

This newsletter has been sent out monthly since 2005. See www.tawalink.com/newsletters.html for back issues.

Other sources of online community information in Tawa:

www.neighbourly.co.nz • www.facebook.com/VibrantTawa • www.facebook.com/tawacommunityboard

MAKE SURE YOU VOTE SOON!

PLEASE VOTE within the next few days if you haven't done so already. Polling closes at midday on Saturday 12 October. You can drop off your papers at any WCC library or the Linden Social Centre (limited hours) up until then. If you're posting your voting form, the recommendation is to send it by Tuesday 8 October to ensure it gets there in time. Our postal system isn't as rapid as it once was!



CANDIDATES' MEETINGS IN TAWA

The **Tawa Community Mayoral Forum**, organised by the Lions Club of Tawa, took place on Monday evening at the Tawa Community Centre. 110-120 people listened to and asked questions of the seven candidates vying for the mayoralty of Wellington. No doubt some went away with a clearer idea of their "preferred choice(s)" for mayor, in which case the occasion served its purpose.



The following night saw candidates' meetings for the **Tawa Community Board** and **Takapū/Northern Ward** councillors, one meeting after the other, with approximately 50 people in the audience.

Thanks to Stacey for organising and MCing this on behalf of the Tawa Residents Assn.



Profiles of all the candidates are available here:

<https://wellington.govt.nz/your-council/elections/local-elections-2019/nominated-candidates>

SPRING INTO TAWA COMING UP

Spring into Tawa takes place 10am to 3pm on Saturday 19 October, with the Main Road closed off between Cambridge St and Surrey St to allow space for around 150 stalls! See www.facebook.com/springintotawa

More volunteers are needed to help out as marshals, with stallholder support, general tasks during the events, and pack-up activities. If you can assist on the day itself, please let the organisers know asap by emailing spring.into.tawa@gmail.com



HANGING BASKETS LOOKING GOOD

The hanging baskets in the central shopping area are looking particularly good right now. See the photos.

Because ongoing funding isn't guaranteed, we have given local businesses and residents the opportunity to "sponsor a basket" for a year. This equates to a donation of \$60 per basket.



Many thanks to the following businesses and residents who have chosen to sponsor a basket (or more than one, where indicated):

Anonymous: 7
Bolland, John
Bray, Jenny
Coughey, Yvonne
Cross Financial Services
Griffin family
Haircraft Centre Ltd
Harcourts Tawa Realty Ltd (5)
Harvey, Irene
Horan, Patrick and Sally
Iggulden, Marilyn
Lockery, Peter
Lucas, Murray and Marg
Miller, Doug and Adrienne (2)
O'Connor, Dean
Sparrow, Malcolm
Tawa Mower & Heating Services Ltd (2)
Taylor, Jeanette
Travel Hub Tawa
Tyler, Graham and Ingrid
Young, Anna

From one of our sponsors: "The baskets are certainly wonderful, they brighten the place up and I'm so glad we have them!" Please email info@tawalink.com if you would like to sponsor a hanging basket.

RECENT NATIVE BUSH WALK

Last Sunday afternoon FOTBR (Friends of Tawa Bush Reserves) hosted a very informative guided bush walk open to any members of the community interested in becoming more familiar with the flora and fauna in both Redwood Bush and the Larsen Cres Reserve.

The walk started at Brasenose Park where we



[the Ed. was part of the group] learned about different trees and shrubs, ones which I pass almost every day whilst walking my dog and which I previously knew very little about!

We continued through the bush to Peterhouse St, seeing and hearing kereru, tui, bellbirds and grey warblers along the way. Various ferns were pointed out to us, we learned about the preponderance of kohekohe trees, and stopped to admire several impressive tawa trees. Thanks to Gil Roper (and others) for leading the expedition. It was two hours well spent!



TAWA ROTARY BOOK FAIR

It's on this weekend and the following weekend, 5-6 and 12-13 October, at the Tawa Rugby Club.



