



# The Buzz

Everyday Networks Magazine – September 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](mailto:louise.fletcher@connections.org.nz)

# Word search

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



## Famous Singers #2

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

LADY GAGA  
KATY PERRY  
BEATLES  
CLIFF RICHARD  
TAYLOR SWIFT  
SELENA GOMEZ  
JUSTIN BIEBER  
SPICE GIRLS  
ARIANA GRANDE  
ISLA GRANT  
BILLIE EILISH  
LANA DEL REY

Play this puzzle online at : <https://thewordsearch.com/puzzle/5597425/>

Play this puzzle online at:  
<https://thewordsearch.com/puzzle/5597425/>

The members of the Taranaki Network have 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.





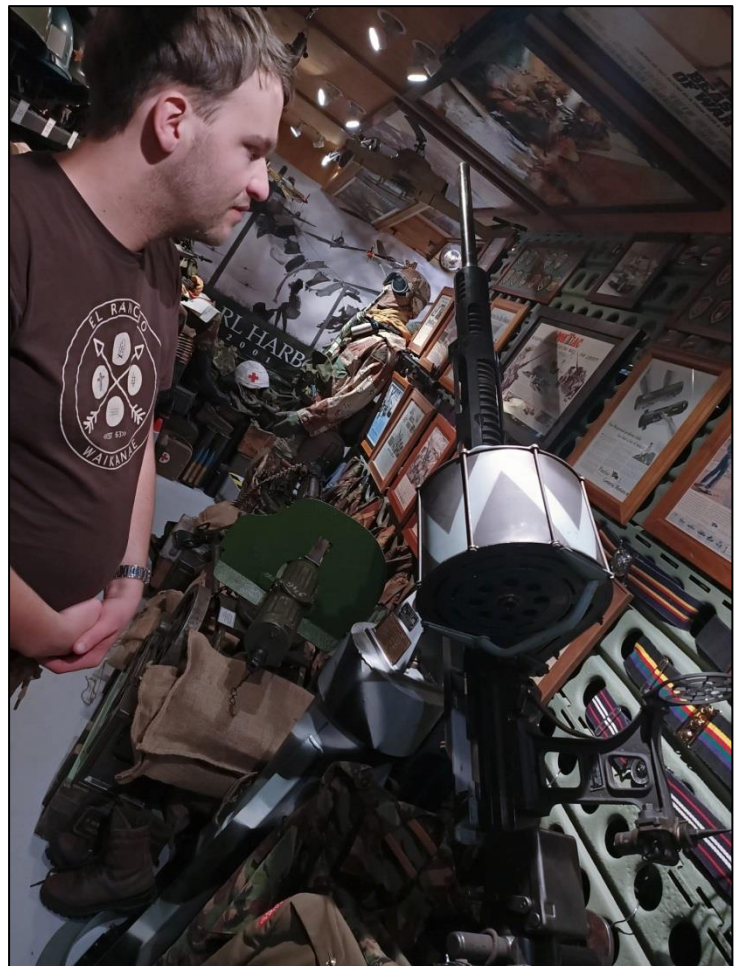
## Kāpiti Kiwis update

The Kāpiti Kiwis have been doing regular book, movie and music reviews. They always have an awesome time with lots of discussion.



The Kāpiti Kiwis walked to Andy Wickens' Bunker. They experienced the underground bunker that Andy himself dug out under his house in 2014. They looked at displays of WWII German, Russian, American, British, Japanese and North Korean helmets, military badges and photos. They saw mannequins in full military gear, and were amazed by the amount of military guns and knives.







