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Ngaio buzzing



By Frank Neill

Things are buzzing in Ngaio and Crofton Downs, where the ever-growing Ngaio Climate Crew are working to make Ngaio and Crofton Downs into New Zealand's first carbon neutral suburbs – and have fun and save money in the process.

Continued on page 2.

MP Tamatha Paul (holding PlayBook), and (from left) Ngaio Climate Crew's Ian Turk, Brett Reid and Kena Duigan after a community based sustainability workshop in Ngaio Union Church. Photo: Supplied.



Te Kāreti o Tarikākā
Onslow College

Onslow College out of zone enrolments for 2027 are closing July 22!

onslow.school.kiwi/enrolment



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Working to make Ngaio carbon neutral

Continued from page 1.

The Ngaio Climate Crew recently hosted more than 100 residents at a solar information evening, held a popular hands-on fruit and veg pickling workshop, ran a community based sustainability workshop with groups from other suburbs, and stargazed on a night City to Ngaio bike ride.

Keeping up the momentum, they are holding an EV Information Lunch on 27 June and running a Hall to Hall e-Bike ride on 18 July.

The solar, pickling and playbook events were all part of the recent Climate Festival Pōneke, run by Wellington City Council.

Also part of the festival, a community workshop was an opportunity to share lessons learned and hear other community's experiences, to grow a sustainability network across Wellington. Visit ngaioclimatecrew.org.nz to keep up with coming events and full details.

Ian Turk, of the Ngaio Climate Crew, remembers: "In 2019, a small group of us set an ambitious goal: 'to become the first carbon-neutral suburb in New Zealand'.

"We were inspired by existing local grassroots initiatives which shared commitment to living more sustainably such as the monthly Ngaio Repair Café, a monthly recycling station, the Hauora Kai Fruit and Vegetable Co-op and others.

"In 2024 a small team came together to apply for a grant from WCC's Climate and Sustainability Fund, including residents Kena Duignan and myself, Ngaio Union Church Minister Brett Reid and Emily Mabin Sutton.

"The grant was successful and now enables two part-time staff (Scarlett Tulley and Kat Troup)." Kena explains: "Our focus is on supporting neighbours to work together to reduce our impact on climate change, and stop feeling lonely and isolated about this huge issue.

"Our shared vision is to build a resilient,

carbon-neutral community where everyone can thrive.

"Our suburbs' compact layout, strong public transport links, range of local community groups and businesses, and active, connected residents make it the ideal place to pioneer this transformation.

"Measuring the crew's impact has been challenging. It's not easy to measure emissions on a suburb basis.

"We have a data group who are working out what we can measure to calculate our collective emissions and track our reductions over time.

"Our baseline suburb emissions (excluding diet) were 14,460 Tonnes CO2 equivalent annually.

"We use our measurement to work out where we should put our effort so that our carbon emissions can be most effectively reduced.

"We've done so much together already, including a plant-based eating evening, creating a local kai/ gardening group, hosting a solar information evening and a local planting walk, supporting a local seed swap, organising community bike rides, working to establish car sharing, promoting a FutureFit tool for measuring household emissions reduction, a climate action book display at Cummings Park library, helping Mitre 10 Crofton Downs become the first in Wellington to offer a polystyrene recycling scheme, a residents' Community Climate Resilience meeting, and highly impactful local solar events."

There are now 248 members of the Climate Crew on Facebook, with a wide range of activities that are led by residents.

The Climate Crew is always looking for more residents with sustainability ideas, particularly anyone who wants to lead a project with support from the team.

There are Action Groups on Electrification (Solar panels and EVs), Sustainable Transport, Climate Friendly Kai, Low Waste Life, Connecting with Te Taiao/Our Ecosystems, Emergency Preparedness and Community Gardening.

Everyone is welcome to come along, see for themselves and join the crew.

Ian finds that "community action for climate action is both possible and enjoyable. There is power in community and it is up to us to create the change we hope to see."

Kena adds: "You will likely be surprised by how much people care and are willing to contribute. They just need a way to do this.

"Many thanks to our wonderful Ngaio and

Crofton Downs community, supporters and members of the Ngaio Climate Crew, and of course the Wellington City Council for their continued support."

Coming up on Saturday 27 June at the Ngaio Union Church is the EV Information Lunch.

Everyone is invited to come along and hear from local owners about the electric vehicles they chose, costs and savings, things to watch out for and unexpected benefits.

From e-bikes to SUVs, battery or hybrid, local shopping or road trips – learn what vehicle and charging method will likely fit your needs and finances. Host Bill Dashfield stresses: "This is independent advice from owners.

We're not selling anything, just sharing our experiences. "One surprise for me was what fun EVs are to drive: great acceleration, good cornering, nice and quiet for music and conversation, and no expensive visits to petrol stations.

"There'll be a variety of EV and PHEV cars, e-motorbike and e-bikes on-site with their owners. You can look, feel and question the owners on their good (and bad) points." Doors open at 11:30am with soup and rolls.