KEEP CALM
WE'RE NEARLY READY



TAWA ROTARY BOOK FAIR
Tawa Rugby Club, Lyndhurst St
5-6, 12-13 October

TAWA LIGHT PARTY

A "positive alternative to Halloween", Thursday 31 October, at the Tawa New Life Church.



THURSDAY
31 OCT
2019 | 6-8PM

Light Party
a positive alternative to halloween

TAWA NEW LIFE CHURCH
236 MAIN ROAD
— FOR AGES —
5-12YRS

It's your time to
SHINE
Talent Quest
*Fancy Dress
Music *Fun *Food

*and just remember no halloween costumes please

FREE
EVENT WITH TICKET

sausage sizzle for dinner
(vegetarian option available)
GET ENTRY TICKETS FROM
Take Note Tawa (Postshop) or
call Michele on 04 232 4924

Absolutely Positively
Wellington City Council
Me Heke Ki Pōneke

MAYORAL RECEPTION FOR BLUE NOTES

We reported in our September newsletter that Tawa College's "Blue Notes" had received a gold award at the Big Sing Finale held in Dunedin.

As Tawa maestro Shona Murray states on her Facebook page: "Thanks to Mayor Justin Lester, Deputy Mayor Jill Day



and Councillor Malcolm Sparrow for hosting a reception for the Tawa College Blue Notes to celebrate their gold award Congratulations to their director Isaac Stone and the supportive Tawa College Music Staff, along with Principal Murray Lucas. Murray Cameron, thank you for including me in the visit. It was wonderful to be able to celebrate with you all."

NATIONAL CHAMPIONS AT THE NATIONAL AEROBIC CHAMPIONSHIPS

From the Tawa Intermediate School newsletter:

“Congratulations to Danielle O’Shaughnessy and Daniella Caccia-Birch who represented Tawa Intermediate School at the National Aerobics Championships in Queenstown recently. The girls performed brilliantly and are now the national champions in the Pre-choreographed Intermediate Teams Division. They also won the trophy for Most Promising Team in Primary and Intermediate. Well done, girls! A special thanks to Gemma Kelly, our teacher in charge of the team, for all of the work she has done with the girls.”



And congratulations, Danielle and Daniella, from the wider Tawa community!

TAWA COLLEGE COMMUNITY EDUCATION

Our Term 4 programme is now on the website and enrolments are being accepted.

Some of the new courses and seminars are listed below:

Composting from A – Z: Boskashi, Worms & Home Composting

On Tuesday 15 October from 7-9pm

Household green waste makes up a 1/3 of our waste to landfills – why not compost it instead? Not only will you get brilliant soil conditioner and plant food, you’ll also help papatuanuku by cutting down on how much waste is going to landfill! In this workshop you’ll learn composting from small scale suitable for homes without lots of space to systems that would suit a lifestyle block, and everything in between!



Soil Building: Fertilisers, pest & disease control, healthy soil

On Tuesday 5 November from 7-9pm

Soil is the foundation of any garden. Healthy soils create healthy plants that are resilient to pests, disease and unfavourable conditions. In this workshop you’ll learn some basics on building soil health, creating homemade fertilisers and managing pests and diseases organically.

For anyone wanting help in realising their goals and wanting help with future goals, come to the course on **MAPPING YOUR FUTURE: Create a Vision Board**

On Saturday 9 November from 9am-12pm

By creating a Vision Board you are one step closer to manifesting your dreams. And if you are not sure yet, there will be exercises, meditation and visualisation to help you with this too. Remember, Energy follows thought – thought is creative.

The **Upholstery** class has shifted to a weekend so that you can complete your project in a weekend. This is a hands-on class where you complete your own project under the guidance of the tutor.

Other weekend courses include: **Christmas Crafts, Overlocking, Learn to Sew, DIY, Metal Jewellery and Textile Recycling & Alterations.**

See www.tawacommed.co.nz for further details and enrolment.



