



# The Buzz

Everyday Networks magazine – December 2021

Christmas edition

News from the Community Connections Network Groups



Do you have a story or poem, a recipe, a joke, a movie review, something to advertise, an upcoming event or anything else you would like to share in The Buzz?

Contact Louise on 021 459402, or  
Email [louise.fletcher@connections.org.nz](mailto:louise.fletcher@connections.org.nz)



kāri Kirihimete  
CHRISTMAS CARD

Kua oti i a koe āu kāri  
Kirihimete te tuhi?

HAVE YOU WRITTEN YOUR  
CHRISTMAS CARDS YET?



rākau Kirihimete  
CHRISTMAS TREE

tōkena  
Kirihimete  
CHRISTMAS  
STOCKING



Kua whakanikotia  
kētia tō tātou rākau  
Kirihimete

OUR CHRISTMAS  
TREE HAS ALREADY  
BEEN DECORATED



pepa ruruku  
WRAPPING PAPER



whakapaipaitanga  
DECORATIONS

**MERI**  
KIRIHIMETE



anahera  
ANGEL

Ngā mihi o Hineraumati  
SEASONS GREETINGS



te hākari  
THE FEAST



mārama Kirihimete  
CHRISTMAS LIGHTS



Hana Kōkō  
SANTA CLAUS



SOCIAL  
CHANGE  
COLLECTIVE

SOCIALCHANGECOLLECTIVENZ.COM



hīmene Kirihimete  
CHRISTMAS CAROL



Koha  
GIFT





Let's get to know each other

Sam - Taranaki Network

Name: Sam (Samantha)

Birthday: 16 December 1996 (nearly 25 years old)

Born in: New Plymouth

Favourite DVD: Kung Fu Panda, Austin Powers, Trolls, Angry Birds

Favourite music: Britney Spears and Taylor Swift

Favourite food: Nachos, wedges

Something I am proud of: My boyfriend Tim

Something I am looking forward to:  
Fireworks and Christmas dinner

I live with: Mum and Dad, and 3 chickens called Mel, Ben and Ricky. I feed silver beet to the chickens.

Something interesting about me is:  
I got engaged and I'm getting married.





## 25 random acts of kindness for December

1. Pick up litter
2. Donate food to your local foodbank
3. Give a friend a hug
4. Do some baking for a neighbour
5. Tell silly jokes to make someone laugh
6. Smile at everyone you see today
7. Do a secret act of kindness for someone
8. Give a compliment to a friend
9. Leave a happy note for someone to find
10. Do housework for someone in your house/family



11. Make a card for someone
12. Pay for a stranger's coffee
13. Phone a friend or family member
14. Feed the birds
15. Let someone go ahead of you in line
16. Hold the door open for someone
17. Help a friend
18. Donate pet food to the local SPCA

19. Sing Christmas Carols at a rest home
20. Push in someone's chair
21. Say hi to somebody new
22. Make a handmade gift
23. Say thank you
24. Offer to return someone's shopping trolley
25. Enjoy Christmas!



# Let's get to know each other

## Kerry - Fantails Network



Name: Kerry

Birthday: 15 April 1984

Born in: Lower Hutt

Favourite DVD: Disney movies and Fantasy

Favourite kind of music: 80s and 90s

Favourite actor: Johnny Depp, Leonardo DiCaprio

Favourite food: Mexican

Something I am proud of: Being Scottish

Something I am looking forward to: No more Covid restrictions

Favourite Comedian: Billy Connolly and Hinu





## Christmas craft idea - Candy Cane Reindeer

You'll need:

- Googly eyes
- Small red pom poms
- Brown pipe cleaners
- Candy canes
- Hot glue gun
- Red and white ribbon







### Step one:

Using the hot glue gun, attach the eyes and nose to the candy cane.

### Step two:

Twist the brown pipe cleaner around the top of the candy cane to make the antlers.



### Step three:

Wrap the pipe cleaner around your finger and then bend into shape. Then tie a piece of ribbon round the reindeer's neck.

Hang on your tree or give to a friend for Christmas.







What have the Dream Catchers been up to?

The Dream Catchers had a fabulous day out exploring nature while walking the Horoeke track in Stokes Valley. There were a few challenging roots to get past but the team did a great job supporting each other! They added their own special touch to the 'fairy walk' placing their own ornaments and fairy wands which they painted over lockdown. A great day!