Presentations start at noon, question time is followed by tea and checking out the EVs until 2pm. On Saturday 18 July there is Bike 101 – Supported Community Bike Ride.

Get ready to dust off your bike and make the most of those crisp winter mornings. Ride with us from town hall to town hall on a friendly, supported e-bike adventure.

Tara Forde, one of the organisers says: "Whether you're getting back into cycling or just keen for good company on your commute, this ride is all about building confidence, sharing tips and swapping stories with fellow riders.

"You'll pick up practical tricks, meet like-minded people and maybe discover your new favourite way to travel.

"Plus, our friends from Pedal Ready will be there to help you feel safe and supported every step (or pedal) of the way. "Meet us at Ngaio Town Hall to bike to Wellington Town Hall, 10am Saturday 18 July. The rain day is Sunday 19 July. Riders must be aged at least 13."

With Climate Crew events, costs and how to register (if required) are clearly listed. Many events are free but a koha is appreciated which goes back into NCC mahi.

More details are at ngaioclimatecrew.org.nz; and people can follow the Ngaio Climate Crew on Facebook and Instagram.



Greg O'Connor MP for Ōhāriu

Last week I announced I would be leaving politics at the General Election in November this year. It was a tough decision, after nine years of building up relationships with people who live in the Ōhāriu Electorate, which of course is disappearing this year. I will always be beholden to the good folk of this electorate for their support, particularly in the 2023 election when National threw the proverbial kitchen sink at me.

However, nothing ever stays the same, and with the Labour List remaining my only option to remain in Parliament, a job very different to that of an electorate MP, the time has now come for me to look at other ways to contribute.

I will continue to be the Assistant Speaker until November. That has proved the ideal job for advocating and getting support for local and individual's issues, as have good relationships with politicians from all parties, in particular.

The real achievement of this MP

job is building an understanding of how the component parts of the electorate, whether involving education, business, sports, churches, health and housing, and local body politics, all fit together to make things work. No one else really does this job, as while people will always know more about their own area of interest than I would ever know, my job has been to know a little about all these things.

And you do that by meeting and listening to people wherever they are. That is what I will miss more than anything else, although I am not going anywhere and will be remaining here.

The thing that I will always be grateful for is how people have been so accepting and welcoming to my disabled son Michael, who can be pretty imposing at times. All I have ever had is total understanding, and that more than anything shows how people are inherently good.

You can contact my office on **04 478 3332** or email

Greg.OConnor@parliament.govt.nz.

Song Quest returns

The Kiri Te Kanawa Song Quest is back for 2026, marking the 70th anniversary of the New Zealand's premier singing competition.

The legacy continues as the finalists sing it out for the winning title and a share of \$95,500 in prizes before International Head Judge, acclaimed soprano, Frederica von Stade.

Twelve semi-finalists are competing for a place in the Grand Final Gala. They are profiled at www.songquest.nz.

Secure your tickets ahead of the crowd for the 2026 Kiri Te Kanawa Song Quest Grand Final Gala, where six finalists perform live with the New Zealand Symphony Orchestra conducted by Brad Cohen, General Director, NZ Opera on Saturday 11 July at 7.30pm at Wellington's Michael Fowler Centre. Tickets are from \$39.

Celebrate in style at the Gala. Upgrade to a Gala Package for just \$109 (plus booking fees) and enjoy an A Reserve seat, gala programme, and access to the Winner's Reception directly after the show. Drinks and canapés included – limited spaces



The International Head Judge of the 2026 Kiri Te Kanawa Song Quest, Frederica von Stade. Photo: Supplied.

available.

Bookings can be made at www.songquest.nz.

Exceptional contributions and service

By Frank Neill

The same month Sir Peter Boshier was made a knight in the King's Birthday Honours he received a major international honour.

The Thorndon resident has been made an Honorary Life Member of the International Ombudsman Institute (IOI).

The Chief Ombudsman from 2015 to 2025 Sir Peter became a member of the International Ombudsman Institute's Board in November 2016 and has served as its second international Vice-President.

The IOI has six international regions and Sir Peter has served as President of the Australasian Pacific Ombudsman Region.

The institute bestowed Honorary Life Membership on Sir Peter "in recognition of the exceptional contributions and services [he] rendered to the IOI in [his] 10 years in office".

Sir Peter has been "a passionate and dedicated advocate for every aspect of the work of Ombudsman and the values and principles of the IOI in the different roles and functions [he] held over the years as IOI Vice-President, Regional President of Australasia and the Pacific, Chair of the IOI By-laws Review Committee and active member of the UN Working Group," the institute says.

"I am extremely humbled and honoured by this recognition," Sir Peter says.

"I join past Ombudsmen Sir Brian Elwood and Dame Beverley Wakem in receiving this honour.

"But, again, this is not something I have achieved single-handedly.

"This is a recognition of the Office of the Ombudsman in New Zealand, its excellence and its place on the international stage.