UNDERSTANDING MEDICATIONS FOR YOUR HEART

The Heart Foundation is sending a clear message to Tawa residents living with a heart condition – you are not alone.



The Foundation is holding a free information session to help people with a heart condition understand “Medications for your Heart” on Thursday 21 November 2019 at the Porirua Club from 5.45pm.

Lizzi Elton-Waters, Pharmacist at Capital & Coast District Health Board, will be leading the session.

Heart Foundation Wellington Heart Health Advocate Cath Lyders says most people who have had a heart event, and their families, often have lots of questions around their medication.

“Often people are on a few different medications for their heart condition, and the names and amounts can be changed over time so this opportunity to ask questions is very important,” she says. “Information sessions like this are important as people need to be the driver of their own health.”

“We need to know what job our medications do for us as they often play a big part in managing heart conditions. It is easy to get overwhelmed with medications, so this is an opportunity to get to know more about them,” she says.

New Zealand’s heart disease statistics are confronting, with more than 6,500 Kiwis dying of it every year, making it our country’s single biggest killer. More than 186,000 Kiwis are currently living with heart disease – that’s one in 20 adults.

The Heart Foundation is New Zealand’s leading independent funder of heart research and, since 1968, has funded more than \$70 million in research and specialist training for cardiologists. It also performs a wide range of activities to help support people living with heart disease and their families and provides educational programmes and campaigns that promote heart-healthy living.

To register for the free session contact Annette on 472 2780 or email annettes@heartfoundation.org.nz or on www.heartmed.eventbrite.co.nz

Never let your computer know you are in a hurry.

Computers can smell fear. They slow down if they know you are running out of time.

A poster for a dance party fundraiser. The background is dark purple with a silhouette of a person dancing. The text is in white and red. At the top, it says "THE PARENTS AND FRIENDS COMMITTEE OF ST. FRANCIS XAVIER SCHOOL INVITES YOU TO A". Below that, "DANCE PARTY FUNDRAISER" is written in large, glowing red letters. Underneath, it says "A CARDIO DANCE WORKOUT FOR ALL FITNESS LEVELS". At the bottom right, it says "with our Dance Mistress VINNY of Cityfitness Johnsonville". At the bottom, it says "Thursday 31st October 6:30-7:30pm | Tickets \$15 St Francis Xavier School Hall, Main Road, Tawa". At the very bottom, it says "Admission is free for 13 year olds and under. Proceeds will go to the SFX School playground. For tickets contact: Phonam 0212379274 | Malou 02102930681".

THE PARENTS AND FRIENDS COMMITTEE OF
ST. FRANCIS XAVIER SCHOOL INVITES YOU TO A

**DANCE
PARTY
FUNDRAISER**

A CARDIO DANCE WORKOUT FOR ALL FITNESS LEVELS

with our Dance Mistress
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Thursday 31st October 6:30-7:30pm | Tickets \$15
St Francis Xavier School Hall, Main Road, Tawa

Admission is free for 13 year olds and under. Proceeds will go to the SFX School playground.
For tickets contact: Phonam 0212379274 | Malou 02102930681

LIONS CLUB OF TAWA 2019 YOUNG ACHIEVERS AWARD

The Lions Club of Tawa is again offering the above awards to Tawa youth to recognise achievements in specific fields.



The awards aim to champion, identify and celebrate the hard work, dedication and commitment of Tawa's young people in the following fields

- Leadership & Innovation
- Academic Achievement
- Performing Arts
- Sports & Recreation
- Citizenship

Winners will be chosen for their academic achievement in the classroom, athletic prowess on the sports field, artistic flair in a chosen field, showcasing outstanding leadership or innovative skills, good citizenship and reaching their potential across a chosen field while displaying mentoring and support to their peers.

Nominees must reside in the Tawa/Linden or Grenada North residential areas, and be aged between 13 and 19 at 31 December 2019. Some nominees may have had to spend some time outside the local area to pursue their field of endeavour.

Anyone from teachers, parents, neighbours and friends can nominate a deserving young person for an award.

