This community newsletter is sent out in the first and the third weeks of each month on behalf of tawalink.com, Tawa's community website since 2002. The newsletter is supported by the Tawa Progressive & Ratepayers' Association.

This is an "extra" edition of the newsletter. The following items of news or promotional spiels have all come through to us in the past few days.

"SHAKE THE FAT" THE TOP TEAM!

Local woman Sara Scott (see www.tawalink.com/ sara scott.html) runs a dance exercise group "Shake the Fat". team recently competed in Palmerston North at the Dance NZ Made Champs, coming away with 1st and 2nd places in the Masters group contest and. in а involving 31 groups, winning the overall team event!

"Shake the Fat" runs at the Tawa Community Centre Thursday 7.30pm and at Arena Porirua Monday 7.30pm. For

more information contact Sara on 232 8209.

See page 3 of this week's Kapi-Mana News for a full writeup.

MEDIA RELEASE:

Tawa Temporary Supermarket to open in Tawa Mall on November 2

Brother and sister team Cameron and Nicole Hogg are busy stocking the shelves of their temporary supermarket in Tawa Mall and plan to open their doors to customers on Wednesday November 2.

Tawa Temporary Supermarket will fill the gap between the closure of the nearby Woolworths supermarket and the site's redevelopment into a larger full-service New World Tawa which is due to open in the middle of next year.

"We're looking forward to meeting Tawa residents and providing them with their basic groceries while the new supermarket takes shape next door," Cameron says.

The brother and sister team will be joined next year by parents Neil and Robyn to own and operate New World



Tawa. The family currently owns the New World in Feilding.

While the temporary supermarket will provide basic grocery items, those requiring a wider range of groceries will be able to use a free New World shoppers bus which will begin operation from Monday November 7. The bus will take customers to the full service New World in Porirua and also to New World Churton Park once it opens in December.

"Our bus driver will help elderly and disabled people to get on and off the bus with their groceries," Nicole says.

"He's more than a bus driver; he's a member of our friendly service team and will be there to make the bus service easy for customers to use. We will also provide an 0800 number so passengers can contact him about routes and timetables."

Further details will be available in New World Tawa's third newsletter due to be delivered to Tawa, Grenada North and Takapu Valley households from November 8-10.

ELECTIONS 2011

Make your vote an informed vote.

Meet the major candidates for the Mana and Ohariu electorates at a public meeting at Tawa Union Church, 6 Elena Place, on Wednesday 2nd November at 7pm.



Hear the candidates talk about their background and about some of their party's social policy. Talk with candidates informally over supper afterwards.

Organised on behalf of the Tawa Churches Ministers' Association.

ASPIRE'S ANNUAL CABARET SHOW THIS FRIDAY

It's that time of year again when the Aspire Music Performance Academy showcases all of its musicians in a free community event. The annual Tawa cabaret show is on this Friday 28th October in the Salvation Army Community Centre, 175 Main Road Tawa.

This is a popular annual community event in Tawa. As usual the hall is expected to be packed. There will be free food and entertainment. Every year the standard gets better.

This year Aspire will be showcasing five acts:

- 1. In 2011 Aspire has run two advanced jazz performance courses, one on improvisation; the other on live jazz bandstanding. Class members will open the evening with a couple of numbers they covered on the course.
- 2. Ze'ev Dickvert has created a new saxophone quartet this year, which will perform four numbers after the jazz combo.
- 3. The Aspire Academy Band is the social/developmental band at Aspire. In 2011 it has performed at many community events, including the Tawa School fair, Tawa Historic walk, Longview Home, and at a Wellington Free Ambulance fundraiser.
- 4. In 2011 Aspire started a new covers band, Felix, offering a pop/rock option. Felix has performed a few times in Wellington CBD and Porirua. This will be their first public performance in Tawa.
- 5. Finally, the Aspire Big Band keeps getting better. This year it has performed for the likes of the Wellington Jazz Club, Khandallah Town Hall centenary grand reopening ball, and the medical practitioners conference dinner. It is currently preparing to record an album in November and tour to Nelson Bays in February.

Cabaret night is free of charge. It is held for the benefit of the Tawa community.

KEEPING YOUR EYE ON THE BALL

Learn to relax the muscles around your eyes and feel your ease of movement improve.

- · Iron out those crow's feet
- · Ward off tension headaches
- · Reduce neck stiffness
- · Improve your peripheral vision and depth perception for sport.

This 5-week series uses the Feldenkrais® Method to gently re-educate your eyes into softer movement patterns.

Time: 6pm

Start date: Tues 1 November (don't worry if you miss this first class; it will be repeated at the

end if need be)

Venue: Tawa Community Centre, 5 Cambridge St

Cost: \$65

Contact Janine Archer to register on 021 111 2820 or email movesmoother@yahoo.co.nz

BRIAN WEBB KINDERGARTEN Garage Sale

Saturday 19th November • 9am to 12.30pm At Brian Webb Kindergarten • 28 Victory Cres, Tawa

We need your Garage sale items - Books/Puzzles/DVDs/CDs/Board games, etc. If you have any of the above items that you can give to the Kindergarten to help make this event a success, please contact: Kindergarten on 232 5305

Drop your items off to Brian Webb Kindergarten, 28 Victory Cres.

GREENACRES SCHOOL MAD HATTERS' CHRISTMAS GALA

Saturday 19th November 2011.

Come along and enjoy the fun at the annual Greenacres School Mad Hatters' Christmas Gala. Loads of entertainment for the whole family, from pony rides, hair braiding, spin-the-wheel to craft stalls, fabulous food and our famous Hat Parade.

Grab a bargain at the garage sale or buy a ticket in our raffle with great prizes to be won. 11.00pm to 2.00pm rain or shine.

Adios

Malcolm Sparrow

On behalf of TawaLink.com (loosely under the umbrella of the Tawa Progressive & Ratepayers' Association) info@tawalink.com www.tawalink.com 232 5030 A/H or 027 232 2320

This community newsletter is emailed to more than 1000 Tawa households, businesses, schools, churches and clubs/groups (anyone who has an interest in the community of Tawa) on the first and third Wednesdays of each month, or thereabouts. If there's anything you'd like to include in the next newsletter, please let us know. If you do not wish to receive the newsletter, please request that your name be deleted from our list.

