



# COMMUNITY NEWS

October 2016

*This community newsletter is sent out monthly on behalf of tawalink.com, Tawa's community website since 2002.*

*More regular community updates are available if you join around 2760 other Tawa residents on neighbourly.co.nz. You can opt for daily updates or weekly updates from that site.*

## ONLY A FEW DAYS LEFT IN WHICH TO VOTE

**PLEASE VOTE** within the next few days if you haven't done so already. The percentage of Wellingtonians who have voted so far is very low. It would be absolutely brilliant if the number of locals who participate in the current Council election was to exceed 50%!



Remember that you can vote for as many or as few candidates as you wish. You can leave some sections blank if it gets too hard!

## "SPRING INTO TAWA" ON SATURDAY 15 OCTOBER

Spring into Tawa takes place 10am to 2pm on the Saturday after next, with the Main Road closed off between Cambridge St and Essex St to allow space for more than 100 stalls!

More volunteers are needed to help out as marshals on the day. A training briefing will be provided this coming Saturday, 8 October. There are a number of 90-minute slots available. Duties are minimal.

If you can fill one or more time-slots, please let organiser Stacey know asap at [spring.into.tawa@gmail.com](mailto:spring.into.tawa@gmail.com)



## ROBERT TREDGER BOWS OUT

Robert Tredger is stepping down from the Tawa Community Board after seven elections and 21 years' service. He came to New Zealand and Tawa in 1987, and first stood for the board in 1995. He has been the current chair since October 2013, also served as chair from 2007-10, and has been deputy chair on a number of occasions.



Farewell presentation from the Mayor at last week's full Council meeting.

Robert's profile in the May 2014 edition of this newsletter (see <http://www.tawalink.com/2mins/tawanews-20140424.pdf>) details the extent of his involvement in the Tawa community: Trustee and Patroller of Tawa Community Patrols, Rotary Club of Tawa, Tawa Stream Walkway committee, Friends of Tawa Bush Reserves, Tawa Historical Society, Probus Club of Tawa, etc.

Robert will no doubt continue to play a part in various community activities including the key role he performs in putting up many community signs/billboards at both ends of Tawa's Main Road over the course of a year. He has become an expert in that regard over time (in conjunction with the Ed.). All the best for a long and happy 'retirement', Robert!

## TAWA COMMUNITY GARDEN UPDATE

From Robyn Parkinson: “Superb to have so much local support for our garden – big shout of thanks to New World Tawa who have just paid our annual public liability insurance bill. Without that we’re not allowed to be on public land, so this is essential! We also run a daily coffee grounds pickup roster to rescue 6kg a day to use in the garden. Wonderful folk to deal with. And it just happens New World has a Little Garden promotion on now – so support local and get your own garden growing!”



From left to right in photo – Steph Knight (Vibrant Tawa), Fleur Le Couteur (NW Tawa Compliance Manager), Robyn Parkinson (Tawa Community Garden coordinator), Nicole Hogg (owner/operator NW Tawa), Tony Hussed (President, Vibrant Tawa).

## RSA BOWLS OPPORTUNITY

It is that time of the year again. Tawa RSA is running its Community Bowls programme again this summer and this is open to all members of the community.

We invite you to take part, either by way of a work, family or community team. You should have a squad large enough to supply 3 people (all non-bowlers) for each of the nine evenings of this season.

If you can find a “Seasoned bowler” to lead your team, that is a great bonus, otherwise contact us and we will supply you with one (i.e. there are 4 people to a team).

The \$20.00 entry fee per team payable game by game covers the “after match” sausage sizzle and prizes at the completion of the competition. We play this in a league situation so that you get to face a different opposition each time we take part.



Teams to arrive by 5.45pm so as to start at 6.00pm, with play to finish at 7.20pm, then it is inside for serving of the sausage sizzle.

If individuals would like to come along on the above basis, you will be most welcome and we are sure we can allocate you into teams.

This is a good opportunity to introduce people in a relaxed way to play lawn bowls – on one of the best greens in Wellington.

Scheduled dates are (all on Wednesdays):

26 October 2016, 9 & 23 November 2016, 7 December 2016, 25 January 2017, 8 & 22 February 2017, 8 & 22 March 2017.

To register a team, or for more info please contact:

Graham Allnutt @ 232 4056 or 027 339 6667 OR Alastair Miller @ 027 486 2880

If interested, please contact us by Friday 19 October so we can prepare a draw. Thank you. We look forward to seeing you!

