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Kia ora,

This month the cover picture is from Tracey Morton. Spring is nearly here. Look at this lovely visitor I had to my garden.

In this edition of *Tawa News*, you'll find the latest updates from our community board, local MPs, and various community groups.

The *5 minutes with ...* this month is with Rowena Sanders.

If you would like to volunteer for Tawa News, we are looking for someone to contribute to the sports section, so get in touch if you are interested in this.

Please keep sending all your news, events, and pictures to newsletter@tawa.org.nz. We love seeing your stories, especially those that celebrate our local residents.

We hope you will enjoy reading about all the good stuff that is happening in our vibrant community.

Have a good weekend from us all at the Tawa Residents' Association. Our next meeting will be on Monday October 13, at 7.30 pm at Tawa Squash Club. All welcome.

Monique

Big thanks to WCC for continuous financial support with the Residents' Association administration costs!



See www.tawalink.com/newsletters.html for issues before 2022.

See <https://tawa.org.nz> for recent issues.

SHORT NEWS AND EVENTS



Daffodil Day Collections – Tawa



Friday 29 August & Saturday 30 August

- Look for volunteers at **New World Tawa** on both days.
- Volunteers also at **Pink Pineapple (Friday only)**.

Wednesday 27 – Saturday 30 August

- Buckets and daffodils will be available at:
 - Sprig & Fern
 - Mexted Motors
 - Lotto Shop
 - The Borough



Bake Sale

- **Summerset on the Landing** – Wednesday 27 August

Merchandise for Sale

- Available at **Summerset on the Landing** and other locations.

All proceeds support the Cancer Society. Thank you for your generosity



Te Rā Daffodil | Daffodil Day
Friday 29 August 2025

Did you know that 1 in 3 Kiwis will face a cancer diagnosis in their lifetimes?

That's a lot of people affected by cancer, and it clearly shows the growing demand for services funded by your support on Daffodil Day.

We need your help!

Fundraise
We don't receive any government funding so every dollar counts!
Host a morning tea bake sale, have a yellow casual Friday, book out a local cinema - the sky is the limit for your fundraising creativity! Register online to bank your donations, track & share your progress!

Volunteer
Round up your team and join us for our Street Appeal on Friday 30 August! Our volunteering team would love to help set you up in our rosters!

Purchase Fresh Daffodils
The daffodil is the first flower of spring. Bringing light after cold, dark winter days and the hope of a new beginning. It has become a symbol for people experiencing a cancer diagnosis and treatment, finding hope of a new life ahead.

Wellington City Council: Meet your candidates

The following events are booked for you to meet the candidates for these wards. Why not come along so you are informed when you are voting.

At Tawa Community Centre

September 22 -7pm: Meet the candidate Tawa Community Board and Mayor
September 24 – 7.30pm Meet the candidate Takapū/Northern General Ward and Regional Council candidates

Click here for details of other meetings

<https://wellington.govt.nz/your-council/elections/2025-elections/information-for-voters/community-candidate-events>



**1–7 September is Te Wiki o Te Taiao,
New Zealand Conservation Week.**

KIA ORA, WELCOME TO



TAWA
INTERMEDIATE
SCHOOL
engage | grow | inspire

NAU MAI, HAERE MAI, PIKI MAI

Tawa Intermediate

Student Reunion


 **Friday, 5 September, 6–8pm**

 **School Hall**

Calling all past students (1975–2005). This is your chance to reconnect with others who attended Tawa Intermediate over the past fifty years, reminisce over old photos and share stories of your time here.

Your ticket includes canapés and one complimentary drink.

We look forward to seeing you there!

 Tickets available now on **Eventbrite**.



Māori Language Week – September 15-22, 2025

GOVERNANCE

From the Beehive

News from Hon. Greg O'Connor MP for Ōhāriu

The electoral boundaries have now been confirmed, and Tawa has gone from being at the extreme end of the Ōhāriu electorate, to much nearer the centre of

the new Kenepuru electorate. This electorate extends from Malvina Major in Johnsonville through to the Porirua harbour but excludes Whitby. It's important to note that these boundary changes do not come into effect until the next election which is likely to be near the end of 2026 and does not affect the local body elections currently underway.

For my part, I am keen to continue as an electorate MP, as I believe that is where my skills lie, but given Ōhāriu has disappeared I will need to decide where I will stand.

Tawa is a great area to represent because it has more genuine community involvement from many groups who importantly work together in a way that doesn't really happen in other places. This means that as your MP I have had plenty of people to speak with to understand the issues in the area.

