



Community
Connections
Te Hāpori Āwhina Tāngata

THE CONNECTOR!

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Karen Pattison riding Bindy at a dressage competition. Karen has been competing for many years and has won ribbons and medals. See page 5 for her story.

Contents

Page

Raising money for cancer relief <i>By Leanne Leighton</i>	3
My passion for hip hop <i>by Eskavan McCartney</i>	4
My horse riding <i>By Karen Pattison</i>	5
Journey to an art exhibition <i>By Clayton Guthrie</i>	6
Two stories about a fun time <i>By David Corner and Mary Booth</i>	7
Poppy Day <i>By Elaine Corby</i>	8
Anzac Day <i>By Gillian Harris</i>	9
Weekend in Wellington <i>By Shaun Crabtree</i>	10
My good life <i>By Derek Kubatzki</i>	11
The Kids' Club jokes <i>By Anne Devlin</i>	12
My hobby – knitting <i>By Eve Rae</i>	13
Volunteer work and a recipe <i>By Mary Booth</i>	14
47 kilos <i>By Toby Petterson</i>	15
My graduation <i>By Jenna Maguren</i>	16
My trip to Australia <i>By Sue Taputora</i>	17
Back to work... yeeayy!! <i>By Jason Watson</i>	18
All about Bob <i>By David Corner</i>	19
Taking a ride on the traction tractor <i>By Scott Ballinger</i>	20

Community Connections

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The deadline for the next issue: Friday 4 September 2015

Please send stories and pictures to Michelle,
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Raising money for cancer relief

By Leanne Leighton

I have been busy raising money for charity. I took part in the Relay for Life and completed the whole 24 hour event!

I also had my head shaved in memory of my grandma who lost her battle to cancer. Both of these events were to raise money for cancer relief.



In remembrance: Leanne Leighton taking part in Shave for a Cure in memory of her grandmother.

My passion for hip hop

By Eskavan McCartney



Hip hop dancing

I am 19 years old. I like hip hop dance and I have taught myself hip hop. I've developed my own style and I would like to share my passion for hip hop by teaching people how to dance. I decided to pop into Te Takere in Levin and share my passion of hip hop with the staff. With the help of the Te Takere youth space staff, I have been putting together a holiday programme about teaching hip hop to the kids during the July holidays. I have been able to use the Te Takere music studio to put music together for the programme.

I also like playing tenpin bowling, playing soccer, playing drums, playing basketball, swimming and I go to the gym twice a week. I have been involved in sports tournaments.

I have a job at the Caltex Petrol Station in Otaki which I enjoy very much. If you're ever going through Otaki on a Wednesday or Thursday, pop in and say hi.



Eskavan and a staff member at Te Takere

My horse riding *By Karen Pattison*

On Wednesday afternoons at 1.10pm I go horse riding at Riding for the Disabled. I ride for half an hour each week except for school holidays. My horse's name is Checker and he is black. I have been riding him for a few weeks now. He was a new horse when I started this year. I have been riding for 15 years and I have been in competitions now and again when I get the chance to and I've won ribbons and medals.

I have been in the A&P Show and Dressage Day and I came first in both last year. I competed at one Special Olympics for horse riding when I was younger. I am happy to ride horses as it's my favourite sport.



Riding my horse Bindy at a dressage competition

Journey to an art exhibition

By Clayton Guthrie

I have been painting for the past ten years. Last year local artist Heather Wilson suggested I exhibit some of my work at an art show hosted by Napier Girls High School.



Me, the artist

The artwork I chose had been framed a while ago.

The process involved filling out the required application form and sending photos of the artwork. I had difficulty photographing the artwork. But once that was sorted we attached the photos to the application and emailed it. My support person was a huge help with all this.

The exhibition itself included an opening night which I really enjoyed. It allowed me to mingle with local artists and has made me feel a part of the art scene in Napier. I even sold one of my paintings.

I now want to exhibit my art in other exhibitions. I am seriously considering one in Hamilton in September.

Two stories about a fun time

Strike *By David Corner*

In April a group of us went ten pin bowling at Strike Porirua – Tracey, Mary, Peter, Toby, my support person Kura and me. We had a great time with snacks and ten pin bowling. Everyone really enjoyed themselves and is keen to do it again. We would like to thank Strike Porirua for their help and support with this event and would recommend them to anyone. Good customer service, easy to access, with ramp provided, and the food was great!!! Thank you Strike Porirua! Their website is: www.strikenz.co.nz



Peter Ward, Tracey Mcfarlane, David Corner, Mary Booth and Toby Petterson at Strike

Ten pin bowling *By Mary Booth*

In April our group from Community Connections, Mary, David, Toby, Peter, Tracey and Kura went ten pin bowling. Fun was had by all and we had lunch there too. Thanks to David for making it happen.

