



WAIMARIE HAMILTON EAST COMMUNITY HOUSE

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Funders & Supporters

A BIG thank you to our funders and supporters for 2009/2010:

FUNDERS

COGS (operating costs)
 Community Response Fund (MSD) (Operations)
 Donny Trust (Sporting & Cultural Fund)
 D V Bryant (Wages)
 Envirofund (HCC) (Irrigation/Garden Shed)
 Hamilton City Council (Operations/Rent)
 Hamilton City Council Holiday Programme Fund
 Hamilton City Council – Community Well-being (Wages)
 Lotteries (wages)
 Norah Howell Trust (Wages)
 OSCAR (Holiday Programme)
 Police (Sports equipment for youth)
 The Lion Foundation (Office Equipment)
 The Southern Trust (Budgeting/Gardening/Printing)

Trust Waikato (Global costs)
 WEL Energy Trust (Heat Pumps)

SUPPORTERS

BP (Petrol vouchers)
 Clyde Law (Legal advice)
 Entertainment Book
 Hamilton Budget Advisory Service (Support)
 New Zealand Post (Pre-paid envelopes)
 Pukete Neighbourhood House (Advocacy Support)
 Sunshine Bakery (Bread, pies)
 The New Zealand Printing Company (Artwork design)

Also a big THANK YOU to all those neighbours and volunteers who have given their time and energy to Waimarie.

Regular Services and Activities

- Photocopying @ 13c per A4 page and 25c per A3. Over 10 copies 10c and 20c
- Colour photocopying A4 50c A3 \$1
- Rooms for meetings and seminars
- Media equipment and screen
- Veggie boxes \$10 a box of seasonal 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 Tuesdays - by appointment only. Phone for times and appointments. Provided and sponsored by Clyde Law. Email assistance provided by Shuyin Wong.
- Cuppa and a bit of a chinwag
- Information and Referrals
- Budgeting Service. This free service is on Tuesdays from 9am. Phone for an appointment with Julie Elmer.
- Benefit Advocacy. Phone Craig Wills on (07) 850 4013 for an appointment.
- Holiday Programmes

Co-ordinator's Corner

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.

Spring is just around the corner with its new demands and energies. Many of us have succumbed to winter colds and flu. I had nearly a week off sick just recently as have many people I know. Sometimes illness can be the body's way of telling us to slow down and rest.

GARDEN PARTY AND FAIR

We are planning for this event on Sunday, November 13. If you have good quality books that you no longer want, we would appreciate them. You can drop them off at Waimarie.

LOCAL BODY ELECTIONS

Are just around the corner and I have canvassed our sitting East Ward councillors. A little bit of homework and a considered vote will pay off with a better functioning and responsive council. If we don't bother to vote we can hardly complain and many people around the world would be ecstatic to have some of the democratic freedoms many of us take for granted.

HOLIDAY PROGRAMME

This begins on Monday, September 27 to Friday, October 8. We cater from 5 to 12 years of age and parents who qualify can apply for the WIN subsidy. In most cases, the subsidy covers the full cost of the

programme. There is a weekly trip on Fridays with lots of activities planned. Ring Waimarie for details about the programme or check on our website. You can also download enrolment forms at www.waimarie.org.

ENTERTAINMENT BOOKS

We still have some of these left. They contain lots of coupons for price reductions and freebies in the Waikato and Bay of Plenty. There are discounts for a large range of goods from meals, movies, hotels and resorts to popular tourist attractions and takeaways. They sell for \$55 and we keep \$11. This is great value and you can order one at Waimarie.

FRIED RICE

You can use leftover cooked rice for this delicious rice dish or you can cook a cup of raw rice with two cups of water. Fry chopped onion and bacon in olive oil. Add rice, chopped celery, diced pineapple, parsley, salt and pepper and whatever else you fancy. Add grated cheese just before serving. You can substitute peppers or other vegetables. Use desired amounts but generally one onion, a few sticks of celery, several rashers of bacon, half to one cup of grated cheese and a small can of drained pineapple or a few rounds of fresh pineapple. Serves about four people.

Thought for the week

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

J. Landman
 Co-ordinator

New Yoga Class at Waimarie Community House, Wellington Street Thursdays 5.15-6.45pm

STARTING on Thursday October 28, Sue Burchell will be offering a yoga class, suitable for beginners and those with some experience.

