



WAIMARIE: HAMILTON EAST COMMUNITY HOUSE

53 WELLINGTON ST, HAMILTON EAST • PH 07 858 3453 • FAX 07 858 3475 • EMAIL waimarieham@xtra.co.nz • www.waimarie.org

Helpers keeping busy in the garden

In the community garden, the volunteers have been busy sewing garlic, peas and beans, and a few more brassicas.

Last week, we harvested some carrots and broccoli which were very successful.

Our other main tasks have been raking up the leaves to put in the compost, and having a general winter tidy up.

Our hens are all doing well and laying lots of eggs for us, which we have been eating with our shared lunch.

Well done to all the volunteers who keep coming, even on the cold wet days.

Nutritious fruit, vege boxes on offer

Fresh fruit and vegetables are wholesome, good-value nutrition.

Waimarie offers vegetable and fruit boxes for \$11 per box.

They are usually enough to feed two adults and two children for up to a week and are ideal for flats, families and couples.

Place and pay for your order before Wednesday 1pm and pick up Thursday after 10.30am.

You can order and pay at the community house, 53 Wellington Street or phone 858 3453 with your order and pay by end of Tuesday if by direct credit.

Tips for cooking for babies and toddlers

Want to become more confident and gain skills in preparing healthy food for babies and toddlers?

Do you need to know what to give baby? How much? How often? Homemade vs store bought.

Do you need to understand what and when to start baby on solids?

Do you need to gain an understanding of food hygiene? Waimarie, in collaboration



with Fraser High School's Adult and Community Education (ACE), is organising a community course on August 4 and 5.

The cost is \$30 per person or \$15 for a family with a Community Services Card.

Payment can be made at Waimarie (no Eftpos) or online direct banking.

A place on a course is not guaranteed until it is paid for. Contact for booking is Anne at Waimarie.

WINTER WARMER



Cream of broccoli soup

Ingredients:

- 5 tablespoons butter, divided
- 1 onion, chopped
- 1 stick celery, chopped
- 750ml chicken stock
- 700g broccoli florets
- 3 tablespoons plain flour
- 500ml milk

Directions:

Melt 2 tablespoons butter in medium-sized stock pot, and saute onion and celery until tender. Add broccoli and stock, cover and simmer for 10 minutes. Puree soup and return to heat.

In small saucepan, over medium-heat melt 3 tablespoons butter, stir in flour and add milk. Stir until thick and bubbly, and add to soup. Season with salt and pepper and serve with a nice crusty bread.

TERM 3, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Sewing class 10am-midday 6 weeks from July 20. Tutor Fiona Thomson Cost \$50 Holders of a Community Services Card can receive a Waimarie subsidy.</p>	<p>Budgeting advice 9am-3pm By appointment only (one hour appointment) Phone Waimarie</p>	<p>Vege & fruit boxes \$11 Place and pay your order before Wednesday 2pm.</p>	<p>Free legal advice Niemand Peebles Hoult from 9am. 15-minute appointment. By appointment only. Phone Waimarie</p>	<p>Gardening group 9.30am-12.30pm New members welcome. Call Jane or Ange at Waimarie to join the gardening group</p>
Afternoon	<p>Ukulele for children Tutor Alice Bulmer 6 weeks from July 27 3:30-4pm beginner 4:15-4:45pm Next step Cost \$20 (Family with community services card will be subsidised) Contact Anne at Waimarie.</p>	<p>Cooking tips for baby and toddler 9am- 1pm August 4 Cost \$30 per person or \$15 with community services card (2-day course)</p>	<p>Cooking tips for baby and toddler 9am-1pm Cost \$30 per person or \$15 with community services card.</p>	<p>Tai chi 2-3pm Tutor Eddie Tan \$5 per class. Ongoing from July 20. Contact Anne at Waimarie.</p>	<p>Free public access computer 1-4pm Research, CV updates, look for work. Help available on request.</p>
Evening	<p>Ukulele intermediate for adults Tutor Alice Bulmer 6 weeks from July 27 5.30-6.30pm Cost \$60 Contact Anne at Waimarie</p> <p>Room hire: Sahaja Yoga Meditation 7-8pm Inquiries to Novell 027 8394556</p>	<p>Room hire: Toughlove 7.30pm-9.30pm Phone 856 5999 Ongoing meetings</p>	<p>Room hire: Free Bible studies. Answers to life's questions. Every Wednesday 7-8.30pm All welcome. Phone 021 2573287</p>	<p>Book club meetings Third Thursday of each month Off site, 6:30-7:30pm Ph Anne 856 8531</p>	<p>SEKCA Meeting 3.30-4.30pm Second Thursday of each month. New members welcome.</p> <p>Room hire: Green Party 7-9pm Third Thursday of each month.</p>