



Community
Connections
Te Hāpori Āwhina Tāngata

THE CONNECTOR!

Volume 22 ~ Bumper Edition ~ Spring 2014



The Palmerston North Network Group have been getting creative. You can read their story on page 10.

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Community Connections

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The deadline for the next issue: Friday 28 November 2014

Please send stories and pictures to Amanda,

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Handy Anthony *By Anthony Pedersen*

Over the last year I have become a lot more connected with my Lower Hutt community. Upon meeting me your first impression will most likely be of my quiet, unassuming nature. But you would soon find that I am handy at woodwork, as my toolbox here shows.



With my toolbox

Not only that, I am so grateful to have had opportunities to grow and express my skills in computer classes, at the pool, library, ten pin bowling and the resource centre. And I'll soon be sharing my passion for model trains at the local club.

There are many people I've had the pleasure of meeting through these activities. So I now have more than my wonderful family to join me as I walk the dog through the bush or go to another successful bowling tournament. My next adventure will be to find someone to go flatting with. I'm sure my budgeting, lawn mowing and gardening skills will come in very handy!



FRIDAY 26 SEPTEMBER 2014

PORIRUA SOCIAL GROUP PICNIC

**An opportunity to get together and enjoy
each other's company, meet new people
and share a meal. Everyone is welcome!**

Venue: Aotea Lagoon, Porirua
(if wet it will be at the Freedom
Church, 174 Bedford St, Cannons
Creek)

Time: 11.30am to 2.30pm

What to bring: A plate to share,
a few dollars for an ice cream

PLEASE LET DAVID CORNER
KNOW IF YOU WILL BE
ATTENDING

davidcorner@vodafone.co.nz
phone/text: 027 285 2928

*Organised by David,
Ronnie and Mary*

**Porirua Social
Group Picnic**

Sausage sizzle

Games and prizes

**Train rides and
Mr Whippy**

**Great company and
friendly atmosphere
– come along
and enjoy!**



Leeann's adventure in Napier

By Leeann Irwin and Karen Carter

On Thursday 12 June at 7.30am, Leeann and Karen (her support worker) caught the Intercity bus from Wellington station to Napier. We arrived in Napier at 2.30pm where we were booked into the Kennedy Park Resort, a very nice holiday park.

Over the four days we ventured into town. We had a good look around the shops, enjoyed lunches in some of the lovely cafes and walked along Marine Parade.



Leaving Wellington – first bus trip taken in NZ



Family reunion



Taking in the sights along Marine Parade

We had a lovely day with Leeann's brother and sister in law. We went out for lunch and then did some sightseeing, visiting some of the beautiful scenic treasures of Napier.

On the Saturday afternoon Leeann's family took her out to Havelock North where she visited the Arataki honey farm and stopped into see their new Salvation Army Hall. She enjoyed the rest of the evening with her family, whom she had not seen since 2012. Leeann's brother gave her the exciting news that her great nephew was due to arrive that week. The baby was born on 24 June, a healthy bouncy boy, Micah John Irwin.

Leeann had a wonderful time on her holiday and Karen captured some of the humorous and fun-filled moments to share.



Just for laughs ☺

Power lifting: Why I refuse the sculpted physique!

By Steve Winyard

My favourite wrestler is Earthquake because he was a well-built giant who used to pick up skinny body builders into a bear-hug. Earthquake was not sculptured.

I think a lot of body builders are thin because they have a six-pack 'V' tapered skinny waist and little ripply muscles. Body builders look fake because they are not big like the giants in the strongman competitions. Old-school wrestlers only had straight muscles that were big but not sculpted.



'Earthquake' the body builder

A decade ago I used to be skinny for my height. I am in the process of going from skinny to a 'brick house'.

I want to be a wrestler at some stage. I only do compound lifts at the gym because they are only for beefing up muscle and not for sculpting. Having a true philosophy on body builders with a fake image is part of my autism that I am proud of.

Whenever Earthquake used to get pinned in a wrestling match he always pushed his opponent off instead of rolling onto his shoulder before the referee counted to three.



