

Funds sprout from seedling project

WE have begun a new fundraising venture to try to make ends meet in these tough times. There have been some surprising benefits along the way and we have yet to sell a single seedling. We decided to grow organic herbs and heritage tomatoes, using organic potting mix. Lynda (our funder/marketer) did some figures and wrote a plan. I purchased the seeds online from Koanga Gardens up north. Lynda bought the potting mix and we were ready to go. Lisa, who is a close neighbour, offered to volunteer whilst she is on maternity leave. We immediately put her to work making shelving out of bricks and bits of wood and cleaning out the greenhouse. Trudie and I cleaned out our garages and brought in some old garden pots and our old egg cartons.

Allan and his crew from Gracelands have been coming in on Wednesdays for quite a while to box up the veggie boxes and do some gardening. As it is a Wednesday when Lisa comes over, they quickly became curious and wanted to help. Daniel came into my office, beaming from ear to ear, describing how he had helped Lisa that morning. He has done so every Wednesday since, keeping Trudie and I up to date on progress. Allan also became enthused

and replaced the rather rickety shelving with sturdier ones made from wooden pallets. When we ran out of potting mix, Allan made up some potting mix using our own organic compost mixed with sand from the sandpit. Recycling and reusing have helped us keep our costs low and made the project more interesting than it would be otherwise. It forces us to use our creative energies and imaginations instead of running off to the nearest megastore.

Now we need a plant trolley to wheel to the gate so we can begin selling our produce. I have been looking on Trade Me but it may be more fun and interesting to make our own. If anyone has an old trolley, 2 matching wheels of some description or some bits of wood, give us a bell.

We plan to start selling from the gate a couple of times a week as soon as the seedlings are ready so kKeep your eye on the front gate!



Seedling Project members (left to right) Allan, Daniel, Lisa

Regular Services and Activities

- Photocopying @ 13c per A4 page and 25c per A3. Over 10 copies 10c and 20c
- Rooms for meetings and seminars
- Veggie co-operative \$10 a box of veg (includes some fruit. Ring with your order and pay by Tuesday lunchtime. Collect from lunchtime Wednesday.
- Gardening group on Friday mornings.
- Free legal advice on alternate Tuesdays and Fridays - by appointment only. Phone for times and appointments. Provided and sponsored by McCawLewisChapman, Clyde Law and Shuyin Wong.
- Cuppa and a bit of a chinwag
- Referrals
- Budgeting Service. This free service is on Tuesdays from 9.00am. Phone for an appointment with Julie Elmer.
- Benefit Advocacy. Phone Craig Wills on 8504013 for an appointment.

Green Goodies - Cleaning your home without chemicals

Top Tips

- Clean your windows on a cloudy day. Direct sunlight causes streaks because the cleaning solution dries before you can wipe it off
- Place a bowl of vinegar out to absorb smoke odour
- To whiten woollens use half a tablespoon of methylated spirits and half a tablespoon of white vinegar into your rinse water

We don't need to kill all the bacteria in our homes. Many bacteria are important to help stimulate our immune systems and keep pathogenic bacteria at bay.

We seem to be brainwashed by the media that we need to super clean our bodies and homes and this is not true. The apparent rise in immune dysfunction in children and adults resulting in increased rates of asthma and allergies often relates to overuse of toxic chemicals in our lives.

A reasonable standard of hygiene is useful but over-disinfecting reduces our exposure to these microbes and body's defences are not properly stimulated, especially in young children.

Homemade Spray Cleaner
1 cup white vinegar

1 cup water

Mix in a sprayer bottle and shake well before use.

White vinegar is great at cleaning dirt and soap scum, plus it is good at absorbing odours with the vinegar smell fading when it is dry.

This mix can be used in the kitchen for counter tops and surface areas and in the bathroom on countertops, floors and the exterior of the toilet.

Undiluted white vinegar can be used straight from the bottle for tougher cleaning jobs such as soap scum, hard water deposits and the inside of the toilet.

COURSES AND ACTIVITIES FOR TERM 4, 2009

WELCOME HOME

A new 6 week course for women making the transition from career to child rearing, or struggling with the reality of fulltime motherhood. Offering support, encouragement and a structured programme designed to create positive, lasting changes, improve personal satisfaction and confidence in this challenging but rewarding role. Making at home work for you!! Mondays 9.30-11.30am. Support/Discussion group also offered.

