



# THE CONNECTOR!

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## IN THIS ISSUE

Cameron Jansen is a tenpin bowler, see page 12.

# Contents

Page

Meeting the horses <i>By Cath Martin</i> .....	3
Finding my new flat <i>By Courtney Palmer</i> .....	4
My job <i>By Justin Taylor</i> .....	5
My vege garden <i>By Nicholas (Niko) Kananghinis</i> .....	6
Giving blood to save lives <i>By Cameron Jansen</i> .....	7
Our trip to Days Bay <i>By the Tawa Group</i> .....	8
Trip to Rātana, Whanganui <i>By Te Aroha McFarlane</i> .....	9
Being part of the Free Store <i>By Megan Baker</i> .....	10
Tim Pate's beer bread recipe .....	11
My journey with tenpin bowling <i>By Cameron Jensen</i> .....	12
My birthday <i>By Robert Bartlett</i> .....	14
Nightclubbing <i>By Nikolas (Nik) Androutsos</i> .....	15
The Kapiti Kiwis Network Group outing .....	16
Fun South Island trip <i>By Elaine Corby</i> .....	18
I love Christmas! <i>By Shania Sayles</i> .....	20

## Community Connections

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The deadline for the next issue: Friday 9 June 2023

Please send stories and pictures to Sara, [sara.hamer@ccslt.org.nz](mailto:sara.hamer@ccslt.org.nz)

## Meeting the horses

*By Cath Martin*

The RDA (Riding for the Disabled) recently held a morning tea and a chance for the people to meet the horses. I went along with my support team. I loved being able to pat the horses and I made new friends in the process.



*Cath pats one horse and talks to another*



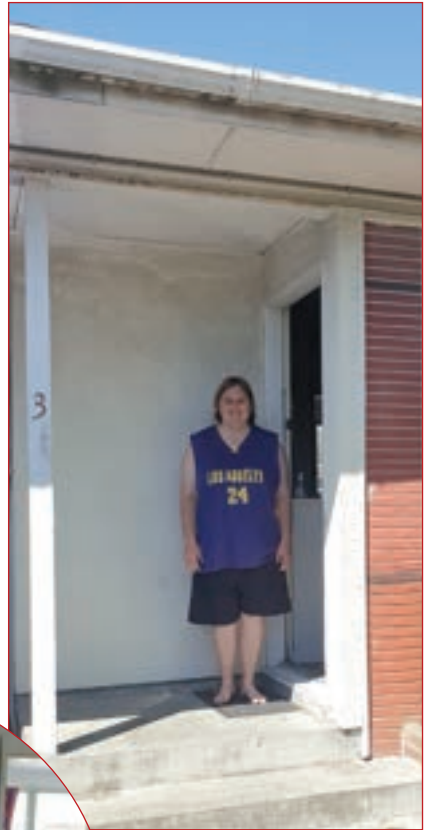
## Finding my new flat

*By Courtney Palmer*

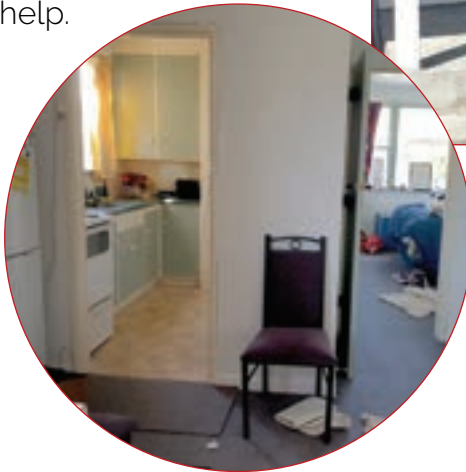
I have been waiting for a while to find a one bedroom flat for myself. This flat is attached to a row of 6 other flats. It has been newly painted and carpeted, so I have to be careful not to spill food. The kitchen has heaps of cupboard space. My bathroom and wash house share the same room, which is off my bedroom.

I love this flat, as it is nice.

I have still got things to unpack and have to clear out some things in my bedroom with Mum's help.



*Courtney outside her flat  
Inside the flat*



## My job

*By Justin Taylor*

I started volunteering at St Vincent De Paul charity shop in Levin in October. After two weeks they asked me if I wanted to trial a cleaning job. I find cleaning quite therapeutic, so I said yes. I have been cleaning twice a week for three weeks. I like the company and I feel like I have a purpose again. The people there are friendly and welcoming and nice to talk to. I find some good deals and they have nice coffee. If I can prove myself to be reliable this will become a paid job for four hours a week.