# Mix n Mingles at Club Vista

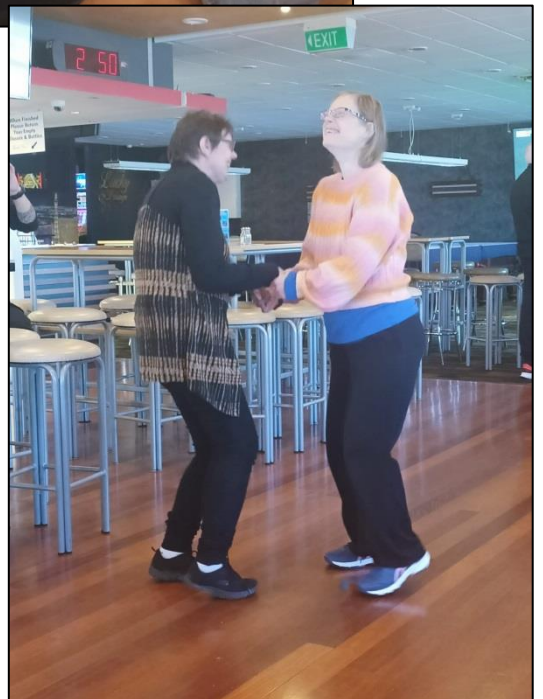
What a great afternoon at Mix n Mingles hosted by the Kāpiti Kiwis Network Group at Club Vista. It was an exciting train journey for the Everyday Networks groups in the Hutt and Wellington – the Fantails, the Dream Catchers, the Tāwhiri Titans, the Tui Network and the Bumblebees - then great food, loads of laughs, an inspirational speech from our Special Olympics Te Whanganui-a-Tara medallist Quentin (from the Tāwhiri Titans), and some amazing talent during the karaoke.

Congratulation Kerry from the Fantails for winning a spot prize for best dressed. The train being cancelled didn't dull our spirits as we jammed to some music that Regan from the Dream Catchers played for everyone.

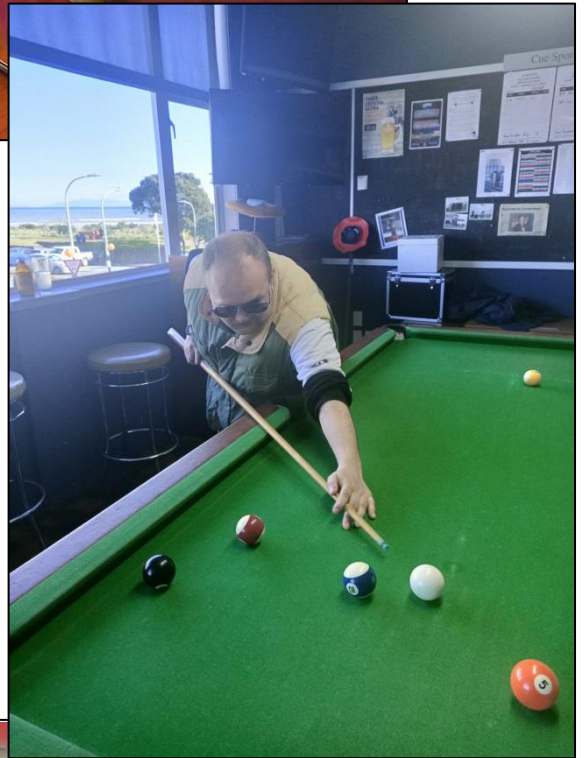
Thanks to the Kāpiti Kiwis for hosting a fun event!















## Movie review – Indiana Jones and the Dial of Destiny

Two members of the Tāwhiri Titans (Quentin and Summer) went to see the Indiana Jones movie.

Here is their review:

Stars: 4/5 

Worth seeing twice. Our favourite character was Teddy - he got out of a sticky situation to save Indie, aka Indiana Jones. We couldn't stop laughing. The starting train scene is Quentin's fave, and Summer liked the plane scene. Contains gun and punching violence.



**Do you have a DVD review to share with  
other Network members?**

**Please email  
[louise.fletcher@connections.org.nz](mailto:louise.fletcher@connections.org.nz)  
with your review**





## Tāwhiri Titans update

Here are some photos of the Tāwhiri Titans (Quentin, Alatisie and Summer). They met at Te Papa at the cafe then went on crocodile bikes and took turns steering. They got photos in the sun and had fun along Oriental Bay.







## **Palmerston North Red Cross Book Sale**



**A big THANK YOU  
from Red Cross**

Palmerston North Branch Booksale 2023

At the end of May, the Palmerston North new Network group, called Community Connections Starlight, did their first event together.

Kelvin volunteers for the Red Cross every week and has done for many years. He was the one who suggested in helping out with the book sale at the very first Community Connections Starlight Network meeting.

Four of the members helped at the Red Cross Book Sale. They were helping by preparing emptying boxes of books onto the tables. They were organised by having them set up from smallest to biggest in a row, for easy viewing. The book sale was held on 2nd, 3rd and 4th of June.

