



WAIMARIE HAMILTON EAST COMMUNITY HOUSE

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Co-ordinator's Corner

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.



Spring is on the way with daffodils and tulips popping up their gorgeous heads in our garden as winter loses its grip on the earth. Now is the time to get serious about putting in that vegetable garden or growing some colourful annuals or perennials. With plenty of help, I am planning and creating a large vegetable garden at the back of my house with paved surrounds left over from my demolished deck. The compost bins, along with the tiger worms, have been moved, hidden pavers uncovered and removed and the area mostly dug over. Pavers and bricks are being formed into new paths. It is time to walk the talk with vegetables! We will run a Vibrant Living course this term. This will cover organic gardening, healthy cooking on a budget and parenting. It will run for eight mornings (See Booking Sheet).

The September Holiday Programme is due to kick off on September 28. We are Child Youth and Family Services OSCAR approved so you may qualify for an MSD subsidy. Ring Waimarie for details.

There is no Cheryl on Symmington this issue as Cheryl has been in Burma on her usual winter jaunts. You are welcome to pop in and take a tour around the garden. We have garden signs dotted around with information about how to compost, rotate your crops, how to use the earth oven and how to make and maintain your own earth worm farm.

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

Issue 18 Ph: 8583453 Fax: 8583475 email: waimarieham@xtra.co.nz

Website: www.waimarieham.wainet.org

J. Landman
Co-ordinator

Eastside happenings

with Hannah Banks

WELL done Hillcrest Park Guardians! The Hillcrest Park Guardians are a group of local Hillcrest residents who formed last year in response to concerns about safety issues in Hillcrest Park. The Guardians held a public meeting to discuss the issue in November, presented a sizable petition to Hamilton City Council requesting changes in the park and held a community family picnic in March 2009. In response to the issues raised by the Guardians, Hamilton City Council has agreed to take measures to address these concerns. Congratulations to Hillcrest Park Guardians for providing a great example of what collective community action can achieve!

Local residents and property owners in York and Ford Streets have expressed concerns about the amount of rubbish and tagging and the number of cars parked on street verges around the area. Remember to make sure that rubbish and recycling is out for collection on the correct days and in the appropriate containers. If anyone sees tagging phone Hamilton City Council's tagging hotline (0800 TAGBUSTERS).

Hamilton Community Network Meetings provide an opportunity for people to promote their work, organisations and services, share information, develop useful contacts, provide feedback on and discuss collaborative solutions to current local issues. South East Community Network Meetings are held every second Tuesday of the month 2-3pm at East Hamilton Community Policing Centre, 245 Clyde Street. Dates of upcoming meetings are 13 October



Hannah Banks



and 10 November (1pm start). For more information phone Mike Rarere on 07 855 6497 or Hannah Banks on 07 853 2483.

Red Lentil Dahl

This recipe is simple to make, cheap, healthy and delicious! Spices can be purchased from Indian food shops.

- 2tsp black mustard seeds
- 2 tsp cumin seeds
- 1 tsp salt
- ¼ tsp black pepper
- 1 tsp turmeric
- 2 tsp ground coriander
- Chilli powder (optional)
- 2 Tbsp oil
- 1 tbsp butter
- 1 onion, diced
- 1 cup red lentils (rinsed and drained)
- 3 cups water
- Juice of 1 lemon

Heat oil and butter in large pot, add black mustard seeds and cumin seeds and cook until mustard seeds start to pop. Add diced onion and cook until soft (3-4 minutes), then add salt, black pepper, turmeric, coriander and chilli powder if using, and cook for 2 minutes. Add lentils and water, cover, bring to the boil and then reduce to low heat. Simmer for 30-45 minutes, stirring regularly. When cooked add lemon juice. Eat by itself or serve over rice.

WANTED!

Volunteers to run a stall for us at Steele Park market. These are held fortnightly on Sundays from 10am to about 1pm. We will just run a stall if and when volunteers are available. We can sell books, raffle tickets and similar as well as promoting the Community House. Great activity to do with a friend for company. Phone Waimarie: 858-3453 Egg cartons and plant pots. Baking/ Preserves for sale at the markets.

Funders & Sponsors

A BIG thank you to our funders and sponsors for 2009:

Clyde Law.....(Legal advice)	Lotteries.....(Wages)
COGS.....(Operating costs)	McCawLewisChapman.....(Legal advice)
Creative Communities.....(Garden Sculpture)	Mighty River Power.....(Donation)
DV Bryant Trust.....(Wages)	Norah Howell Trust.....(Community Education)
Entertainment Publications.....(Entertainment Books)	OSCAR.....(Holiday Programme)
Envirofund.....(Gibbon's Gully project)	Sunshine Bakery.....(Bread, pies)
Hamilton Boys High School.....(Gardening course)	The Crest Bakery.....(Bread, pies)
Hamilton City Council.....(Operations/Rent)	The Suthern Trust.....(Budgeting/Stationery)
Hamilton City Council Community Wellbeing Grant .(Wages)	Tindall Foundation.....(Gardening costs)
Hamilton City Council.....Holiday Programme Fund	Trust Waikato.....(Wages)
Hillcrest High School.....(Community Education courses)	WEL Energy Trust.....(Wages)
JR McKenzie.....(Wages)	
Lion Foundation.....(Media equipment)	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	<p>Waikato Home Tutor Scheme English Conversation 9.30-11.30am Ph: 07 853 2188 Starts: 12th October 2009 (Lounge)</p> <p>Welcome Home Mums Group Louise Barton Ph: 856 5855 9.30-11.30am (Raumati)</p>	<p>Veg & fruit boxes, eggs, potatoes & orders taken & paid for by 2pm</p> <p>Free Legal Advice 2nd & 3rd Tues of every month. Come in or ph for an appt.</p> <p>Budget Advice Please ph: 07 858 3453 for an appt. By appt only</p> <p>Vibrant Living 9.30-12.30pm \$25 for 9 weeks Starts 20th Oct Enrol by 16th Oct (Lounge)</p>	<p>Vege orders ready for pickup from 10.30</p> <p>Organic Gardening 12 noon - 1.30pm Costs: \$5 per class Tutor: Cheryl Noble 14th Oct - 4th Nov 2009 (4 weeks) Ph 834 2249 (Lounge)</p>	<p>Family Support Advice. Please phone 858 3453 to make an appt. 10am - 3pm</p> <p>DHB Weight Loss Programme (Lounge)</p>	<p>Gardening Group (All welcome) 9.30-12.00 noon</p> <p>Free legal advice 11-12 noon Last Friday of every month. Come in or phone for an appointment.</p>
AFTERNOON	<p>Yoga For Everyone 12 noon - 1.30pm Costs: \$36 per 7 wks Tutor: Samadhimurti Starts: 12th Oct - 30th Nov Enrol by the 9th Oct (Lounge)</p>		<p>Tai Chi 2.00 - 3pm Tutor: Eddie Tan \$2 per class Starts: 14th Oct 2009 (Lounge)</p>		
EVENING	<p>Sahaja Yoga 7.00 - 8.30pm Tutor: Horst Ph: 07 871 3119 (Room Hire)</p>	<p>Toughlove 7.30pm - 9.30pm Ph: 07 856 5999 (Room Hire)</p>	<p>Hamilton East Junior Youth Group 4.15-5.30pm (Lounge)</p> <p>Film Screening 7-9pm (Lounge)</p>	<p>Book Club Meetings 6.30-7.30pm 3rd Thursday of every month</p> <p>SEKCA Meeting 7-9pm Every second Thursday of every month. New members welcome. (Lounge)</p>	