



Pukete Neighbourhood House Te Whare Takiwa o Pukete

www.puketehouse.org.nz

Quarterly Newsletter

September 2017

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Inside this issue:

Happy Anniversary	1
Cooking Classes	1
Councillors Corner	2
Craft Group	2
Suffer Migraines	3
Hearing Tests	3
Community Events	4

From Jane

Happy Spring everyone and welcome to our third issue of your neighbourhood newsletter. Again we are very busy here at your local community house. We have just refreshed our vegie packs. They now come in brown paper bags which are far less cumbersome than the boxes that we have probably used for the last 25 years. We have just had a little competition to win free produce, so do follow us on facebook to find out when the next one will be. Don't forget we also hire out our 'lounge area' for such things as children's birthday parties and meetings—just \$20 per hour.

Please don't forget to get your invitation to our 30 Year Celebration of being an Incorporated Society. We started back at number one Cullimore Street, back in 1985 and we are very proud of our vibrant community house that we have become today.

We are celebrating this wonderful milestone on Saturday the 28th of October 2017, from 5—7pm at our home in the Te Rapa Sportsdrome, so be sure to mark this date in your calendar. The celebration will be in the form of a cocktail function from 5pm to 7pm. Sadly when we started all those years ago there was no such thing as email addresses. Everyone is welcome—we just need to get RSVP's for catering purposes. If you would like to attend please get in contact with either Jane - on pukete@hnpl.net or puketeneighbourhoodhouse@gmail.com or just message us on facebook—PuketeNeighbourhoodHousePNH. I am looking forward to having some great catch-ups. If your are out and about pop in and have a look at our amazing 'community noticeboard' we have heaps of interesting information of what's happening around the city.

Here is it comes again 'Christmas' is on the way in partnership with Waikato Institute for Leisure & Sport we have organized for you is some "gifts from the kitchen". Come join us on 17 November, 24 November, 1 December and 8 December from 10.00am—12 noon. From Xmas cakes to Xmas fudge and also decorating and wrapping tricks to make your gifts unforgettable. Give us a call to book your spot. Each session just a gold coin donation!



People helping People

Councillor's Corner



“...COUNCILLORS
CORNER “

“I want to have a
healthy green
clean city”



Vegetable Bags

Time flies if you are having fun. And the last few months have just flown by. We had some great news with the site and look of the future Regional Theatre being presented by Momentum. Also some very innovative ideas about Garden Place have come forward driven by young business people, which is very exciting.

Hamilton City Council is here to enable new ideas, support people with drive, energy and a desire to make their city a better place.

For me personally I have been focusing on eliminating the Onehunga weed from our parks and gardens so the little children and the big ones too can walk around bare feet without collecting painful prickles in their soles. I also want to include dogs in there too. Plus I am working with staff on an idea to eliminate the use of roundup, as it is a now known carcinogenic. I want to have a healthy green clean city for our children and grandchildren to grow up in. With that in mind I am also part of the task force for Waste Minimisation, as we have been experiencing huge growth in waste and we cannot afford this for much longer. We need to look at minimizing our waste and finding new ways to reuse, recycle and recover waste.

If you have any ideas that you would like to share on this issue or on any issue that is close to your heart, just contact me. I would love to hear from you 0278085155 or siggi.henry@council.hcc.govt.nz

Garage Sale—Our Knitting and craft group which meets here every Tuesday morning @ 10am is having a Garage Sale to sell some of their wares. They have a great array of art and craft, baby knitting, jewellery, paintings, covered coat hangers, dolls clothes and honey to name a few. There will be some bric-a-bac as well. Strictly 9am till 2pm @ 1 Cattanach Street, Hamilton.

Do you have unwanted items?

Here at Pukete Neighbourhood House we love to receive donations of unused craft materials/recyclables. However due to a huge influx of donations in the past few months, we now have to be a little more specific on what we can take. All empty and cleaned recyclables and cardboard are welcomed along with anything craft worthy. We can no longer accept toilet rolls, old clothing or soft plastics. Many thanks to Pam from Village Garden who collects crafty things for us.