I feel excited about this as it would give me some money and I would be part of a team. I feel happier and my wellbeing has improved.



*Justin at work*

## My vege garden

*Nicholas (Niko) Kananghinis*

I have been busy with my support worker, Holly, looking after my new veg garden. I have grown some really nice produce. I have been watering the garden most mornings and really enjoy harvesting and eating the food I have grown, especially the strawberries!



# Giving blood to save lives

*By Cameron Jansen*

What made me a blood donor? I got the idea to begin donating blood when looking at my father. He has been giving blood for a very long time. While I had been contemplating joining the blood donation drive and following Dad's steps, Hayden, my younger brother, began donating blood as well. This truly had me motivated.

I wanted to find out why people donate blood and when I heard and read about noble reasons as to why people donate blood, I felt compelled to do my bit as a healthy young man. So, a couple of years back I began donating blood but due to the Omicron outbreak, the donation drive was not as easy as it used to be.



I would like to encourage more people to head towards their nearest blood donation centre. When we donate 750 ml of blood, our body is so clever that it generates that 750 ml very quickly – so it's pretty much like give and take in a way. You never know whose life you can save by a simple donation, it could have been someone in an accident or someone who is ill.



## Our trip to Days Bay

*By the Tawa Group*

On Monday 28 November we got the train into Wellington from Porirua, then we got a taxi to the Dominion Post Ferry terminal. The crew were very good and waited for us as we were running a little bit late.

We sailed over to Days Bay stopping at Somes Island to pick up and drop off passengers. It was a sunny, fine day. We went to a cafe when we got to Days Bay and had something to eat and drink and chatted.

Then we took the ferry back to Wellington. We walked back to Wellington railway station and trained back to Porirua. We all enjoyed ourselves.



*The Tawa Group at Williams Park, Days Bay: Julie-ann Brothwood, Sarcha Webby, Jim McIlroy, Vanessa Teague, Vanette Youden*



## Trip to Rātana, Whanganui

*By Te Aroha McFarlane*

My husband and I travelled by bus in January, up to the festival in Rātana, Whanganui for one week. We visited friends and family there, staying with my uncle, and enjoying his boil-up meals.

We saw Jacinda Ardern and Chris Hipkins, and enjoyed band music, good food, a church service and the Marae.

I brought back a Hymns and Prayers book with me. Me and my husband have been to this festival a couple of times in recent years, which we have enjoyed, apart from it being too hot. In the Hymns and Prayers book it says the Rātana Movement started back in 1918.

We hope to go up again.



## Being part of the Free Store

*By Megan Baker*

I attended a Free Store end of year Christmas party. I volunteer there every Wednesday and do the Wishbone trolley run. I have really gotten amongst the community there.



*Megan and Free Store staff*

## Tim Pate's beer bread recipe

*Tim is one of our employment consultants*

- 3 cups of flour (white or wholemeal or a combo)
- 3 teaspoons of baking powder
- 1 teaspoon of salt
- 330 mls beer (don't use low alcohol beer, I use Tui)  
plus 70 mls water (rinse out in the can)

Mix dry ingredients

Add wet ingredients to combine

Pour into a suitable baking tin

Bake at 200c for 50-60 minutes

Cool before slicing

Keeps well and great for toast. Enjoy!



## My journey with tenpin bowling

By Cameron Jansen

My fascination with tenpin bowling began at the age of ten. It was at my birthday party where a group of my friends and I went tenpin bowling.

Then I played tenpin bowling for the Special Olympics, proudly representing the Kapiti region along with a couple of my friends. Gradually as I gained confidence with bowling, I moved on to football for about three years. And while I did well in football too, I believe my true calling remains with tenpin bowling.



*Practising at Porirua just before the finals 😊*



Last year I participated in Tier 1 and 2 tournaments which were in Porirua and Palmerston North. I was placed first in my division along with my teammate, Claudia, followed by a second place in Palmerston North. To be honest, I was very happy with my performance as I had made a comeback to bowling from football after a long time.

In this photo, I am holding my first bowling ball which I bought as a present for myself and played with at the Nationals. Just before the

Nationals I also bought my bowling bag. Both of these are very dear to me.

