



WAIMARIE HAMILTON EAST COMMUNITY HOUSE

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Co-ordinator's Corner

by Jane Landman

WELCOME to our quarterly Newsletter. Waimarie: Hamilton East Community House serves the South East area of Kirikiriroa. Community Houses are located in local neighbourhoods and exist to support and serve the local community. We run a variety of programmes and services and we are always open to new ideas and suggestions.

The cooler weather has arrived along with some much needed rain and the trees are very beautiful in their autumn splendour. I don't know about you but I love to curl up in front of a heat source with a hot drink and a great book at this time of the year (or any time come to that!).

Thriving on a shoestring

This is a new course planned for term 3 and we are really excited about it. It is a collaborative effort between us, Wills Training (Waikato Institute for Leisure and Sport Studies), ATC Vision College, WINTEC and us. It has grown out of the new consciousness around thrift (saving money and not being a slave to consumerism) and concern for the environment and sustainable lifestyles. It will run for 9 weeks from 23 July. The course will run here on Wednesday mornings from 9.30am to 12.30pm and will be repeated in the evenings from August 5 from 7pm till 9pm at the Eastside Apostolic Church, East St.. Register with Vee McLean at Wilss (07 839 9908). It will encompass everything from home maintenance, organic gardening, cooking healthy low cost meals, budgeting, parenting skills, communication and conflict management, support networks and car maintenance (See flyer).

New parenting website

Stuck on how to deal with a parenting issue? The Families Commission has launched a new website for parents that offers hints, tips and links to organisations on a variety of parenting topics. Drop in for ideas on how to deal with moody teenagers through to keeping the kids busy on a rainy day. www.families.org.nz/parenting

Expanded Legal Service

We are expanding our legal service from the current once a month visit from McCawLewisChapman to a weekly service. Clyde Law is coming on board and will provide legal advice on the 1st and 3rd Tuesday of the month from 10.00am. McCawLewisChapman will still come on the last Friday of the month from 11.00am.

Please phone Waimarie for an appointment. The new lawyers will be as following:

Graeme Steed LLB (Victoria) Principal Clyde Law

Graeme has approx 30+ years experience -working in general legal practice, trusts, wills, business conveyancing (sale & purchases of property) family law- (refers Court work to barristers), employment law, dispute resolution, estate administration, family trusts.

George Guo LLB (Waikato)

George is a Chinese lawyer who is fluent in English and Mandarin. He has special expertise in immigration law, works in conveyancing (residential & commercial), estate administration, and trusts.

Karen Sanson (Associate NZILE) Registered Legal Executive

Karen has worked as a conveyancer in several law firms for over 13 years. She has knowledge of other legal issues. She has also worked in supervisory capacities in government departments.

We have a website which you might be interested in referring to for your own information. It is www.clydelaw.co.nz

Remember you are always welcome to pop in for a cuppa and a bit of a chinwag.

Funders & Sponsors

A BIG thank you to our funders and sponsors for 2006/7:

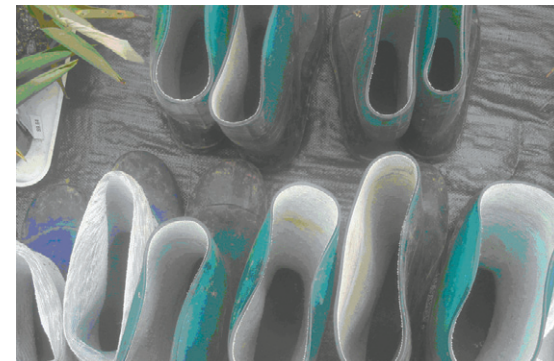
Hamilton City CouncilOperations/Rent)
 McCawLewisChapman (legal advice)
 OSCAR (Holiday Programme)
 Hamilton City Council Community Wellbeing
(community education, wages)
 Hamilton City Council Holiday Programme Fund
 Lotteries (wages)
 COGS(operating costs)
 DV Bryant Trust (Budgeting service)

Baker's Delight – Hamilton East (Bread)
 Hillcrest High School (Community Education courses)
 Envirofund (Gibbon's Gully project)
 JR McKenzie (Wages)
 Tindall Foundation – Gardening costs
 Hamilton Boys High School – Gardening course
 HCC Community Well Being Grant – Wages
 WEL Energy Trust - Wages

Cheryl on Symmington

WINTER is starting to set in and a time for clearing and tidying the garden. Collect the falling leaves and put them to good use by adding them to your compost or using them for mulch on the garden. To help the leaves break down faster as mulch, you can run the lawn mower over them while spread out on the grass to chop them up a bit finer. If using them in the compost, apply thin layers at a time mixing with green (nitrogen) materials to help with the decomposing. If you added a thick layer of leaves you may end up with that layer taking longer to break down than the rest of the materials in the compost bin. You are likely to have an excess of leaves so store them for future use.