"We have contributed so much to international understanding of the role of the Ombudsman in the lives of New Zealanders and how we can – and do – effect positive change and outcomes for people across Aotearoa,"

There were three things about the role of Chief Ombudsman he would like to comment on, Sir Peter says.

"One was that in our region New Zealand gave a lot of assistance to Ombudsmen in the Pacific, who were often under resourced.



Sir Peter Boshier, who has been made an Honorary Life Member of the International Ombudsman Institute. Photo: Supplied.

"That was an important part of the role – promoting good governance and democracy in the Pacific.

"That was a really good thing that we achieved."

The second was "we just happened to have a good talented team and we were responsible for drafting at least one of the United Nations resolutions that was passed by the general assembly stressing the importance of integrity agencies, such as Ombudsmen.

"New Zealand has been quite a heavywight

on the international scene."

The third thing he wanted to say was that "we have a bond with some of our South East Asia partners.

"On the world stage that's pretty important and pretty good.

"I imagine that is why they gave me the recognition because we actually achieved quite a lot.

"New Zealand just does so well on the world stage. "We are pretty adept and pretty talented," Sir Peter says.

School holiday children's show

Wellington Repertory continues to celebrate 100 years and Toybox 10 years with the fourth production of Repertory's centenary year, 'Mrs Llama the Very Kiwi Farmer'.

This new children's show for the July school holidays opens on Monday 6 July and runs until Friday 10 July at the Gryphon Theatre, 22 Ghuznee Street.

On her lively New Zealand farm, Mrs Llama is trying to keep everything under control but between some very pesky rabbits and a cast of unforgettable animal characters, things quickly spiral into hilarious chaos.

With the help of the audience, she brings a collection of beloved stories to life, each with a playful Kiwi twist.

Perfect for young audiences and the young at heart, 'Mrs Llama the Very Kiwi Farmer' is a feel-good theatrical adventure full of surprises, silliness and just a little bit of farmyard mayhem. The show's cast is entirely made up of children, with six in the cast altogether. They are all excited to be a part of this production and to bring the show to life. "I love working with and for children," Director Jamie says. "It's so different to other types of theatre in that it reflects the energy of children while setting up the next generation of theatre lovers. "It's rewarding and motivating to champion this." The show is brought by Toybox Theatre, supported by Wellington Repertory. Tickets are available at www.wellingtonrepertory.org.nz.

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Greg O'Connor

MP for Ōhāriu

Spokesperson for Courts and Veterans' Affairs
Assistant Speaker

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Authorised by Greg O'Connor MP,
Parliament Buildings Wellington.

inbrief news

Rugby final

The Super Rugby Pacific final comes to Wellington on Saturday.

This follows the Hurricanes scoring a massive 57-21 victory over the Blues at Hnry Stadium on 13 June.

The semi-final win gave the Hurricanes hosting rights for the final, which will kick off at 7:05pm on 20 June.

Car seat checks

Free child car seat checks are being offered at the Johnsonville Plunket Clinic, 19 Rotoiti Street, from 10am to noon on Monday 22 June.

Trained technicians will be available to check the installation of child's car seats and answer any other safety questions.

This is one of a series of free drop-in clinics being held at the Johnsonville Plunket Clinic.

The following one is on 17 August and there will be one on 19 October.

Johnsonville trains have resumed

Train services on the Johnsonville line began operating again yesterday, 17 June.

Trains had to be replaced by buses after a Matangi train crashed into a concrete barrier near Khandallah Station at around 7:20pm on 6 June.

The crashed train has now been lifted off the track by crane, allowing the Johnsonville line to reopen its train operation with a normal weekday timetable.

However Metlink warns that there may be delays on the line as it returns to normal operations.

"Trains will also be running for this weekend's Hurricanes vs Chiefs Super Rugby final, with extra services after the game to help fans get home," Metlink says.

"Thank you for your patience while KiwiRail completed repairs and safety testing following the recent emergency incident.

"Please check the Metlink app or website before you travel for the latest information," Metlink says.



A view at the reopening of the Newlands Community Centre. Photo: Supplied.

Newlands Community Centre reopening

The Newlands Community Centre reopened to the public at noon on 11 June.

This followed an official reopening and blessing of the newly repaired centre two hours earlier.

The centre is now running on its normal hours of 9:30am to 5pm Monday to Friday.

The centre had to close after the roof was lifted during the storm that hit Wellington on 16 February.

As well as having to repair the roof, the community centre discovered black mould in the walls of the centre, and this also had to be repaired.

"We sincerely thank everyone for their patience and understanding during the extended closure," the centre says in its latest newsletter.

"Your support has meant a great deal to us and to the wider community."



Takapū/Northern Ward Councillor Ben McNulty gives the thumbs up at the reopening of the Newlands Community Centre. Photo: Supplied.

All but one room in the centre are now open. The youth room is still closed as it is still undergoing remedial work.

However the Challenge 2000 youth after school programme is running, having resumed on Monday 15 June.

The Newlands Community House Foodbank resumed its services on Friday 12 June.

