



COMMUNITY NEWS

SUPPLEMENT
Late September 2015

This community newsletter is sent out early each month on behalf of tawalink.com, Tawa's community website which has been supported by the Tawa Residents' Association since 2002.

More regular community updates are available if you join more than 1870 other Tawa residents on neighbourly.co.nz. You can opt for daily updates or weekly updates from that site.

With the school holidays almost upon us, there are a few community notices needing to be brought to your attention now. The next full newsletter is scheduled for the week of 5-9 October.

FUNDRAISER!!

FOR THE  Child
cancer
FOUNDATION



AND THE TAWA COMMUNITY CENTRE PRESENT A DANCE SPECTACULAR INCLUDING JAZZ, BALLET, HIP HOP AND CONTEMPORARY - FEATURING COMPETITION WINNING DANCES.



ON: TUESDAY 29th SEPTEMBER
TIME: 2PM OR 3PM HALF HOUR SESSIONS
AT: THE TAWA COMMUNITY CENTRE HALL
5 CAMBRIDGE ST, TAWA
PRICE: GOLD COIN DONATION

please note: limited seating

VOLUNTEERS NEEDED FOR REDWOOD CLUB

The Redwood Club is a Day Activity Support Programme for the elderly run in Tawa. It has a strong community focus.

- We need volunteers who enjoy working with the elderly.
- We need more drivers to pick up members in the 12 seater van.
- We also need helpers to assist with kitchen duties and the activity programme.

Please phone Suzanne on 232 5521.

ANOTHER SUCCESSFUL “SPRING INTO TAWA”

The Tawa Residents’ Association, capably led by Ron Baker, did a great job again in organising “Spring into Tawa”, a big event in the Tawa community this time each year. It’s a great opportunity for community groups and others to promote themselves and raise funds.

A biting cold wind and a couple of brief showers didn’t dampen people’s spirits (too much!). A wide range of stalls and a great turnout from the community made for another very successful occasion.

For the third year Mervyn Kemp Library, Tawa Pool, Tawa Rec Centre and Tawa Community Centre held their Tawa Trivia Trail. It was another successful event with everyone going home with a prize. We had a great number of families who participated and answered all the clues on their worksheet. Thanks to all who came, and to all those who donated fantastic prizes.

FYI, the Panasonic TV was won by Garry McSweeny for correctly guessing the number of balloons in the car. The last photo shows Steve Loader (left) from Harcourts Tawa with the winning contestant.





- MUSIC
- FOOD
- TALENT QUEST
- SAUSAGE SIZZLE
- FACE PAINTING
- SPOT PRIZES
- GAMES

CHILDREN AGED 5-12 come join the fun

**TAWA NEW LIFE CHURCH – 236 Main Rd
ON SAT 31st OCT 2015**

6 – 8.30 PM (sausage sizzle for tea)

**DRESS-UP FOR FUN
But NO HALLOWEEN COSTUMES PLEASE**

This event is FREE! But tickets essential for entry

Get your tickets from

**Take Note Tawa- (Postshop) Main Road
New Life Church or Baptist Church office Main Road**

**Any enquires call
Michele McDonald 2324924**

EASY NOW MINDFULNESS TRAINING TAWA

Want to be more calm and balanced and feeling less stressed? Did you know that Mindfulness is scientifically proven to reduce feelings of stress, anxiety and depression?

Learn to live more in the here and now, learn to be less judgmental and create more self compassion. Mindfulness can help you to enjoy your daily life more and to worry less. Mindfulness is also a great attention trainer, you might learn to be less forgetful and live less on the automatic pilot.

This is a great training for all, you will practise different kind of concentration practices to discover what works best for you and when. Because you know yourself best! This is a down to earth “non spacey” training which can help to integrate mindfulness into your daily life. All meditations are downloadable as mp3 to make it more easy! Suitable for seniors, for couples and even your teens.

You can also benefit from this training if you have done a short training before. It’s a proper follow up and extension of your knowledge and practice.

