

# New at Waimarie

## Massage

We will be offering half hour sessions of therapeutic massage from August 15 for \$15. Our masseuse is Ellamay Pomare. She has been a volunteer at Waimarie for around six months and is currently completing counsellor training at WINTEC. Ella May has been practising Mirimiri (massage) for 15 years. Ellamay believes that through the use of Mirimiri, she can decrease the physical, mental and emotional stresses a person may experience and that the holistic approach relaxes, invigorates and embraces desired changes.

## Drop-in computer clinic

We will be offering a new service on Thursday afternoons from 1pm to 4pm. You will be able to use a dedicated computer to work on your CV, look for work online and similar. Someone may be on hand if you need help with your CV. You do not need to make an appointment but, if you ring first, we can tell you if anyone is using the computer.

## Budgeting clinic

We will continue the budgeting clinic next term on Tuesdays from 10am to noon. This is a drop-in clinic for people wanting help to complete a budgeting sheet.

## Yoga

We are reintroducing a day-time hatha yoga class. It combines stretching, breathing (pranayama) and relaxation (yoga nidra) to tone, strengthen and develop flexibility in the body and increase awareness of and relief from stress by relaxing the body and mind.

Karyn (pictured) is an International Yoga Teacher's Association (NZ) trained yoga teacher who has been practicing yoga for 38 years. Her classes cater for beginners to advanced practitioners with each person working to his/her ability. All that is required



is to wear loose, comfortable clothing. If you have a mat and a blanket, bring them along. This nine-week course starts on Tuesday, August 9 from 1 to 2.30pm. The cost is \$60.

## Self defence for women

Aimee Harmes-Broad in conjunction with a colleague is offering a two part self defence workshop in September. She is a senior instructor in Shinjo-Kai Kartedo. It will include basic and effective techniques for breaking out of grabs, basic attack combinations, kicking techniques, safety on the ground and how ones decisions are a first line of defence. Training pads, mitts and bags are provided. It will cost \$20 for both sessions.

# Lisa on Symmington

Firstly, a huge farewell and thank you to Cheryl Noble who has been with the community house and the garden journey for many years. We are grateful for all the hard work she has put in to making the garden the success it has become, and the enjoyment people have and continue to gain from this. Also, a big welcome to David and Kate who are working together on the development of the gardens. We also welcome Colleene who has kindly offered to advise us on organic gardening and permaculture design.



This is hopefully the beginning of many articles I will be writing. Being new to this role and the garden, I hope I can follow in Cheryl's footsteps. Winter is definitely upon us with the garden is looking a little sad, but we have been busy with new planting and seedlings coming along in the

greenhouse. This is a good time to plant your root vegetables and ensure the abundance of produce through the winter months. We have a range of root vegetables, and some healthy, leafy plants coming along nicely. Garlic will be planted on Wednesday, June 22.

The volunteer gardeners are busy mulching the gardens to provide nutrients and keep the soil at an even temperature through the winter. Seedlings will be available for purchase at reasonable prices from the community house within the next few months, so if you are looking to plant your winter garden come and check out our variety of organic seedlings. We encourage anyone interested in the garden to pop in for a cuppa, chat and a tour and we look forward to updating you on our progress in the spring.

# Warm your heart with vegetable soup

## Ingredients

- 1 can chickpeas drained and rinsed
- 1 can kidney beans drained and rinsed
- ½ cup of barley, yellow and green split peas and red mixed lentils
- 6 to 8 cups vegetable or chicken stock
- 2 tbsp olive oil or other cooking oil
- 2 medium carrots and 3 medium potatoes, peeled and diced
- 2 celery stalks, diced
- 1 red and green seeded and diced
- pinch cayenne
- 1 to 2 cloves crushed garlic
- Bunch of herbs — parsley, thyme or oregano.
- 1 bay leaf

- 2 to 3 tbsp tomato paste
- 1 tbsp soy sauce or miso

## Directions

Heat oil on medium in pan. Chop carrots, potatoes, celery and pepper. Increase the heat a bit and sauté for five minutes. Add garlic and cayenne sauté another few minutes. Add the rest of ingredients and bring to boil, cover and simmer 20-30 minutes, until veggies are nicely tender. Add soy sauce or miso and fresh minced herb. **Slow Cooking:** You can either sauté the veggies and spices first, then add to the crockpot, or just throw everything in cold, set the crockpot on low, cover and cook for six hours. Add the fresh herbs and soy sauce or miso at the end of cooking.

# Keeping warm on the Eastside

Winter's coming and so are the home heating bills. But whether you're looking for a new heating system, or using the one you have, there are plenty of ways to get more comfort for your dollar. A warm, dry home is not just a lot nicer to live in, it's also healthier.

There is a range of energy efficient options on the market that have comparatively low running costs and produce little or no air pollution. No matter

what type of heating you have, making sure you also have proper insulation and using your heater well will make it easier and cheaper to keep your home warm.