Located at 9 Batchelor Street, the community centre was opened in November 2009 with a blessing from a kaumātua from Ngā Hau e Whā o Paparārangi.

Initially a community initiative, Council designers worked with representatives of several local groups to come up with a concept for the centre.

The drop-in lounge is open for the community to share a cup of tea or coffee, use the free internet computers, read the newspaper, or just relax and chat with others.

NEWS TIPS

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A scene from 'Hay Fever'. Photo: Supplied.

Sparkling Noël Coward classic

Wellington Repertory's third production of its centenary year – 'Hay Fever' by Noël Coward – is coming soon.

The production opens on Wednesday 1 July and runs until Saturday 11 July at the Gryphon Theatre, 22 Ghuznee Street.

'Hay Fever' is a sparkling Noël Coward classic, overflowing with wit, charm and comedic brilliance.

Each of the four members of the Bliss family invites a guest to stay for the weekend at their country house, but nothing goes as planned.

Novelist David invites a young flapper. "Retired" actress Judith invites a young boxer. Artist Simon invites his mother's worst enemy. And the youngest, Sorel, invites a diplomat.

Mismatched personalities and misunderstandings create chaos, leaving everyone thoroughly exasperated.

And that is before they all swap partners. Add in a maid who is terrible at her job and the scene is set for chaos and hilarity.

A long-time fan of Noël Coward, director Susannah Donovan thought it was appropriate to choose a 100-year-old play by him for Wellington Repertory's centenary season.

The play marks her directorial debut in Wellington.

Susannah was drawn to the play because of the brilliant wit of the dialogue and the comedic opportunities it presents for the nine actors.

"Each character is distinct and over-the-top, especially the Bliss family themselves, whose rude antics are beyond belief, but which are so funny to watch," she says.

"Audiences will be thoroughly entertained and amused by this comedy of bad manners." Tickets are available at www.wellington-repertory.org.nz.

Newlands onramp closing tonight

The State Highway 1 Newlands southbound onramp to be closed tonight, 18 June from 9pm to 4:30am.

The onramp is being closed so contractors can replace street lights.

"These are critical for ensuring drivers have good visibility at night when using the onramp to access State Highway 1," New Zealand Transport Agency/Waka Kotahi says.

"Regular maintenance like this is critical for helping keep drivers safe.

"Because the work requires using lifts from large vehicles, space is limited and the ramp must be closed to traffic to ensure the public and work crews are kept safe.

"NZTA/Waka Kotahi and the Wellington Transport Alliance deliberately time this maintenance to be done at night when traffic volumes are lower.

"This significantly reduces the overall impact on road users, minimising disruption, and delays," NZTA/Waka Kotahi says.

This work is weather-dependent, and schedules may change at short notice.

Drivers who want to access State Highway 1 and head south from the suburb will have to detour by heading north on State Highway 1 and turning at the Glenside/Grenada interchange.

This is a longer journey and will require extra travel time.

Volunteer fire fighters celebrated

Volunteer fire fighters, including those in the Johnsonville and Newlands brigades, are being celebrated this week for Te Wiki Tūao ā-Motu - National Volunteer Week by Fire and Emergency New Zealand.

National Commander Kerry Gregory says volunteers are a critical part of Fire and Emergency's workforce.

"Our gratitude and respect for our volunteers extends beyond one week," Kerry says.

"Many New Zealanders don't know that volunteers make up approximately 80% of our personnel and they are available to serve their communities 24/7 365 days a year.

"Fire and Emergency couldn't provide the service we do to communities without them.

"Te Wiki Tūao ā-Motu - National Volunteer Week gives us the public platform to thank our volunteers for their service, as well as their whānau, friends and employers, that make volunteering possible," Kerry says.

"Volunteer roles vary greatly with people volunteering as firefighters, operational support, medical first responders and brigade support.

"They attend callouts, training and

community events, which often means time away from work and home.

"Our volunteers can't do it alone and National Volunteer week is an opportunity to really highlight the role employers of our volunteers and families play in keeping our communities safe by releasing our people from work to attend incidents and supporting them right across the country.

"They are an essential part of the support crew who keep New Zealand safe. A huge thank you for the ongoing support they all give to our people.

"Our volunteers come from all walks of life but share one thing in common – they generously volunteer their time to serve their communities in addition to whānau, mahi and other responsibilities.

"We want to raise awareness of the incredible work our volunteers do and give the public a chance to thank them too.

"We're inviting people to go to our Facebook or Instagram pages and leave a message of thanks or support.

"It's an honour and a privilege to lead an organisation full of people that are committed to our core purpose – serving communities together."

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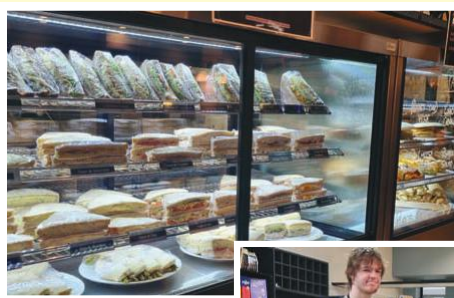
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The club is the perfect place to connect, offering activities like golf, darts, poker, dance, snooker and pool.

