



Community  
Connections  
*Te Hāpori Āwhina Tāngata*

# THE CONNECTOR!

Volume 17 ~ Winter 2013



*Jenna's leaf art - see page 4.*

# Contents

Page

We are always the fastest! <i>By Jamie Ford</i> .....	3
Autumn spiral <i>By Jenna Maguren</i> .....	4
Christmas Day at the RSA <i>By David Smith</i> .....	6
Friendship <i>By Maria Filacouridis</i> .....	7
Love <i>By Louise Bulled</i> .....	8
My weight loss achievement <i>By Felicity Lowes Oakley</i> .....	9
My life is a winner <i>By Jane Hannam</i> .....	10
Power-lifting Pip <i>By Pip Brewer</i> .....	12

## Community Connections

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The deadline for the next issue is

*Friday 6 September 2013*

Please send stories and pictures to Tanya,

[Tanya.mac@ccslt.org.nz](mailto:Tanya.mac@ccslt.org.nz)

## **We are always the fastest!**

*By Jamie Ford*

Hi guys. My name is Jamie and I live in Wellington. I like to meet new people and to have activities in the community. Every Sunday I watch car races on TV. I love V8 racing cars, go karts, the speedway and the hot rods. My favourite cars are the fast ones from Ford Team.

Some months ago I was able to join the Team at Capital City Ford. I go there every week to help prepare the cars for the showroom. I've also got a great working shirt with my name on it!

I like to take a walk in the workshop and talk with the crew. This is my 'tool time'. I also collect new brochures and magazines. It is great to be a member of the Ford Team. We are always the fastest!



*Jamie working as a Capital City Ford team member*

## Autumn spiral

*By Jenna Maguren*

I was walking through the gardens behind the Hutt City Council with Kiran and decided to make a pattern out of the fallen leaves. This was inspired by researching artist Andy Goldsworthy who creates environmental sculptures.

The leaves were soft so they had their full colour. I really enjoyed the combination of reds, pinks and whites especially against the green grass.

As I placed the leaves, I realised it was creating an attraction and we came across a person in the gardens who was a hobby photographer. She thought what we were doing was cool and took some pictures.

I would love to try it again sometime but with stones, bark chips and sticks. The spiral is a like a koru, a symbol of life ever expanding. This project also relates to my interests in pattern work based on my Dutch and Irish heritage.

I am currently studying at The Learning Connexion, towards a Certificate in Art and Creativity Level 4. And in the future I hope to do the Diploma.

After my studies, I aim to get involved with art organisations in the Hutt Valley such as working in galleries and exhibiting my own work.



*Jenna and her autumn spiral art installation*

## Christmas Day at the RSA

*By David Smith*

My name is David Smith. I decided last year for Christmas I would like to go to the RSA for lunch (I normally don't do anything special to celebrate Christmas Day). I asked one of the people who lives with me in the boarding house, who has become a great friend. Also I asked the person who supports me if she would like to come as well.



*David on Christmas Day*

My support person came and picked us up at 11 am on Christmas Day. The RSA looked very festive. There were 250 people there! I don't like crowds that much and usually avoid them. But on this wonderful day I stayed for two and half hours and totally enjoyed myself the whole time. This was such a significant step for me to be around so many people and not feel paranoid.

The food was set in a smorgasbord style and here's a list of the food available:

Garlic and herb roast lamb, cooked glazed champagne ham, cranberry seasoned turkey, baked gourmet potatoes, asparagus with lemon and almond butter, minted peas, roasted kumara and pumpkin, shrimp and

surimi salad, sautéed courgettes, and chicken and egg noodle salad.

For dessert, you had a choice of Christmas pudding with vanilla sauce, pavlova with fresh cream and strawberries, fresh fruit salad, brandy snaps, and mixed berry triple ice cream. If you felt like it, then there was tea and coffee complemented with Christmas cake and after-dinner mints.

The highlight of the day was spending Christmas Day with great company and yummy food – well worth it!



## Friendship

*By Maria Filacouridis*

Friendships come and go but when you know a person for many years they make your life special. Having fun with my friends makes me feel special.

When you lose touch for no reason, when they stop talking, to you it really hurts.

My friends are like my guardian angels.