Our teams represented Kapiti in different sports and categories in Hamilton for the Nationals. This was my second trip to Hamilton as the first one was the holiday with my family. However, this trip was amazing even though it was a very long drive from Ōtaki to Hamilton. We stopped on the way at the Flat Hills café not far from Taihape for our morning tea. It was a really cool experience and out of excitement, I tried to keep myself awake despite the long drive. I played well at the Nationals in Hamilton and was placed sixth in Doubles with Claudia and we were placed fourth in Teams with my mates Cameron S. and Blake. I am looking forward to future tenpin bowling events and eagerly waiting for the start of our practice sessions soon. I will strive to do better in future tournaments but more than winning, it is the enjoyment of the game as well as the company that makes me feel at ease and motivated.

I would like to acknowledge my gratitude to my coach Rachel for tenpin bowling who was always there to motivate and encourage us to join in the various sports.



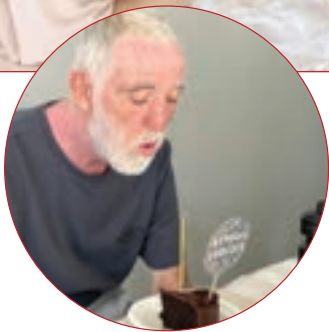
*The bowling team*

## My birthday

*By Robert Bartlett*

After recovering from COVID-19 I had my birthday. It was 2 weeks late but I invited all my friends to celebrate my 60th birthday together. It was a lovely and happy occasion to share with my friends.

Paul, and his wife Pip, Cinnamon, Charlene, Sophie and Simon attended my birthday party, each with their support person.





## Nightclubbing

By *Nikolas (Nik) Androutsos*

I enjoy going out to town to have some drinks and have fun! Recently I communicated really well to my support team that I wanted to go to 'Town', so a date was set and marked on my calendar. I crossed off the days and looked forward to it as it got closer. On the night itself, I managed my excitement really well! I headed into town after dinner, and enjoyed my first few drinks. I was joined by two support workers, and another came out to enjoy a drink with me! I had lots of fun riding the mechanical bull! The evening continued, and I went to two other venues to have some more drinks and some food.



## The Kapiti Kiwis Network Group outing

The Kapiti Kiwis met down at Maclean Park in Paraparaumu to have a picnic BBQ. Trish helped put up the marquee – she did a fantastic job, very helpful. We tried to get the barbecue that was at the park to go, but it wasn't working. A staff member had to rush home to cook the chips, sausages and onions.

While the Kapiti Kiwis were waiting for the food, we played swing ball, frisbee, skateboarding, quoits, and tried out the electric scooter.



*Luke on the scooter*

*Luke (foreground) Trish (background)*





*Rachel and Trish  
Thomas on a  
skateboard*

We had fresh fruit donated from Kaibosh Food Rescue, and nice cool ice blocks that were refreshing. The Kapiti Kiwis group sat under the trees in the marquee tent protected from the sun.

Everyone enjoyed themselves. Thomas and Luke now want to buy an electric scooter – that's how much fun they had!

## Fun South Island trip

*By Elaine Corby*

In November last year my friend Shona and I flew from Napier to Christchurch to join other people who were going on the same bus trip around parts of the South Island as we were. We were lucky to go to many nice places and ate more food than we should have!

On our 5th day, after going to lots of places we went to Dunedin and went to Larnach Castle. The scenery when you go in the gate and see the castle was like a postcard. It was really lovely.



*Images courtesy Dunedin NZ  
media library and Tourism  
NZ visual library*

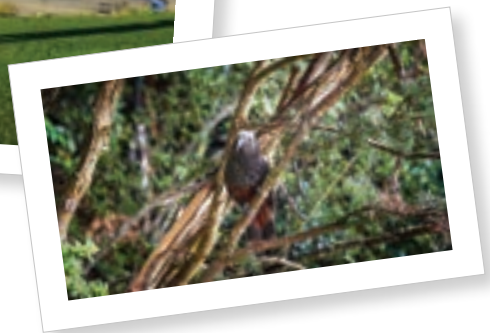


We later had a good day at Stewart Island and Shona and I never got sick on the boat getting there. The next day we went to the glow worm caves.

I was very spoilt on my birthday when we went to a winery for wine tasting and I was presented with flowers and then a birthday cake. Shona did well keeping it all a secret. It was a lot of fun.

We had a great time together and with all the other people but very sad we all had to leave and say goodbye 3 days early as one of the people on the bus trip got Covid. We missed out on going to 3 other places including the TranzAlpine train trip.

If you ever want to do a trip, go and do it as you will love it and meet new people.





## **I love Christmas!**

*By Shania Sayles*

I love Christmas. I love Christmas music. I made decorations for my tree. I put the beads on the wire. I like red on my tree. I had some help because we were using hot glue for some things. I took my tree home for me and my family. It was fun!