Housie is a midweek favourite – easy, social and full of laughs. Held first and third Wednesdays, tickets from 7:00pm, eyes down 7:30pm.

The Club has parking but is also close

enough to taxis, buses, and the train for a worry-free way home.

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READERCOMPETITION

Independent Herald News readers can win a family pass to "Shalakazap!". See www.kidzstufftheatre.co.nz for more details. To be in the draw email your name, address and phone number to: win@wsn.co.nz by Wednesday

24th June. A complimentary pass will be emailed to the winner and you can book into the show which suits you best!

For bookings: email kidzstuffnz@gmail.com or ph 027 567 5664

GKR Karate

Go-Kan-Ryu Karate (GKR) is a traditional Japanese style of karate. GKR was founded by Robert Sullivan in Adelaide, South Australia. Robert first began training in the art of karate in 1964, and spent time training and teaching in both Japan and the USA before establishing GKR in 1984.

GKR Karate is taught in a non-contact environment and promotes both character and physical development. GKR is a club for all ages and promotes self-defence, fitness, coordination, discipline, confidence and stress relief.

People of all walks of life can train together and learn the art of karate in a safe, fun and encouraging environment.

Shalakazap!

After sell-out tours, this show went to Brisbane's Out of the Box festival and was later remounted by Vancouver-based Axis Theatre. A Riotous comedy, a transforming set and audience participation. Tyro, apprentice MatheMagician, can't get his spells right. So, when Fire Chief Fleet arrives with a monster mathematical problem, they need to ask the audience for help.

Written by the phenomenal Jenny Wake ONZM. She is a veteran of New Zealand Television and Theatre. In her television career, she wrote, directed and produced 'Play School', wrote for 'Bumble' and directed



'What Now'. Jenny has travelled the world, championing children's theatre. Currently the National Coordinator of Performing Arts and Young People of Aotearoa (PAYPA) and the International Association of Theatre for Children and Young People (ASSITEJ) New Zealand. Joel is the Creative Director of Binge Culture, a new-form theatre company based in Pōneke and founded in 2008. His artistic practice explores alternative performance forms within a collaborative devising process, with an ongoing interest in activating the audience, using found and online spaces, games mechanics, binaural audio and digital technology. Shalakazap! is Joel's first KidzStuff show. Haydn Carter is a Graduate of Whitireia's Stage and Screen. He is one of our favourites at KidzStuff and has been in Badjelly The Witch, Kiwi Courage and Goldilocks. This time he is returning to KidzStuff as our apprentice MatheMagician, Tyro. Amalia Calder is a Kāpiti local and Mum. She has been a performer for 29 years and is the Creative Director of KidzStuff. Amalia has been in numerous KidzStuff shows. She first performed Shalakazap! in the year 2000, It was

her 1st ever tour, fresh out of drama school. Adriana Calabrese returns to KidzStuff after her debut performance in Badjelly the Witch in 2025. Adriana is an Italian and Brazilian, Pōneke-based actor and singer. She was most recently seen at Circa Theatre in Sense and Sensibility and Lizzie the Musical as well as The Court theatre in The Importance of Being Earnest. When: 6th – 11th July 2026 at 10am in Wellington. Thursday 16th July 2026 at 10:30am in Kāpiti.



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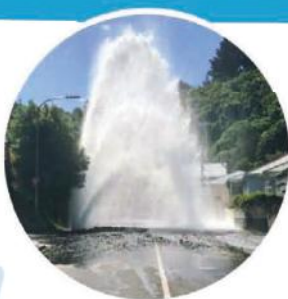
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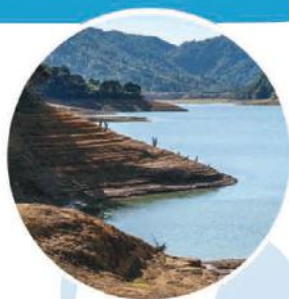
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hihi/stitchbird and kākā. They enhance our visitors' experience through presenting engaging daily mini talks and by assisting with after-hours tours. They help us to tell our stories by presenting public talks, writing articles and gifting us the use of thousands of stunning photographs taken in the valley. Volunteers skipper the electric boat, clear drains and contribute their woodworking skills and ingenuity.

They are our advocates and our heroes. We value their mahi and their loyalty.

Thank you to every volunteer across Aotearoa, your generosity, spirit, and hard mahi strengthen our communities and make New Zealand a kinder, more connected place.

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or via chat. Our volunteers are essential to everything we do. There are five locations across Wellington Central, Wellington, Johnsonville, Karori, Kilbirnie, and Newtown.

This National Volunteer Week, we want to say a huge thank you to every one of them for their time and energy.

