



Raglan Community House Newsletter

May 2010



May is here and we are enjoying a beautiful autumn. Let's hope we get longer before we have to pull on those winter woollies and raincoats! It has been another busy couple of months in the Community House.



We have had lots of meetings with various community and funding agencies and demand for the Community House services and space is increasing which shows that we are increasing our profile within the community which is great. It is YOUR community house and as such we aim to make all members of our community welcome and aware of the services we provide.

There have been several events in our community recently which have had a major, and devastating impact. The fire at the Wharf was a severe blow for the business owners involved, the staff employed in those businesses, the Coastguard, the Raglan Museum which lost irreplaceable artifacts and for the whole community whose enjoyment of the Wharf and its facilities was evident whenever you went there. We think that it may be quite some time before the full impact of this fire is felt within the community and we urge anyone who has been affected to come and see us to discuss the ways in which we may be able to help. We have had some discussions with WINZ and Child Youth and Family who are very aware of the fire and the possible implications for our community.

The theft from the Raglan Museum of privately owned artifacts loaned specifically for the ANZAC exhibition was a huge loss for the family concerned and for the Museum and its staff. That this theft happened on ANZAC Day itself is even more galling and we can but pray that the items are returned or recovered. We offer our sympathy to all concerned.

From the Team at Raglan Community House

For your diary.....

May 19
WINTEC computer class

May 19—6pm
Fit Food for Families & You

May 25 @ 7pm
**AGM—Raglan
Community House**

June 14
Free Craft Workshop

June 21—27
Volunteer Awareness Week

June 24
**Symposium for Older
Persons— Raglan Town
Hall**

Symposium for Older Persons

A Symposium is being organised by the Waikato District Health Board and Age Concern for June 24th at the Raglan Town Hall. A wide range of health and service providers is being sourced and will make presentations at the Symposium.

Put the date in your diary now. We will let you know more details as they come to hand.

Opening Hours

COMMUNITY HOUSE

MONDAY—FRIDAY

8.30—4PM

BARGAIN

BASEMENT

MONDAY—FRIDAY

10—3PM

BUDGET SERVICE

BY APPOINTMENT

COUNSELLING

BY APPOINTMENT



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Annual General Meeting of Raglan Community House

The AGM has been set down for Tuesday 25th May at 7pm in the Raglan Community House. Some Committee members will not be standing for re-election and need to be replaced on the Committee. There is also a current vacancy on the Committee for a Treasurer (note that this is in the nature of a supervisory capacity and to provide advice, when required, to our Administrator. There is no requirement for the Treasurer to "keep the books".) If you have a little spare time and are willing to give up one night a month to attend Committee meetings (third Tuesday of every month) then why not consider standing for election. Membership of this Committee does not generally require a huge time commitment but a vibrant, cohesive Committee is an essential element to the maintenance of a healthy Community House. Nominations close at 4pm on Monday 24th May 2010. Nominations must be made and seconded by members (and signed by the nominee) and a letter will be sent to our members with a nomination forms attached. If you wish to become a member of the Community House come and see us. All people in the community are welcome to attend the AGM but only members are allowed to vote. Should insufficient nominations for the Committee be received by the 24th May, the Committee has the power to co-opt members and in this event nominations for co-opted Committee members will be accepted from the floor at the meeting. Phone Chrissy on Ph: 8258142 or email r_ch@xtra.co.nz or come into the Community House to register your interest or get more information.

Volunteer Excellence Awards 2010

Two nominations in Volunteering Waikato's 2010 Volunteer Excellence Awards have been submitted by Raglan Community House. These nominations are for **Iris Porter** and **Barbara Rothwell**. Iris gives over 120 hours of her time a month to the Community House as Manager of the Bargain Basement and is also involved with Senior Citizens, Night Owls and is a Caring Caller. Barb's Tuesday morning teas are legendary and, as well as being a Host in our Drop In Lounge, Barb also spends a full day each week in the Bargain Basement and helps fill any gaps in the roster. She does a huge amount for Raglan Lions and is also involved with Senior Citizens. These two people do so much for our community and it has been an absolute pleasure to nominate them for an Award. We will keep you posted but whatever the outcome, these two ladies are champions to us!

Volunteer Van Drivers

Increasing demand for transport by the Community Trust Van to medical appointments in Hamilton has resulted in a need to increase the volunteer van driver pool. Van drivers require a current First Aid certificate and must consent to being vetted by NZ Police. If you have a day a week, or fortnight, or month that you would be willing to help operate this fantastic community service, please contact the Van Secretary, Michael Gill on Ph: 825 6532 for more information.

