



The Buzz

Everyday Networks Magazine – April 2023

NEWS FROM THE COMMUNITY CONNECTIONS NETWORK GROUPS



Do you have a story or poem, a success you would like to celebrate, a recipe, a joke, a movie review, something to advertise, an upcoming event or anything else you would like to share in The Buzz?

Please email louise.fletcher@connections.org.nz

Word search

Words can be found in any direction (including diagonals) and can overlap each other.



F	J	A	R	A	M	U	K	Y	P	O	E	J	P
C	J	A	S	M	I	N	E	E	E	S	E	O	N
T	S	S	T	S	U	N	F	L	O	W	E	R	S
N	R	O	C	H	E	R	B	S	N	I	C	C	R
E	E	R	T	E	M	I	L	R	O	L	S	H	S
L	S	E	E	D	S	S	B	A	I	A	C	I	T
N	S	N	T	P	E	A	S	P	N	A	U	D	N
I	I	O	T	O	M	A	T	O	O	O	C	N	A
K	C	M	A	L	S	C	P	J	T	T	U	M	L
P	G	E	L	L	I	E	I	A	U	O	M	L	P
M	U	L	R	L	I	E	T	T	S	O	B	I	T
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P	S	A	R	I	P	T	H	C	R	E	R	S	P
U	G	R	T	E	E	B	R	E	V	L	I	S	L

GARLIC
 PARSLEY
 ORCHID
 LIME TREE
 FEIJOA
 TOMATO
 POTATO
 KUMARA
 SEEDS
 CUCUMBER
 SOIL
 SUNFLOWERS
 POT PLANTS
 SILVERBEET
 LEMON
 CORN
 ONION
 HERBS
 PUMPKIN
 PEAS
 JASMINE

Play this puzzle online at:
<https://thewordsearch.com/puzzle/5443181/>

Terrwynn in the Taranaki Network has created this word search. If you enjoy doing word searches, why not have a go at making your own?



Access Radio shows you might like to listen to:



Access Radio Taranaki 104.4FM

Car Crazy 2pm Saturdays

Brendan Cresswell loves cars. In his show Car Crazy, he profiles different makes and models, reads aloud car articles, cracks jokes and plays car-themed music.

Me and My Mates 7pm Mondays

Brendan Cresswell and Tarryn Wallace have a positive, sometimes hilarious view on life and on overcoming obstacles. In this series they invite people with different disabilities to chat about life, the universe and everything in-between (new show fortnightly)

My Music and My Life 3pm Tuesdays

Chris Whitmore loves going to live shows. His all-time favourite singer is Daniel O'Donnell. This show will give Chris a chance to share with you his favourite music and tell you his life's story.

Coast Access Radio 104.7FM



Paul Unscripted 2pm fortnightly Tuesdays (and replayed at 9.30pm fortnightly Wednesdays on alternate weeks).

Paul Curwen provides a half hour of chat and music, with guests and interviews.



Kāpiti Kiwis update

The Kāpiti Kiwis were visited by Hannah from the Community Care Trust in Dunedin and Louise from the Taranaki Network.

Hannah had just started work with some friendship peer groups and had come up to find out what great things the group gets up to - especially some of the great fundraising the group does for people in the community. Lately they have been having sausage sizzles to raise money for some of our staff who were impacted by the floods in the Hawkes Bay.

Louise who facilitates the Taranaki Network also spent time with Hannah to explain her role and also kōrero about what the group she supports does. While she was here she had a chance to kōrero to the Kāpiti Kiwis Network about the Hui plans for later this year.