Finally, the most important thing is to vote in whichever electorate or election you can as democracy only works when we all participate.

greg.oconnor@parliament.govt.nz



Greg O'Connor
MP for Ōhāriu

greg.oconnor@parliament.govt.nz
labour.org.nz/gregoconnor

Electorate office
04 478 3332
Unit 2, 18 Moorefield Road
Johnsonville, Wellington 6037

Parliamentary office
04 817 8768
Freepost PO Box 18 888
Parliament Buildings, Wellington 6160

Authorised by Greg O'Connor,
Parliament Buildings, Wellington

From the Council

As we wrap up the current Council term, I would like to thank the residents of Tawa for your support and friendliness.

The other two councillors are your representatives on the Tawa Community Board, giving them a first-hand perspective on local issues.

I have been fortunate to attend and be active with the Tawa Residents' Association, the Tawa Liaison Group, and the Tawa Business Group.

Recent highlights include attending the opening of the Linden Community Centre with Councillor McNulty — a much-needed space for the northern end of Tawa. I also joined the Tawa Business Group's "Walk and Talk," which provided a valuable opportunity to see business issues first hand and explore how we can better support the district.

As councillors we have also addressed a wide range of issues over the past six months — including traffic, bus stops, housing, rubbish and water.

Thank you all,

John Apanowicz

Wellington City Councillor

Have a look at all the Wellington City Council projects and proposals that you can give feedback on. Find them all here: [https://
www.letstalk.wellington.govt.nz](https://www.letstalk.wellington.govt.nz)

Wellington City Council is in the process of amending the 2024-34 Long-term Plan (LTP). An LTP outlines to our communities how we intend to use rates, borrowing, and other funding to improve and maintain Pōneke for the next ten years. You can keep an eye on updates here: [https://
www.letstalk.wellington.govt.nz/ltp-amendment](https://www.letstalk.wellington.govt.nz/ltp-amendment)



The Council continues to make major decisions, including fencing the waterfront, approving additional funding needed to complete the Sludge Plant, and confirming the Organics Processing Solution. Most importantly, we approved the Wellington Water Services Plan for the new “Metrowater” entity, and we continue to work to strengthen it in order to support future Wellington City customers.

Just as important for us all: Local Body Elections are around the corner, with voting papers due to arrive in your letterbox between 9–22 September. These papers will include a booklet introducing every candidate, and there is also information for voters on the Wellington City Council website: [https://
wellington.govt.nz/your-council/elections/2025-elections/information-for-voters](https://wellington.govt.nz/your-council/elections/2025-elections/information-for-voters)

To vote, you can either drop your ballot in the orange bins located at supermarkets, libraries, and other places across Wellington (link to locations here) or post it in.

If you missed the 1 August deadline to enrol, you can still have your say

through a Special Vote. A special voting hub will be open at the Johnsonville Library from Monday 6 October until Saturday 11 October at midday.

However you vote, we simply ask that you do. Only 40% of Takapū voters returned a ballot in 2022, and we get the council we vote for.

Until the election, we remain your city councillors and are here to help if you have issues with council services.

Ngā mihi,

Ben McNulty & Tony Randle

From the Tawa Community Board

Tawa Community Board update:

Members of the Tawa Community Board attended the re-opening of the Linden Community Centre this month, where chair Jill Day gave a speech on behalf of the Board. Thank you to the community for their patience while the centre was being upgraded, the new facilities are fantastic and are available for booking. It is wonderful to have this amazing space back in action!

Work on the new public toilets at Linden are ongoing and they are expected to be open mid-October. We are looking forward to this long-awaited project being complete.

The Community Board has one last meeting at 7pm on Monday 15 September at the Tawa Community Centre before local government elections determine a new Board for the next triennium.

Find the upcoming meetings of the board here: <https://wellington.govt.nz/your-council/meetings/committees/tawa-community-board>

Contact the board here: tawacommunityboard@wcc.govt.nz

Please report any Spicer Landfill odour complaints on the Porirua Government website, here: https://porirua.govt.nz/services/rubbish-and-recycling/spicer-landfill/spicer-landfill-odour/landfill-odour-complaint-form/?fbclid=IwAR3ferg_NetcTd31beBJd8Er73Uo4qPrb_B-BGlt-O83-QAcjiL0Hdy-lmo

If you see a water leak, please check here to find out if it has been reported yet: <https://www.wellingtonwater.co.nz/resources/maps/job-status-map/>

If it is not visible on the map, you can report the leak here: <https://services.wellington.govt.nz/report/>

Tawa Business Group

Be Our Guest: Try Tawa! – Launching 1 September

We're excited to introduce a new way to celebrate and support our local businesses. Every three months, one lucky local will win **\$100 to spend at a Tawa business of their choice.**

All you need to do is complete a quick form telling us a bit about yourself, your favourite Tawa spots, and the businesses you'd love to try. It's that simple—and you might even discover something new along the way!

Keep an eye out on 1 September for your chance to enter.

Looking for work?