# A SHED FOR TAWA



**PUBLIC MEETING**  
**7<sup>th</sup> October, 3.30pm**  
**At the Community Centre**

We wish to call a public meeting to establish a shed, complete with tools, as a club for older people in Tawa:

- > to make stuff – like toys, furniture etc
- > to fix stuff that's broken
- > to do stuff for schools, Mary Potter & other groups
- > to socialise and reform the world.

**But we need a place, a shed, to do it.**

See [www.menzshed.org.nz](http://www.menzshed.org.nz) for info

INSTIGATORS: Ron Bichan, David Bray, Doug Burrus, Jack Fry, Ian Harris & John Melville

## HELPING WITH A FLOAT

It's been suggested that 'Neighbourly' (the community website) includes a float in this year's Christmas parades in Johnsonville on the morning of 3 December and in Tawa on the same afternoon.

Local helpers are needed to put together the float for both parades. Neighbourly will cover the expenses of a basic float and send appropriate signage. At the minimum it may involve simply securing signage to a trailer and riding in the float in the parade!

Unfortunately the Neighbourly team don't have staff in Wellington so are unable to be of practical help or manage the float. However they're hopeful that members here might be interested in organising this and being part of the parade! If you would like to assist, please contact Malcolm at [info@tawalink.com](mailto:info@tawalink.com) or on 027 232 2320.



# Book Sale!

**Saturday 15 October**  
9am to 4pm at the  
Tawa Community  
Centre Board Room

Adult fiction &  
Non fiction only

All books \$2 or less

Raising funds for:



Kiwi  
Community Assistance

Kiwis working together to reduce  
poverty in our communities

Thank you for your support



# PORIRUA CADET UNIT

## WHAT WE DO:



- Drill
- First Aid
- Leadership
- Bushcraft
- Survival Skills
- Dress and Bearing
- Weather Reading skills
- General Service knowledge.
- Firearms Training and Marksmanship.

## MISSION:

To develop confident, responsible young citizens who are valued within their community by providing them, within a military framework, safe, enjoyable and challenging opportunities. It is for both boys and girls aged 13 to 18.

## WHEN:

Wednesday evenings  
during the school term.  
6:30pm - 9:00pm

## WHERE:



**WE ARE HERE**  
TS TAUPO BUILDING, NGATITOA DOMAIN, MANA



For more info: please contact the Unit Commander, LT Paul Irwin:  
m: 0274125588 email: [cporcu@cadetforces.org.nz](mailto:cporcu@cadetforces.org.nz)

# TAWA COLLEGE COMMUNITY EDUCATION

Term 4 Programme is now on the web site [www.tawacom.ed.co.nz](http://www.tawacom.ed.co.nz) – the first classes start the week school goes back on 10 October.

There are a number of new seminars during term 4. Some of these were offered to the senior students at Tawa College during the health seminar day and as they were popular it was felt it was also important to offer them to the community.

These include:

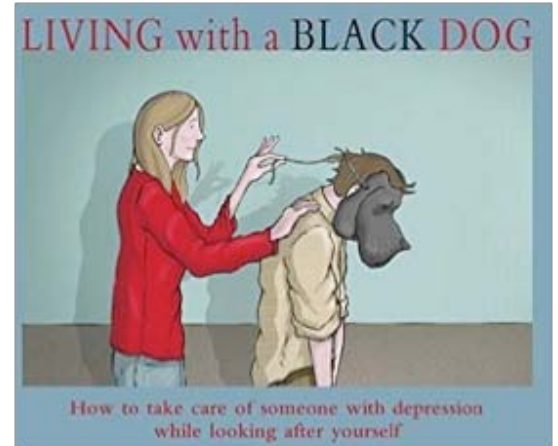
## **What is Real Life Healing Food** on Tuesday 11 October

We answer questions on the limits of dieting, e.g. paleo and other internet food fads.

## **Depression Workshop: The Black Dog**

on Wednesday 12 October

Explore what depression is, the symptoms, some facts and who it affects. This is a fun and interactive workshop. Gain knowledge and tools to help you and others during life's ups and downs.



## **Loving Yourself to a New You** on Wednesday 19 October

Ever get your mind stuck in a bad groove? Negative thoughts going round and round your head for hours, days, weeks. Identify and replace toxic thoughts. Build self acceptance and self esteem. Engage your ultimate power for change!



