



Community
Connections
Te Hāpori Āwhina Tāngata

THE CONNECTOR!

Volume 21 ~ Winter 2014



Glen Hazelwood with his Mercedes Benz 600 Pullman 1963 (and cat Snookems in the background). Glen has an interest in collecting vintage Corgi cars. Read his story on page 9.

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Community Connections

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The deadline for the next issue: Friday 5 September 2014

Please send stories and pictures to Amanda,

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My social group in Napier *By Joy*

I live with my friend Diane. I have started a social group at my house on the last Friday of every month. There are currently five in my group.

Each month we do something different. For example, in March my group made some Easter baskets and put some Easter eggs in them and we really enjoyed it.



Me and my Easter basket

My social group in Porirua

By Mary Booth

I am in a small social group of five people. We get together once a month at least and sometimes weekly. We had a good morning tea at the Community Connections office – thanks, David! The next month we all went to the Porirua Club for lunch.

I have met Tracey for coffee at the mall too. Later in the month I'm going up to Coastlands Mall with Tracey – I'm looking forward to it.

Yesterday Ronnie came over. He baked chocolate brownies and they were very nice. Thanks, Ronnie! I gave him my recipe for vanilla biscuits. Ronnie and I had a good day.

Meeting and greeting *By David Corner*

In April I organized a meet and greet gathering. This was an idea that came from a planning meeting last year.

I used my flexible funding hours to create a social event for people in Community Connections. With the help of my support staff I created a flyer, set a date and got permission to use the Community Connections Porirua office. The flyers were sent out through Community Connections networks and people replied.

On the day we had people from Porirua, Kapiti and even a busload of people from Palmerston North come as well. It was really good of them to come all this way. And it was great for us to hear about what they are doing as it sounds really great.



Having fun together

It was a good turnout and we had a nice feed that we got from Jaylon Bakery. I used my flexible funding for it.



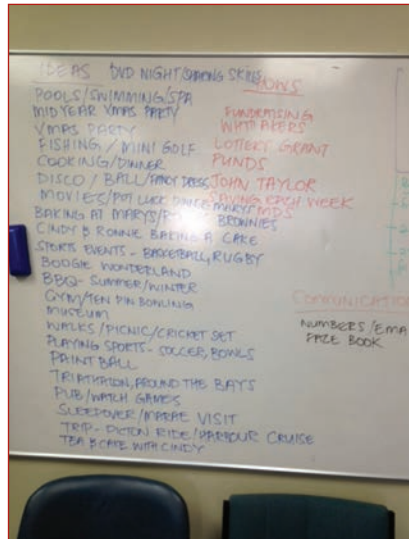
Our yummy spread!



All ready for the party

We had fun planning all the sorts of things that we could do. People had lots of ideas. We could go to the movies, go bowling or go out for dinner. We could go to Palmerston North to return the favour and spend the day.

Possibly we could go to stay at a marae. We might even have a trip up to stay overnight at another service in Auckland.



Things we could do

From the meet and greet event it has given people the courage and confidence and opportunities to organise social outings that they haven't done before. It's really good to see this happening and to be part of it.

Palmerston North Network Group afternoon tea

*By Tithi, Robin, Philippa, Craig,
Callum, Jessie, Vinnie and David*

We started the Palmerston North Network Group in 2013. In it we talk about our interests, share ideas, make friends, explore Palmerston North and support each other's goals and dreams. The Network helps us to meet new people and try new things.

In May we had a special afternoon tea so we could celebrate the beginnings of the Network and meet new people. Each member invited two people they knew from the community. We also had a lot of other guests from local organisations – a total of 45 people! We did a lot of planning before the event.

Finally the day came and we all arrived at Hotel Coachman at 2:30pm. We all helped welcome and look after people. There were speeches and a lovely afternoon tea. Then we thanked our guests. Looking back, it was a great day. We would all love to do it again.

You can read a longer version of this story on the Community Connections website: www.ccslt.org.nz



People meeting people at our afternoon tea

My trailer project *By Murray Kidd*

I live in Levin and I've been busy over the past few months building a trailer to tow behind my bike. Then I can put my lawn mower in it to transport it around Levin to cut my mum's lawn and some of her neighbours'. Also I will use it to take my weekly shopping home, amongst other things.



Making my bike trailer

We made my trailer out of what most people will call junk and as you can see it's almost finished. I have been working on it every Wednesday afternoon for the past few months and I'm really looking forward to the day it is finished! Having my trailer means a lot because then I can do things by myself for myself.

Happy Christmas and Easter

By Pauline Carson

Pauline's house attracts a constant stream of visitors each Christmas and Easter as she goes all out to impress with her seasonal decorations. And impressive they are, with all spaces touched by her cheerful lights, stars, eggs, soft toys and other knick-knacks. So next Christmas or Easter, join with Pauline in putting aside troubles to experience the happiness of the occasion.



Pauline and friend with her Christmas decorations

Pauline's house at Easter



Classic thunder *By Glen Hazelwood*

It was a Friday night, it was raining and I would have been about 15 or 16 years old. While we were in Kilbirnie my father took me into a toy store and drew my attention to a toy car which was a replica of a Mercedes Benz 600 Pullman 1963 by Corgi toy cars. The main feature of this toy car was that when the wheels moved the windscreen wipers moved too. I thought this was a clever feature. He bought this car for me and I've had it ever since. It sits proudly in my collection.

My father was a car enthusiast and when we would go down to the village, he would tell me the make and model of every car that was parked there. I thought this was fascinating and it triggered an interest in me ever since. My mother thought that collecting cars was the same as collecting dust! I have a red Citroen Safari in my collection. My father owned the actual car; it was grey.



