



THE CONNECTOR!

Volume 11 ~ December 2011



The board and staff wish you a very happy Christmas! We hope that we can continue to help you reach your goals next year.

Photo by Graeme Harris

Bumper Holiday Issue

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Community Connections

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The deadline for the next issue is

Friday 23 March 2012

Please send things to Tanya,

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Rachel, Chester and Jenna at the NZSDN Conference

Rachel

Hi, I am Rachel Thompson from Kapiti. On Monday 14 November 2011 I went to Wellington to the Westpac Stadium to give a speech about Supported Living. Bonnie sat with me. I talked to people from the NZSDN. There were lots of people there. I was really nervous to talk at first but when I got started I was fine.

I told people I live in my own flat. I told people about things I am proud of like my trip to America with Special Olympics. My family is proud of me and I am going to read my speech to my mother and brother. I would do it again because it was a good experience.



Chester

Kia ora, Chester here!

I went to the NZDSN conference to talk with Bonnie and Gavin. I went to Westpac Stadium and saw all the people I had to talk to. I was too nervous to talk to start with. Rachel went first and I got confidence from her.

I felt more confident when Gavin stood up beside me. It was pretty good when I got going. I even had the audience laughing. I didn't expect that. I made a joke to John Taylor. Everyone laughed.

I told people about my life and my past and what I am doing now. I told people how Connections has helped me and what they have done for me. I am doing some good things.

I would tell my story again now I am used to it and feel confident. I hope I can do it again. I told my mum about it on the phone. She thought it was pretty good.



Jenna

I enjoyed the workshop that I went to on Monday 14th. I talked about the things I liked doing and what I do.

When I spoke at the workshop some other people from Community Connections went up to speak too. It was a fantastic day. Looking forward to the conference next year!



Tanya is baptised

My name is Tanya O'Brien and I live in Hastings. I go to the Mormon Church and two church missionaries visit me every week. We have church sessions and read the Bible. I really look forward to the missionaries' visits – we have fun together.

I decided I would like to get baptised so I can enter the Kingdom of God when I die. I was baptised on 6 August 2011. The elders had trouble getting me under the water because they kept leaning me backwards and I felt unsafe. They tried lots of times but I was feeling really scared. In the end my uncle came to help me. He gave me some goggles for my eyes and I got baptised going under the water face down and on my tummy. This felt better for me.

After the ceremony we celebrated by going to Burger King which I really enjoyed. My mum and one of my aunties came to watch my baptism. You can see me in the photo wearing a special white robe for the baptism ceremony.

One day I hope to go to the beautiful Mormon Temple in Hamilton. My dream is to hopefully one day find a special man and get married in the Temple.



Paul Holmes

World Cup volunteer



Paul volunteered at the Westpac Stadium in Wellington during the Rugby World Cup. He's very proud of the certificate of appreciation they gave him.



A dream comes true

By Nicholas Rodgers

My name is Nicholas Rodgers and I live in Napier. This story is about my dreams coming true.

In 2011, I had two dreams. My first dream came true when I was able to get on board the Royal New Zealand multi-role vessel HMNZS Canterbury/L421 and have a look around. This was at Art Deco weekend in February.

But this story is about my second and ultimate dream which has finally come true after waiting for 10 years since I left school in 2000. My dream was to study.

I am now going to the Eastern Institute of Technology (EIT) in Taradale, Napier where I have started doing the National Certificate in Computing, Level 2. I intend to continue and do the National Certificate in Computing, Level 3. In between the two computing certificates I will be doing the EIT Certificate in Business. This is a combined Level 2 and Level 3 course. These three computer courses cost nothing but there is a small cost for the EIT Certificate.

A dream comes true



This is how I see me going to EIT and graduating from it.

A dream comes true

All these courses are held in the same building, and I will have the same teacher for all the courses. I got a rather nice comment from Angela, my teacher, who said I should whizz through my first unit standard with ease thanks to my computer skills which I got from doing Creative Writing at Mosaic. (I've also done Art at Mosaic for some years.)

The final part of my dream is to then complete a Certificate in Café and Bar Operations. It will be four years before I can start this but if anyone thinks I'm going to be bored to tears sitting in front of a computer doing three courses over three years they are very wrong.