Leaves and any other products from trees including paper and (untreated) wood ash are carbon or brown materials as are dried off plants such as straw and hay. There is a wider variety of nitrogen or green materials. These are any green plant waste such as the remains of your crop after harvesting, grass clippings, food scraps from your kitchen, weeds that are not pests and likely to infest your garden and herbivore (animals that do not eat meat) manure. Weeds to avoid placing in the compost are the obvious such as oxalis, wandering dew, convolvulus and others. Avoid contaminating your compost with diseased plants. The decomposing of the compost slows down in the winter along with the microbial and worm activity. Turning can help to speed up the process by aerating the mix and stimulating the activity of the microbes which will help build up the heat in your heap, all aiding in the decomposing.



If you want to know more about composting and organic gardening we will be holding an organic gardening course at Waimarie Community House in October. Enquiries and bookings can be made at the community house.

Not a great deal to plant in the way of veges at present but if you haven't got your garlic in yet don't leave it too much longer. Traditionally, garlic is planted on the winter solstice, 21st June. It is still possible to plant broad beans for a late crop as well as brassicas and peas but growth will start slowing down now. Mulch your garden with pea straw or old grass clippings to help keep the soil warm and suppress weed growth.

Happy gardening.

Remember gardening kicks off on Friday mornings about 9.30am. All welcome.

Regular Services and Activities

Remember we also offer the following services and regular activities:

- Photocopying @ 10c per A4 page and 20c per A3. Over 10 copies 7c and 15c
- Rooms for meetings and seminars
- Veggie co-operative \$10 a box of veg (includes some fruit). Egg trays: size 5 \$6.20, jumbo \$7.60 (30 eggs) and potatoes: \$8.50 for 5kg, \$10.00 for 10kg. Ring with your order and pay by Tuesday lunchtime. Collect from lunchtime Wednesday.
- Gardening group on Friday mornings.
- Free legal advice from 11.00am on last Friday of the month and every second Tuesday from 10.00am -by appointment only.
- Cuppa and a bit of a chinwag

- Referrals
- Budgeting Service. This free service is now operating again on Tuesdays from 9.00am.
- Phone for an appointment. Julie Elmer is the Budget Advisor. Tues am, Wed pm
- Benefit Advocacy. Phone Craig Wills on 8504013. Craig is based at Waimarie on Thursdays from 10.00-3.00pm. Phone for an appointment or drop in.
- Opportunity Shop. Come and browse for a bargain in "Waste not want not". Open daily.
- Free counselling on with Bill Rout. Phone him for an appointment on 859-0118.
- Free advisory service with Shu-yin Wong on Friday mornings. By appointment only.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	Waikato Home Tutor Scheme English Conversation 9.30-11.30am Ph: 07 853 2188 Starts: 21st July 2008 Beginners Yoga 11.45-1.15 Costs: \$32 per 8wks Tutor: Samadhimurti Starts 5th May; Enrol by 2nd May Min 6-8 Opportunity Shop 9-3pm	Veg & fruit boxes, eggs, potatoes & orders taken & paid for by 2.00pm Budget Advice Please ph: 07 858 3453 for an appt. By appt only Family Start Whanau Development - 6 weeks Starts: Aug 12th 2008 – 9-12 noon (Room Hire, Lounge & Raumat) Opportunity Shop 9-3pm	Vege orders ready for pickup from 10.30 Thriving on a Shoestring 9.30-12.30pm Starts 23rd July Enrol by: 18th July 9 weeks (lounge) Opportunity Shop 9.00 – 3.00pm	ESOL classes 9.30 – 11.30am Ph 07 853 2188 Starts: 24th July 2008 (Room Hire) Family Support Advice Please phone 858 3453 to make an appt. 10am - 3pm Opportunity Shop 9.00 – 3.00pm	Gardening Group (All welcome) 9.30 – 12.00 noon Free legal advice Last Friday of every month from 11am and every 2nd Tuesday from 10am. Come in or phone for an appointment. Opportunity Shop 9.00 – 3.00pm
AFTERNOON	Yoga 1.15 – 2.45pm Costs: \$20 per 4 wks Tutor: Samadhimurti Starts: 21st July Enrol by the 18th July Min: 6-8.		Tai Chi 2.00 – 3.00pm Tutor: Eddie Tan \$2 per class Starts: 23rd July 08 (Lounge)		Healthy Cooking On A Budget 1.00-2.30pm Tutor: Jen Riley \$20 for 5 weeks Starts: 25th July - 29th Aug No Class on the 22nd Aug (Kitchen)
EVENING	Sahaja Yoga 7.00 – 8.30pm Tutors: Prem & Daya Govender Ph: 07 823 1589 (Room Hire)	Toughlove 7.30pm – 9.30pm Ph: 07 856 5999 (Room Hire)		SEKCA Meeting 7.00 – 9.00pm. Every Second Thursday of every month New members welcome.	