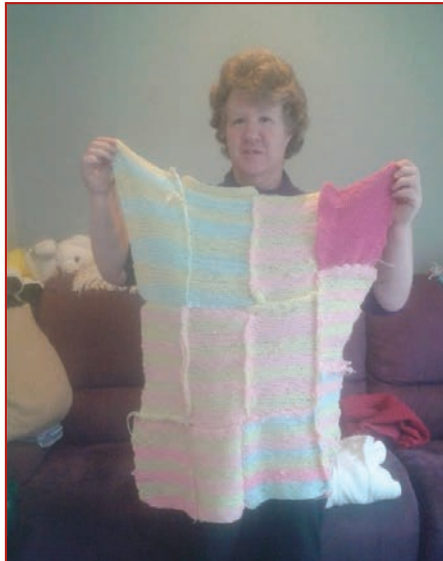
Thunderbird FAB-1: Lady Penelope's Rolls Royce



Citroen Ds 1974

My sign language classes

By Louise Bulled



With the baby blanket I've made

This is a picture of the baby blanket I have been knitting for Sky and her new baby. Sky is one of the support workers who bring people from Idea Services to my weekly sign language classes. This is Sky's first baby and I think she will make a wonderful mother as she has a kind and caring heart.

We are working towards putting on a show sign singing 'The rainbow song'. We are doing lots of practice for this every week. I love teaching sign language and we have a lot of fun.

Losing weight *By Toby Petterson*

I have made amazing progress in the last several months. In just six months, through carefully working out a menu plan with a support worker, I have lost 20 kilos. The menu plan involves cooking with my support workers and planning what I eat throughout the day. I have tried some great new recipes including fish pie, dhal curry, chili con carne, falafel wraps and more. I lost 6 kilos in one month alone!

I am now wearing smaller-sized clothes and taking sweaters out of the wardrobe to wear that I haven't worn in years. It was difficult to make a choice to commit to this menu plan originally, but I kept telling myself to be strong and made the choice to stick to it. I started off by reducing portions on just one day a week, and am now about to reach six days a week where I am now eating carefully planned, regular portions.

In the future I hope to continue my weight loss journey and get back to a size where I feel comfortable and confident within myself.



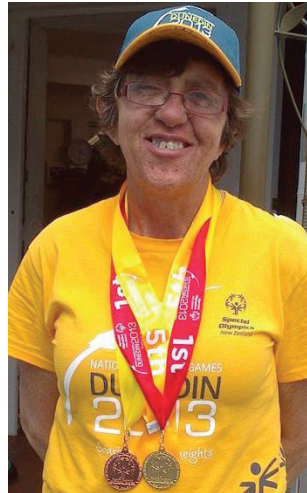
Before and after



Being an elite athlete

By Philippa (Pip) Brewer

Last November I went to Dunedin to compete in the Special Olympics National Powerlifting Competition. I won two medals and one ribbon; the ribbon was a fifth place for the benchpress. I also got a bronze medal for my deadlift and a first place gold medal overall. This was a total surprise as I had only been powerlifting for a year and a half. I was buzzing when they read my name out and I was on a high for weeks afterwards. I couldn't believe it – to go to Dunedin and get a first place overall was such an awesome feeling. Incredible!



I'm proud of my medals!

At the National competition, I deadlifted 65kg. Now I am training for the Regional competition which is in a few weeks. I work out at Human Movements Gym and my gym coaches are Marianne Poole and Jim Pitt. I practice twice a week for a total of three hours. I first started powerlifting because I went to support my friend when she was competing in the Regionals. She encouraged me to try it and now I am a powerlifter. If it wasn't for

Marianne, I would not be doing this fantastic sport.
Thank you Marianne – you rock!

Marianne recommended that I reduce my weights for the meantime so I can give my body time to recover and adjust. My goals for the Regionals in June are to lift 35kg for the deadlift and 28kg on the benchpress.

One day I would like to compete in the World Games for Special Olympics. It would be a thrill to go and it would be the best news ever if I got nominated to represent Palmerston North. But I am patient and not in a hurry and will wait to see what eventuates!



Working on the deadlift

Being an artist *By Stella Enting*

This year I had an exhibition at Odlin's gallery in Lower Hutt. The name of the exhibition was 'Chameleon'. My friends and family all attended and I sold five paintings to friends and neighbours. I also donated a picture to Community Connections, a painting I call 'The Connecting Tree'. At my opening a dear friend of mine called Elena who is my music teacher played the violin. I love her music so much.

I had a chance to mind the gallery while the exhibition was on and talk to people who came through about my work.

I like doing collages and using water colour and acrylic paints in my work. I love experimenting with different



Stella and Sally at the exhibition

techniques. Some of these I learnt through The Learning Connection. This was another big achievement for me this year. I graduated from my course in April and attained a Certificate of Art.

I like painting about my favourite TV programmes and circuses and dragons as well as my positive feel good feelings. Colours are my favourite.



The Connecting Tree

Recently there was a really cool article in *Mind Food* magazine that my sister wrote about creativity and art. She put one of my paintings in her magazine. This was a painting I did with Irena Stenner who used to be my art tutor.

In the future I would like to continue as a member of the Hutt Arts Society where I can work on my projects and go to the courses. At the moment I am interested in learning pottery.

I love singing and have produced a CD of my own music. I also love dancing. My next goal is to join a drama class to work on my acting skills.

Tavila the science ninja

Tavila was inspired by Mythbusters and also his love of comics. He worked on this with his support worker Kiran. It required him to do a lot of research at the library and conduct experiments. He also was responsible for making plans, setting timelines and developing computer skills.

You can see his full comic on the Community Connections website, <http://www.ccslt.org.nz/stories/2014-2/>

