



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

CO-ORDINATORS CORNER

House aims to support community

Welcome. 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. Please pop in or email us and let us know what you would like to see happening at Waimarie and/or how you could help us to achieve your vision. We need the support of our community, you, to help us be of maximum benefit.

Summer has been a bit short so far this year which suits me fine as I don't cope well with heat but it was probably disappointing for many of you. Rainfall has been plentiful which is always a blessing so everything is lush and green instead of brown as it usually is at this time of year.

We have been extremely busy over the past few months which may reflect the pain that many in our community are experiencing in these straitened times. We are doing our best to accommodate people's needs while recognising that we cannot be all things to all people.

Holiday programme

Our Easter Holiday Programme will run from April 10 to 20. We cater to children aged from 5 to 12 years. You may be eligible for a WINZ subsidy to cover the cost of the programme. We can cater for 25 children and have a range of activities including a day trip on Fridays. Our programme is low/no tech (apart from the odd video) with baking, sporting and craft activities in lieu of screens.

Knit one, purl one

We have formed a new group meeting at 1pm on Mondays. Come along with your needles and wool to knit with like-minded people. Learn new techniques from each other and support new and seasoned knitters with company and a cuppa. This is a free activity. If you have another craft activity please feel free to work on that instead.

— Ka kite ano
Jane Landman



Slow cooker pasta sauce

If your tomatoes are in abundance this year why not make some homemade tomato pasta sauce to put in the freezer for later use.

Ingredients

4 onions, chopped
4 cloves garlic, minced
1 green capsicum, chopped
1/2 cup vegetable oil
16 cups chopped tomatoes
2 tablespoons dried oregano
2 tablespoons dried basil or a good handful of fresh
1/4 cup chopped parsley
1/4 cup white sugar
2 tablespoons salt
3/4 teaspoon black pepper

Directions

Put the onion, garlic, green pepper, and vegetable oil in a slow cooker.

Cook until onion is transparent.

Add the chopped tomatoes, oregano, basil, parsley, sugar, salt and ground black pepper.

Cook for 2 to 3 hours on low heat.

Stir frequently.

Let sauce cool.

Pour sauce into suitable sized size freezer containers. Store in freezer.

When ready to use sauce, stir in tomato paste for richness.

Powerful difference in simple measures

We've all been hit in the pocket by rising electricity costs that are beyond our control. You can make an impact on the amount of energy consumed in your household, save money and the environment.

Here are some simple power saving tips to help stretch your budget a bit further.

Some may seem obvious but they can make a big difference to your annual power usage.

Lights

- Turn lights off when you leave a room.
- Instead of leaving outside lights on at all times, fit motion sensor lights.
- Use energy-saving bulbs throughout your home.

Heating

- Block all draughts, such as

unused fireplaces, door gaps and windows; 15 to 25 per cent of heat escapes through gaps or poorly sealed areas.

■ Choose a heater that suits the space, ask at your appliance dealer for the best heater for the room.

■ Make sure your home is well-heated, especially during winter, to avoid dampness, mould and mildew.

■ Consider an environmentally-friendly woodburner to heat your home.

■ Turn off heated towel rails at night.

Laundry

- Use cold water for your washes — this will save you 90 per cent in running costs.
- Only put a wash through when you have a full load.
- Hang clothes to dry rather than using a drier; string up a

line in the garage or carport or use a freestanding rack.

Kitchen

■ Buy an energy efficient refrigerator; a modern model will use 25 per cent less than an older model.

■ Ensure your fridge and freezer doors are well sealed.

■ Use a lid when heating a pot on the stove-top.

■ Use a microwave as this uses half the electricity as a conventional stove.

■ Run the dishwasher only when you have a full load.

Floor and Ceiling

■ Insulate your house; lack of insulation can account for 40-60 per cent of heat loss.

You may be eligible for the Government-funded EECA grant.

■ Fit thick carpets with underlay, or cork tiles, to

achieve maximum floor insulation.

Windows

■ Fit well-lined curtains; windows can account for 25-30 per cent of heat loss.

■ Close curtains and windows in the evening.

Hot Water Cylinder

■ Heat loss from an older hot water cylinder is a common problem in New Zealand homes.

Check the label — anything less than an "A" grade cylinder needs insulation.