**diabetes**  
new zealand

## **Supporting Family or Friends with Cancer** on Monday 31 October

If someone you care about has cancer, if you want to help provide support, or reduce your own risk of cancer – you have come to the right place. Learn ways to help support grieving family or friends who have cancer.

## **Diabetes: An Information Seminar** on Monday 14 November

Want to know about the risks of getting diabetes, how to support someone with diabetes? Then come to this session run by an experienced clinical nurse.

New classes for term 4 include:

- Life Healing Food
- Portrait People & Pet Photography
- Painting Funky Flowers
- Tai Chi
- Trade Me
- DIY: Do It Yourself

Enrolments are now being accepted for all classes.

**Mums with Bubs**  
**Fitness Classes**

Safely and gently regain your fitness, flexibility and strength with a qualified personal trainer and meet other local Mums & Bubs!

6 Week block starting 12th Oct  
Just \$45 for all 6 classes!

Weds 10.30am  
Linden Social Centre  
10 Linden Ave  
Tawa

Email [scotttilley@hotmail.com](mailto:scotttilley@hotmail.com) to book!

**DEFY PT**  
DEFINE EXCELLENCE FROM YOURSELF





## GET MOVING WITH BRENDA

### Weekly Group Classes

Remember when movement used to be fun, free, easy? Want to feel that way again? Use awareness through movement to regain lost movement, relieve pain and muscle tension and improve overall function.



Monday 9.15am or Monday 7pm or Tuesday 5.30pm or Wednesday 9.15am. \$125 for 8 classes. Linden Social Centre. New term starts Monday 10th October. Brenda Stickley, Certified Feldenkrais Practitioner, M.S. Tel 232 9364.

Upcoming Workshops – check details on website [www.getmovingwithbrenda.co.nz](http://www.getmovingwithbrenda.co.nz)

Stop tech neck aches and pains. Spend a lot of time working at a computer and experience neck shoulder and back pain? Learn how to change your postural and movement habits and get yourself out of pain. Saturday 15th October 9.00am-1.00pm.

Workshop for Women – Pelvic Floor Restore. Incontinence can be improved and eliminated in 80% of women. Learn what to do and how to do it for healthy pelvic floor function. Saturday 5th November 1.30pm-5.30pm.



## ST FRANCIS XAVIER SCHOOL'S FANTASTIC FAIR

Sunday 13 November 11am-3pm

Come and join us for a day of fantastic food, stalls, entertainment and fun!

Sample Pacific, Indian, Sri Lankan, Filipino, Gourmet BBQ and Gluten Free food.

Watch the Tawa Volunteer Fire Brigade burn a kitset kitchen to the ground, ride the Waka around the field, sit in a big Digger, jump on the Bouncy Castle, drive the "Little Drivers", have a go at Paintball and much much more! And kids, enter the Best Fireman Competition or Best Disney Moana Competition and win a fabulous prize.

The full list of over twenty Silent Auction packages can be viewed at the St Francis Xavier Tawa Parents and Friends Committee Facebook page.

Raising funds to update our school audio visual equipment – thanks to sponsors Sole Electrical Ltd, Susan and Murray Woodley of Tommy's Real Estate, Easyswim Swim School and ASB.

St Francis Xavier School's

# Fantastic Fair

Sunday 13 November 11am-3pm

See Tawa Volunteer Fire Brigade's burnoff!  
Best dressed fireman wins a prize

Waka Rides  
Prize for the best dressed Moana

See you there!

EFTPOS > Pacific, Indian, Sri Lankan, Filipino, Gluten Free Food  
Coffee > Gourmet BBQ > Cake Stall > Bouncy Castle > Little Drivers  
Entertainment > Silent Auction > Quick Fire Raffles > Kids' Crafts  
Books > Toys > Clothing > Garage Sale and much, much more!

St Francis Xavier School Main Road (next to Tawa Squash Club)

Parents and Friends Committee event in association with our sponsors, raising funds to update our school audio visual equipment



THE POWER OF TWO WORKING FOR YOU  
Proud Sponsor of  
100 Years of  
100 Years of  
100 Years of



## MINDFULNESS DATES TO NOTE

- Tawa All Good Colourers get together every last Sunday of the month, 10am-12pm at the Tawa Community Centre boardroom, koha entry.

- 18 October Mindfulness Crochet starts in Tawa.

