



# WAIMARIE HAMILTON EAST COMMUNITY HOUSE

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## Co-ordinator's Corner

WELCOME to the new decade. I hope you are all well rested and have had at least some time off over Christmas. 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.

I spent a few days with friends in sunny Gisborne after a challenging Christmas. I was fortunate enough to swim in the river with Moko the dolphin. I really mostly just stood in the mud whilst he swam around pushing a boogie board about, but it was very cool all the same and lucky for me as he moved on a few days after that. We also had lunch at a local winery and at The Wharf in town as well as swimming in the surf, just kicking back on their property out of town, drinking good wine and eating the delicious meals my friend cooked for us. My friend's daughter put some badly needed foils in my hair and I used real salon-grade shampoo. What a rare treat to be pampered and cooked for. I came back feeling rejuvenated, calm and happy.

It is sometimes quite hard returning to work after the summer break, with all those looming deadlines and thoughts of being a wage slave! I am determined to hold on to my holiday calm for as long as possible, i.e. longer than the usual couple of weeks! The trick is to plan pleasurable outings and events so that you don't get stuck in the same old rut and start to feel blah. A good start is \$8 Wednesdays at the Victoria Movie Theatre if you like movies. If you want style, check out the new Lido Cinema in Centreplace. There are many wonderful walks around the city which keep you fit and don't cost a cent. Let me know if you have any useful tips for keeping life interesting and the blues at bay.

### SURVEY

We are currently undertaking a mini needs analysis to find out what kinds of activities and community education courses

people want as well as what residents do and don't like about the local neighbourhoods. Please feel free to phone us or call in to give us your views. This is especially important in the light of the dramatic funding cuts to community education from this year. We are able to provide low cost courses if there is sufficient demand for them. We do not believe that education has to be about maths or English to be useful. Many people participate in community education for purely social reasons or just to get out of the house for an hour or two. People like to learn new skills or develop new hobbies. Some of these can develop into work opportunities; provide valuable employment and social networking as well as being fun.

### WEBSITE

Check out our constantly evolving website for lots of great ideas, news and community resources including our local community directory, rooms for hire and cheap and cheerful ideas for eating and travel. Our volunteer webmaster, Guy Driscoll, keeps it up-to-date for us. If you have any interesting things you think we should add, let us know.

### NEIGHBOURHOOD WATCH

Now may be a good time to set up a neighbourhood watch group in your neighbourhood.

This is an excellent way to deter criminals and create a sense of safety and community. When neighbours look out for each other everyone benefits and it is also a good way to make friends and networking contacts. I will be knocking on your door very soon if you live in the middle part of Wellington St. To get help in setting these up contact the community constable Nick Sickelmore at [nicholas.sickelmore@police.govt.nz](mailto:nicholas.sickelmore@police.govt.nz) or the Hamilton East Police Station.

### BOOKWORMS

If you are a bookworm and love talking about books you may be looking for a book club to join. If so, give us a ring and we may be able to put you in touch with one.



Thought for the week: "Life is a series of experiences, each one of which makes us bigger, even though it is hard to realise this. For the world was built to develop character, and we must learn that the setbacks and griefs which we endure help us in our marching onward." Henry Ford.

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

J. Landman  
Co-ordinator

## Cheryl on Symmington

COMPANION planting is a feature in Waimarie's busy community garden with tagetes (French marigold) and borage examples of how to give the plants in your garden neighbours they like.

Borage is an excellent companion plant for tomatoes, squash and strawberries and actually improves the flavour of tomatoes growing nearby.

Tagetes (picture) planted near tomatoes and roses will reduce aphid attack, as the marigolds will attract the hoverflies that are voracious eaters of these pests. Planting rows of tagetes is effective in masking the smell from cabbage plants and reducing white butterfly damage.



### A favourite summer recipe by Hannah Banks, Hamilton City Council Northeast Neighbourhood Advisor.

HAPPY 2010! I hope you all had a relaxing Christmas and are enjoying 2010 this far.

#### Hummus

- 1 tin chickpeas, drained
- 2-3 tablespoons tahini
- 1-2 cloves garlic, chopped
- Juice of 1 lemon
- 1 tsp salt
- Pepper
- 1/4-1/2 cup olive oil
- Water if needed

Combine all ingredients except olive oil in food processor. Mix until combined, then add olive oil in a slow stream until hummus is thick and creamy. Enjoy!



Hannah Banks



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	<p>English Language Partners <b>English Conversation</b> 9.30-11.30am Ph: 07 853 2188 <b>Starts: 8th February 2010</b> (Lounge)</p>	<p><b>Free Legal Advice</b> 2nd &amp; 3rd Tues of every month. Come in or ph for an appt. <b>Budget Advice</b> Please ph: 07 858 3453 for an appt. By appt only</p>	<p><b>Vege &amp; fruit boxes, eggs, potatoes and orders</b> taken and paid for by 2pm <b>Organic Gardening</b> 12 noon - 1.30pm Costs: \$5 per class Tutor: Cheryl Noble <b>10th - 31st Mar 2010</b> (4 weeks) Ph 834 2249 (Lounge)</p>	<p><b>Vege order</b> ready for pick up from 10.30am <b>Family Support Advice.</b> Please phone 858 3453 to make an appt. <b>10am - 3pm</b> <b>DHB Weight Loss Programme</b> (Lounge)</p>	<p><b>Gardening Group</b> (All welcome) <b>9.30-12.00 noon</b> <b>Free legal advice</b> <b>11-12 noon</b> Last Friday of every month. Come in or phone for an appointment.</p>
AFTERNOON	<p><b>Yoga For Everyone</b> 12 noon - 1.30pm Costs: \$36 per 8 wks Tutor: Samadhimurti <b>Starts: 8th Feb - 29th Mar</b> Enrol by the 5th Feb - Min 6-8 (Lounge)</p>		<p><b>Tai Chi</b> 2.00 - 3pm Tutor: Eddie Tan \$3 per class <b>Starts: 3rd Feb 2010</b> (Lounge)</p>		
EVENING		<p><b>Sahaja Yoga</b> 7.00 - 8.30pm Tutor: Horst Ph: 07 871 3119 (Room Hire) <b>Toughlove</b> 7.30pm - 9.30pm Ph: 07 856 5999 (Room Hire)</p>	<p><b>Hamilton East Junior Youth Group</b> 3rd Feb 2010 4.15-5.30pm (Lounge) <b>Film Screening</b> 7-9pm (Lounge)</p>	<p><b>Book Club Meetings</b> 6.30-7.30pm 3rd Thursday of every month <b>SEKCA Meeting</b> 7-9pm Every second Thursday of every month. New members welcome. (Lounge)</p>	<p><b>Sahaja Yoga</b> 7.00 - 8.30pm Tutor: Horst Ph: 07 871 3119 (Room Hire)</p>