



Community  
Connections  
*Te Hāpori Āwhina Tāngata*

# THE CONNECTOR!

Volume 28 ~ Autumn 2016



*Anne Devlin recently went for a glider flight.  
Read more on page 4.*

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### Community Connections

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The deadline for the next issue: Friday 10 June 2016

Please send stories and pictures to Michelle,  
[admin@ccslt.org.nz](mailto:admin@ccslt.org.nz)

## Knitting for a good cause

*By Jenni Dale*

I was diagnosed with a type of breast cancer about 12 months ago. I had to go into Wellington Hospital once a week for chemotherapy. As you would guess I lost all of my hair, so I felt the cold a lot more. Some people donated knitted hats to the hospital. On the treatment ward there was a basket that held hats that people had knitted for us.



*Me and my hats*

As I'm on the mend, I thought that I'd also love to knit some hats and donate them back to the hospital. I have so far knitted 7 hats and will continue doing this as long as I can. I have joined a knitting group on a Thursday morning 10am-12pm in the Upper Hutt library and anyone can come along.

## My glider flight

*By Anne Devlin*

In December I went up in a glider for a flight. Oh boy, did I have fun looking down from above and the view took my breath away! I was at the front of it and Jake Battle the instructor was at the back. He let me have a wee go at flying the glider only for 2 seconds.

I was looking down and I saw some shops and houses and they looked quite small from up above. Coastlands looked really small and so was The Warehouse and I also saw some houses that looked exactly alike – they looked really boring!

I'd really like to do this again.



*Adventure in the glider*

# Working with the Salvation Army

*By Paul Roche*

I started helping out in the Salvation Army foodbank about 6 months ago now and absolutely love it. I help out with making up the food bags and giving it to the people who come in. I really enjoy meeting all the people and have made heaps of friends. Over time the manager, Gene, has given me more responsibility as sometimes I am allowed to go on an outing to pick up donated food from the supermarkets. I love to drive the van and pick up the food which can come from the Lower Hutt stores as well.

I've recently volunteered in the Salvation Army's family secondhand store and I know that it is very hard to get a job there, but if I do it's something I can add to my CV. Everyone should try and volunteer sometime in their life. It gives you a great feeling!



*Salvation Army manager Gene Stevenson and me*

# Tasty recipes

By Mary Booth

## Pizza

### Ingredients

1 pizza base  
Tomato sauce  
Cheese  
Pineapple  
Onions  
Tomatoes



Method: Put tomato sauce on base, add cheese, onions, tomatoes, pineapple (drain the juice off first). Then bake at 220° for 12-15 minutes.

## Stuffed sausages

### Ingredients

Sausages  
Tomato relish  
Mashed potatoes  
Onion (if you like)  
Cheese



Method: Boil your sausages until cooked. Cool and slice the sausages long ways. Put some mashed potatoes, (and onions if you like) where you have sliced the sausages. Then add relish, then add cheese on top. Bake at 180° for 25 minutes.

## A very happy birthday

*By Shona Green*

I live by myself in a nice flat in Hastings. I celebrated my 50th birthday on October 5th with family and friends at the RSA. I received some lovely gifts and I was given a cellphone which I am learning to use.



*Top: With a birthday cupcake,  
Bottom: Me and my new cellphone*



## My knitted bag

*By Joy Neil*

I taught myself to follow a pattern for a tote bag. At first it was hard, but as I kept knitting I improved and enjoyed making the bag. When I finished my support worker sewed it up for me. It looks so good! I am proud of my work.

*With my bag*

## Our trip to Auckland and beyond!

*By Lorraine Taylor and Mark Beckett*

We recently went on a trip to Auckland, Paihia and Rotorua. In Auckland we stayed in a cool hotel and went up the Sky Tower. We walked round town and went on a ferry. We also went to the Sea Life Aquarium where Lorraine loved the penguins the best!

Then we drove to Paihia. We went on a cruise into the Bay of Islands and went through the hole in the rock. It was awesome and we saw lots of dolphins.

Mark really liked Russell and the beach – it reminded him of Jamaica or a Caribbean island.

We also went on a bus to Cape Reinga, right up the top of NZ. Lorraine climbed some of the sand dunes and sand surfed down – it was good fun. Then we drove along Ninety Mile Beach and saw wild horses, sleeping seals and even a dead whale.

In Rotorua we went to see the lions. We watched them be fed – it wasn't scary, it was awesome. But they stunk! We went up the cable car and had our photo taken up the top with the Rotovegas sign. After a few days we cruised home.

You can read the longer version of this story on the website [www.ccslt.org.nz](http://www.ccslt.org.nz)



*On our holiday*

# Toastmasters contest

*By Toby Petterson*

2016 has got off to a great start for me. I have a very full and busy life, attending many different clubs. Recently I have been doing voluntary work at the Free Store in Wellington, and I have received a fantastic letter of reference.