Crochet is a great activity that settles your mind and is relaxing too. Crochet and the repetitive movements help the brain make more serotonin, which helps to decrease feelings of depression. We will learn how to crochet and how to practise mindfulness, we will work on making a crochet mandala.

This is a special project for me (Monique), as we will make the mandala that is designed by Dutch crocheter Marinke who passed away because of her depression. I made the mandala (pictured) last year for a project in the USA to raise awareness for depression.



This is a 4 week course and I hope to repeat it every term to enable you to work on more crochet projects.

On Tuesday evenings at the Tawa Community Centre, \$95, starting 18 October 7.30-8.30pm and includes materials and take-home set of lovely bamboo crochet hooks!

- 15 November Mindful Eating starts in Tawa.

Change your relationship with food into a happy one! Use Mindfulness Based Eating Awareness Training (MBEAT) to regain the joy in eating, while empowering yourself to eat more of the good, and less of the bad!

This is a 4 week course, \$95, Tuesday evenings, 7.30-8.30pm. Looking forward to see you here! Contact Monique Lubberink on 021 134 7541 [Monique@easynowmindfulness.com](mailto:Monique@easynowmindfulness.com)

Also available for Mindfulness at work, talks, workshops etc. Have you looked at the website yet? <http://easynowmindfulness.com>

Follow me on Facebook: <https://m.facebook.com/pages/Easy-Now-Mindfulness/728543133903910>  
Thanks for any likes & shares! And follow me on Twitter Easy Now Mindfulness @easynowmindful

## HOP IN = HOLIDAY DROP IN



Holiday fun for caregivers and preschoolers.

An opportunity for adult company while your preschooler plays in a safe environment. Plenty of toys and activities! Morning tea available!

Everybody is welcome! Join us on Thursday 6 October, 10am to 12 noon, Tawa Union Church, Elena Place.

Enquiries to Heidrun on 232 2197 or Karen on 232 3436.



## READ ABOUT TAWA PEOPLE

There are lots of interesting people in Tawa, some well-known, others not known well at all. You'll find more than 35 "2 minutes with ..." Tawa profiles listed here: [www.tawalink.com/tawa\\_people.html](http://www.tawalink.com/tawa_people.html)

## 2 MINUTES WITH ..... Jill Day

Jill Day played a major behind-the-scenes role in setting up the “Bikes in Schools” programme at Hampton Hill School earlier this year. She recently put her name forward for the Tawa Community Board and will be serving as a member of the board effective from this month (October 2016).

Profiles of the other members of the Tawa Community Board featured in this newsletter from May to October 2014 (see [www.tawalink.com/newsletters.html](http://www.tawalink.com/newsletters.html)) and again last month. As with all six candidates standing in the Northern Ward in the current local body election, Jill will find out later this week whether she has won a place as a councillor on the Wellington City Council.

*Where were you born?* Palmerston North

*Where did you grow up?* Palmerston North, Christchurch and Wellington.

*Where were you educated?*

Hokowhitu Primary in Palmerston North; Kirkwood Intermediate and Riccarton High School (for one year) in Christchurch; Onslow College, Wellington from year 10 onwards.

I completed a Bachelor of Science in biochemistry, genetics and molecular biology at Victoria University and post graduate diploma in primary teaching.

*How long have you lived in Tawa?* 10 years. Moved here from Paparangi and, prior to that, Johnsonville.

*What about family?*

Married to Stuart Day with three children, Grace 12 (Tawa Intermediate), Liam 10 and Saskia 7 (Hampton Hill ).

*Work experience over the years .....*

I have worked in the education sector as both a teacher and early childhood educator at Tawa-Linden Playcentre. I currently teach Reading Recovery at Hampton Hill School.

*What are your interests/hobbies?*

I enjoy sewing, gardening, reading and spending time with friends. I love spending family time in the great outdoors, bike riding tramping and camping.

*Favourite sports team and/or sportsperson?*

Irene Van Dyk. She is a very skilled netball player but also a positive role model. I also really enjoy watching the All Blacks.

*Favourite musical group and/or style of music?*

Stan Walker and Tiki Taane.

*Favourite holiday destination in New Zealand?*

Taupo. I descend from Ngati Tuwharetoa on my mother's side and this is our homeland. Growing up, we spent many holidays there and I always enjoyed connecting with the natural environment.

*Any accomplishments/achievements in your life (to date) that give you much satisfaction/pride?*

Our three children! I loved being home with them for their preschool years and having the opportunity to be drawn into the amazing Tawa community. Family is very important to me and I feel very blessed to live near to so much of our extended family.

