



Community
Connections
Te Hāpori Āwhina Tāngata

THE CONNECTOR!

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Spring

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Community Connections

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The deadline for the next issue is

Friday 2 December 2011

Please send things to Tanya,

Tanya.mac@ccslt.org.nz

Chicken noodle omelette

From Bonnie Packer-Pope in Kapiti

What you will need

85g packet chicken flavoured instant noodles

175g chopped cooked chicken

2 tablespoons finely chopped flat-leaf parsley

2 eggs (lightly beaten)

2 tablespoons grated cheddar cheese

How to cook it

Boil 500ml water in saucepan. Add the noodles and flavour sachet to the saucepan. Cook the noodles as directed. Drain well.

Put the noodles, chicken, parsley and eggs in a bowl. Mix well.

Put the mixture in a 20cm non-stick frying pan. Cook for 5 minutes without stirring.

Sprinkle with the cheese. Put under a hot grill and grill for 2 minutes or until browned.

Serve hot.

Day trip to Wellington to meet the Hurricanes

YAY!!! It's Friday! We went on a trip to Wellington for a big day out. The weather was so beautiful in the city but windy. That didn't stop us from continuing our day out, as we headed to Lambton Quay, sightseeing different shops. Bronwyn, Martin and Victoria enjoyed their fun event with lots of laughter.

Then we noticed that there were lot of people in the Adidas shop, lining up for autographs from the Hurricane players, with their pen and photos ready to sign.

The Hurricane players saw us walking past. Victor Vito, Conrad Smith and Aaron Cruden came outside to meet us. They have a great sense of humour which was really awesome. Martin, Victoria and Bronwyn had a wonderful day, were overjoyed and happy. That was the highlight of our day.

Go The Hurricanes!

Kia ora everyone! Here's picture of us in Wellington, sightseeing places in the city. We caught up with the Wellington Hurricanes players.



Bottom left: Martin Jeory, Victoria Drahos

Middle left: Fusi Kirifi, Bronwyn Lusty, Nane Ioane

Top Left: Victor Vito, Conrad Smith and Aaron Cruden

Photo taken by Lisa

Colin enjoys sailing

My name is Colin Beattie and I live in the sunny Hawke's Bay. Recently I have moved back into a flat that I have lived in before. I am really enjoying this and am very happy to be back in this flat. I feel happier and more relaxed.

One of the things I do now is I attend Sailability on a Saturday morning. This is a sailing club. I have been going to sailing for four weeks and I am already sailing on my own. I love the sea and being out on the water. I want to keep going to Sailability because I love it. I've paid my subs for the year by saving up the money I get from my pamphlet delivery run.

Here is a picture of me sailing solo for the first time.



Judy in the snow

Snow fell in the Hutt Valley several times this winter. Here are some photos of Judy Trodhal enjoying the snow.



Avalon Park in the snow



This is fun ... throwing snowballs

Follow your dreams

By Rosie Morris

For the first time in my life, I travelled to the Gold Coast of Australia on my own. This was a goal I set and worked toward. My support worker, Maggie, helped me plan for this by supporting me to save up. We also made up a booklet with steps which helped me along the way.

My cousin Anita met me at the Coolangatta Airport when I arrived. My cousins Teresa and Anita both spent

time with me between their jobs. We visited three theme parks. The highlight for me was a ride called The Claw at Dreamworld – it was so terrifying I was sick!

I stayed for seven days at my cousins' house near Burleigh Beach. It was great spending this time as three adults.

It was an awesome experience! Further down the track I'd like to go to Ireland. I'm not sure when this will happen.



Michael & Paul in their garden

In a break in the winter weather Michael Wills and Paul Barnard decided to work together and finish the side gardens out the front of their house. They worked well together to get the weed mat down which had been kindly provided by Gill Prattley. The weed mat had to be cut to size and then the mulch was placed on top. The men did a great job with no help from support staff Alan Signal. A job well done.



Donna goes to Surfers

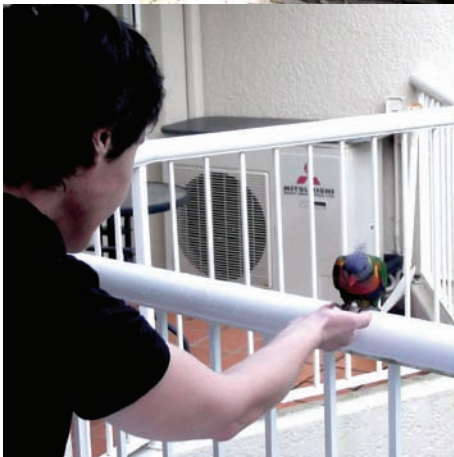
By Tricia Williams

Donna and I met through Community Connections. I don't work with Donna any longer but we are close friends.

A few years ago Donna thought that she would never be able to go to Australia but she saved and saved. My husband David and I promised to take her with us on our next trip if she saved her own money.

We went to Surfers Paradise together and here are some of her photos.





Cliff's seriously yummy chocolate cake

By Tricia Williams

Recently I went for a catch-up meeting with Cliff Grantham and he had made afternoon tea for me. Boy, it was great! Sandy Nesbitt, Cliff's support worker, gave him the recipe.

What you will need

2 cups plain flour

2 cups sugar

½ cup cocoa

1 ½ teaspoons baking powder

2 eggs

1 cup warm milk

1 cup boiled water with 1 ½ teaspoons baking soda

¼ pound or 120 grams melted butter

1 ½ tablespoons malt vinegar

How to make it

Mix all dry ingredients in a very large pot. Put all the other ingredients in little wells around it and then beat well. Grease small roasting dish, bake 160 degrees Celsius for 30 to 60 minutes until you prick it with skewer and it comes out clean.