Contact Louise 8565855, louise12@vodafone.co.nz

YOGA

Samadhimurti, is running a yoga classes

again this term - Mondays from 12.00noon to 1.30pm and costs \$36 for the term. Starts 12 October to 30 November. Min: 6 Max: 9.

TAI CHI

Tai Chi will run on Wednesdays from 14 October at 2.00pm. \$2 per class.

BOOK CLUB

The Book Club meets once a month at a member's house in Hamilton East. If you are interested in joining a book club, phone the co-ordinator, Anne Minkhorst, on 856-8531

HOLIDAY PROGRAMME

This will run for 5-12 year olds for the September holidays from 28 Sept to 9 October. We are MSD approved which means that

parents can apply for a WIN subsidy. Phone Waimarie for details.

VIBRANT LIVING

This course covers organic gardening, healthy cooking, budgeting and parenting. Get heaps or ideas to help you save money, live more sustainably and parent more effectively. 9 weeks from 20 October.

Creche available if needed for under fives. \$25 Tuesdays, 9.30-12.30pm. \$25 for the course.

ORGANIC GARDENING

Cheryl Noble will tutor this popular course starting on 14 October to 4 November. Weds from 10.00 to 12.00noon. \$5 per session.

Compelled to hide?

How strange that we should ordinarily feel compelled to hide our wounds when we are all wounded!

Community requires the ability to expose our wounds and weaknesses to our fellow creatures.

It also requires the ability to be affected by the wounds of others... but even more important is the love that arises among us when we share, both ways, our woundedness.

M. Scott Peck, 'A Different Drum'

Youth Scene



What's up? Spring/Summer time to get active!

Kia ora whanau,
He mihi nui ki a koutou.
Hope you are all good.

What's Up?

SPRING is here and summer is quickly approaching. Time to get into shape. Contact Sport Waikato Ph.07-8382657 and www.sportwaikato.org.nz, or visit the new Hamilton youth focussed website www.htwnyouth.co.nz to find out about local sports and activities.

September is a great month for sports events in Hamilton including the All Blacks vs Springboks Tri-Nations, Jambo Kidz National Ethnic Soccer Festival, The New Zealand Ethnic Soccer Festival and The Tua Vs Cameron Fight of The Century, throughout September and into October. Hamilton is "O for Awesome"! Encouraging our communities to be active has many positive benefits including building stronger and healthier communities.

Free, regular youth-focussed activities available in our community include;



By Mike Rarere,
South East Hamilton
Youth Advisor

- Capoeira for Youth program held weekly at Studio46, Te Ahurei a Rangatahi Youth Agency @ 46 Bryce St, on Wednesdays from 6.30pm. Capoeira is an exotic Brazilian martial art, combining music and self-defence.
- Martial Arts and Self Defence for Youth (males and females 10-25yrs), 4pm every Monday and Wednesday during the school term @ Fairfield Hall.
- Fairfield Young Mens Club (15-25yrs) 9am Tuesdays. Kickboxing training and breakfast @ Fairfield Hall.
- For more information about these programs

contact Mike 07-8556497

Te Ahurei a Rangatahi is an excellent Hamilton youth-focussed organisation located Floor 1, 46 Bryce St (Entrance on Barton St), providing services such as youth support groups, events, programmes, and camps. Their next camp is scheduled for 7-9 October, 'Waikato Teina Hikoi', a wicked positive youth project focussing on Waikato/Tainui histories, visiting marae, whenua, maunga and awa. Contact them on 07-8383013 for more information.

Whai Marama Youth Connex is a youth-focussed organisation with youth workers trained to support young people transitioning from school into further education, training and employment. Contact them on 07-8382558.

Hillcrest Chapel is located at the corner of Masters Ave and Morris Rd. During the year they run many programmes and activities for the community. These include regular weekly activities for children and youth of varying ages, special events and camps. Contact 07-8564222 for more information or visit

www.hillcrestchapel.org.nz .

The 2009 Hamilton Youth Sector Networking Meetings 'Hui Whakapiri' are held tri-monthly. These meetings aim to bring together those people and groups working with local youth to share information and build positive relationships in this sector. For more information contact Mike Rarere on 07-8556497.

If you are a local youthworker or want to be involved in youthwork you can contact the **Waikato Youthworkers Collective** for information and advice. This collective is currently strengthening its membership to provide support, information and training for those who work with young people. Contact Mike on 07-8556497 or 021-315469 for more information.

Finally, Hamilton's eastside has many local young people with secondary and tertiary exams and assessments coming up during October and November. Good luck to you all.

Kia ora.
Mike.