David and Mary go bowling



Poppy Day

By Elaine Corby

I thought it would be nice to honour the servicemen, women and their families who had sacrificed themselves. They had compassion and such courage by going to fight in the war. So I volunteered to collect for Poppy Day.

I went to Briscoes to do the collection and met the two ladies who were collecting before us. I recognised one of them who I worked with many years ago at the Soma clothing factory and we had a bit of a catch-up.

Being a collector made me think about how much the soldiers' families went through too. This was as well as the men and women who went to war and who gave their lives up so freely to protect the freedom in our country we call home, New Zealand. This year was special, as it was a century since Gallipoli in the First World War, to honour the servicemen and women. They will never be forgotten for their bravery.



Me with another volunteer



These boys were so excited they ran over to put their money in the donation box. Such lovely smiles!

Anzac Day

By Gillian Harris

We went to celebrate the 100th year of Anzac in the town centre of Hastings. It was very early in the morning.



Me in front of one of the tanks in the parade

My support person rang at 5 am to wake me. My new flatmate, support person and myself walked to the town centre — it wasn't that far. I liked all the men in uniform (eye candy!) and tanks.

The whole experience was well worth getting up in the dark and cold to see all the soldiers who were in the Second World War. Anzac Day holds a special connection to me. I think of all of the sacrifices that these soldiers went through for me to live in NZ.

After the parade we went to Hastings RSA and had a lovely hot brekkie with sausages, hash browns, mushrooms, scrambled eggs and toast. They also provided tea, coffee and hot chocolate and in one of the coffee pots was rum.

I've decided that I am going to go and celebrate Anzac every year, to show my appreciation.

Weekend in Wellington

By Shaun Crabtree

I live in Napier. In April I went to Wellington on the bus with my soccer team. We stayed in a hotel where we had dinner and three beers for my friend's birthday. On Saturday we went to watch the Hurricanes vs Waratahs rugby game. The Waratahs won but I wish the Hurricanes had won as they are my favourite team. On the Sunday we came back home on the bus. It was an awesome weekend away with my friends.

I am saving up for a Hurricanes rugby jersey and I already have quite a collection of other rugby jerseys.



This is my ticket to the game

My good life *By Derek Kubatzki*

I would like to tell you a bit about my good life. I am very proud of my heritage and will often find comfort in recalling the places I have been, which I have sketched in detail from my memories of them. You will notice my sister Claire in the photo of my family at my first home in Christchurch. We recently got back in touch with each other after ten years of no contact and she invited me to stay for a few weeks' holiday. But I'm not so keen to travel to Dunedin – I think she should visit me here in Upper Hutt.



Happy at home

I have been enjoying my home this year. I have started cleaning up the house and have a new bed, new oven, and some fresh linen. Other healthy lifestyle changes have been to replace Coke with Coke Zero (and less



of it). I also eat my own sandwiches instead of bakery treats and walk to further bus stops for some more exercise.

Childhood family: With my parents and sister Claire

The Kids' Club jokes

By Anne Devlin

Q: What did the water say to the boat?

A: Nothing, it just waved.



Q: Where was the Queen of England crowned?

A: On her head.

Q: Where did all the dolls go for lunch?

A: To a barbie-que.



Q: What is a horse's favourite sport?

A: Stable tennis.

Q: Why did the golfer wear two pairs of trousers?

A: In case he got a hole in one.



Q: Why do toolmakers always escape from fires?

A: They know the drill.

Q: What is a ghost's favourite dessert?

A: Booberies and ice scream.



Q: What do you get if you cross a fish with two elephants?

A: A pair of swimming trunks.

Q: What do you call a litter of young dogs that have come from the snow?

A: Slush puppies.



Q: What lies in a pram and wobbles?

A: A Jelly baby.



My hobby – knitting

By Eve Rae

Near the end of 2014 I started to knit myself a red jersey with some wool that I had spare. When it ran out I went over to Spotlight in Hastings with my support person. I saw a bag of red wool so I got it. My support worker asked if I had something in mind to use the wool for. I said, 'Yes, it's a surprise, you will see it when it is finished'.



My nice red jersey

So when I got home I started. It only took me a couple of weeks to finish. I asked one of the ladies at my knitting group if she would sew the pieces together and she said yes. When it was completed I showed my support worker. She was really happy because I had knitted it all by myself, even the neck which I had never done before.

Everyone likes my jersey. I will wear it a lot over winter. I may even make myself another one in navy blue.

Volunteer work and a recipe *By Mary Booth*

I have been doing some volunteer work at the Red Cross in Tawa for the last three years. It is busy a lot of the time but we do have some quiet days which make it a bit slow. The days I work there are Monday and Friday from 9 am to 1pm. I have met lots of different people that come into the shop. Some people chat and some don't. I have a new boss now and she is OK.

I am also doing more volunteer work at the primary school over the road. I help in the school library and I am really enjoying it there. At the moment I work on Tuesday mornings from 9.30am to 12pm. I know some of the teachers there already which is nice. Mary, my boss at school, is pleased with what I am doing and that is great. It is so different from the Red Cross work.