Easy now Mindfulness also provides a 4 week Mindfulness for Busy Parents training and Mindful Doodle & Colouring Workshops for adults.

Tuesday evening class 19.30-21.00 in church hall, Redwood Ave. 8 weekly sessions, early bird \$145.

Text or call Monique at 021 134 7541 or email monique@easynowmindfulness.com to register.

HOP In

= Holiday DrOP In



Holiday Fun for Care-givers and Pre-schoolers

An opportunity for adult company while your pre-schooler plays in a safe environment

Plenty of toys and activities!

Morning tea available

Everybody is welcome!

Join us on:

**Thursdays 01 and 08 October
10am - 12 noon
At Tawa Union Church, Elena Place.**

Enquiries to Karen 232 3436 and Heidrun 2322197

TAWA ORCHESTRA CONCERTS

The Tawa Orchestra is a community orchestra that formed as part of the Tawa Community Education Programme and attracts players of all ages and walks of life. This is their second concert series of 2015 where they will be accompanying young pianist and NZSM student, Thomas Nikora.

Event: Concert with Tawa Orchestra

Venue: St Andrew's on the Terrace

Date & Time: Sunday 11 October 3pm

Entry: \$15 waged/ \$5 student

Event: Concert with Tawa Orchestra

Venue: Tawa College Hall

Date & Time: Sunday 18 October 2pm

Entry: Koha entry

Contact phone number: 027 466 3630 (Sue Jane)



TAWA ORCHESTRA
~ presents ~

KHACHATURIAN
Adagio from Spartacus Ballet Suite

TCHAIKOVSKY
Capriccio Italien

RACHMANINOFF

Piano Concerto No. 2
featuring
Thomas Nikora
Piano Soloist

Andrew Atkins
Conductor

Sunday October 11
St Andrews on The Terrace
3pm
Waged \$15/\$5 Concession
Door Sales Only

Sunday October 18
Tawa College Hall
38 Duncan St, Tawa

2pm
Entry By Koha

KIWI COMMUNITY ASSISTANCE CELEBRATING A NEW MILESTONE

Sometime in late September 2015 Kiwi Community Assistance (KCA) will celebrate a new milestone: the distribution of 10,000 banana boxes full of fresh, frozen, non-perishable food, clothing, shoes, toys, etc to families in the Wellington region - so far this year! This is our biggest year yet; we have already surpassed the total distributed in all of last year. Our community support distribution hub in Tawa and Grenada North assists clients of 41 partner agencies including Linden Primary, Tawa Intermediate and He Huarahi Tamariki Schools.



We continue to see a huge growth in the amount of food that we rescue from local supermarkets and businesses in the surrounding suburbs.

KCA would like to sincerely thank all the locals in Tawa who donate items to us to distribute through our partner agencies. We would also like to thank those agencies, who help us pass on the donations for free to people who need a hand up. We would especially like to thank our 65+ volunteers that keep the operation running, as well as the corporate companies such as Mercer, Contact Energy, ACC, and BNZ (to name a few) who have sent groups staff out to volunteer with us for the day.

Sincerest thanks to all our sponsors, especially to Tawa Storage Solutions. Tawa Storage Solutions have been a supporter of ours for over 3 years and allow our donors to drop donations off at their premises. Their friendly staff will be happy to direct you to the shelving unit they have reserved for donations whenever their office is open (6 days a week). Thank you also to Tawa Community Centre for allowing our donors to leave donations in the donation bin there also.

At the start of July KCA was fortunate to be awarded an Energizer New Zealand Power of Positive Energy grant. KCA was the only grant recipient in the greater Wellington region, and one of only 10 recipients NZ wide.

At the end of July our co-founder Tracy Wellington was 1 of 4 finalists nationwide at the Fly Buys Mumtrepreneur Awards in the Not for Profit/Social Enterprise category.

Adios

Malcolm Sparrow

On behalf of TawaLink.com (supported by the Tawa Residents' Association)

info@tawalink.com

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