A ceremony will be held on Wednesday 6 November for finalists, and winners in each category will be presented with a \$500 cash award and framed certified recognition of their achievement.

Nomination forms can be sourced from Lions Club of Tawa by going to their website: www.tawalions.org.nz or email tawalions@lionsclubs.org.nz Nominations close on Monday 30 September 2019.

TAWA ROTARY PRIDE IN WORK AWARDS

These awards give Tawa employers the opportunity to publicly acknowledge employees who are outstanding performers in their workplace.

Information on the award and nomination criteria can be found at: <https://tawarotary.org.nz/Tawa-Rotary-Pride-in-Work-Awards-2019> or email Don Rushworth drushworth@gmail.com

Nomination forms can be downloaded from: https://www.tawabusiness.co.nz/images/pdfs/PrideInWork_Nomination_New.pdf or obtained from the Mervyn Kemp Library.

Nominations close on 15 October 2019.

A dinner will be hosted on 12 November 2019, when all nominees will be awarded a certificate.

ROTARY: People of action making a difference.

Rotary Tawa in association with Tawa Business Group

PRIDE IN WORK
2019



Celebrating our Employee's Achievements



2 MINUTES WITH Isaac Stone

Isaac Stone was a student at Tawa College. He is now a Teacher of Music and Choir Director at the college at which he received his own education.

As was stated in our September newsletter, “Tawa College’s Blue Notes (choir) received their first gold award which is a tremendous effort and a real tribute to their conductor Isaac Stone.”

Isaac is performing remarkably well in continuing the grand tradition of excellence in music for which Tawa College is well renowned.



Where were you born? Porirua

Where did you grow up?

I lived in Cannons Creek until I was 11, and then my family moved to Tawa in the house my parents still live in today.

Where were you educated?

Brooklyn Primary School (a long drive from Porirua East each morning!), then Tawa College for my high school years, and then finally Victoria University/New Zealand School Of Music for my degree in Classical Singing and teacher training.

How long have you lived in Tawa?

I haven’t lived in Tawa for a few years, although it feels like I do since I go there every day! We moved to Tawa in 2000 and the last time I lived there was 2013.

What do you like about Tawa?

It’s a close community but incredibly close to the bustle of the city. I felt living at home during my tertiary study I had the best of both worlds – the vibrancy of the ever changing Wellington City, and heart of the people in Tawa. There’s not much I’d want to see changed – but something I’d love to stay the same. It’s wonderful how so many families come back to Tawa to raise their children. Despite the changing housing needs in Wellington to cope with the expanding population, I hope that Tawa remains a place for families to choose to live in their “Forever Homes”.

What about family?

I live with my partner who is much too shy to want to be mentioned here, and my lovely puppy named Bogart.

Work experience over the years

Apart from two years working at a cafeteria while studying, I have been fully immersed in music teaching since I was 19 years old. I taught a variety of singing, piano and brass instruments at Hutt Valley High School, Bishop Viard College and Tawa College before I was appointed a classroom teacher in 2012 at the age of 23, and I have been in that position since.

I took over teaching most of the Year 9 music programme from my former



Listening to words of wisdom at the Mayoral reception for the Blue Notes mentioned elsewhere in this newsletter.

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contd

teacher and mentor Shona Murray, which remains my favourite year group to teach, and I'm blessed to be able to conduct the Dawn Chorus (where I started singing as a student) and our chamber choir Blue Notes as well.

What are your interests and hobbies?

I'm in the extremely privileged position of being able to make my hobby my job – anything involving music at any time! Otherwise I enjoy a good pub quiz (one day I'll be on a winning team) and murder mysteries.

Favourite musical group and/or individual singer?

Elton John, who to my immense satisfaction has returned to considerable popularity amongst many of my students.

What is your favourite holiday destination in New Zealand?

Cape Reinga.

What accomplishments/achievements in your life give you the most satisfaction/pride?