Tawa's Job Board is full of local opportunities right here in our community. From full time and part time roles to casual work, it's the perfect place to see what's on offer close to home.

<https://www.tawabusiness.co.nz/job-vacancies>

Love Local

With so many amazing Tawa based businesses, remember to love local. Follow us to stay up to date with business news, events and opportunities:

- Facebook: www.facebook.com/tawabusiness
- Instagram: www.instagram.com/tawa_business_group
- LinkedIn: [Tawa Business Improvement District](#)

Be our Guest
Try Tawa!

Win \$100 to spend at a Tawa business of your choice!

TAWA
Business Group

Am I allowed to speak te reo Māori in court?

Yes. Under the Māori Language Act, you have the right to speak in te reo Māori in a court or tribunal if you wish to. However, you do not have the right to require that everyone else in the hearing also speaks Māori.

If you are a party to a court or tribunal case (for example, the applicant or the respondent in a civil case), you need to fill out a **Notice of Intention to Speak Māori**. In the form, you must state your iwi.

You can:

- download the form online, or
- pick up a printed copy at your local court or Community Law Centre.

You must deliver or send the form to the court or tribunal you will be appearing in **at least 10 working days before the hearing**. You also need to provide a copy of the Notice to the other party in the case.

If you do not give notice in time, you still have the right to speak te reo Māori, but the court may need more time to organise an interpreter.

If you will be speaking as a witness, the party calling you as a witness must notify the court.

When you speak te reo Māori in court, an interpreter will repeat your words in English for the court. You will not have to pay for this service.

Need help figuring out your rights?

That's what we're here for.

Citizens Advice Wellington offers free, confidential support. Whether it's about consumer issues, housing, work, or anything else, come and talk to us.



Call us on **(04) 370 2500**



Visit your CAB in Johnsonville (at JCC)



Check out www.cab.org.nz



Tawa Community Centre

The first week of September is **Dying Matters Week**.

We are hosting two short sessions here at Tawa CC, run by representatives from **Final Farewell** and **Mary Potter Hospice**. Details are below:

Monday, 1st September at 2:00pm

Final Farewell: Your Legacy, Your Way with Alina Reed

Ever wondered what your send-off might look like? A haka, a playlist, a tree planting? Join us for a 20-minute kōrero on the importance of documenting your funeral wishes — with heart, humour, and a dash of practicality. Let's talk about how to make your final farewell truly yours.

Monday, 1st September at 2:30pm

Mary Potter Hospice with Imelda Coleman

You may know hospice through fundraising events like street appeals or strawberry fairs – but hospice is so much more than that. Join us for a short 20-minute session to learn about the holistic care Mary Potter Hospice provides, supporting not only patients but also their whānau. Discover how hospice care uplifts, comforts and brings dignity at the most important time of life.

You can pre-register at this link: [Dying Matters – Wellington Events](#), or simply come along on the day.



Free Fabric Swap and Morning Tea

📅 Wednesday 1 October | 🕒 10:00–11:00am

📍 At the Centre

Bring along pieces of fabric to swap and choose something new for your next project!

🧵 New to sewing? You're welcome to take a piece of fabric for free to get started.

☕ Enjoy tea, biscuits and a friendly chat while you browse.

🧵 A sewing machine will be available at the centre for use.

Proudly sponsored by The Fabric Store, 14 College Street.