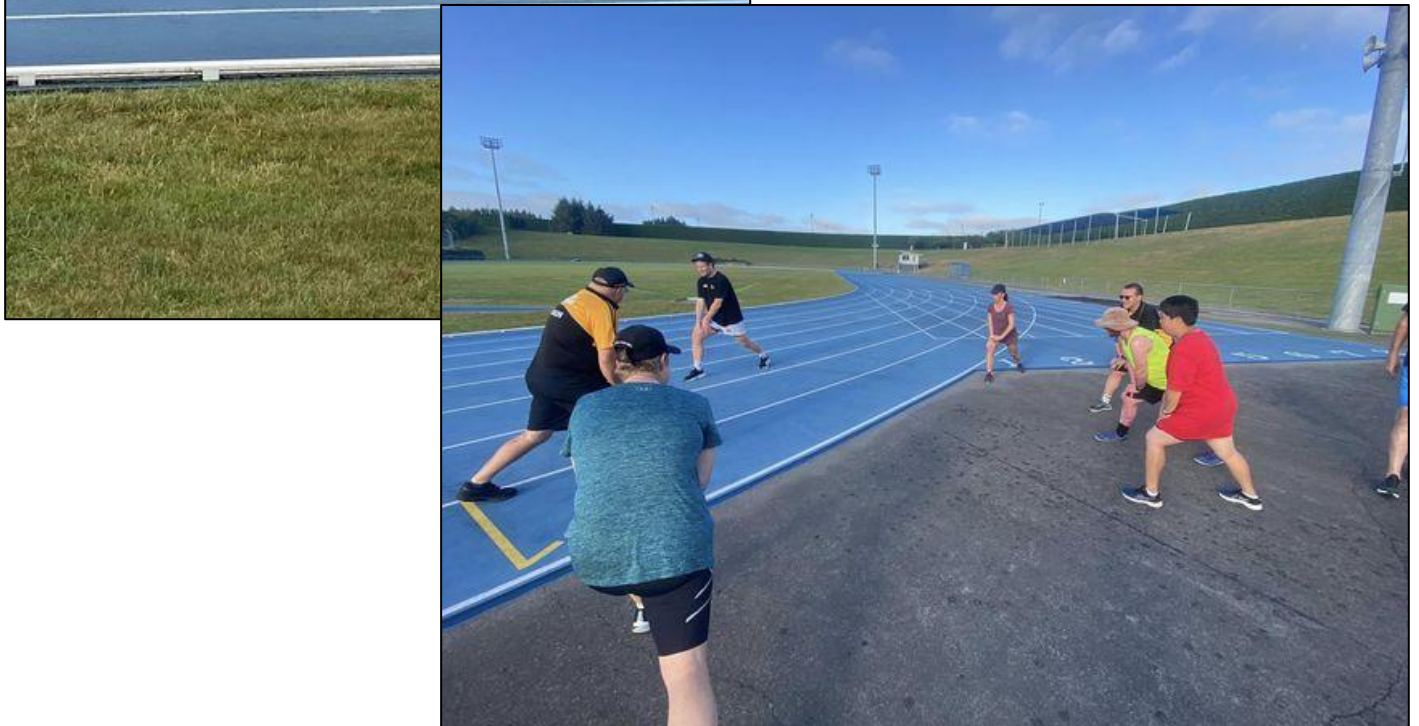


Quentin is off to Berlin

It is coming up fast - just 12 weeks to go where Tāwhiri Titans member Quentin will be heading to Germany to compete at the Special Olympics, representing New Zealand in Athletics.

Quentin is leaving New Zealand on 7th June. These photos are from the last training camp in Palmerston North before they head over to Germany.

