



WAIMARIE HAMILTON EAST COMMUNITY HOUSE

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Remember the very important little people

A VERY important project is now well underway in the Waikato.

Children aged four years old are being offered 'B4 School Health Checks' (free of charge) to ensure that they are healthy and ready for learning by the time they turn five.

There are five components involved in the process for the child:

1. Vision and hearing check
2. Enrolment at local library
3. Enrolment with School Dental Service
4. B4 School Health Check
5. Visit to intended school to meet with teacher

When a child turns four they will receive a birthday card and an invitation from their doctor inviting them to the practice to have their B4 School



Health Check completed by a nurse.

At the end of the check, the child receives a free lunch-box filled with exciting games, activities, toothbrush and toothpaste and other four-year-old friendly goodies. The child also receives a 'Very Important Book' to help guide them through the steps of their journey to five.

This initiative is a fantastic opportunity for our community to enable our

children the best possible start to their schooling years.

For all enquiries, please contact your family doctor or GP.

Waimarie offers scholarship

HAMILTON East Community House 'Waimarie' is offering a scholarship to a community-minded university student.

The \$600 scholarship will be awarded to a student residing in South East Hamilton (Hamilton East, Hillcrest, Silverdale areas) and studying at the University of Waikato.

The successful applicant will be required to sit on the South East Kirikiriroa Community Association – the governing body of Waimarie for a 12-month period.

This will mean attending monthly meetings and maybe a planning session.

Community house co-ordinator Jane Landman believes the scholarship will be a win-win for Waimarie and the scholarship recipient.

"It will be good to have a university voice for the Community House," she says.

"We are also keen to recruit younger people and new members from the area."

For more information contact Jane on (07) 858 3453 or email waimarieham@xtra.co.nz

Hamilton permaculture trust projects 2010

ON February 27 we are presenting the **Art of the Good Life Expo** in Hamilton Gardens. It is free to the public with stalls providing environmental information and products. Activities for families will be mixing Adobe clay and sculpturing pots and bricks, making biodegradable pots and planting seeds, and unicycling. Also present are productive animals, speakers and workshops with a theme on encouraging sustainable practices in families the programme is as follows.

MAIN SPEAKERS:

Location: green egg lawn

- 10:30am EW band EVERY OTHER TUESDAY
- 11:30am PERMACULTURE / healthy land, healthy principles Charmaine Pountney and Tanya Cumberland from Earthtalk@Awhitu have spent seventeen years redesigning their land using permaculture principles, from a bare grazing block to a sub-tropical organic paradise. They have also applied similar principles working with local community groups
- 1:00pm FABULOUS FOOD PRODUCTION WITH A FAMILY
Xanthe White is a landscape designer and author of the book Organic Vegetable Growing. She has established her own sustainable backyard along with a young family. Xanthe will talk about including children in gardening
- 2:30pm EW band
- 3:00pm HEALTHY HOMES – How to Keep Your Family Healthy Safe and Happy.
Ian Mayes, Eco Design Advisor, will speak on how

to improve your "Internal Environment Quality" looking at warmth, ventilation, dust mites, and indoor pollutants.

SUSTAINABLE BACKYARD

- 10:30am YOGA
- 11:00am FOWL FUN – keeping hens in the city
- 12 noon EM & BOKASHI
- 1:00pm A HIVE OF ACTIVITY – bee keeping
- 2:00pm WONDERFUL WORLD OF WORMS-composting and worm farming

HERB GARDEN

- 10:30am HEALTHY HERBS FOR CHILDREN - Take a tour in the herb garden with added information

TE PARAPARA

- 11:30am A guided tour on traditional Maori food with Wiremu Puke

KITCHEN GARDEN

- 10:30am A QUICK GUIDE TO GROWING VEGES WITH YOUR
- & 1:00pm CHILDREN A guide to working with your children to establish and work a vegetable garden. This will cover sowing seeds, transplanting and general maintenance of a vegetable plot plus
- A KITCHEN GARDEN TOUR**
Beatrix will give a you a guided tour of the kitchen garden

PERMACULTURE DESIGN CERTIFICATE

A modular permaculture design certificate is planned to be held through out the year with 12 different modules held on weekends in various locations around Waikato. The first module will be held over 2 days in Hamilton at Waimarie Community House, on February 20 & 21 with an introduction to permaculture ethics and principles. The other modules will be presented on Saturdays only. They will be held on suitable sites with examples of permaculture practices to view and hands on activities to learn some basic skills. It is possible to attend only certain modules of interest but to complete the Permaculture Design Certificate you must attend all modules over a one or two year period and starting with the first module, is compulsory. Examples of some of the modules are

Landscape and site assessment, Orchards and small animals, Energy and technology, Built environments, Community resilience in Hazards and Catastrophes, Urban design and living and much more. Some of these modules will be held in Raglan, Ruapuke, Te Pahu and Hamilton

ADOBE OVEN WORKSHOP

There will be a construction of an Adobe oven on March 20 & 21.

There are limited numbers for all the activities so please book your place.

For more information check out our website: www.permaham.booo.co.nz

Or contact Cheryl at permaham@actrix.co.nz 834 2249.



Green goodies

WITH the onset of summer come the bugs. Here are some tips to avoid them and if that fails how to treat the stings.

To protect your body you can rub exposed areas with Listerine or Vicks Vaporub.

If you get bitten here are some ways to stop the itch.

- Baking soda
- Toothpaste rubbed on
- White vinegar
- Tea bags
- Vicks
- Pile cream – reduces the swelling!

Interesting facts about mosquitoes:

After a mosquito has had its fill of blood, it will rest for up to 24 hours.

Females on average lay 1000 eggs in their lifespan

Only the female mosquito bites and requires the estrogen from our blood for breeding!

The only things mosquitoes are afraid of are dragonflies.

APHIDS

To rid your plants of aphids:

Mix equal parts of skim milk powder with water and fill a spray mister to mist affected plants. The aphids get stuck in the milky residue and then dry out on the plant because they can't move.

Hang ping pong balls or a snap-lock bag that have been coated with Vaseline over the affected areas.

To keep them away in the first place:

- Mix
- 1 tsp tobasco sauce
 - 2 tsp garlic powder
 - 1 tsp dishwashing liquid
 - 2 cups water

Fill spray mister bottle (recycle an old one) with well-mixed solution then spray plants to coat leaves.

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 and fruit. Ring with your order and pay by Wednesday lunchtime. Collect from lunchtime Thursday.
- 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 Clyde Law and Shuyin Wong.
- Cuppa and a bit of a chinwag
- Information and 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.
- Holiday Programmes

Funders & Sponsors

A BIG thank you to our funders and sponsors for 2009/10:

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