# Let's get to know each other

## Keith - Fantails Network



Name: Keith

Birthday: 5 October 1979

Born in: Lower Hutt

Favourite movie: The Brady Bunch

Favourite kind of music: Savage Garden

Favourite actor: David Hasselhoff

Favourite food: Subway

Something I am proud of: Avalon Rugby Team (Wolf Pack)

Something I am looking forward to: Getting married

Favourite comedian: Mr Bean





## Dangling Star Christmas Ornaments

Baking a salt dough is a fun Christmas craft.

Follow these steps:

1. Mix 1 cup of salt, 2 cups of flour, and  $\frac{3}{4}$  cup of water (and optional food colouring). Knead until mixed.
2. Roll out dough and cut with star-shaped cookie cutters (or any shape you like).
3. Use a skewer to poke a hole in the top. You need to do this before they are baked.
4. Bake at  $180^{\circ}\text{C}$  for 10 minutes. When cold, use glue or a hot glue gun to add decorations such as glitter, sequins or stars. Hang on your Christmas tree with pipe cleaners or string.





## The Pink Challenge Ladies Taranaki Network



We met up at the Nag n Noggin pub at 12pm and then we went to get some lunch. We planned this on Zoom but Nicola couldn't make it this time. Sam and Louise had Subway. Terrwynn went to the bakery. Sandy (the Taranaki Down Syndrome community liaison person) popped in to say a quick hello to us.

After our lunch we wrote names and addresses on the envelopes for our new Buzz magazines.



Written by Terrwynn Pryor

## Christmas tree brownies recipe



You will need:



1 chocolate brownie slice – you could buy this already made, or you could buy a packet mix and make it, or follow a recipe for Chocolate brownie



1 tub of icing – vanilla

Green food  
colouring



Hundreds and thousands  
or sprinkles

Candy canes



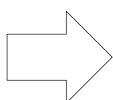


Step one:

Cut the brownie  
into triangle  
shapes

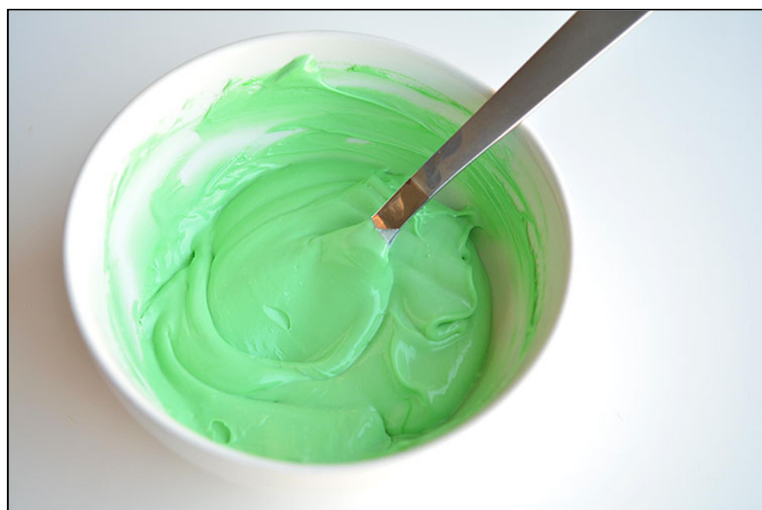


They should look like this



Step two:

Add green food  
colouring to the  
white icing.



Keep stirring until you're happy  
with the colour.

Step three:

Spoon the icing into a  
ziplock bag.







#### Step four:

Seal the bag closed, and then cut off one corner of the bag using scissors.

#### Step five:

Starting at the top of the tree, gently squeeze the icing out of the bag moving in a curvy zigzag as you go down the tree.



#### Step six:

Add your favourite sprinkles on top.



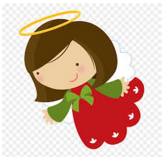
Step seven:

Cut up some of the candy canes and push them into the bottom of the brownie trees.

Enjoy sharing your  
Christmas tree brownies  
with family and friends

Merry  
Christmas





## Happy memories

When I was 5 years old, I had three cats called Socky, Blackie and Squeak. They were all sisters from the same family.

Squeak was white and grey with a black stripe, and a white foot. Blackie was black all over. Socky was grey and black and had white feet, like socks.