Working with the young people at Tawa College gives me satisfaction and pride every day, but the part that really gets me up on a Friday morning is conducting the Dawn Chorus with my colleagues (and inspirations) Murray Cameron and Martin Burdan. It is an honour to be a part of this tradition. Outside of school, I established a choir in 2014 called Supertonic based in the Wellington CBD and that has turned into a very high quality and exciting group to lead.

2019 TAWA COMMUNITY CHRISTMAS PARADE



This year's Tawa Christmas Parade is scheduled for 2pm on Saturday 7 December.

The Christmas Parade has been an annual event in Tawa for over 20 years. Its ongoing success always depends on the participation of the many Tawa organisations who continue to support it. We need YOU to participate with us.

If your club, group or organisation wants more information or wishes to commit to this year's Tawa Christmas Parade, please contact Mike on 027 441 6944, email tawawlions@lionsclubs.org.nz or visit our website www.tawalions.org.nz



2018 Tawa Christmas Parade
Photos courtesy of Kevin Walker,
ZAPDOG PHOTOGRAPHY



SENIORS' WEEK COMING UP

Seniors' Week 2019 will be held 14–20 October and is a week of community events and activities planned with older residents in mind, which aims to build connections and reduce social isolation in later life.

The Tawa Community Centre is holding a mini expo on Friday 18 October. It's all about what is on offer for seniors in Tawa:

U3A, Community Art, Crafty Critters, Scrap-booking U3A, Mahjong, Tawa Community Patrol, Steady As You Go, Probus, Mana Embroidery Guild, Tawa Yoga and Tawa College Community Education.

See more on the WCC website at <https://wellington.govt.nz/events/annual-events/seniors-week>



It's all about seniors

Friday 18 October, 10 am – 12 pm
Tawa Community Centre

Come along to our mini expo to showcase what's on offer in Tawa for Seniors.

From arts, fitness to social groups and more.

All are welcome. Morning tea provided.

Phone 04 232 1682 or email: tawacc@wcc.govt.nz

Absolutely Positively
Wellington City Council
He Kōwhiri Ki Pōhori

Tawa Rec Basketball Clinics

Are coming to Tawa Recreation Centre
in term 4

Thursdays 17 Oct -18 Dec (\$90/10 weeks)

4pm-5.30pm for 7-9 year olds &

10-12 year olds

Contact us at tawa.rec@wcc.govt.nz

Keep your skills alive!



ALSO IN OCTOBER

KAI KITCHEN

Every Friday at the Linden Social Centre, 10 Linden Ave. A free lunch for Linden residents and those who have an 'affinity' with Linden. The doors open at 12.20pm.

REDRACE 2019

Redwood School's main fundraising event of the year.

Sunday 20 October at Redwood School from 10.30am to 2pm. Includes food stalls, fun zone & more.

TAWA VOLUNTEER FIRE BRIGADE 75th JUBILEE OPEN DAY

Saturday 26 October 10am to 2pm, 16 Lyndhurst Road, Tawa.

Featuring Wellington Free Ambulance, Coastguard Mana, NZ Police, Wellington Water, Wellington Rural Fire Force, SPCA Rescue, Urban Search and Rescue (USAR), Red Cross, Tawa Community Patrol.

Tawa Community Centre

A friendly place to pop in during the hours of 9am-1pm and 2-4.30pm 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>
and sign up to our newsletter by clicking the email signup button.

Ngā mihi

Malcolm Sparrow

info@tawalink.com 027 232 2320



“The first five days after the weekend are the toughest.”

“Television is a medium – anything well done is rare.”

“Vote for those who promise least; they’ll be the least disappointing.” – Bernard Baruch

“An election is coming. Universal peace is declared, and the foxes have a sincere interest in prolonging the lives of the poultry.” – George Eliot

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

PLEASE NOTE: Some articles in this newsletter have been sent through by members of the Tawa community and have been published ‘unedited’. They do not necessarily reflect the views of the Editor.

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



Time of the year when kowhai trees are in bloom and tui abound.