Community Education

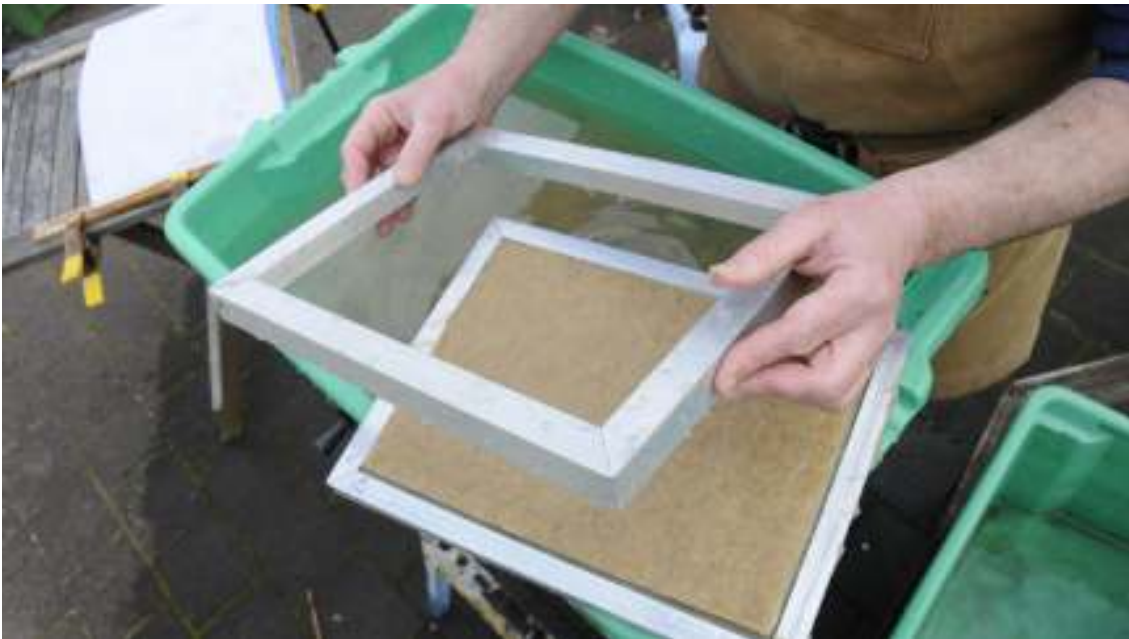
TAWA COLLEGE COMMUNITY EDUCATION

For Term 3, our final weekend workshops will be held on **Saturday 6**

September. These include:

- Cushion Making
- Face Painting for Halloween
- Papermaking Using native plants
- Self Defence
- Xero Basics

As Term 4 classes are confirmed they are being added to our website. Term 4 begins on **Monday, 6 October**, with all courses finishing by **1 December** – just in time for the Christmas rush.



Community Police

A friendly reminder:

In New Zealand, **broken yellow lines mean “No Stopping at Any Time.”**

This means you cannot stop, wait or park your vehicle where these lines are marked. They are there to prevent obstructions and to keep everyone safe in areas where stopping would be dangerous or disruptive.



Recreation Centre

Birthday Parties

Make your little one's day unforgettable with a birthday party at Tawa Recreation Centre. Parties run on weekends and can include an inflatable, soft play equipment, balls for endless games and of course, any sport they'd like to play. It's the perfect mix of active fun and laughter for kids of all ages!

For more information [Birthday parties at our recreation centres - Activities for kids - Wellington City Council](#)



COMMUNITY ORGANISATIONS

Community garden

Community Garden

A little house has been constructed in the garden. It is carefully made from bark, sticks, grass and flowers with a flag on top. Perhaps this is for a fairy, an astronaut or a mouse.

Location: Coronation Street Park, 21-29 Oxford Street, Tawa

Email: tawa.community.garden@gmail.com

Facebook: [Tawa Community Garden](#)



Tawa Historical Society

History Corner – Greeting a Royal (or advertising a new Bond movie?)

Female members of the Tawa Services Bowling Club wait expectantly on a section of Main Road near their clubrooms for Prince Charles to pass by on his way from Wellington to the formal opening of the Royal New Zealand Police College at Porirua in April 1981. At the time, both New Zealand and much of the world were showing renewed interest in all things royal, following Charles' recent engagement to Lady Diana Spencer and the anticipation of their forthcoming wedding in July that year.

Unlike a more recent royal visit to New Zealand, which included Prince Charles spending time at Tawa College, the 1981 glimpse of him was fleeting, as his motorcade zipped through Tawa on its way to the Police College.



Once again, the planting season continues! Although the weather hasn't been on our side for planting at Takapū Valley, the current focus has been on **backyard projects**. These are initiatives led by individual schools to enhance their environment and support local habitats.

Recently Redwood School held a community planting session where **191 trees were planted** – ka pai tō mahi! We are very proud of the team and everyone who helped, including students, families, and community members such as Richard and Damion from Friends of Tawa Bush Reserve.

Did you know that caring for the environment helps develop responsibility, curiosity and critical thinking in learning environments? Some examples of backyard projects already underway include:

- **Lizard gardens** – creating safe places for native lizards to thrive away from cats
- **Wetland modifications** – improving water quality and flood control
- **Tree planting** – providing shelter for birds and enhancing biodiversity

We encourage you to connect with local schools and learn more about their projects.

Coming up, students are excited to get hands on with **stream monitoring** on a local stream.

Finally, we'd like to highlight that **1–7 September is Te Wiki o Te Taiao, New Zealand Conservation Week**. This is a great opportunity to reflect on what each of us does for *Te Taiao* – the natural world.



Rotary Tawa is now accepting applications from young people living in Tawa for two exciting leadership development programmes: **RYLA** and **RYPEN**.

RYLA (Rotary Youth Leadership Awards) is a high-energy residential programme for young adults aged 18–30, held at Silverstream Retreat, Hutt Valley from **23–27 January 2026**. Participants will take part in workshops, team challenges, inspirational talks, and personal development activities. It's an unforgettable week that builds confidence, communication, and leadership skills.