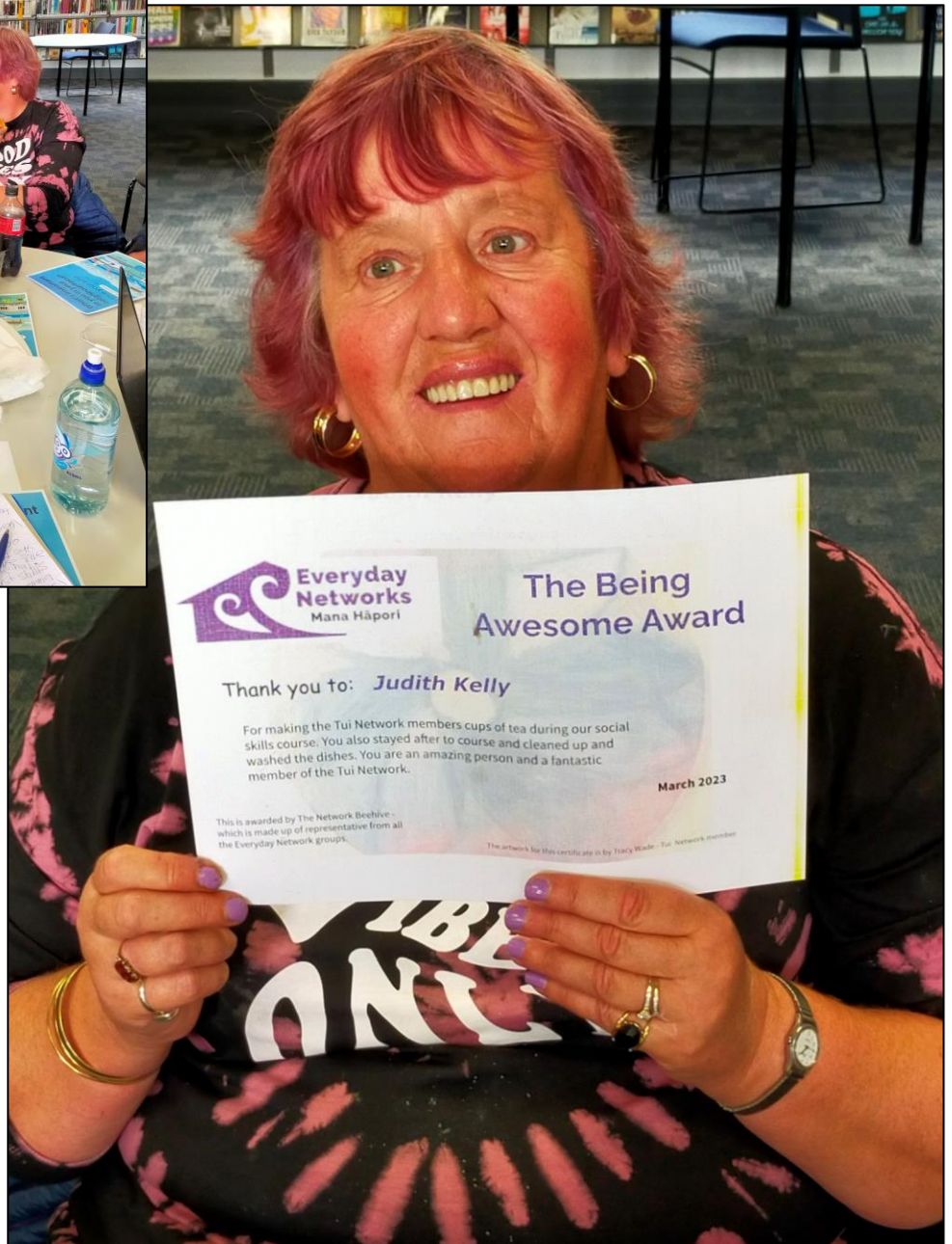
Quentin will be competing in 100m, 1500m and the 100m relay at the games in Berlin. All the best for your races Quentin - we are proud of you!



The 'Being Awesome' award

This is a brand new award that our Network Beehive (which is made up of representatives of each Network group) has initiated. It recognises some of the amazing things that members do.

The latest award recipient is Judith, who was recognised for making cups of tea for the Tui Network members during their Social Skills course. She also stayed on afterwards and cleaned up and washed the dishes. Thanks Judith, you are awesome!



My role in our Network Group

In 2020, our Network members talked about taking the minutes for our Network meetings.

It is my responsibility to take the minutes. I got a new notebook for Network minutes. I put in the date and time, who is here and who is absent. All the members talk about what we are doing on the weekend, and discuss about the Hui/Conference and plan events too.

I put the minutes on our Network Facebook page sometimes. I put the time and date for when we have our next meeting. I listen to everyone talking and write down what everyone has to say.

I use a notebook, diary, iPad for Zoom and a laptop too. I like taking minutes, it gives me something to do and I feel happy and proud of myself.

Words by Terrwynn.