A competitor in a strongman competition

Creating artwork to sell

By Sophie Gulliver

On Monday 1 September the Palmerston North Network Group went to Creative Journeys to create some artwork to sell at the Art Mart in Square Edge. The Art Mart is running for a few weeks and is an opportunity for local artists to sell their work for less than \$40. All different kinds of art are for sale at the Art Mart. We needed somewhere to produce some art and Creative Journeys offered to help us. We used funding from FAST to help us cover the costs of materials.



Vinnie, Jesse, Craig, Tithi and Philippa

We used pebbles and stones of various shapes and colours for our art. We each came up with a design, then glued our stones onto our canvas. It was a different experience for many of us, but lots of fun. Our art is now for sale at the Art Mart – check it out if you get the chance!



At the art table



The lovely art we made

Trip to the Fantasy Caves, Dannevirke *By David Smith*

I was telling my support worker that I would like to go back to Dannevirke to visit the caves and see if anything has changed since I went there last. I thought it would be nice to share the experience with other people I know – the more the merrier! So I invited three other people and my support worker.

When we arrived at Dannevirke everyone felt like a cuppa, so we went to a café and had morning tea.

I am very fond of trains and in the cave they have a great display of miniature trains. That was the most memorable thing about the trip and also that everyone enjoyed themselves. We weren't allowed to take any photos in the cave.

After we came out of the cave we had a fish 'n' chips lunch, then went looking around in the township.

We caught the bus from Hastings to Dannevirke and back again. The bus trip was a beauty, I couldn't have asked for a better ride or driver. We sang and also played 'I spy my little eye' to pass some of the time. Overall it was one fantastic day.



Sign outside the cave



David, Dorothy Hall and Gillian Harris at the Fantasy Cave

Clean money *By Bruce Mackay*

You can easily tell that there's nothing sinister going on when walking into the darts hall that Lorraine and Donna clean each Friday morning. In fact, with all the frivolity and the smell of cleaning agents you might guess that this job gives the cleanest money in the world!



Donna cleaning

When asked what the best thing about the job is, Lorraine says without hesitation 'The money' and then adds 'It's constructive... it gives me the freedom to get some extras that I can't usually afford'. Donna is saving for a holiday to Auckland to see her aunty.

Donna and Lorraine say they get on like a house on fire. This is clear by the way they divide up the cleaning tasks. And Donna, when asked if she'd like to be part of



Donna and Lorraine

this article, consented after looking at Lorraine.

The end of their shift sees them walking off together amidst chatter and laughter to share lunch in town.

Our trip to Pablo's Art Studio

By Kris Whiting with Conan Kirk, Emmagene Wilson and Tavila Asiata-Muese

Kiran, one of our support workers, was having an art exhibition in Wellington and we all got together to go in and have a nice day out to see his work. We had a good look at the works on display and even got to have our photo taken with silly masks on for another artist. We can't wait to see ourselves in the finished work!

We then got to look around the studio out the back and saw a massive array of art that people have been working on. There were paintings and drawings all over the walls, and artists busy at their stations.



Conan



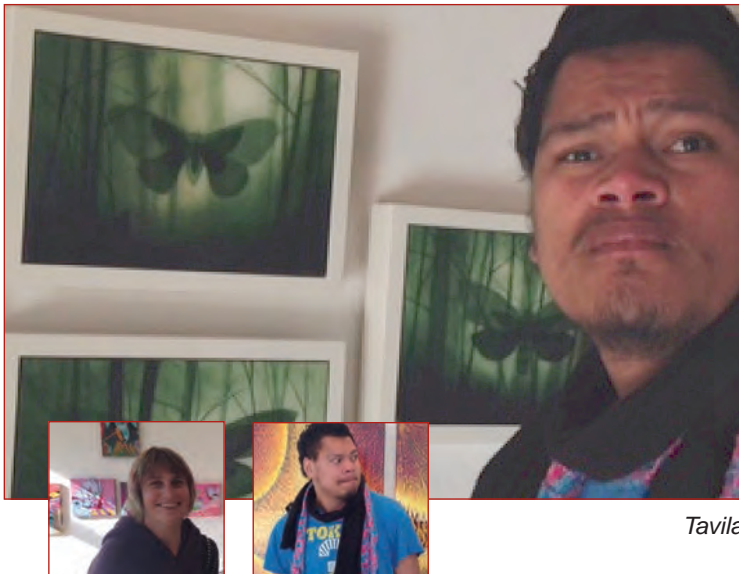
Emmagene

Pablo's is a neat place for people from all parts of the community to come together in a creative environment. With the help of the support team they achieve their goals in their artwork. We are looking forward to the next exhibition!