Being involved with community groups and connecting with people.

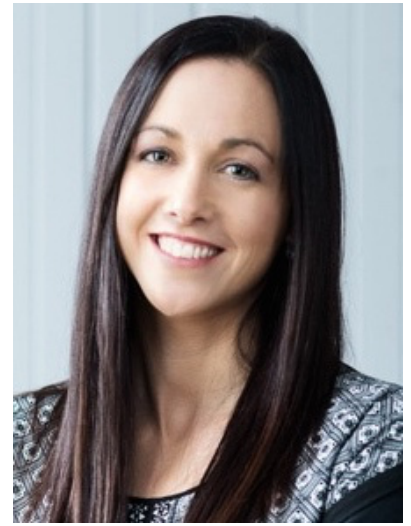
Planning and implementing the Bikes In School programme at Hampton Hill school. It has been extremely satisfying seeing the children physically active and taking on new challenges.

*What are three things you would like to do before you die?*

Speak Maori fluently (I'm currently in my fourth year at Te Wananga o Aotearoa). I've always wanted to be able to dream in another language and I recently experienced this (it's pretty cool).

Have my DNA ancestry mapped and visit the places that I originate from.

Walk all of the New Zealand great walks. We are starting this summer with walking the Abel Tasman.





## NEW TRAVEL CENTRE IN TAWA



Travel Hub has arrived on the Main Road of Tawa! You can book all your flights, cruises, tours and travel packages right here on your front door.

Local community member Cameron Dellow has branched out and launched this exciting new travel brand, following his dream of having a community based travel agency to support all generations of travellers.

Cameron has been involved in the travel industry for 15 years and believes that people need to travel to experience other cultures and obtain life long memories

The Travel Hub logo was designed in cooperation with Tawa College by Arthi Ashok, a local Year 13 student. We were overwhelmed by the designs created by the students and Arthi's logo was a great fit for our new business. As part of the design project Travel Hub Tawa is working with Tawa College to take four students overseas to experience how the other half lives, to volunteer and help other communities on a global stage.

Travel Hub is open Monday to Friday 9am-5.30pm and 9am-1pm Saturdays.

Come in and see the friendly team at Travel Hub, 194 Main Road, Tawa, for your travel plans today. Phone 232 7900 or mobile 027 322 11001.



## Tawa Community Centre

A friendly place to pop in during the hours of 9am-1pm on weekdays, or hire a room or hall for your community group / birthday party / meeting at reasonable rates.

Like us on Facebook at <https://www.facebook.com/TawaAndLindenCommunityCentres> or email [mandy.russell@wcc.govt.nz](mailto:mandy.russell@wcc.govt.nz) and put 'Join' as the subject to receive regular updates.

Adios

Malcolm Sparrow

[info@tawalink.com](mailto:info@tawalink.com) 027 232 2320



*"I haven't lost all my marbles, but there's definitely a hole in the bag."*

*"What seems to us as bitter trials are often blessings in disguise."* – Oscar Wilde

*"My short-term memory is not as sharp as it used to be. Also, my short-term memory's not as sharp as it used to be."*

*"Heaven is where:*

*The Police are British, the Chefs are Italian, the Mechanics are German, the Lovers are French ... and it's all organised by the Swiss."*

*"Hell is where:*

*The Police are German, the Chefs are British, the Mechanics are French, the Lovers are Swiss ... and it's all organised by the Italians."*

*This newsletter is emailed to around 1250 Tawa households, businesses, schools, churches and clubs/groups (anyone who has an interest in the community of Tawa), usually in the first week of each month.*

*If you no longer wish to receive the newsletter, please send us an email requesting that your name be deleted from our list.*

*Back issues of the newsletter are available at [www.tawalink.com/newsletters.html](http://www.tawalink.com/newsletters.html).*

*PLEASE BE AWARE that many of the items/articles in this newsletter have been sent through by members of the Tawa community and have been published 'unedited'. They may not necessarily reflect the views of the Editor.*



Saturday 1 October 2016

## SEPTEMBER IN TAWA WITH THE KOWHAI TREES IN BLOOM

(These pics were actually taken in September 2014, but the scenes are much the same in 2016.)



Clockwise from top left: • McLellan St • Peterhouse St • Larsen Cres • view from my lounge window (notice tui on top of tree) • Tawa College • Woodman Drive (north)