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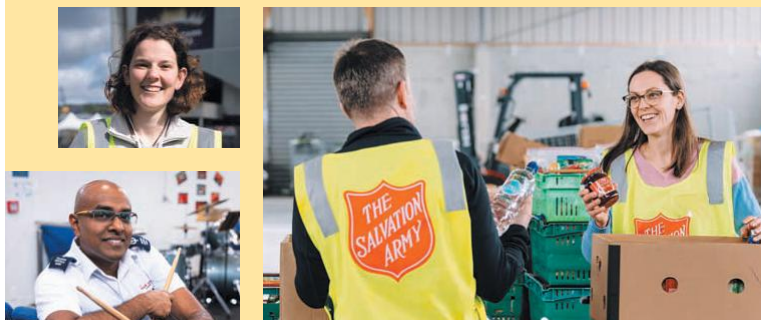
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Thank you to all of our amazing volunteers for the enthusiasm, time and commitment that you selflessly give to support Zealandia. What we do, wouldn't be possible without you!

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Photo credit (clockwise from top left): Judi Lapsley Miller, Ricky Situ, Lynn Freeman, Janice McKenna, Lynn Freeman, Kamilla Korokhova.

A heartfelt thank you to every Salvation Army volunteer across New Zealand.



Te Ope Whakaora



salvationarmy.org.nz



A painting of Wellington Harbour by Charles Heaphy. Picture: Alexander Turnbull Library.

Local history – Thorndon to Pito-one

By Felicity Wong

In 1912, the Evening Post reported an account of historic place names, as they knew them, between Wellington and Lower Hutt, by Rangī te Puni and Mere Ngamai.

Going from Tiaki-wai (Thorndon) along the beach in the direction of Pito-one (Petone), they recounted passing the Kai-whara-whara Stream, so named because local people went up the gully to collect whara-whara from trees for food.

Just beyond was the Wai-kiekie (“Stream of the Plant Freycinetia Banksii,” the fruit of which tree-climber was a delicacy); and the creek’s waterfall.

Just before Nga-Uranga was a beach-side spot called Papaka-whero (“Red Crabs”).

Paerau was the name of the steep hill just above Kai-whara-whara, where the old track (now the “bridle track”) led over to Johnsonville and Porirua.

Paerau means “Many Ranges”. It was often used in poetical laments as emblematic of the place where departing spirits finally left this world of light, “Kei tua o Paerau,” over the Great Divide.

Above Nga-uranga is “the hill that was called Piki-wahine” where women and children explored the bush for konini (the fruit of the kotukutuku or tree fuschia) and other forest fruit, and climbed kahikatea pines for the sweet berries.

Some distance further on, where bushy cliffs used to overhang the road, were Paro-rangi (“Cloudy Sky”), Te Ana-puta, and Pari-kararanga.

Te Ana-puta (“The Cave-opening”) was an extremely tapu burial cave in the cliff to the north of Nga-Uranga. Pari-kararanga meant “The Cliff of Echoes”, an apt name for those passing along the beach, with its lofty rocky cliffs towering above, while listening fearfully for the voice of a wairua, or spirit, in the heights.

It was said to be the “reo” or voice of a woman who had committed suicide at that place of many echoes. To the south of the cliff the little stream, Wai-hinahina, ran into the sea.

“Te Ahi-parera was the name of those heights,” Rangī said, reportedly pointing to the steep hilltops above Petone, on the northern and western side of the Tuara-whati Gully, “A fire (ahi) was kindled there by a distant ancestor to cook a wild duck (parera) which he had killed on a pool in the bush. Hence the name, ‘The-Fire-to-Cook-a-Wild-Duck.’”

Rangī went on to say that “away up there, when I was young, we had a cultivation, and we went there also to snare birds.

“And just above us, there to the west, where the great hills rise above the Korokoro Valley mouth, south side, the range is known as ‘To Raho-o-Te Kapowai.’”



A painting of the Hutt Road and Wellington Harbour from the entrance to Braithwait's clearing, Nga Hauranga. Picture: Digitalnz.org.

Rangī continued: “It was so named after an ancestor of the Ngāti-Kahungunu tribe, who lived a great many generations ago.

The Korokoro Gorge itself was so called by Te Mana, a chief of the Ngāti-Mutunga tribe, one of the Taranaki tribes that conquered all this Wellington country [204] years ago, and drove the Ngāti-Kahungunu out to the Wairarapa.

He called the valley after himself, likening it to his throat (korokoro) in order to tapa, or claim it, as a possession for himself and his descendants.

That is the origin of the full name of the gorge, which is ‘Te Korokoro-o-Te-Mana’ – ‘The Throat of Te Mana.’

“And it is after the same chief that the deep valley or gorge which you can see up there above the Pito-one railway station was named; the wooded valley which is now a park, and down which a little stream runs, winding through the bush and coming out near the old Catholic Cemetery.

The full name of that valley and stream is ‘Te Tuara-whati-o-Te-Mana,’ which means ‘Te Mana’s Broken Backbone.’

“In that little burying-ground at the mouth of the valley, the urupā of Tuara-whati, is buried my old relative, Wi Tako Ngatata, who was a great friend of the white people in the very early days of Wellington,” Rangī said.