RYPEN (Rotary Youth Programme of Enrichment) is a weekend camp for students in **Year 10 or 11 (ages 14–17)**, focused on developing life skills, confidence, teamwork, and leadership potential. Through physical activities, presentations, and guest speakers, RYPEN helps young people grow and connect. The next RYPEN camp will be held in **September 2026**.

✉ Students can apply by emailing us at tawarotaryclub@gmail.com. Selected candidates will be invited to an informal interview with Rotary leaders.

Tell us what excites you about leadership and why you should be selected—we'd love to hear your story!



Rotary Tawa Sponsoring Local Student for National Science Forum

Rotary Tawa is inviting **Year 12 students at Tawa College** to apply for sponsorship to attend the prestigious **National Science and Technology Forum** in Auckland, in **January 2026**. Applications close at **midnight on 29 August 2025**.

More info: rotaryscienceforum.nz

This two week programme brings together some of New Zealand's brightest young minds for hands on learning in science, technology, engineering and

mathematics (STEM). Students will explore cutting-edge labs, meet leading researchers, and discover exciting career pathways.

Rotary Tawa will sponsor **50% of the costs** for a selected student, once they have been confirmed as an attendee—supporting their growth as future STEM leaders. Applicants should be curious, motivated and passionate about science and technology.

“This is a fantastic opportunity to connect with like-minded young people and experience real world science, hands-on,” says Rotary Tawa member Michael Nestmann. “We’re proud to support local talent and help open doors to future possibilities.”

Mina, a 2025 participant, explored everything from quantum chemistry to robotics, criminology and even dissected a sheep’s heart! With beach days and discos alongside lab visits, it was a full-on, unforgettable experience.

👉 Interested? Talk to your science teacher and email us at tawarotaryclub@gmail.com.

Tell us what excites you about science and why you would be the perfect candidate for this sponsorship—we’d love to hear from you!



Tawa RSA

Are you a quizzer?

Tawa RSA is hosting a Spring Sunday Quiz on Sunday 21st September at 2.30pm (bar open from 2pm)

\$10pp .Teams of 4-8 people. Register your team by emailing tawa.rsa@xtra.co.nz or turning up on the day.

Prizes for winner and raffles during the event.

Quizzing is good for the brain and there's sure to be some banter.



Have you been in the services or do you know anyone who has? You may be eligible for assistance from our support team. Contact us at tawa.rsa@xtra.co.nz or come down to the clubrooms for a chat.

89 Oxford St Tawa open 4pm Wednesday to Sunday

Tawa U3A

Tawa U3A – Tawa News, August 2025

Tawa U3A runs over 40 courses and activities designed for people no longer working full time.

A new activity is getting underway in Tawa – **Indoor Bowls**. Tawa U3A has two sets of bowls and mats, and it only takes eight people to make it viable. The activity previously ran for a couple of years in the Tawa Union Church Hall, which is a very suitable venue.

Indoor bowls is a great sport – it provides exercise, improves hand–eye coordination, and, like most of our activities, is lots of fun. Why not give it a go and become a member of Tawa U3A? Membership is just **\$15 per annum**.

📧 Contact: Tim Davin – davinfamily49@gmail.com

We're also pleased to share that the **U3A Choir** has a new Musical Director, **Kassandra Wang**.

Kassandra completed her B.Mus. degree in Composition at Victoria University a few years ago, specialising in jazz and vocal music. Since then, she has worked mainly as a composer, singer, and music teacher. The choir is excited to welcome Kassandra, who takes over from **Jancis Potter**, now stepping back after her valued contribution.

For more information about Tawa U3A, including activities, courses and the latest news and updates, visit our website: www.u3atawa.org.nz.



SPORTS GROUPS

Squash Club

Tawa Squash Club is “Igniting the Passion” with several Junior Squash Development Initiatives.

The current state of the nation is making life tough for many but Tawa Squash is ramping up its offerings with cost effective ways for junior players to get active without breaking the bank. Coming up before Christmas is a series of events including:

SCHOOL HOLIDAY FAMILY FUN

Half price adults (\$6), accompanying kids free, for 45 minutes. Next school holidays Sept 20 – Oct 5. Equipment provided at no cost.

MONDAY AFTERNOON COACHING

Skills based structured training held on a Monday afternoon. Coaching is split into two sessions (for beginners and advanced players) focusing on fundamental skills and tactics. Led by a squash coach, user pays at \$115 per 8 week term

SQUASH STARS (5-12 YEAR OLDS.)

After a successful trial ending September 4 this successful programme is back next term starting October 9. Six weeks for just \$50. It focuses on fun games that develop squash skills and general fitness. Thursdays from 4 – 4:45. Equipment provided at no cost.

FRIDAY JUNIOR CLUB NIGHT

Most Fridays during term from 5 -5:30 (beginners and 5:30 – 6:30 (experienced). Run by a coach. Free for members, \$5 non members

GIRLS IN SQUASH

Still being developed is a “Girls Can Rally!” programme targeting 5-12 year old girls to get confidence having fun while learning a new sport. This will be run by a coach with volunteers made up of female role models. Six weeks for just \$50.