On the subject of the Trust Van, if you need transport to a medical appointment in Hamilton please give us as much notice as possible when making your booking. It can be difficult to accept a booking at short notice i.e. the day or two beforehand. The Van list is collected each Friday by the Van Coordinator which allows time to coordinate trips, vehicles and drivers so if you can get your booking in early.

Services Available

Counselling:

Qualified Counsellors available to help you with any issues you have in your life that you would like to handle differently. This is a subsidized, **strictly confidential** service.

Budget Service

Trained Budget Advisors available to help you gain a better understanding of budgeting, gain control of debt, help with creditors and/or help you achieve your financial goals. This is a completely **free and strictly confidential** service.

Community Trust Van

Book your transport to medical appointments in Hamilton through the Community House (one week's notice generally required). **Koha \$15**

Community Law

Access to legal advice available free of charge from the Hamilton Community Law Office. Contact us for more information on the areas of law covered and eligibility criteria.

Optometrist

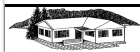
Talk to us about our link with Paterson Burn, Optometrists in Hamilton. Vouchers and transport available.

Frozen Meals

Small and Large meals and desserts available Meals \$9.00/\$6.50 Desserts \$4.50.

Room/Wheelchair Hire

Talk to us about our very reasonable hireage rates.





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Fit Food for Families and You



What is "Fit Food for Families and You"?

This is a community based food project that aims to get "back to basics" helping people to learn or revise the skills needed to cook healthy, nutritious food on a limited budget. A series of weekly workshops will be held for six weeks starting in May 2010.

What will I learn?

These workshops will aim to give you the skills to plan meals, shop wisely, understand food labels and cook great, healthy food in a fun, interactive, safe environment.

When will these workshops be held?

Every Wednesday evening at the Community House starting on 19th May 2010 from 4-6pm. Each session will be packed with key messages, hands-on meal preparation and cooking. At the end of the workshop, the participants will eat the meal that they have helped to create.

How much will it cost?

A small donation of \$2.00 per session is all that is requested.

Who can register for these workshops?

Any member of the community, over the age of 16years. Class size limited.

How do I register?

Just call into the Raglan Community House at 45 Bow St, Raglan or phone us on Ph: 825 8142 or email r_ch@xtra.co.nz



Food for Thought - Mad About Noodles

Serves 4 - 6

250g packet of dried egg noodles
6 rashers of bacon
4 - 6 button mushrooms
¼ bag of spinach
Sesame seeds
Butter
125ml vegetable stock
White pepper

Method

Melt the butter in a large saucepan, snip the bacon into small pieces and fry with the sliced mushrooms and sesame seeds until the bacon is golden brown.
Wash and tear the spinach and add to the pan with the stock and pepper, stirring well.
Break up the dried noodles add to the pan, stirring again.
Simmer for 5 minutes until the noodles are just soft. Serve and enjoy!

CRAFT WORKSHOP!

At the Raglan Community House on Monday 14th June from 1—3pm

Facilitator: Margaret Clear

Learn how to create your own artwork, "vision board", "treasure-map" or photo montage in this fun **FREE** workshop.

Bring scissors and glue if you can and any old magazines you might have.

My Mother Always used to say.....

Last Sunday was Mother's Day and we wanted to send a big "bouquet" to all the mothers in our community. We hope you enjoyed your special day. Recently we came across a book by Anna Tochter called *My Mother Always Used to Say...* In this she records generations of accumulated wisdom passed down the female line from mother to daughter. We thought we would share with you some of these words of wisdom - often a mixture of "values and prejudice, old-wives tales and good old common-sense...."

- She's no better than she should be
- If a job's worth doing its worth doing well
- A secret's only a secret when you don't tell anyone
- Were you born in a tent?
- If you go to bed with wet hair you'll catch your death of cold
- Flags were made for waving, not forks
- I'm only doing this for your own good
- You'll thank me later
- Don't you give *me* that look - I invented it
- I don't care who started it - I'm finishing it!
- Two wrongs don't make a right
- If it were any closer it would bite you
- If everyone else was jumping off a cliff, would you do it too?



God could not be everywhere, therefore he created mothers.

Blessings on all mothers everywhere!

RAGLAN COMMUNITY HOUSE thanks the following Funders & Supporters:

- Child Youth & Family
- COGS
- NZ Lotteries
- Trust Waikato
- WEL Energy Trust
- Sky City
- WDC
- WDHB
- D V Bryant Trust
- JR McKenzie
- NZ Post
- Page Trust
- Karamu Trust
- Raglan Community Board
- Raglan Chronicle
- Raglan Bakery
- WJ & SJ Bardsley
- Raglan Horticultural Society
- Social Services Waikato
- Raglan Community (donation of clothing and goods)
- Volunteers