“There also lies old Mawene, or Ngarimu, the ancient woman of Wakahikuwai, who was one of the young chieftainesses who danced the dance of welcome to the white chiefs when they landed on this beach from the ship Tory, in 1839, and who chanted the great song of greeting: ‘Toia mai te waka ki te urunga’ (‘Haul up the canoe to its resting place.’)

“The Wai-wherowhero (“Reddish-coloured Creek”) and Manga-reporepo (“Swampy Creek”) are two streams of water in the vicinity of Lower Hutt.

Te Momi (“The Sucking of the Swamp”) was a stretch of flax-covered marsh between where the Lower Hutt Railway Station now stands and the Hutt River.”

Rangī’s names are an important history to recall, revive and enjoy.

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Call in the Experts

Wharfies into cup's last eight

By Hamish Wareham

For the second time in the past three seasons, Waterside Karori women's side made it to the quarterfinal stage of the Kate Sheppard Cup on 13 June.

Heading into the round of 16 fixtures against women's Central League leaders Petone at Memorial Park this shaped up to be a seasaw battle between two local giants.

Three first half goals from the visitors quickly put pain to that for the hosts, as recent Karori arrival from the Phoenix Academy Ella McMillian scored two first half goals as well as one from Sophie Burchfield, which had the Wharfies 3-0 up at halftime.

The Wharfies showed no mercy, as Margot Ramsay and Renee Bacon both scored 10 minutes into the second half making it 5-0.

Renee scored again in the 75th

minute extending the lead to six, Petone did grab a consolation goal two minutes later through Pepi Oliver-Bell but understandably the damage was well entirely done.

The other fixture from the Capital region took place Sunday afternoon at David Farrington Park as Miramar Rangers hosted Phoenix Academy.

Despite a scoreless first half the Nix ran in four second half goals,

including a brace from Sienna Candy and goals to Lilly Brazendale and Katie Pugh.

Waterside Karori and Wellington Phoenix will now meet in the quarterfinal stage, with the date and time to be decided.

Wharfies will be out for a form of revenge having been eliminated from this stage of the Kate Sheppard Cup in 2024 in a 3-2 thriller at Wakefield Park.

In the men's Chatham Cup, four

games took place over the capital/central region.

Two second half goals saw Miramar defeat a rotated Western Suburbs side 2-0 at David Farrington Park.

Petone scored two late goals to defeat Seatoun 2-1 at Seatoun Park, Island Bay United survived a late Stop Out fightback to win 3-2 at Wakefield Park and Napier Rovers beat Palmerston Marist 2-0 in Palmerston North.

Well-being talks at libraries

In recognition of International Well-being Week, Wellington City Libraries is offering two free well-being talks with local health practitioners and authors.

The lies we tell about burnout and self-care: A talk by clinical psychologist, Dr Kerry Makin-Byrd will take place on Tuesday 23 June from noon to 1pm at Ngā Pou Ruahine, Te Matapihi ki te ao nui Central Library.

Dr Makin-Byrd addresses the issue of burnout for anyone who feels tired or overwhelmed by work or life.

Kerry will talk about what we get wrong about burnout and will offer practical, hopeful science-based solutions instead of silliness.

Kerry is a clinical psychologist and noted burnout and well-being expert who translates science into practical non-fiction.

An alumni of Pennsylvania State University, University of California San Francisco, and the Palo Alto VA health care/Stanford School of Medicine (affiliated), she was honoured with the Veterans Health Administration's Special Contribution Award for nationally impactful policy work and clinical teaching.

A burnout survivor herself, Kerry is the author of the memoir 'The Ballad of Burnout' and 'Start here: a practical guide for the overwhelmed'.

Based in Wellington, she divides her time between writing, providing trauma therapy and consulting with doctors and therapists.

The Decades Before the Hospital Bed: Understanding women's health across the lifespan – a talk by Lynda Lovatt will be held on Thursday 25 June from noon to 1pm at Ngā Pou Ruahine, Te Matapihi ki te Ao Nui Central Library.

Lynda asks "What if the conditions we associate with 'old age' actually begin decades earlier?"

Through one woman's story, from age 20 to 80, this talk explores how hormones, muscle, bone health, pelvic floor changes, stress, lifestyle, pregnancy, menopause and chronic disease risk shape a woman's future health outcomes.

Lynda is a New Zealand Registered Nurse, Exercise and Pelvic Health Professional and Lifestyle Medicine Practitioner.

She is a successful businesswoman with a gift for creating outstanding exercise programmes for women to promote safe exercise during pregnancy, prepare them for birth and it's recovery.

Driven to prevent the disease she had seen in New Zealand and British hospitals, Lynda started up her own Wellington Clinic.

Her mission is to help women navigate menopause, keep healthy as they age and to provide assessment and treatment for incontinence and the genitourinary changes in menopause.

Between dreams: Resistance and representation in Asian Aotearoa will take place on Tuesday 23 June from 5:30pm to 6:30pm at Ngā Pou Ruahine Te Matapihi ki te Ao Nui Central Library.