Simple things like closing the curtains at sunset, only heating the areas you're using, learning to use your timer and thermostat controls properly, and using dry firewood can really make a difference to a home's comfort and running costs.

Without good insulation, any heating will have to work harder to keep your home warm. If you have ventilation or dampness issues, get those sorted — they impact on how warm and healthy your home is.

Know what size heater you need — too small and it may cost you more to run or be unable to keep up with your heating needs.

Aim for healthy indoor temperatures by setting the

# New community advisor in team

Hi everyone. My name is Sarah Oliver and I have recently become Hamilton City Council's East Hamilton community advisor. Some of you may have known me in my role at the Waikato Museum.

I have been in Hamilton for almost 25 years and during that time have lived in Fairview Downs, Hillcrest, Silverdale, Hamilton East and Fairfield, so I know the area well and know what a great place it is to live.

Having seen the recent quakes in Christchurch it has reminded me how important our immediate communities and neighbours are in times of need, and that being aware of the help that is available is so important.

My role is about extending communication and offering support in the community and linking, where possible, people to resources, this may be through support with local events and programmes, a link to council or other community agencies or just someone to bounce ideas off.

There are lots of exciting things coming up, but one for the diaries to drive away the winter blues is the Hillcrest Park Festival on Sunday, July 10 from noon to 4pm. This is a free event run by the Hillcrest Park Guardians in Hillcrest Park off Masters Ave. There will be lots of performances from some of our local schools and groups, fun activities and general good times. So put it in your diaries and bring the family.



Sarah Oliver

I would love to hear from you if you are a user of Dawson Park, opposite Hamilton East School. We know it is a popular park and is being used by lots of different people throughout the day, so if you are part of sports club or just regularly kick a ball around the park please contact me.

Also keep an eye out for opportunities for input into the Neighbourhood Accessibility Plan for Hamilton East that is currently underway. This plan aims to help the local community to improve the quality and safety of walking and cycling networks as well as the accessibility of public transport.

I am in a variety of settings during the week on the Eastside, but for the Hamilton East residents I am based at Waimarie Community House on Fridays and would love to hear from you.

I can be contacted anytime during the week via my email sarah.oliver@hcc.govt.nz or give me a call on 07 838 6699.

## YOUTH SCENE

### Kia ora whanau, He mihi nui ki a koutou.

Winter sports are in full swing at the moment with many of our young people involved in local sports clubs and school sports. Get down and support Hamilton Boys High School First XV rugby team who are playing in the Super 8 Rugby tournament. Games are usually midday on Saturdays at HBHS but check first with the school on (07) 853 0440 to make sure of the date, times and venues. This team is the current school first XV world champions so you will probably be watching our future All Blacks.

The Jambo Cup 2011, New Zealand Kidz Ethnic Soccer Festival is scheduled for Saturday, September 24. Usually held at the University of Waikato sports grounds, this year's festival has shifted to Ashurst Park, Te Rapa — registrations close Wednesday, August 31. This six-a-side tournament has been running for four years now and is aimed at young people aged from six to 16 years. Age groups include — under-

8s (6-7yrs), under-10s, under-12s, under-14s and under-16s (14-16 yrs). Contact the organisers on 07 847 6968 for more info and to register.

The following weekend October 1-2 is the older New Zealand Ethnic Soccer/Football Festival. This tournament is for 16 years and older and will be celebrating its 10th anniversary. Contact Patricia Novoa, the event co-ordinator at the Hamilton Multicultural Services Trust (07) 853 0463 for more information.

The Recognyz Youth Awards 2011 is coming up later this year so now is the time to think about nominations. For more information go to [www.htwnyouth.co.nz](http://www.htwnyouth.co.nz).

Other regular youth-focused activities and projects in Hamilton include:

■ Capoeira4Youth. This free weekly programme is an opportunity to learn the exotic Brazilian Martial Art capoeira. Performed to music, this art combines rhythm and agility, with awesome self-defence skills. Tuesdays 7pm-9pm at Studio 46, Te

Ahurei a Rangatahi Agency Floor 1, 46 Bryce St in Hamilton's CBD. Contact me on 07 855 6497 for more information.

■ Kickboxing4Youth. This free weekly (during school term only) project is a basic level introduction to kickboxing training for 12-25 year-olds. Mondays and Wednesdays from 4pm-5pm at Fairfield Hall, Clarkin Rd. Contact me on 07 855 6497 for more information.

■ Te Ahurei a Rangatahi (TAAR), is a youth-focused agency located on Floor 1, 46 Bryce St in Hamilton's CBD. A multi-faceted agency that includes youth-appropriate counselling services, support groups, camps, programmes, competitions and much more. Studio46 is a community dance studio located on site and has regular weekly activities but can also be hired for small events and projects. Contact TAAR on 07 838 3013 for more information.

Mauri ora.

— Mike Rarere  
South east Hamilton youth advisor