If the outside feels warm to the touch, you need to fit a wrap.

■ Insulate the first two metres of pipe from the hot water cylinder.

■ Check the thermostat; your water doesn't need to be any hotter than 60 degrees Celsius.

LISA ON SYMMINGTON

Rain dampens harvest success

I hope that everyone has enjoyed their summer months in the garden. With the volume of rainfall it has meant for some of us that our crops were not as abundant as last year. We have been lucky with our tomatoes, beans and cucumbers. I have been kept busy turning some of the produce into chutneys, relishes or pickles.

Our plums were good this year and we have enjoyed them fresh as well as being preserved as sauces and jams. We are hoping to get a reasonable crop of pumpkins as word has it these will be pricey through the winter as many have been lost due to the

volume of rain we have had.

We are in the process of preparing our garden beds and sowing seeds in trays for the next rotation in the garden. This will include broccoli, cauliflower, kale, beetroot, parsnip, leeks and a variety of onions.

Remember that you can still plant lettuce, radish and spring onion for a tasty early autumn salad.

We have had a great success with the three large bins of beautiful compost that we have had on the go for a year, and it has been freshly spread over the plots.

We are looking at discovering

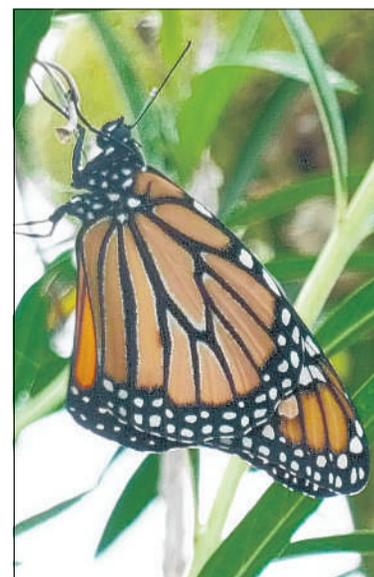
new methods to dispose of our weeds rather than putting them out for collection.

We would love to hear from anyone who has any ideas towards finding a solution to the problem.

We will have seedlings available in about six weeks from now.

I have been making pickles and chutneys and have run out of small jars with metal lids. If you have any old jam jars or similar lying around we would love to have them.

We have a range of delicious fare for sale at reasonable prices. Happy gardening!



Thank you for all of your support

A big thank you to our funders and supporters for 2012
COGS (operating costs)
Community Response Fund (MSD) (Operations)
Donny Trust (Sporting & Cultural Fund)
Hamilton City Council (Operations/Rent)
Hamilton City Council Holiday Programme Fund
iRs (DHB) (Gardening costs)
Lion Foundation (Computers/shelving)
Lotteries (Wages)
Norah Howell Charitable Trust (Wages)
OSCAR (Holiday Programme)
The Southern Trust (Overheads, printing)
Trust Waikato (Global costs)
WEL Energy Trust (Wages) Supporters
Clyde Law (Legal advice)
Hamilton Budget Advisory Service (Support)
Pukete Neighbourhood House (Advocacy Support)
Sunshine Bakery (Bread, pies)
Also a big THANK YOU to all those neighbours and volunteers who have given their time and energy to Waimarie.

REGULAR SERVICES AND ACTIVITIES

Remember we also offer the following services and regular activities:

- Photocopying at 13c per A4 page and 25c per A3. More than 10 copies 11c and 20c.
- Rooms for meetings and seminars.
- Vege boxes — \$11 a box

(includes some fruit). Phone with your order and pay by Wednesday lunchtime. Collect from lunchtime Thursday. Online payment option available.

■ Gardening group on Friday mornings.

■ Free legal advice for 20 minutes from Clyde Law. By appointment

via Waimarie only. No family law advice available at present.

- Cuppa and a bit of a chinwag.
- Referrals.
- Budgeting service. This free service is on Tuesdays from 9am. Phone for an appointment. Barry Wilcox is the budget adviser.
- Advocacy. Phone Craig Wills

on (07) 850 4013. Craig is based at Waimarie by appointment.

- Laminating.
- Holiday programmes.
- Free use of computer on Thursdays for job search, CV writing and research.
- Community education classes.
- Books for sale \$2 or exchange.