Sue has been practising yoga for 24 years and teaching it since 2000. She had an established yoga school of her own in Winchester, England, before she came to New Zealand, and has taught yoga to people of many ages and of differing levels of health and fitness. She is passionate that there is something in yoga for everyone. She is also an experienced teacher both in music and in mainstream education.

In her yoga teaching Sue draws on best practice from a variety of schools. Her style is easily accessible. Learn, through regular practice, to breath well, stretch without strain, move without injury, restore mind and body to better health and, above all, to relax!

Time for a treat! Start yoga!

FOR THE CLASS

- Bring a yoga/ exercise/ camping mat, if you have one.
- Wear loose comfortable clothing (layers)
- Bring a firm bath towel, and a blanket (or something warm) for relaxation

Important

- Eat after class, not before (or only at least an hour and a half before class)
- Let the teacher know if you have any injuries or significant health issues.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	<p>English Language Partners New Zealand English Conversation 9.30am-11.30am Phone (07) 853 2188 Starts Monday, Oct 11 (Lounge)</p> <p>Flax Weaving & Dyeing Workshop Tutor: Danna Glendining One day workshop - 9am-3pm Monday, November 8, \$20 Enrol by Friday, November 5 Min 8 Max 12 (Raumati)</p>	<p>Free Legal Advice Second and third Tuesday of every month. Come in or phone for an appointment.</p> <p>Budgeting Advice Please phone (07) 858 3453 for an appointment. By appointment only</p>	<p>Vege & fruit boxes, eggs, potatoes and orders taken and paid for by 2pm</p> <p>English Language Partners, New Zealand Beginners English Conversation 9.30am-11.30am Phone (07) 853 2188 Starts Wednesday, October 13 (Lounge)</p>	<p>Vege orders ready for pick up from 10.30am</p> <p>Family Support Advice. Please phone (07) 858 3453 to make an appointment. 1pm-3pm</p>	<p>Gardening Group (All welcome) 9.30am-noon</p>
AFTERNOON	<p>Creative Therapy 1pm-2.30pm Tutor - Sonia Ahmadi 8 weeks, Cost \$20 Starts Monday, Oct 11 (Lounge)</p> <p>Hamilton East Junior Youth Group 4.15pm-5.30pm (Lounge)</p>	<p>Te Reo Maori Course 1pm-2.30pm Tutor: Kahurangi Osmond 8 weeks, Costs \$10 Starts Tuesday October 12 Enrol by Friday October 8 Min 6 - Max 12 (Lounge)</p>	<p>Tai Chi 2pm-3pm Tutor: Eddie Tan \$3 per class Starts Wednesday, October 13 (Lounge)</p>	<p>Classic Yoga 5.15pm-6.45pm Instructor: Sue Burchell \$64 for 8 weeks Starts: Thursday, October 28 Enrol by Friday, October 22 (Lounge)</p>	
EVENING	<p>Tai Chi 7pm-8pm Tutor: Eddie Tan \$3 per class Starts Monday, October 11 (Lounge) Room Hire</p> <p>Persuasive Communicating 7pm-9pm Tutor: Michelle Sime \$40 for 6 weeks Starts Monday, November 15</p>	<p>Sahaja Yoga 7pm-8.30pm Tutor: Horst Phone (07) 871 3119 (Room Hire)</p> <p>Toughlove 7.30pm-9.30pm Phone (07) 856 5999 (Room Hire)</p>	<p>Film Screening Fortnightly 7pm-9pm (Lounge)</p> <p>Organic Gardening Tutor: Cheryl Noble Starts Wednesday, November 3 6pm-8pm \$10 per session 4 weeks (07) 834 2249 (Raumati & Lounge)</p>	<p>Book Club Meetings 6.30pm-7.30pm Third Thursday of every month</p> <p>Stamp Out Paper Craft Natasha (07) 859 3650 (Room hire) 7pm-9pm First Thurs of Month</p> <p>SEKCA Meeting 7pm-9pm Every second Thursday of every month. New members welcome. (Lounge)</p> <p>Green Party 7pm-9pm Third Thursday of every month.</p>	<p>Sahaja Yoga 7pm-8.30pm Tutor: Horst Ph: (07) 871 3119 (Room Hire)</p>