Taranaki Network

The Red Rabbit

I found a red rabbit in the dogs' toys at The Warehouse. It was hiding underneath the toys. I was at The Warehouse with Jack. I went to Bell Block School with Jack. I also saw a mouse at The Warehouse! It was running on the floor. Someone who works at The Warehouse caught the mouse by putting down a trap. I thought the mouse might scratch me but it didn't. I feel happy that it's caught.

It's funny that I found a rabbit because it's coming up to Easter. At Easter I'm going to watch the Easter movie which I hope is Charlie and the Chocolate Factory 4. I sometimes have Hot Cross Buns at home. I'm counting down the sleeps until Easter. The Easter snacks I like are Cookies and Cream Easter eggs, Easter chocolates and Easter rabbits.

Words by Sam.

Here is Sam's story in Te Reo Māori:

I kitea au he rapiti whero I roto I te pouaka taonga takaro mo nga kuri ki Te Warehouse. I huna ai ki raro I nga taonga takaro.

I haere au ki te Te Warehouse ki te taha o Jack. I haere ahau me Jack ki Bell Block kura. I kitea ahau he kiore ki Te Warehouse. I omaoma haere te kiora kirunga I te papa. Na te mahanga kiore I mau te kaimahi I te kiore. I whakaaro ahau ka rakuraku te kiore I ahau, engari kaore. I harikoa ahau I mau te kiore.

Hatakehi te kitenga o te rapiti na te mea tatanoa ko te Aranga hararei. Ka mataki kiriata ahau I te Aranga. Ka pirangi ahau ki te mataki a Charlie me te Chocolate Factory 4.

I etahi wa ka kai Hot Cross Buns ahau ki te kainga. Kei te kaute ahau nga moe ka heke mai te ra Aranga. Ka rawe ahau I te Cookies and Cream heki, tiakareti aranga me te rapiti aranga.

Kupu na Sam.





My Pita Pit lunch

I went to Pita Pit for my lunch. I got a pizza with pineapple, bacon, barbecue sauce and cheese. It was delicious. I got a Pepsi and it tasted good. I like going to Pita Pit and getting wraps. I like having lunch with Louis and Jack. I like going to Life Skills and seeing Bill. My favourite bands are Queen and The Beatles.

Words by Tim.

How to find a book at the library



1. Go to the computer
2. Write in the word of the subject you are interested in
3. Look through the list of books until you find one that says it's available at the library
4. Then write down the number of the book (or put it into the notes on your phone). If it has letters after the number, this means it's the first 3 letters of the author's last name.

Words by Louis.



Network groups get together



The Dream Catchers had a great time catching up with and the Tāwhiri Titans. They shared KFC for lunch and had an hour of fun at Timezone!



Bumblebee Network update

In the Network we go to bowling and we do baking and share lunch. We have a planning day on Tuesday to talk about what we will do on Friday. We play board games and in Network time on April 28th (11am to 2pm) we are having a sausage sizzle outside my flat to make money for the Hui and t-shirts for our Network team. We are doing presentations about the Bumblebee Network team.

I've got a song for the Hui, it's called 'Islands in the Stream'. We are making plans for how the group is doing and I'm doing my admin for my group. We need more members in my group – want to join my Network team?