Vegetable Co-op & Meat Packs

Here at the “House” we have a vegetable co-op which means we do a bulk order so we can get more produce for your money. It is a mix of fruit and vegetables with a different combination each week. At the cost of \$12 it keeps the grocery bill down,. We also provide the opportunity to purchase an assorted Meat Pack at a cost of \$20. To order either of these, please give us a call to on 07 849 1115. All orders need to be in by 2pm on Wednesday, pickup after 9.30am Thursday, must be picked up by 5.30pm Thursday.

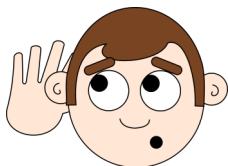
Are you having a party, wedding or function? - Don't forget about our hire options!

We have trestle tables and plastic chairs for hire during weekends. \$1 a chair, \$5 a table. We also have a punch bowl for \$5, pie warmer for \$20, and gazebo's \$20. Pickup is Friday after 4pm and they need to be back by 12pm Monday. We charge a \$20 bond which is refunded if everything is in tact.

Migraine Trigger Foods to Avoid

Listed in order of migraine threat—Avoid Caffeine—coffee [even decaffeinated is problematic] tea, sodas. all caffeine—Avoid chocolate -Chocolate -Avoid MSG [see note at end on MSG] *MSG monosodium glutamate or monopotassium glutamate [in the UK] - *Check ingredients :MSG can be present in many ingredients not explicitly labelled " MSG" -Avoid processed meats and fish *nitrates and nitrites and /or MSG* most deli meats, ham, hotdogs ,bacon, pate, jerky *smoked ,aged, cured, marinated, pickled, and tenderized meats. *most canned meats [tuna listed on left is fine, though], caviar *liver, wild game [due to tyramine] *bottled gravy -Avoid Some Dairy *aged cheese *sour cream,, butter milk, yogurt—Avoid Nuts*All nuts and peanuts -Avoid Alcohol and Most Vinegar*all vinegars except white distilled *beer, wine, liquor -Avoid bottled sauces and salad dressings*pre-made sauces and salad dressings [typically contain MSG and other non-allowed ingredients] *fermented soy products [soy sauce, teriyaki sauce] - Avoid Some Fruits *raisins, dates, dried fruit with sulphites *citrus [oranges, lemons, grapefruit] and pineapple, *bananas, red plums *raspberries, figs *avocado, papayas, passion fruit—Avoid Some Vegetables*onions *snow peas, sugar snap peas *some beans fava beans, lentils, lima beans, navy beans and broad beans and broad Italian beans, *might want to avoid soy, some products may be fine [soybean oil] *some people have problems with tomatoes, but avoid unless you need to [try cooked if raw is intolerable] *some people have problems with peas and mushrooms [high amounts of naturally free glutamate] but don't avoid unless need to—Avoid Fresh Yeast-Risen Products *freshly-risen yeast [fresh breads and bagels] Avoid Some Artificial Sweeteners *aspartame [NutraSweet [Sweet n low]

Avoid Anything else you know is a trigger – taken from the book 'Heal your Headache' by Dr Buchhoiz



Hearing Tests—Cherrie from Life Unlimited will be here on 9 November. This is another 'free service' offered to you all. You will need to book an appointment with us as this service is well sort after. Give us a call on 8491 115 to secure your spot.

High Tea Fundraiser—Once again we will host our annual high tea fundraiser for Breast Cancer. It will be held on Wednesday 25 October, which is one of our scone days but we will have other 'special' treats for your to enjoy at 12 noon. Please feel free to pop in and join us—any koha will be forwarded to "Breast Cancer". If you want to wear 'pink' to blend in, you are more than welcome!!