SQUASH IN SCHOOLS (Kelly Sports Partnership)

Tawa Squash’s Squash in Schools programme is to provide school children the chance to learn the basics of a new indoor sport during school time with four weeks of half hour sessions. This will be happening in Term 4 with nearby schools.

CLUB OPEN DAY

An open day is planned for November 8 & 9 (Sat & Sun) from 1 – 4 for you to come and try squash, deemed by Forbes Magazine the healthiest sport in the world. No cost and all gear is provided.

For more information, or to register, contact Tawa Squash for more information,

Email info@tawasquash.co.nz or call 027 677 8274

67 Main Road Tawa (beside St Francis Xavier School)

www.tawasquash.co.nz



INTERESTS

Book Corner

On Wednesday August 13 we enjoyed a brilliant night out celebrating the winners and finalists of the 2025 New Zealand Book Awards for children and young adults. A huge congratulations to all involved—it was wonderful to be at Pipitea Marae, surrounded by so much creativity! The evening was made even

more special with performances by the talented Taita College group *One Heart, One Beat*, waiata from the audience, and a performance from winner Kaitito Elizabeth Gray making it a night to remember.

The supreme award – the **Margaret Mahy Book of the Year** – was awarded to *The Treaty of Waitangi* by Ross Calman (Ngāti Toa, Ngāti Raukawa, Kāi Tahu).

From the Awards media release:

“The Treaty of Waitangi is a miracle of concision without sacrificing complexity. It is written clearly and inclusively without avoiding uncomfortable truths,” said judging convenors Mat Tait and Feana Tu‘akoi.

“The judges said all the books in the running for the supreme award were superb examples of the fresh and intelligent literature written for tamariki and rangatahi in Aotearoa. But the Margaret Mahy Book of the Year Award recognises something more – an aspirational book of outstanding overall excellence.”

“After extensive discussion with both the bilingual and te reo Māori judging panels, we agreed unanimously on one book that will not only have significant impact on young readers, but is also particularly important for our time,” said the convenors.

For more information, visit:

<https://www.nzbookawards.nz/new-zealand-book-awards-for-children-and-young-adults>

Ngā mihi nui anō!

Rowena, Paul & Team

<https://www.tawabooksandpost.co.nz/collections/book-corner>



Crop Swap

Tawa CropSwap meets on the last Saturday of every month

A CropSwap gathering brings together backyard gardeners, home bakers, and

food foragers to swap and share.

Bring along something to exchange — produce, preserves, plants, seeds, vegetables, herbs, flowers, home baking... anything!

Upcoming meetings:

- Saturday 30 August, 9:00–10:00am
- Saturday 27 September, 9:00–10:00am

📍 *Tawa Scout Hall, Coronation Park, Oxford Street*

Arrive from 9:00am.

Bring your surplus lemons, pumpkins, broccoli, or spring flowers.

Enjoy a cuppa while you chat about what's overtaking your garden.

Swapping starts at 9:30am, and by 10:00am everyone heads home with new treasures for their pantry or garden.

Any leftover produce is placed in the community pantry.

To stay updated, follow the [Facebook Page](#).

You can also join the [Facebook Group](#) if you'd like to swap or share outside the monthly meetings.



Spring into Tawa

Tawa's Community Festival

The time is coming fast—mark the date in your diary:

Saturday 18 October, 10am–3pm.

Stallholders

Stallholder applications are now closed, but we are running a **waitlist**. If you'd like to be added, please complete the application form here:

👉 [Stallholder Waitlist Form](#)

We Need Volunteers!

We cannot run this amazing event without the help of our community. There are all sorts of ways you can get involved, including:

- Marshalling cars
- Putting out signage
- Helping stallholders set up/pack down
- Providing support during the event (e.g. minding stalls if stallholders need a break, helping the public, picking up rubbish, helping lost children.
- Manning waste stations and advising the public on which bins to use
- Assisting with activities in the children's area
- Monitoring the covered council rubbish bins

We need **over 300 volunteer hours** to make the festival a success. If you can spare some time, we'd love to have you on board!

👉 Please complete the volunteer registration form here:

[Volunteer Registration Form](#)

Support Our Sponsors

A huge thank you to our generous sponsors who make this event possible:

Mexted Motors

**The Borough, Mac's Slabs, Streetwise Coffee,
Tamsin Davidson One Agency**

Bluebridge Ferries, Interislander, Guardian Funeral Home

Salon Savoy, New World Tawa, Hanging Around, Rocketspark



Kōwhai Therapeutic Services

A Kōwhai Moment

Every month in the *Tawa News*, counsellors from Kōwhai Therapeutic Services share simple tips for mental wellbeing. This month, we're looking at **anxiety**...