This panel discussion will present fresh, progressive perspectives on what it means to be 'Asian' in New Zealand.

Te Papa curator and editor Grace Gassin will be joined by contributors Serena Lal, Keith Ng and Sapna Samant to discuss experiences of living between cultures and to explore the legacies of New Zealand's diverse Asian

diaspora histories.

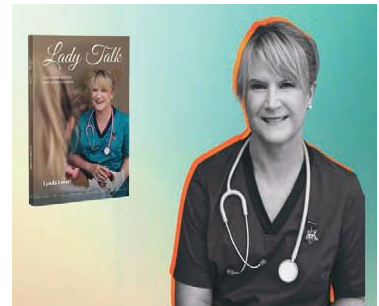
Out on the Shelves is an online resource created by InsideOUT to connect young rainbow people with books and stories with positive rainbow representation.

Each June an awareness campaign is held where schools and libraries around Aotearoa have the opportunity to promote Out on the Shelves, enter (and hopefully win) their display competition, and uplift and celebrate rainbow people and stories across the motu.

Wellington City Libraries has a host of exciting events and activities in the libraries and online to celebrate Out on the Shelves.

Learn what's on at <https://www.wcl.govt.nz/news/out-on-the-shelves-2026-whats-on-in-our-libraries/>

All events are free and seating is limited. We



Lynda Lovatt and her book 'Lady Talk'. Photo: Supplied.

encourage you to arrive early to secure a seat. Nau mai rā tātou katoa. Everyone is welcome.

Supporting youth with mental health issues

Rotary in Wellington is going all out supporting secondary and intermediate schools with counselling and other services to help students with personal mental health issues.

Since going live in 2022 with a programme called "Lifting the Lid" on youth mental health, 14 schools in the Wellington area have joined up and are receiving support from fund raising from Rotary Clubs in Wellington.

Allan Frazer, a Past President of the former Rotary Club of Karori, now merged with Wellington North which covers an area from Karori to Khandallah, says Rotary is fully committed to this programme of support through which 1,717 students have been assisted with their needs through 1,958 counselling sessions and through other help including bonding and building trust with animals, in particular dogs and horses.

funding increasing from \$32,000 in 2022-2023 to over \$82,000 in 2025-2026," Allan says.

"Rotary is continuing the drive for community assistance and is most grateful that several approaches for support from the private sector have received strong endorsement.

"In Karori, we have run several quiz evenings over the past two years at the Karori Taphouse in Marsden Village in support of "Lifting the Lid.

"The Rotary Club of Wellington North will be hosting another quiz on Sunday July 19 at 7pm at the Karori Taphouse.

"We would love to have 12 to 14 teams competing in good fun to continue our community push on this programme.

"Please contact me if you want to enter a team with your name and other contact details." Email allan.frazer@gmail.com or phone 027 450 3861.

The cost is \$25 per person for teams of six.



A scene from last year's Karori book fair. Photo: Supplied.

Community book fair back in Karori.

The Lions Club of Karori and the Rotary Club of Wellington North, Karori to Khandallah, are co-managing this year's Community Book Fair at the Karori Baptist Church hall in Marsden Village.

The fair will be held on Friday 10 July from 10am to 7pm and on Saturday 11 July, from 9am to 4pm.

Beth Anders, Book Fair co-convenor for Karori Lions says their Club and Rotary have a strong bond working together raising funds for community projects and have developed a strong partnership to deliver the local book fair over many years.

"This Fair is earlier than normal because

things will get very busy in the months ahead around our various communities in the run up to the General Election in November.

"All the sorting for this year's fair is pretty much completed, so we have no need for any further books.

"We have refreshed our stock throughout the year and are very thankful to many who have given us new fiction, non-fiction, biographies and other categories of books that we will have available for this year's fair," Beth says.

A special bonus will be on offer to buyers this year. Spend \$25 on books and win some fabulous donated prizes.

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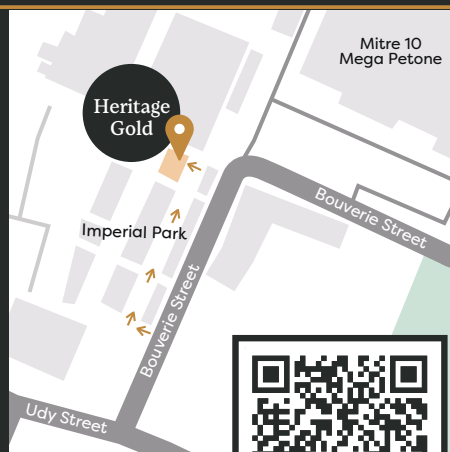
Email Hannah@heritagegold.nz

Web www.heritagegold.nz

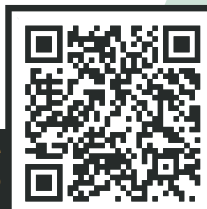
Store Open Hours

Mon - Fri: 9:30am - 2:30pm
Thursday: 9:30am - 4pm
No appointment necessary.

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