Blackie and Socky used to cuddle each other. I was at school when they were my pets.

We also had a dog called Lucas and he liked playing with the cats. Socky was a great cat, she was my pet.



By Sam, Taranaki Network

If you have a **happy memory** that you would like to contribute to The Buzz magazine, please email your story and a photo to the Taranaki Network and we will include it in an upcoming issue. Email [louise.fletcher@connections.org.nz](mailto:louise.fletcher@connections.org.nz)



## Let's get to know each other

### Jenni - Fantails Network

Name: Jenni

Birthday: 13 March 1979

Born in: Upper Hutt

Favourite DVD: Grease 2

Favourite kind of music: 80s

Favourite actor: Owen Wilson

Favourite food: McDonalds

Something I am proud of: The Fantails

Something I am looking forward to: Doing paper run

Favourite comedian: Hinu, Tania







## Leftover Christmas ham and veggie frittata

Great recipe for a picnic or for Boxing Day dinner at the beach.

Easy and delicious, either reheated or cold.

A great way to use up the leftover Christmas ham!

### Ingredients:

- 500 g new potatoes, cooked and sliced
- 2 tbsp butter (divided into 2 x 1 tbsp)
- 1 cup thinly sliced onion
- ½ red capsicum, deseeded and sliced
- 1 ½ cups thinly sliced fresh mushrooms
- 1 clove garlic, chopped
- 2 cups of baby spinach
- 2 cups cooked ham pieces, chopped
- ¼ cup parsley, chopped
- ¼ cup basil, chopped
- 8 free range eggs, beaten
- 1 cup milk
- 1 cup grated cheddar cheese
- Salt and pepper to taste

### Method:

Preheat oven to 180°C.

Slice cooked potatoes into 1/2cm rounds. Set aside.

In a large frypan, lightly cook the onion, red capsicum, mushrooms and garlic with half of the butter (1 tbsp) over medium heat.

In the same frypan, melt the remaining 1 tbsp butter. Add the sliced potatoes and ham. Mix well.

Add spinach leaves. Season with salt and black pepper then add parsley. Mix well and put into a large, greased ovenproof dish.

In a large bowl, beat the eggs and mix in the milk. Pour the egg mixture into the ovenproof dish. Top the vegetables and ham with cheese and basil leaves.

Bake in the oven for 12-15 minutes or until eggs are set. Garnish with some more fresh basil. Enjoy!

Adapted from [www.fresh.co.nz](http://www.fresh.co.nz)







## Tui Network Garage sale

The Tui Network had a garage sale in Naenae. Everyone had a great day!





**SPREAD THE WORD. NOT A VIRUS.**

**TIPS TO STAY WELL**

		
<p><b>Wash your hands with soap and water</b> or use hand sanitizer that contains at least 60% alcohol</p>	<p><b>Don't touch your eyes, nose and mouth</b></p>	<p><b>Cover your mouth with your elbow when you cough or sneeze</b></p>
		
<p><b>Find alternate ways to greet people</b></p>	<p><b>Clean and disinfect surfaces often</b></p>	<p><b>If you are sick, stay home and do not travel</b></p>





## On the job...

...with Shannan

I have worked at my new job at the Community Connections offices for one week. I work from 1.30pm until 3.30pm on a Wednesday afternoon.

My work is to do the dishes, wipe benches and tables, vacuum, clean the bathrooms and empty the rubbish bins.

I most enjoy doing the dishes and seeing Matt and Haley.

Other people could get a job like mine by talking to people, and helping people. It is also good to have a CV and be confident.

One surprising thing about my job is seeing Matt and also having afternoon tea at the office.

I would recommend this kind of job to anyone – anybody can do it, you just have to be positive.



If you would like to let others know about your job, please email the Taranaki Network with information and a photo, and we can feature you in an issue of The Buzz.

Email [louise.fletcher@connections.org.nz](mailto:louise.fletcher@connections.org.nz)



## Let's get to know each other Cameron – Fantails Network

Name: Cameron

Birthday: 20 November 1998

Favourite movie: Fast and Furious

Favourite kind of music: Metallica

Favourite food: McDonalds

Something I am proud of: My family

Something I am looking forward to: Trip away with the Fantails







## ? 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 Matt Sang on 029 7712338 or email him at [matt.sang@connections.org.nz](mailto:matt.sang@connections.org.nz)