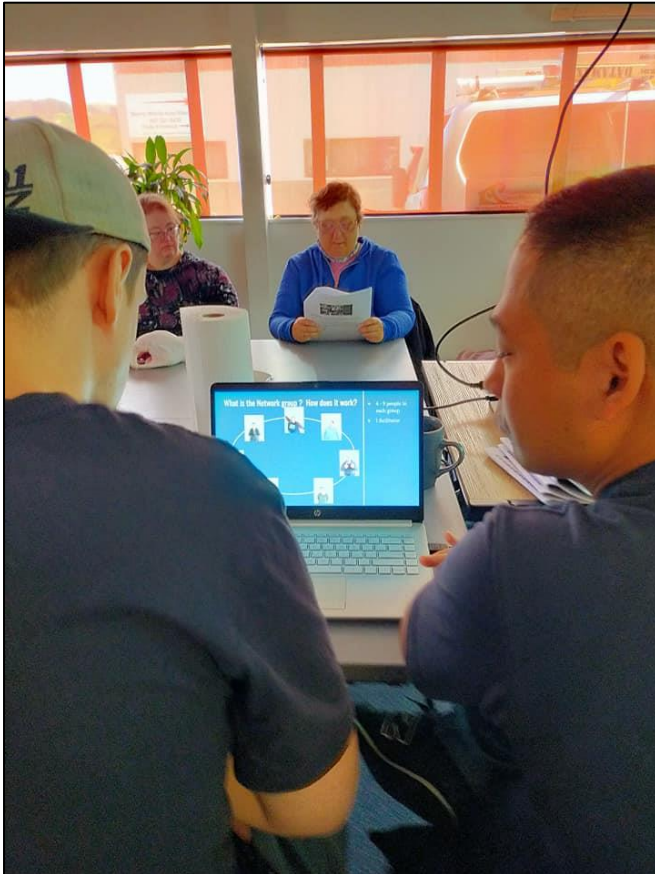


Words by Shannan.



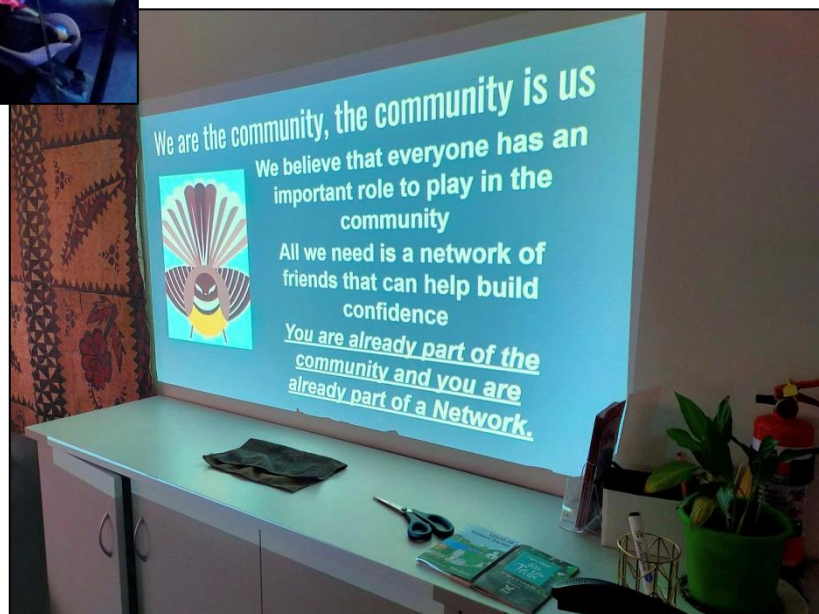
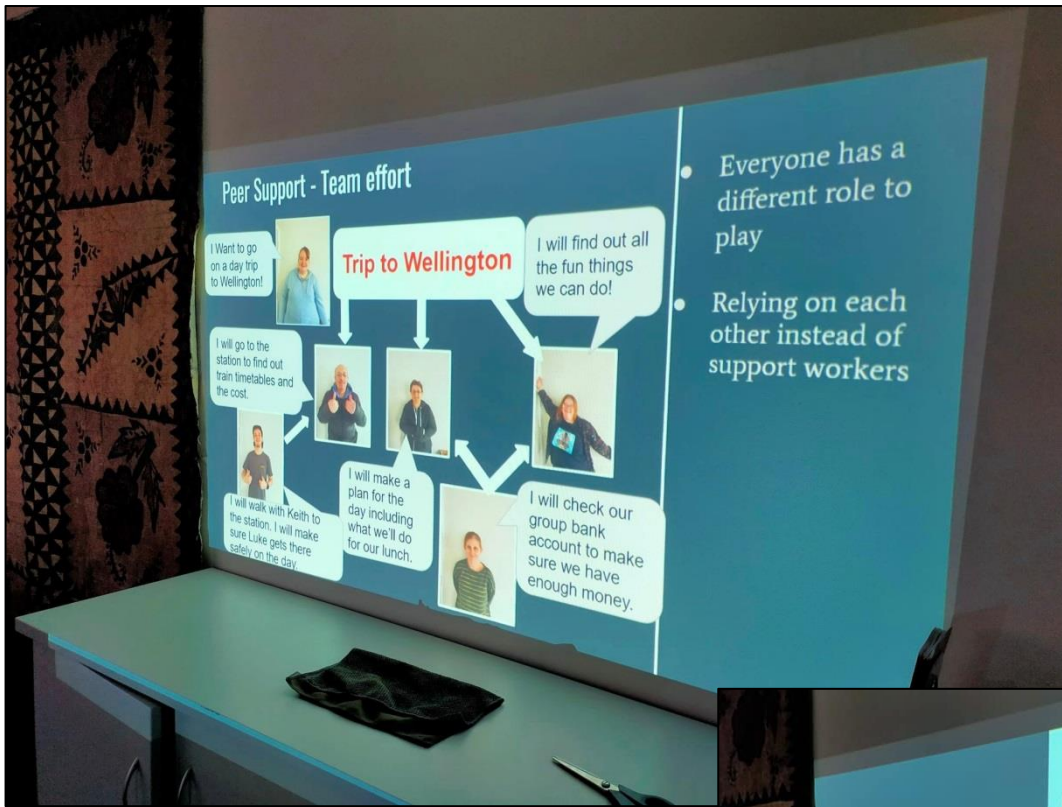
Fantails Network