I also did a speech recently at Toastmasters introducing myself and promoting myself for a job. I was told it was excellent and inspirational, and even got offered a part-time job out of it! I also won first place in a Toastmasters evaluation contest and will be competing in the Area contest in March. I am gaining more confidence and learning that I really am a very capable human being and am positively hopeful that something really special is going to happen.



*My Toastmasters certificates*

## Shake, rattle and roll!

*By Eve Rae*

Every Wednesday I go to a music group called 'Shake, Rattle & Roll' for adults with disabilities. It goes from 10 to 11am. The first thing we do is dance. We do one of my favourites called the Bird Dance and we use ribbons as we do the Hokey Pokey. I sometimes push around one of my friends Jemma who is in a wheelchair.

One thing we use to make a drum is an ice cream container and a stick.

For the rainbow ring, we stand in a circle holding the ring and shake it all about. We also get into groups and have a piece of lycra. We put hacky sacks in the middle of it and move it up and down.



*Enjoying the music!*

## John and John go to the zoo

*By John Royle*

I wanted to achieve my goal of going to the Wellington Zoo. Another gentleman who is also called John, John Mccrudden, wanted to go to the zoo as part of his goal. So we decided to go together. We went with Esther, our support person. First we caught the train to Wellington and saw all the sights going in to town. Then we got a bus that took us straight to the zoo.

It was a very hot, calm and lovely day. We started out watching the cheeky otters play, and made our way around the map the zoo staff gave us. Great idea! We saw all the animals except for the cheetahs who were hiding and the lions who were sleeping. My favourite animals were the sun bears, the chimpanzees and the kiwi in the dark room. It was great. John Mccrudden's favourite animal was the tiger. We got to see the tiger up really close and took great photos of it. The tuck shop was great at lunch time. We all enjoyed a fabulous day at Wellington Zoo. John and I can hardly wait for our next trip out!



## My visit to the Dreamworks exhibit at Te Papa

*By Jenna Maguren*

In February I caught a bus into Wellington with my support worker because I wanted to see the Dreamworks exhibition at Te Papa. (But before that we stopped for some lunch at the cafe in Te Papa.) My favourite exhibit was the Shrek one. I also liked looking at clay models of all the different movie characters. There was a huge movie screen there too with a dragon movie playing that I enjoyed. They also have drawings of all different animations that come to life on a big screen. I would recommend you go and see this as it is a lot of fun.



*At the Dreamworks exhibition*

## The Whanau Show

*By Teresa Culloty*

I have lived in Hastings my entire life and I'm 57 years young. I listen to The Whanau Show on radio every Friday and Sunday night, and I have always wanted to go to a live Whanau Show. I shared this with my support person Michelle as it has been a dream of mine.



*All ready for the night ball  
at The Whanau Show*

We contacted the radio station to find out when and where the next live show was going to be.

As luck would have it the next show was coming to Hawkes Bay and was going to be held in Flaxmere.

We both saved the \$60 needed to go to the show which was held over three days in September. I went to lots of events and I was really happy as I have not left my house for a very long time. The people were very friendly and the singing was wonderful!

I'd be happy to go to another show at some stage. But right now I am saving money I make from hand sewing cushions, and selling them to people who come to the house, for my next dream/goal.

## Choppers rule!!

*By Mark Beckett*

I am the proud owner of a classic chopper bicycle. I call it my 'Harley Davidson Baby, my Wild Hog'. I ride it all around Palmerston North, I call this my 'Parade around Cuba' but I also bike all around town, the Square, Rangitikei Street, Featherston Street and to the LUCK Venue. People always look at my bike and say 'Nice bike' and 'Wow' and ask questions about it. My plan is to do it up. I want to paint it Caribbean blue with silver flecks. First I need to clean and sand it and repair the seat.



*Me on my chopper as it is now. Stay tuned for when it is done up!*

## Pool challenge

*By Rachel Thompson*

Back in October my support person Lesley and I signed up for a 10 week pool challenge to swim 38 kilometres around Kapiti Island. After each session our markers were moved on the map so we could see how far we had been and had to go! Twice a week we swam 50-60 lengths and I squeezed extras in with my Special Olympics squad on a Sunday evening. We did freestyle, backstroke and kicked our way around the island. We met others on the challenge and always had a laugh. At the end we were all invited to a morning tea at the community centre where we were presented with our certificates.

This is the first time I have ever done a physical challenge like this and I'm proud of my achievement.



*Me and Lesley getting our certificates.*

## Random act of kindness

*By Mark Webber and Barbara Miller*

We live in Palmerston North. One Tuesday we walked into SKY TV and a man came up to us and told us we had won a competition and took our photo. We won six months free SKY – this was called a random act of kindness.

We were so excited as now we can watch our favourite programmes!



*Our random act of kindness certificate*