They sense when I am down – they come running to see how am. Thank God for sending such good friends.

They are people I can count on and they can count on me.

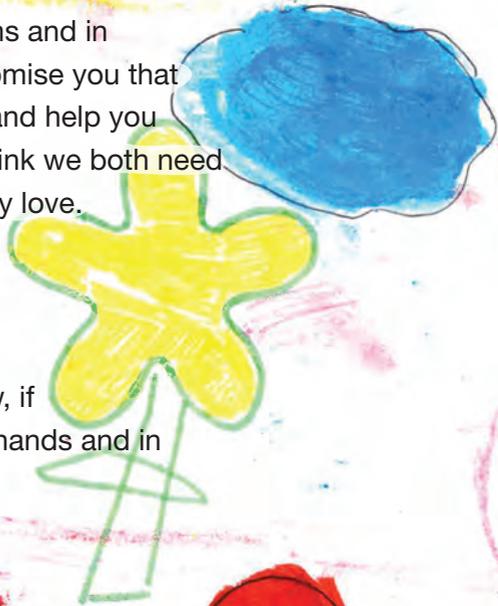
# Love

*By Louise Bulled*

My love is like a flower.  
It needs to grow  
in the right place. All it needs is  
just a bit of sun and little bit of  
rain and some room to grow  
into something wonderful just for you.

If you let me in your arms and in  
your heart, darling, I promise you that  
I will stand beside you and help you  
to grow too. Darling I think we both need  
each other right now, my love.

I am just one  
person darling  
who really wants  
to be with you right now, if  
only you let me in your hands and in  
your heart.



## My weight loss achievement

*By Felicity Lowes Oakley*

I can't believe that I have lost a lot of weight. I have been going to Curves Gym in Hastings for women to help me to lose the weight. It has been a good experience and I do some walking too.

Thanks to the help and support from my family, friends and the wonderful people at the gym who have helped me to lose more weight. I have enjoyed sharing the experience with my flat buddy Hannah who is also losing weight.

So far I have been awarded with a drink bottle and a pair of socks. My latest prize was a pedometer. A pedometer is a small gadget that clips on to my pants and it counts the steps I take daily.

It has been really hard for me but I am preparing and cooking the right foods with support. I am cooking healthy meals for me and healthy fruit smoothies too which I love xxx.



*Felicity and her mother*

## My life is a winner

*By Jane Hannam*

Hi, my name is Jane and I love my life. My favourite things in the whole world are pigs, basketball and soccer.

In May I played in my very first Special Olympics basketball tournament. It was so cool. Lots of teams from the North Island came to Porirua for the two-day event. My coach told my support worker that I played exceptionally well and showed lots of talent and enthusiasm, and took part in the skills of offence and defence. The coach said I was an all-round useful player, who ran up and down the court with the ball and passed it to my fellow athletes, showing good team spirit. Because my team, the Tornadoes, played so well we all won two blue ribbons. I will soon be playing in a tournament in Palmerston North.

Yeah!!! Special Olympics now have a soccer team again. I catch four buses to get to and from this every week, because I love it so much. I am very excited about this. When I used to play, I won two gold medals, one silver medal and two trophies. In my first two weeks of playing I have scored five goals. I am going away in July to New Plymouth to play in a tournament. I am saving my money very hard for this.

Sport keeps me healthy and fit in both body and mind. You make lots of new friends, learn to be a good team player and learn respect for other people. Thank you to the coaches who give up so much of their time for us.

Anyone can be a winner as long as you enjoy what you do and give it your best shot.



*Jane with her Special Olympics ribbons*

## Power-lifting Pip

*By Pip Brewer*

Hi, my name is Philippa Brewer (nickname Pip) and I'm fifty-one years old. I live in Palmerston North and am married to John Brewer.

I began power-lifting a few months ago and received first place overall in the local competition just a few weeks ago. I can now lift 60kg and this weekend I am competing in the Manawatu Special Olympics Power-lifting competition. In November I intend to go to Dunedin for the nationals!

In the past two months I have learnt how to use the internet. My support worker and I use the computers at the library and I can use Google, Trademe and YouTube to search for whatever I like.

I also just bought myself a nice black guitar and am starting lessons in a few weeks.

I love it here in Palmerston North.