The jitters. Butterflies. Nervousness. Feeling edgy. Getting a case of the yips. Most of us, in some way or another will have experienced some form of anxiety. Fear is a primal instinct in humans, designed to protect us from situations our brain assesses as dangerous. In most cases, we either get ourselves out of

harm's way, or realise the situation isn't dangerous after all, and the feelings of fear fade.

Experiencing fear, worry, and occasional anxiety is completely normal. However, if you're experiencing these feelings on an ongoing basis – even when there is no apparent danger – and they're impacting your day to day life, you may be experiencing an **anxiety disorder**. For some people, anxiety is tied to a specific situation or thing, such as flying, needles, dogs or a traumatic past event. For others, it can occur in a more generalised way, with no particular trigger, and may come and go over time. Children, young people, and adults can all be affected by anxiety. Younger children may describe their symptoms as physical problems, such as a sore tummy or tiredness. Adults may appear irritable, jumpy, overly concerned about details, struggle with sleep or avoid activities (e.g., social events, holidays or going out at night) altogether.

While experiencing anxiety can be really frightening, the good news is that there are many ways to manage symptoms. Talking to your doctor is a great first step, as they can check for any underlying health issues. Counselling (or talk therapy) is also one of the most effective ways to understand what's happening and learn strategies to cope. It can support you with things like:

- Understanding that anxiety is not your fault
- Connecting the dots around times when it may get worse
- Changing thought patterns and beliefs about yourself
- Interpreting your body's cues
- Building a personalised toolkit of strategies to manage symptoms

At Kōwhai Therapeutic Services on Main Road in Tawa, you'll find professional, caring counsellors trained to support people experiencing all forms of anxiety. You can read more about us at kowhaitherapeuticservices.com and book a free initial chat to explore how we might be able to help.

Mary Potter Hospice

Mary Potter Hospice Tawa

We are always looking for donations

Good quality and clean homewares and clothing are so appreciated

Maybe use this grumpy weather to have a clean out and drop your unwanted items down to us.

[197 Main Road, Tawa](#)

04 232 7798

Monday to Friday: 10am – 4pm

Saturday: 10am – 2pm

Sunday: Closed



Carolyn's Garden Corner

As the house shudders with each gust of wind and hail lashes the windows, it's a good day to be inside, writing about gardening instead of actually doing it.

Spring is on its way, though. You can feel it in the air and see it in the light on the odd fine days we get to enjoy.

With the change of seasons comes a list of jobs to complete before the (hopefully) warmer weather arrives.

Top of the list is pruning. Have you shortened the fruiting spurs on pip fruits such as apples and pears?

Roses – Hybrid Teas, Austins (if you think they need it, but not first year plants), and climbers will soon be showing new growth, so if you intend to prune, it's best to get onto it promptly. Remember that most old roses flower only once in spring, so don't touch those yet or you'll chop off this year's blooms. Leave them until after flowering has finished.

Large-flowered clematis (not the native *paniculata* or spring-blooming *montana* varieties) have very twiggy stems that can be cut back to two or three buds from the base. Many people are nervous about this, but by summer the resulting lush, multi-stemmed climber will reward you with more flowers and better wall coverage if you take the plunge.

Citrus – It's your last chance to prune before borer take to the wing. Lemon trees and their relatives don't require regular pruning, but it's wise to remove dead or damaged branches, squirt kerosene into borer holes, and shorten overly long branches that unbalance the tree. Seal cut branches to promote fast healing. Citrus are gross feeders, so when temperatures rise and new growth begins, feed them: granular fertiliser around the dripline for trees in the ground, and weekly liquid feeds for those in pots.

Garden centres often begin stocking summer vegetables such as beans and tomatoes in August. Don't be tempted unless you have a glasshouse (and probably a heated one at that!).

Those of us who have been gardening for years have noticed a shift in sowing and planting times. For many years, I sowed tomato seeds on 15 August. They were started undercover outside, and by Labour Weekend the ground was usually warm enough to plant out the strong, hardened-off seedlings.

In recent years, however, this has been less successful. By the third weekend in October, the soil has often still been too cold for tender crops. The result? My lounge windowsill resembling a tomato jungle as the early seedlings outgrew their pots!

A couple of years ago, I tried sowing tomato seeds in mid September instead, and the results were far more successful. I'll happily repeat that timing this year.

Speaking of seed sowing, you may recall I undertook a massive propagation project in autumn to increase stocks for my garden and to sell at our spring open days. I imported a number of varieties and colours from England that I've never seen for sale in NZ, so it will be very exciting to see them flower for the first time.

They've matured beautifully, and we've decided to hold a **pre-season plant sale**.