So who says dreams don't always come true? Not me, because not one but two dreams have so far come true this year.



Pumpkin Soup

From Lisa Wilson

1 pumpkin, peeled and cubed

2-3 cubes of chicken stock

Curry powder to your taste

Salt and pepper

Fresh basil leaves (whole)

1 can of coconut milk or 300ml of cream



1. Boil pumpkin until cooked
2. Drain pumpkin (leaving some liquid) and mash
3. Add chicken stock (crushed), curry, salt and pepper, basil leaves and coconut milk or cream
4. Simmer
5. Sieve soup, add more salt and pepper if required

This recipe can be changed to suit your taste buds, so if you don't have one of the ingredients, add something else. Sometimes I just use pumpkin, cream and basil leaves with salt and pepper.

Enjoy!!

Gillian goes to Turangi

My name is Gillian Harris and I live in Hastings. I attend the Stewart Centre at the Eastern Institute of Technology (EIT). Every year the clients are supported to go on an annual trip. This year we went to Turangi which is in the central part of the North Island.

We went by bus. I was supported to get up early, be properly packed and ready to meet the bus on time. Our first stop was Taupo where we had lunch. Then we were off to Turangi. It was raining and very cold when we arrived at the backpackers where we were staying.

On our first day we visited the National Trout Centre where there were lots of fresh water trout swimming around in the pools. There were also stuffed fish mounted on the walls. We all enjoyed the Tokaanu hot pools and then a walk around a thermal area.

On Tuesday we were all up at 6am and didn't get back till late evening. It was a great day. We went to visit the Volcanic Centre and watched a movie of how a volcano erupts. It felt like we were standing right in front of a volcano erupting lava and ash! The Botanical Gardens in Taupo was our next stop. I would have been happy spending the whole day there as I love spending time in gardens looking at all the different trees and plants and how they have been set out.

On our way back to Turangi we stopped for coffee and muffins, another one of my favourite things to do. I find it a great way to catch up with friends and relax. It was fish and chips for dinner that night. YUMMY.

After breakfast the next day we went to visit the Waiouru Army Military Museum. We saw lots of army tanks, cars, soldiers and captains – some of them had medals on their uniforms. We also looked at the army barracks.

On the last day we had to pack our bags and clear the room we slept in before hopping back on the bus and heading back to Napier and Hastings. It was a beautiful day and we stopped at Taupo.

While on this trip, I learned about planning, teamwork, interaction with others and independence. This was my second trip with the Stewart Centre and I would encourage others to go and enjoy the experience of visiting so many places and doing so many activities.



We went for a scenic cruise on Lake Taupo where we were taken to look at some lovely Maori carvings in the rock face.

Graeme's story

My name is Graeme Harris. I attend the Disability Resource Centre (DRC) and do photography there on a Thursday which I really enjoy. I would like to show you some of the photos I have taken.

I also help out at the SPCA cleaning out the cat's cages, feeding them and playing with them. I go to the gym twice a week, and do Special Olympics swimming and bocce to keep fit. I prepare and cook a meal once a week for my family.

My goal is to go flatting and have a flatmate. I've been buying bits and pieces for when I move into my flat. I think my Mum and Dad and Fiona are cool for helping me to get ready to go flatting.

I miss my sister Sam — she lives in Sydney in Australia. I look after her big, black, fluffy cat called Toby. It's my job to feed Toby at night time.





Two of my photos. The photo on the cover is also mine!

Egg-istent – or not?

By Shaun Crabtree

One day I decided to make a quiche for dinner for me and my flatmate. My support worker Mark would help me. I had eggs in the fridge but I didn't know how long they had been there and how fresh they would be. Someone had told me that if you put the eggs in a pot of cold water you could tell if they were fresh if they floated or not – but which one was it? We didn't know!

So Mark rang his coordinator and she looked it up on the internet. It turns out the eggs float if they are not fresh because gas builds up inside them as they get older. If they float to the top, you throw them out. If they stand up but don't float, you can still use them for baking but not for boiled, poached or scrambled eggs.

John Mccruden at the races

John with his race book and ticket watching horses in the birdcage before the race.