Jordan says: On Wednesday 31st May, we went to help unpack books out of boxes, to put on the tables for the book sale. This was happening Friday, Saturday and Sunday at the Palmerston North Bell/Babar Hall. We were provided some lunch in the back for helping out. We finished at 1pm.

Courtney says: It was fun, spending time with my friends to help with the books sale.

Melissa says: I enjoyed meeting new people there, while we were helping out.

Words by Community Connections Starlight members.

# Taranaki Network update



Ko Rukumoana Louis toku ingoa.  
My iwi is Ngāti Maniapoto.  
I like getting books from the library and reading about my iwi.  
There is a carving of the ancestor Maniapoto in a meeting house in Mōkau.  
If you want to look up some books in the library about iwi, you will find them in the 993 section. There are lots of Māori books there.  
I like learning about land, waka, where the ancestors came from, Māori warriors and the gods.

Words by Louis.

Sam does an amazing job volunteering at the Waitara Food Bank.

Well done Sam, you are helping our community.







## Tui Network group update

The Tui Network members recently celebrated Emma and Tracy's birthdays in style. Happy birthday to you both!





## Taranaki Network – Pink Challenge Ladies cooking



Sam, Terrwynn and Nicola have recently cooked Apple Crumble, Tacos, Enchiladas, Sausage & Vege casserole, and Sweet & Sour meatballs





# The Pink Challenge Ladies' recipe for Apple Crumble



## Apple Filling

- 6-8 Granny Smith Apples (green apples)
- 1 tbsp flour
- 1/2 cup white or brown sugar
- 2 tbsp lemon juice or water
- 1/2 tsp ground cinnamon

## Topping

- 1 cup rolled oats
- 1 cup flour
- 1 cup (loosely packed) brown sugar
- 1/2 tsp baking powder
- 1 tsp cinnamon powder
- 125g / 1/2 cup butter, melted
- Pinch of salt

## To Serve

- Vanilla ice cream

## Instructions

1. **Preheat** oven to 180°C .
2. **Apple** - Peel apples, then cut into 1.5cm cubes.
3. **Apple filling** - Place apples in a bowl. Sprinkle with flour, sugar and cinnamon, then pour over the lemon juice. Toss, then spread out evenly in a large baking dish.
4. **Crumble topping** - Place topping ingredients in a bowl. Mix until clumps form, like wet sand. Spread over the apples, crumbling with fingers if required to get that crumbly topping.
5. **Bake** for 30 to 40 minutes or until golden brown. Remove, cover loosely with foil to keep warm and let stand for 10 minutes before serving.
6. **Serve** warm with vanilla ice cream.



# Meet the Candidates

The Everyday Networks groups in the Hutt showed their leadership by hosting and running a "Meet the Candidates" event.



This was the very first Meet the Candidates event in Hutt South during this election campaign, and for some of the candidates it was the first one they have ever been part of.

Members of the Fantails, the Dream Catchers, the Bumblebees, and the Tui Network groups all wrote questions and asked these to the candidates - great questions about inclusion, accessibility, and being a citizen.

We had candidates from 6 of the 7 parties that are running in Hutt South represented. We would like to thank them all for taking the time to meet us and answer our questions. We also would like to thank Erin from the Electoral Commission who came and talked to us about the voting process.

After the event, at least three people have enrolled to vote for the first time and also people have updated their enrolment details. Some people also mentioned that they had a better idea of who they would vote for and a couple of people had changed their minds on who they thought they would vote for.

Thank you to our panel of Network members who asked the questions, our time keeper (who kept everyone on track), Network members and whānau, members of the public, Community Connections staff and all the candidates (Neelu Jennings - Green Party, Ginny Andersen - Labour, Ben Wylie-van Eerd - TOP, Lee Donoghue - NZ First, Max Rangitutua - Vision, and Emma Chatterton from Remutaka who came in place of Chris Bishop - National) for making this day a success.











## **Barbie movie fundraiser for the November Hui**

Members of the Fantails and Dream Catchers all hosted the Barbie movie as a fundraiser for the Hui. Well done team!







## 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 029 7778787 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](mailto:louise.fletcher@connections.org.nz)



[www.facebook.com/bluedelhiver795](http://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](mailto: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 Louise Fletcher on **021 459402** or email her at **[louise.fletcher@connections.org.nz](mailto:louise.fletcher@connections.org.nz)**