The Fantails in Upper Hutt did an amazing presentation for Hannah from the Community Care Trust. They talked about all the action-packed activities they do (such as fishing and camping) and the many ways that they give back to the community including plogging (green walks where they pick up litter), and recognising different organizations and events by creating wonderful origami crane displays that they donated.



If you want to find out more about what Everyday Networks do, contact The Fantails so you can book a viewing of their presentation.





ANZAC Biscuits

Makes 30-40 biscuits

Ingredients:

$\frac{3}{4}$ cup flour
1 $\frac{1}{3}$ cups rolled oats
1 $\frac{1}{3}$ cups coconut
 $\frac{3}{4}$ cup sugar
100g butter
2 tablespoons golden syrup
1 teaspoon baking soda
 $\frac{1}{4}$ cup boiling water



Method:

Preheat oven to 180°C. Grease a baking tray or use baking paper. In a mixing bowl combine flour, rolled oats, coconut and sugar and make a well in the middle.

Place butter and syrup in a small saucepan and heat gently until melted. In a separate small bowl add boiling water to baking soda then pour into butter and golden syrup. Pour the foaming mixture into the dry ingredients.

Mix well and place teaspoon size balls on the cold tray with a little space in between to allow for spreading. Press gently with a fork to flatten slightly. Bake for 15-20 minutes till golden brown. Turn oven off. While biscuits are still warm, remove to a cooling rack.



Other good things to add to ANZAC biscuits are chopped nuts - walnuts, macadamias or pecans. You can also add pumpkin seeds, sesame seeds, chopped dried apricots or chocolate chips.

You can crumble the biscuits and use as an ice cream topping or stir into yoghurt. Enjoy!

Cameron caught a fish!

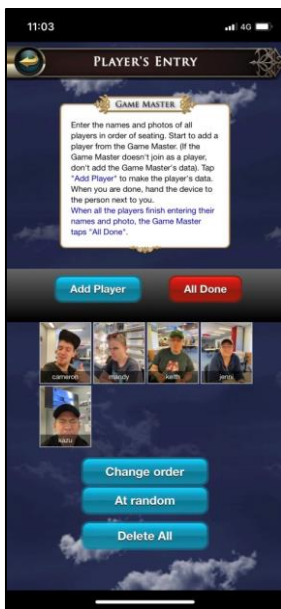
The Fantails have been going to Rona Bay wharf in Eastbourne for fishing this summer. They catch a bus from Upper Hutt station to Queensgate and then catch the Eastbourne bus to Rona Bay. Keith initially showed the group where to go and which bus stop to get off for the wharf. When they first went there, Kerry had trouble getting off the bus as it was parked too far away from the footpath. Jenni helped her to overcome the challenge and they are now aware that they need to ask the bus driver to put the ramp down when they get off the bus. Since then, Jenni and Kerry have become confident to get there by themselves.



