under me: FOOSH!

However it turns out the truth was less whimsical; the acronym is a shorthand to describe the common injury known as Fell On Out Stretched Hand.

Once discharged with my arm in a cast and a sling I soon come to realise all the ways I have been taking my right hand for granted.

Simple actions like opening jars, buttoning clothes, using scissors, were suddenly hard work or impossible.

Unfortunately I was now going to have to rely on my family for many things.

We quickly established the things I could and couldn't do. Unscrew wine bottles? No. Drink wine? Yes. Do dishes? No. Explain why the dishwasher had



been incorrectly loaded? Yes. Drive the car? No. Tell the person driving what they are doing wrong? Yes. In short, I quickly became insufferable.

Fortunately for me, wearing a cast provides you with protection, both literal and figurative.

At any sign of repercussions, I need only to wave my cast and look pitiful.

"Argh, I can't fight you because you've got a cast on," said my daughter in frustration, as I sauntered off to sit on the couch and watch others do the housework.

It's going to be a long six weeks for all of us.

Meanwhile, I know the hospital is underfunded so I have some suggestions for them. Much like an art gallery makes you exit through the gift store I think that those with fractures at the hospital should exit through a store full of gadgets and gimmicks suited for those with broken arms and legs, like electric can openers, one armed clothing, and slip on shoes.

Also a fake cast for me to buy and wear once this one is no longer needed, because frankly I could get used to this. **TL**

**If my life was a Greek tragedy (who knows, it may yet prove to be) at this point the gods would gather and mutter to one another that this mortal was getting too arrogant and complacent and must be humbled.**



# Wakefield monuments

This month, Mount Victoria Historical Society's **Joanna Newman** looks at some of the memorials to our colonial founders which have featured in the press recently.

**T**hree monuments which have been raised as controversial reminders of our colonial beginnings just happen to be in or near Mount Victoria – which is, of course, one of the oldest suburbs of Wellington.

At the edge of the Basin Reserve is one commemorating William Wakefield, who was the New Zealand Company's representative in Wellington. Not long after his death in 1848 a subscription was started to raise money for a commemorative piece, and a small iron dome and column structure monument ordered. It wasn't erected until 1882, however, in the Basin Reserve recreation ground. By 1886, it held a drinking fountain, with cups around the wide bowl under the dome – no doubt a welcome amenity for cricket watchers and other people enjoying the Reserve. At that time, the structure was not where it is now, because The Basin has lost much of its public recreation land to roading over time. A plaque indicating who the monument commemorated wasn't added until 1974.

The other one is to his brother, and founder of the New Zealand Company, Edward Gibbon Wakefield. It sits on Mount Victoria, overlooking the harbour. The stone and concrete lookout was designed by Gray Young, Morton & Young in 1939 as one of the city's




Centennial Lookout [J Newman]



William Wakefield memorial with drinking fountain, Basin Reserve, Wellington, 188?. [ATL PAColl-8668]

projects for the 1940 NZ Centennial celebrations held in Wellington. It includes a bronze orientation table, and bronze heads of The Duke of Wellington – after whom the city is named – and Wakefield. Built by Fletcher Construction, it was officially opened on March 15, 1940. The granite wall which is part of the structure was a gift from the London County Council and formed part of the Waterloo Bridge, which was opened by the Duke of Wellington in 1817 and had been demolished in 1938.

History is never all good and we need to acknowledge the wrongs of the past. While we might not choose to commemorate these individuals today, the monuments are a reminder of aspects of Wellington's establishment and history. As long as we ensure others can tell their stories, in ways appropriate to them, they can play a useful role in our landscape. They can even be enjoyed simply as public amenities (though, sadly, there is no longer a public drinking fountain in the Basin Reserve).

Next month, we'll feature the third monument that's been in the press: the Queen Vic statue. 





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