Tavila said: 'I really enjoyed seeing the range of artwork. I wish they were in the Hutt so I could go along more often'.

Conan said: 'It was neat to see how inspired Tavila was by all of the artwork around the studio.'

Emmagene said: 'It was cool and I loved all the art around the studio'.



Tavila

Working at the opportunity shop

By Karen Pattison

I have recently started a voluntary job at the Red Cross opportunity shop here in Napier. At the moment I work a few hours once a week.

Some of the things I do at work are sorting out the clothes from the rags and arranging clothing on the rack. I also ask people if they need any assistance and help to load the van.

I am really enjoying my job as I like to be helpful to others. The staff are friendly and the work keeps me busy. Staff get a discount too, which is good. I have brought some nice clothing from the shop. Another good thing about my job is that I am able to get myself there independently and it's not too far from where I live.



*Karen (left) helps Ros Daniel,
the Red Cross Coordinator*

My progress

By Toby Petterson

Thirty-four kilos – this is how much weight I have lost in the last 10 months! The photo shows what it looks like in potato sacks. I have completely changed the way I eat and am also feeling different within myself.

Just over one year ago, all my cupboard was stocked with vast amounts of tuna, packets of pasta and tins of sauce. Now I eat a variety of foods including split pea vegetable soup, fish pie, chicken tandoori, dhal curry, and more.

It's all psychological I think – all about knowing that you can achieve this and recognising your potential. I am also feeling different and have made changes in my self-esteem. I'm really starting to believe in myself and realise that I do have worth.

What I've lost in weight I've gained in self-esteem!



Keeping horses and riders safe on a busy road

*Adapted from an article by Anendra Singh
for Hawke's Bay Today*

Dean Lionel Atkins is the bloke who darts out into the middle of Southland Rd, Hastings. He stops traffic and ensures the racehorses can cross safely. Clad in a green



Dean has been helping horses safely across the road for years

high visibility jacket and woolly beanie, Dean is a valued staff member who has been working at the Hawkes Bay racecourse for the past six years. 'Dean is a vital part of our operation and without him we're lost. Since Dean's been doing this we've had no accidents at the crossing' explains manager Richard Fenwick.

Dean is very punctual and he's there before everyone else. This is something trainers and handlers truly appreciate. 'I'm just part of a big team. My father used to tell me that it doesn't matter what you're doing as long as you're part of a team,' says Dean of his father, the late Lionel Atkins.

Deans knows the traffic well. 'I know when school buses come – quarter past eight, bang on.' His raincoat is a godsend, especially on wet and cold mornings.

Dean helps out during the Horse of the Year show too. Coming from a racing family he enjoys being around horses so much that he also volunteers at the Waipukurau Racecourse and at pony clubs. His all-time favourite horse is No Hero, a retired winner of the Bay Steeplechase.

The Kids' Club jokes *By Anne Devlin*

My name is Anne and I am part of the Kapiti team. I enjoy being busy and I work hard at my job at a supermarket. I really enjoy laughing and having fun! To unwind after work I enjoy looking through my weekly magazine – I particularly love the jokes. I have collected these jokes to lighten your day and I call them 'The Kids Club' jokes.



Q: What do you call a sleeping pill?

A: A pill-dozer.

Q: What do you get when you cross a cow with a kangaroo?

A: A milkshake.

Q: What do you get when you cross a sheep with a kangaroo?

A: A woolly jumper.

Q: What do you get when you cross an elephant with a kangaroo?

A: Big potholes all over Australia.

Q: What is green and sings and plays guitar?

A: Elvis Parsley.

Q: Why did the cow cross the road?

A: To get to the moo-vies.

Q: Why did the robber have a bath?

A: Because he wanted a clean getaway.

Q: When should a baker quit making donuts?

A: When he gets sick of the hole business.

Q: What do mice eat for breakfast?

A: Mice bubbles.

Q: Why is the sky so high?

A: So that birds don't bump their heads.