Spaghetti savoury

3 rashers bacon	440g tin of spaghetti in tomato sauce
1 onion, finely chopped	2 eggs
Salt and pepper	3 tablespoons milk
$\frac{3}{4}$ cup grated cheese	

Turn oven to 180°C (350°F). Grease a casserole dish. Fry bacon till cooked, then drain well and chop up.

Empty the tin of spaghetti into the casserole dish.

Add the chopped onion and chopped bacon. Whisk eggs, milk, salt and pepper in small bowl. Pour into casserole and stir it gently. Sprinkle cheese on top.

Bake for 30 minutes.



47 kilos *By Toby Petterson*



These bags of potatoes equal the 47kg weight I've lost!

47 kilos. This photo shows what it looks like and this is how much weight I've lost since the end of 2013. My advice to someone who wants to follow in my footsteps? Believe in yourself. It's really that simple. Human willpower is an amazing thing, and you will often be surprised at what you can accomplish if you just put your mind to it.

Two years ago I was stuffing myself full of carbs on a regular basis. I had simply given up hope and thought I was an impossible case. But with help, support and a carefully worked out menu plan, I realised that I was capable and I went on to achieve outstanding success, one step at a time. My self-esteem has also increased and I am now a completely different person.

My graduation *By Jenna Maguren*

I recently graduated with the Certificate in Vocational Skills, year 2. I got to wear a gown and march down the street with other graduates as well as my awesome friends who I made while studying. My family and friends were there to support me when I went up to receive my certificate. Graduating is an awesome feeling of achievement and sharing it with my friends made it twice as special. There were 15 students on our course who graduated which was almost everyone in our class. I had two fabulous tutors who made going to course very enjoyable. My parents shared this special moment with me and I really appreciate them being by my side every step of the way. I recommend completing a course and graduating to everyone. You will absolutely love it!



Feeling happy and proud!



Walking in the procession



Receiving my certificate

My trip to Australia *By Sue Taputora*

I live in Palmerston North and my son David lives in Australia with his wife Amy. I went on a trip to visit them last month. I flew from Palmerston North to Auckland then on to Perth. My friend Donna travelled with me – she was going to visit her grandsons. David met me at the airport and I was so happy to see him and Amy.



With David at the aquarium

I stayed with David and Amy for ten days and had a wonderful time. They took me out to lots of places like the zoo, the aquarium, restaurants and we also went for walks on the beach. At night we relaxed at home, making ornaments, talking, watching TV and having fun with Ruby the dog.



Patting the kangaroos at the zoo

I was really sad when it was time to fly home as I didn't want to leave them. But I am home now and looking forward to David and Amy visiting me next year.

I loved my trip to Perth and hope to have many more in the future. My son sent me a whole book of photos from my trip that I enjoy looking at.

Back to work... yeeayy!!

By Jason Watson

I am working at the City Council now. I had been on a long holiday since December last year, and just started back at work again in May. I found it hard on the first day to get back to work. I have to get up earlier in the morning as my work starts at 9 am. Other things that I have to cope with are transport to the office and feeling sore in some parts of my body.

I planned to go to work by catching the bus. However, it comes too early to my nearest bus stop and there is no other bus. If I went by bus I would arrive about 50 minutes earlier than my work starts. Therefore I decided to call a taxi to take me to the office. I have arranged a pre-booked taxi so I do not need to call a taxi every morning. To get home after work I can catch a bus, and sometimes I also walk which is good exercise for me. It takes about 45 minutes by walking from office to my house. But when the weather is awful, I prefer to call a taxi!

Other challenges I found in my first week back to work were the soreness I felt on my left hand and my waist. I was absent on the second day because of the soreness.



At home



Ready for work

I went to the doctor and I got some medicines and over time the soreness has eased.

My work starts at 9 am and finishes at 2.30 pm. But starting in June, I will be changing my work time. I will start work at 10 am and finish at 3.30 pm. This new time is better for me as I have a longer time to prepare myself before work.

It has been a month since my first day back to work. I am really enjoying my work days now. I am happy doing my job.

I work from Monday to Thursday. Friday is my lazy day as I don't go to work. So I can sleep longer and do not need to get up early. While other people are planning and looking forward to their weekend, I have started mine. How lucky I am!

All about Bob

By David Corner

I have a friendly cat called Bob and he lives with me. I have had him since July last year. He is very well known in my neighbourhood and gets along with everyone. My sister gave him to me because she thought I would like some company.

Bob enjoys sitting on my knee



Taking a ride on the traction tractor *By Scott Ballinger*

Recently I went to the Art Deco weekend in Napier where I took a ride on the traction tractor. We dressed up for the event wearing the art deco style hats.

I banged into Shane on the day. There were hundreds of people at the event. It included a steam train ride and airplane display.



Shane (on the left) and me at the event