

TE WHARE WHAA RAU MA TAHI CENTRE 401 TRUST

PLANET 401



WHAA RAU MA TAHI

MARCH

poutu-te-rangi

WRITTEN BY AND
FOR PEOPLE WITH
EXPERIENCE OF
MENTAL HEALTH



@centre401trust

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OCTOBER CONTENTS

2023

rua CENTRE NOTICE
toru BOARD

whaa
rima **Garden Wisdom**

ono Waitangi day

whitu Peter's Poems

waru ARTS AND CRAFTS

iwa Womens Group

tekau **Funny farm**

tekau-ma-tahi **Wordfind**



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Random Riddle:

What can you break even if you never pick it up or touch it?



Psycoffogee

YOUR RECOVERY PITSTOP

MONDAY 10AM-11AM
Centre Place Food Court

WEDNESDAY 1.30PM-2.30PM
Feedzone, Fastlane Fitness

THURSDAY 10am-11am

Hood St Bistro, cnr Hood & Victoria St

THURSDAY 4.30-5.30pm (under 30's)
Coffee Culture, Five Cross Roads

FRIDAY 11:30AM-12:30PM (LGBTQ+)
Crave cafe

FRIDAY 1pm-2pm
Centre Place Food Court



Psycoffogee is an informal peer support gathering offered by Centre 401 Trust.

Join us for great coffee, friendship, laughter and support.



You can identify us by the Rubik's Cube on the table



PH: 07 838 0199 ADMIN@CENTRE401.CO.NZ



TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

Psycoffogee



LGBTQ +



EVERY FRIDAY 11:30AM - 12:30PM @ CRAVE CAFFE
130 ROSTREVOR STREET,
HAMILTON, NEW ZEALAND

PSYCOFFOGEE IS AN INFORMAL PEER SUPPORT GATHERING OFFERED BY CENTRE 401 TRUST. JOIN US FOR GREAT COFFEE, FRIENDSHIPS, LAUGHTER AND SUPPORT.



YOU CAN IDENTIFY US BY THE RUBIK'S CUBE ON THE TABLE



PH: 07 838 0199 PAULA@CENTRE401.CO.NZ

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YOUTH ZONE!



@FREEFM89

#FREEFMYOUTHZONE

Free FM 89
Independent COMMUNITY MEDIA



TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

WEEKLY WORKSHOPS

Raahina
Monday

COUCH TO 5K
9.30AM
Departing C401

TE REO RANGATIRA
9:30-11
Training Room

TECH CLUB
11-12
Care Café

Raatu
Tuesday

COUCH TO 5K
9.30AM
Departing C401

JOBSQUAD
1-2PM
Care Café

Raapa
Wednesday

COUCH TO 5K
9.30AM
Departing C401

WOMEN'S GROUP
10:30-11:30
MADJAM
11AM-1PM
Training Room

NGAA TOI
1-2PM
Training Room

Raapare
Thursday

COUCH TO 5K
9.30AM
Departing C401

Depression & Anxiety Support
11:30 - 12:30PM
Training Room

STATE OF MIND
1:30-2:30
Training Room

Raamere
Friday

WAIATA
9:30-10
Training Room

ART O CLOCK
10:30-12
Training Room
GAMES CLUB
12:30-1:30
Training Room

MADJAM
1-3PM
Training Room

We look forward to seeing you :)

NEED FOOD SUPPORT?

Work and Income

Contact Work and Income for a food grant on 0800 559 009 or my.msd.govt.nz (criteria will apply)

Community FreeStores

Kaivolution distributes food to a number of community houses in Hamilton:

- Glenview Community Centre, 12 Tomin Rd, Glenview
 - Mon, Wed and Fri 1-1.30pm
- Good News Community Centre, 78 Breckons Ave, Nawton
 - Mon - Fri from 1pm
- Pukete Neighbourhood House, 43 Church Rd, Pukete
 - Mon - Fri from 11am
- Te Papanui Enderley, 66 Tennyson Rd, Enderley
 - Tues and Thu from 1pm
- Te Whānau Pūtahi, 37 Oxford St, Fairfield
 - Mon and Fri 11.30-12.15pm
- Te Whare Kokonga, 58 Bader St, Bader
 - Mon - Fri 1.30-2.30pm
- Te Whare o te Ata, Clarkin Rd, Fairfield
 - Wed 11am
- Waimarie, 53 Wellington St, Hamilton East
 - Mon - Fri 11am-1pm
- Western Community Centre, 46 Hyde Ave, Nawton
 - Mon - Fri from 1pm

Local Food Banks (For emergency food parcels, criteria will apply)