One Wednesday, Cameron caught a big Kahawai which was very exciting! The Fantails decided to cook the fish on Friday for the shared dinner!

Fishing has been one of Cameron's big goals, and it has been great that others were able to come along. They don't always catch fish but they always enjoy going out.





Game review – Ultimate Werewolf

Review: ★★★★★ (4/5 stars)

Reviewed by the Fantails Network

Are you good at lying? Can you keep a poker face when you lie?

The Werewolf is a very simple and fun game to play with your friends but it

can also be challenging if you cannot keep a straight face. This game is about finding out who the 'werewolf' is among us. If you are the werewolf, then your aim is to keep your identity hidden and take the villagers down one by one.

Each player gets one card. They look at their card secretly and find out who you are and say "I am a villager". Keep an eye on people's reactions when they are talking because the werewolf will be lying to you by saying "I am a villager".

There is "Day time" and "Night time" in this game. During the day, everyone is awake and talking to each other and trying to find out who the werewolf is. People can accuse someone of being the werewolf and if someone else seconds the accusation, that accused person will go on the trial. Villagers must decide if the accused person should be taken out of the game by voting. If the villagers successfully take out the werewolf, the village is saved and villagers win the game. If you accidentally take out one of your villagers... oops... the game goes straight to night time.

During the night, everyone sleeps (closing their eyes). The Werewolf opens his/her eyes and then chooses one villager to kill.

The next morning comes and it is back to "Day time" once again.

This game is great fun but it can be very frustrating especially when you are accused of being a werewolf even though you are actually a villager. Sometimes it can be heated with arguments but that is all part of the game and part of the fun.

One downside to the game is that we must have a moderator for this game. There is also an option of using the "Werewolf" app. It is a free app and it can do all the moderating for the game.

Tui Network

The Tui Network members have graduated! Well done to the Tui Network for completing their Social Skills course with Nick, Paige, and Olivia.

Everybody (both the members and the trainers) learnt so much over the last 6 weeks - as well as having fun together. Congratulations everyone!!!

One of the Social Skills sessions was to learn about non-verbal cues and body language.





Fantails Network Honey

The Fantails have worked with the HoneyFund once again and are selling NZ multiflora honey for their fundraiser at \$15 a jar.

Please contact the Fantails Facilitator Kazu on 0297778787 for orders.



**\$15 for a jar
of honey**





Ferndale Fanatics

The Shortland Street Club has a new name!
The name for 2023 is Ferndale Fanatics!

Here is the new link to the new event. It is different from the old link, so be sure to use this one when joining the group on Wednesdays.

Ferndale Fanatics 2023

Wednesdays 7:30pm – 8:15pm

Video call link: <https://meet.google.com/dsd-tdqi-oyx>



Networks business page

Do you have a business you would like to advertise?

To have your business featured in upcoming issues of The Buzz, please email your information or your ad to

louise.fletcher@connections.org.nz



www.facebook.com/bluedelhiver795
Jenni's knitting and crocheting

Chris's K9 Krunchies
Quality home-baked dog treats

Chris's K9 Krunchies contain wholemeal flour, rolled oats and peanut butter. They contain no salt, sugar or preservatives.

Small: 20 biscuits \$5

Large: 10 biscuits \$5

Mini Treats: 100 for \$5

Available from White Pear Café,
Parklands, Bell Block; or
Contact Chris
Email: chrisdogtreats@gmail.com



? What is a Network group?

It is a group of people who choose to come together to help each other grow, and to both provide and receive peer support. A Network group usually consists of up to 9 members. These members live in the same city as each other. The group also chooses a facilitator – this is a staff person who can support the group if they need help and encourage the members to utilize their natural connections within their community.

? What is the focus of a Network group?

Members can help each other by sharing experiences and ideas, sharing their skills and abilities, offering advice, supporting each other's dreams and goals, looking out for each other, having fun and learning about their community together.

? How often do you meet?

Most groups meet weekly as a larger group but may split off into smaller groups for different activities or community involvement during the week.



If you are interested in finding out more about Network groups, you can phone/text Matt Sang on **029 7712338** or email him at **matt.sang@connections.org.nz**