REGULAR COMMUNITY EVENTS

FAMILY SUPPORT WORKER—Craig Wills is our Family Support Worker. Craig will advocate for you with Work and Income, Housing NZ, ACC. Craig is also a Justice of the Peace. He is available at the “House” for JP work. You can contact Craig on 850 4013 or email pukete3@hnpl.net, or txt/ring 027 7106485.

AFTER SCHOOL CARE—Every week day afternoon 3pm—6pm. Have your children well supervised until you finish work. Includes a great afternoon tea—craft—sports—homework assistance. CYF Approved—Work and Income subsidies available.

BEFORE SCHOOL CARE—Every morning from 7am—8.30am. Breakfast and transport to school provided.

HOLIDAY PROGRAMMES—Senior, Middle and Junior programmes available 7am—6pm—all food and activities included for just \$50 per day—Limited spaces available—bookings essential.

WALKING GROUP— Meets every Thursday morning at ‘PNH’. Leaving at 9.30am. All levels of abilities welcome. Once finished, come on in and enjoy a cuppa and a natter—Gold coin donation

KNITTING AND UNFINISHED OBJECTS—CRAFT GROUP—Every Tuesday morning from 10am-12noon, in term time. Bring that unfinished project and work on it with like minded people—have a cuppa and a natter.

COOKING CLASSES—Jodie Collins from WILSS will be taking cooking classes in the PNH kitchen on Thursday mornings from 10-12noon for the month of August. Class dates; 3rd, 10th, 17th, 24th, 31st of August. Gold coin donation. Call Katie for to sign up 849-1115

VEGETABLE CO-OP—The veggie co-op has been running for at least fifteen years. The \$12 bag of assorted veggies and fruit is exceptionally good value. Ring the “House” 849 1115 before 2.30pm on a Wednesday to order. Pickup is after 9.30am on Thursdays.

MEAT—\$20 Meat packs are available you can order this at the same time as your veggies —collect on Thursday.

PLAYGROUP—We have a very enthusiastic group of parents/caregivers and children every Tuesday morning during term time from 10-11.30am. Come along and enjoy the fun—it’s a very relaxing time to spend with your child, morning tea provided—and it’s free.

NORTH CENTRAL NETWORK MEETINGS—The next meeting is at 12pm on 18 October and 6 December, at the Pukete Neighbourhood House, Te Rapa Sportsdrome. Please come along if you are a service provider in our area. We would like to hear and share about the work you do. Light refreshments provided.

WORM FARM—Our worm farms have been producing lots of Worm Wee. Grab a 1L bottle that is ready to pour on your garden for just \$2. We also have worms for sale if you want to start your own farm.

FREE LEGAL ADVICE—With Niemand Peebles Hoult. Friday mornings by appointment only. Please ring the House to make an appointment.

BOOK EXCHANGE—There is a great selection so come on down and get your books. \$1 when you bring a book to exchange. \$3 to purchase (no book to exchange). If you have unwanted books, we would love them.

OFFICE SERVICES—Photocopying colour or black and white -laminating - very reasonable costs

NORDIC WALKING: Total Body Workout using poles. Wellbeing one step at a time. Classes or 1-to-1 instruction. Check

nordicwalking@winksmith.co.nz or call 021 418 695.

TAI CHI— Here at the Sportsdrome 9.30am on Wednesday and Friday—Cost \$5 per session. All enquiries call Trevor on 022 322 3410.

DOWNLOAD OUR NEW APP—Search “Pukete Neighbourhood House” in the App Store on your device!! Make your Lawyers appointments—order your veggies and meat—all with the touch of a button just for starters.



Driving? Find us just off State Highway 1, Ashurst Park, 43 Church Road, Hamilton

Thinking of selling your house? 'Talk to Tom'

List and sell your house with me and I will donate \$500 to Pukete Neighbourhood House!

E: tom.hamilton@ljh.co.nz

Tom Shields
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 Hooker

ljhooker.co.nz

People helping People