- heretohelpu.nz or 0800 568 273 (Can refer you to your closest food bank)
- Anglican Action (Hillcrest): Ph 07 856 5820
- Catholic Family Support Services (Hillcrest): Ph 07 856 3760
- Desert Spring Ministries (Peachgrove): Ph 07 855 2728
- Methodist City Action (Central): Ph 07 839 3917
- Pukete Neighbourhood House (Pukete): Ph 07 849 1115
- Saint Vincent De Paul (Frankton): Ph 07 847 4044
- Salvation Army (Central): Ph 0800 530 000
- Te Whanau Putahi (Fairfield): Ph 07 855 0990
- Te Whare Kokonga (Melville): Ph 07 843 8811

June 2023

Psycoffogee



Monday 10am - 11am

Centre Place Food Court

Wednesday 1.30pm - 2.30pm

Fastlane Fitness, Foodzone

Thursday 10am - 11am

Hood Street Bistro

Thursday UNDER

30's 4.30pm - 5.30pm
Coffee Culture, 5 Cross Roads

Friday 11:30am - 12:30 pm

Crave Cafe

Friday 1pm - 2pm

Centre Place Food Court



Garden Wisdom

With Kevin

DRUPE OR BERRY?

This month's article may be a bit confusing, but don't worry as many of the definitions merge into each other depending on your point of view. As with many things in the natural world borders between things tend to be a bit flexible. For example, is the avocado a drupe or a berry? It depends is the answer and most of that is how you define the width of its endocarp (most seem to come down on the side of it being a berry).

Anyway, lets start with the simpler ones. A nut is typified by a hard outer shell protecting a single seed that we would call the "nut," and does not open on its own. Nuts are surrounded by a hard outer shell. Also, nuts tend to only have one fruit inside as opposed to the several you would get in a legume pod. Examples of nuts that can truly fit the botanical classification are hazelnuts and acorns.



Peanuts are often confused as nuts due to their name and the fact that they're similar in taste and structure to most nuts available on the market. However, it is technically a legume. Legumes often come in a pod and usual have multiple fruit in one pod. The pods that contain leguminous fruit will usually start to split when they are ready to harvest. Other examples of legumes include peas, carob, and just about any bean you can think of.



Many things we assume to be nuts (such as almonds or walnuts) are actually drupes. A drupe is a fruit that is pulpy on the outside, and has a hard shell on the inside that contains one seed. In most cases you eat the outer fleshy part of the fruit and discard the “stone.” Examples of this are drupes such as the plum, or peach, where you would never imagine eating anything but the flesh. However, in some cases the seed within the fruit, that most people would call a “nut,” is actually the part usually eaten. An example of this are almonds. The coconut is also a drupe! (See the Wikipedia page on coconut for why as it goes on a bit).



Bramble fruits such as the blackberry and the raspberry are aggregates of drupelets.

Strawberry flesh is considered accessory tissue, and those tiny flecks we all call “strawberry seeds” are actually fruits in and of themselves. These tiny fruits contain the seeds. These seed-containing fruits are called “achenes.”

Next, fruit versus vegetables. Fruits are formed from flowers, have seeds and assist with the plant’s reproduction process. Some common fruits include apples, peaches, blueberries and raspberries. On the other hand, vegetables are the roots, stems, leaves or other auxiliary parts of the plant. Some well-known vegetables include spinach, lettuce, carrots, beets and celery.

This means that tomato, cucumber, peppers, eggplant, olives and pumpkins are actually fruits. However, the US Supreme Court ruled in 1893 that the tomato should be classified as a vegetable on the basis of its culinary applications.

Where does all that leave us? It depends whether you are using botanical classifications or culinary ones. Botanically a pepper may be a fruit but culinarily they are vegetables. Personally, I don’t care as they all taste good.

Rima



WAITANGI DAY WITH LANI

Written by: Lani

Follow one of our members along their journey at Waitangi!



1. A group of men waiting for the arrival of the manuhiri (visitors) to do a powhiri. A powhiri being a traditional ceremony to welcome people onto the marae.

2. This photo taken on The Waitangi grounds and overlooks the sea. There were two cruise ships. This is the first time cruise ships have entered the shores of waitangi/ Bay of islands. There is also a navy ship if you can spot it in the photo!



3. Ratana band accompanied chief (king Tuhiatia, his Wife and their tribe, Tanui! Also other hapu (subtribes) gathered on the grounds of waitangi.

4. Te Rau Aroha (War Mueseum) on the grounds of Waitangi.



5. Chief (King) Tuhiatia, his wife and their tribe Tainui as well as other hapus waiting to be welcomed on by a powhiri which is a traditional ceremony to welcome people onto a marae.