Due to the high cost of imported seed (some packets contained only five seeds!), some varieties will be extremely limited (e.g. just two plants, because I wanted to keep three for myself – lol!).

If you'd like to share the excitement of seeing a new plant bloom in your garden, please come along to:

Plant Sale

34 St Johns Tce, Tawa

Saturday 30th August, 10am–2pm

You can also pre-order by private messaging me. The full list of plants for sale is on my FB page: *Carolyn Campbell Garden Design*.

Let's make Tawa gardens more colourful this summer! I'd love to meet some of my readers, too.

Please note: the garden will not be open during the plant sale. That joy is still a few weeks away – probably late September to mid-October for the tulips.

Hope to see you soon,

Carolyn



DID YOU KNOW

🇳🇿 There are big changes in store for Wellington roads around our schools over the next few months.

Last year the government implemented the excitingly named 'Land Transport Rule: Setting of Speed Limits 2024' which mandates variable 30km/h speed limits 150m from the school gate.

All 79 of Wellington's schools will see the new limits introduced ahead of 1 July 2026. Below is an 'artists' impression of how the new signage will look:

See Ben McNulty's full post for more information

<https://www.facebook.com/groups/701254429944972/user/100080677028120>



Sustainability

We've hit [a tipping point](#), where choosing clean energy is the smart choice, and

not just because we want to reduce our carbon emissions



Thanks to major tech improvements and mass production over the past decade, the cost of wind, solar and other renewables has dropped fast. As a result, most new power capacity built around the world came from renewables, and every continent added more clean energy than fossil fuels.

Money — the ultimate decision-maker in politics and business — is finally lining up with climate action. A big win for the planet (and maybe our wallets?)

5 MINUTES WITH ...



Five Minutes with Rowena Sanders

Tawa Books and Post is an integral part of the Tawa community. On 8 July, 'Wellington Alive' ran an article about Tawa on Facebook, part of which read:

“There’s a village heartbeat in Tawa, not manufactured, not performative, but real and enduring. You feel it at Tawa Books and Post, owned by Karen and Steve Pettigrew from 1992 until 2021, before the next generation, Rowena and Paul, took over ...”

It is Rowena who now compiles the 'Book Corner' segment in this newsletter each month.

We ran a profile on Rowena's mother, Karen, in October 2010. The wording that concluded our introduction then applies equally to Rowena today: "*Read on to learn more about one of our friendly retailers.*"

Rowena writes:

Most will know me from our whānau business, Tawa Books and Post. I started with Mum and Dad (Karen and Steve Pettigrew) as a part-time employee in 1994, before moving into a full time role in 2000. Fast forward 21 years, and in 2021 Mum and Dad handed over the reins to myself and Paul, my brother-in-law. OMG, time flies!

Having grown up in Te Whanganui-a-Tara, Wellington has my heart. From a childhood spent roaming the farmlands and coastal shores of Pukerua Bay, through to my years at Kāpiti College and hanging out at Coastlands, and then flatting in the vibrant city centre – it's all been part of the journey. With both work and whānau in Tawa, it was here in our store that I met my husband, Peter. We now live in another bay – Titahi Bay.

I discovered a love for the service industry early on. At 15, my first job was at Homelands Kennel and Cattery, and by 16 I was working sole charge on weekends – my first taste of small business. Since then, most of my working life has been in Tawa, running the store and assisting Peter with his business, Advanced Engineering (Wellington).

Small business runs deep in our family history and extended whānau. At the moment, that includes Dragon Foods, Grenada Bay Distillery, and Zero6 Coffee Co – which makes for many interesting conversations at whānau gatherings!

Tawa is a wonderful community, and it's brilliant to be part of it. There are so many hard-working volunteers here, and we're always grateful for their efforts. This year I'm especially looking forward to Spring into Tawa – with fingers and toes crossed for great weather, because you can't beat Wellington on a good day!

Looking ahead, after taking on the book-buying side of our store and beginning my Te Ao Māori learning journey at Te Wānanga o Aotearoa, I've reignited a passion for storytelling, history, culture and language. With support from whānau and community, I hope this continues to grow.

Last month our "5 Minutes with ..." profile featured *Ross Armstrong* who, as you will have read, is an MG enthusiast. A couple of car photos were included with his write-up. Apparently those photos did not come through on some people's screens. For that reason, we're including them again here.



NEXT TRA MEETING

The Tawa Residents' Association's monthly meetings are open to the public. Feel free to come along. We are always open to new people joining the committee, helping out, or sharing ideas.

We meet upstairs at the Tawa Squash Club on the second Monday every other month, at 7.30 p.m. The next meeting is Monday October 13.

We look forward to meeting you!



Monique
The Tawa Residents' Association

This email was sent to chris@owdjim.gen.nz

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