Ono

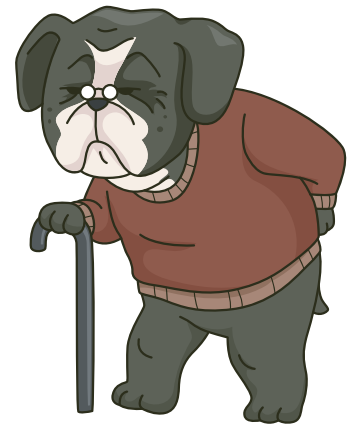
Peters Poems

Vice

I had a bully named Vice.
If he bit you- you would know why I named him that
He had his own special mat and that's where he sat all of the time looking mighty fine.
You wouldn't pat my boy unless you liked pain
When he got in the zone he could chew up a bone.
So you wouldn't pat my boy
If you knew what was good for you.
He was good for me.
Now I feel sad whenever I see his photo.

An old dog's wisdom

Age is a war of mind and matter.
If you don't mind, it doesn't matter.
If it wasn't for dogs
Some people wouldn't walk.
The reason a dog has so many friend's
Is because he wags his tail instead of his tongue.
A boy can learn a lot form his dog.
Loyalty.
Knowing yourself is the beginning of Wisdom.
Which is one of a dogs many strong points.
Every time we lose a dog, they take a piece of our hearts with them.
Every new dog gifts a piece of theirs to us.
Just remember once your over the hill
You will begin to pick up speed, so make your own fun!
And be happy
With what you have.



My cat Fluff

I miss my cats meow.
When I'm late she waits for me down the driveway, even in the rain.
She's so special, one of a kind.
When I do get home and carry her inside her growl turns to a purr.
A feed and my presence is all that she needs.
Now I'm gone.
She still waits for me down the driveway.
She still waits for me to get home.
I think she knows I'm not coming back.
But still she waits, even in the rain.



Written by Peter Wineera

Arts and crafts!



As there isn't a rush by others to get their craft in here, I'll write another article. Please do submit photos, tips, tricks etc to Iylla at Reception to be included.

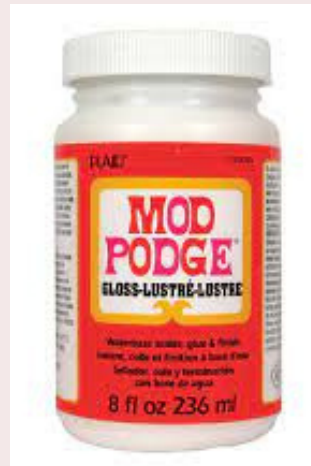
This time I'm going to cover the glues I use. There are loads of glues out there and this is not going to be a comparison of them, rather the ones that I use.

First off is polyvinyl acetate commonly known as PVA. This is a great glue for porous material (that is things like paper, wood or cloth where the glue can penetrate the material) but not for things like metal or plastic. It is easy to clean up as it is water based and washes off easily. The only drawback I have found (probably more a technique error on my side than a glue error) is that patches on the face of work shows after a sealer is applied.

Next is Mod Podge. The first I heard of it was when I was looking for a sealer and found it on American sites. Then I found Dave's Emporium has a great selection. It is more expensive than PVA but has a wider range of uses. As well as a glue it can be used as a sealer of the top of work to keep it looking fresh, or to give it a bit of a shine. You can get it in matte, satin and gloss as well as some for outside use, glittery, in aerosol cans and spray bottles. I use matte and gloss and purchase large bottles then put a little in a small (tiny?) sauce bottle for use. This means the bulk of it won't dry out. It can be used on most things except some plastics. It dries quickly, but attains maximum hardness over a week or so. This has become my go-to glue for anything that will be showing in the final product.

Super glue or cyanoacrylate is a strong adhesive that was discovered accidentally. The scientists were looking for a compound for a clear gun sight and this formulation stuck to everything it met. It was shelved as no good, but ten years later re-examined as an adhesive. It bonds to all sorts of things and I have found it best used between two tightly fitting surfaces such as a magnet and a pyramid base. Do not get this on your fingers as they will happily stick together.

Lastly is an 'All Purpose Tacky Glue'. I use this when gluing paper to things as I have found that the paper stretches less and so you get less wrinkling in the finished product. I don't tend to use it much as I don't glue much paper to things. If you have thoughts on these or other glues, drop a note to Iylla at Reception and I'm sure we can put it in the next Planet.



Women's Group

COME ALONG AND JOIN AN AMAZING BUNCH OF LIKE-MINDED WOMEN TO DISCUSS IDEAS THAT ARE IMPORTANT AND WHAT MATTERS TO US. THIS IS A WOMENS ONLY GROUP FOR THE WAHINE AT CENTRE 401. WE LOOK FORWARD TO SEEING YOU!

WEDNESDAY:
10:30 - 11:30





FUNNY FARM

"jokes from you folks"

But no matter how much evil I see, I think it is important for everyone to understand there is much more light than darkness.

FAMOUS QUOTATIONS

Robert Uttaro

There is hope even when your brain is telling you there isn't!

John Green



"I'm afraid for the calendar. Its days are numbered."

"How does the moon cut his hair?" "Eclipse it."



"Dear Math, grow up and solve your own problems."

"My wife said I should do lunges to stay in shape. That would be a big step forward."



"What did Baby Corn say to Mama Corn?" "Where's Pop Corn?"



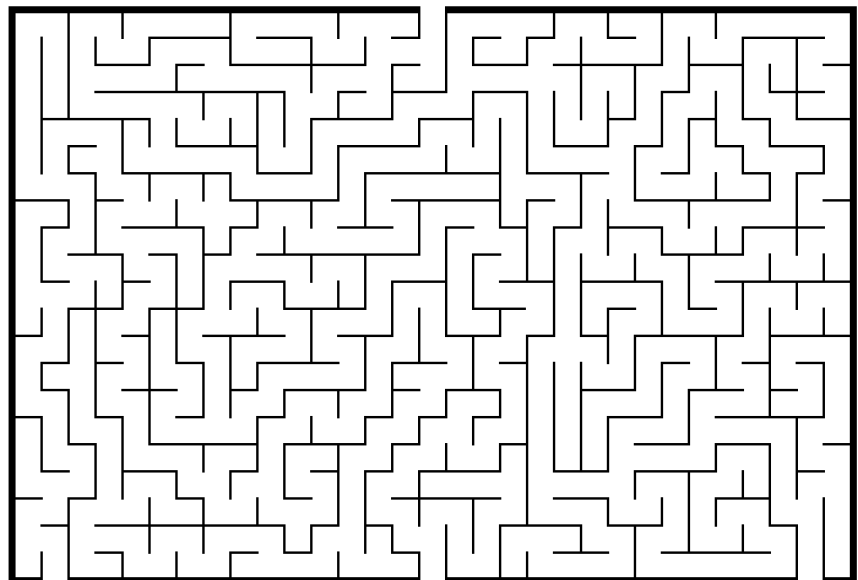
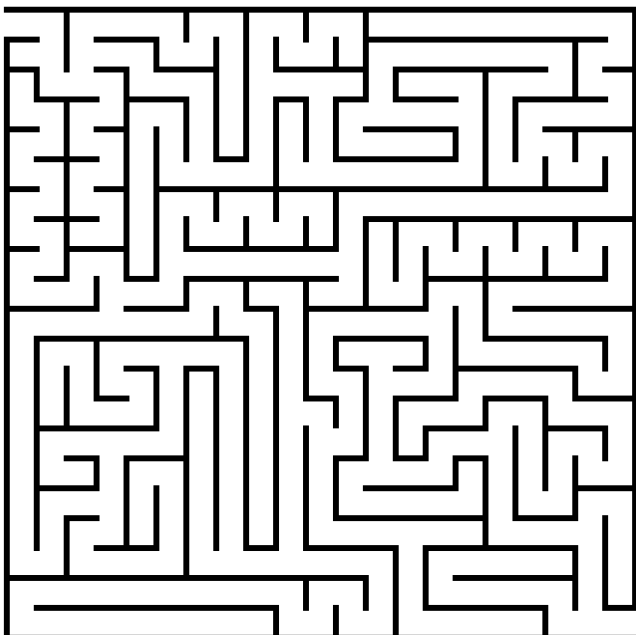
"Where do boats go when they're sick?" "To the boat doc."



If you have anything funny that you think may lift some ones mood - email to reception@centre401.co.nz

PUZZLE OF THE MONTH

Tekau



PLANET 401



WHAA RAU MA TAHI

WORDFIND

E A J H A W C O R R Q P L E D H M W A P
L Y R X W W O Y E U T T H O H E Z C Z X
P Y A E L L M F C H P H F G N T V V E N
R M E M R Z M A O J O L B T X J A P H Z
U K M V P Q U L V B D L A B T Y U E P L
P Z G O X C N Q E J P L I O J D H F R B
G W W F T H I M R K H Q H D N C P H U B
R B M V L V T F Y E R J H C A T B M Z S
G X G E M B Y X A N T G U T E Y B D M R
P K K P M K A L X L S C A R N L C K E K
K N O Q H C T W P D V S F J E D R T R O
O N K F F H P R H U M I D B R E W O L F
Y R I A J J I E W L G L E W O F E H T H
T Y C P Q N G M I A A E A P S R B X B D
D N E K E E W M B K I T B F Z H P F N W
V J H M U O T U R G Z A R G A L U C Y P
M X H B K P K S B C F J T N B Z W C H B
D H H P Z G B V K D B E G A W I G E Y X
J T P T V S S O D B J Q D M P P B E Q L
A W M R S K A I U V R S J L O R B Z G V

Breathe
Flower
Humid
Pink
Summer

BumbleBee
Holiday
Kai
Purple
Waiata

Community
Hot
Mentalhealth
Recovery
Weekend

HAVE AN AWESOME MARCH!

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