

# JULY/AUGUST 2010

This page is designed to let residents and visitors know about events and activities which are coming in the next month.

To download a copy from the website, go to [www.upperhuttcity.com](http://www.upperhuttcity.com)

## EVENTS FOR JULY/AUGUST 2010

**Enter now: Poems about your community entries close Friday 16 July**  
The National Poetry Day Theme "Poetry in the Community" we are looking for your poems about your community. Entry forms from [www.upperhuttcity.com](http://www.upperhuttcity.com) or [www.upperhuttlelibrary.co.nz](http://www.upperhuttlelibrary.co.nz). For details call Tennille Maxey 04 527 2132.

**From Monday 5 July**  
**UH Roller Skating Club skate/blade discos 1pm-3pm**  
At 34B Goodshed Road, great music, games, ramps and sweet shop entry fee applies. For details contact the rink 04 939 0507 or visit [www.skate.wellington.net.nz](http://www.skate.wellington.net.nz) or email [skatewellington@yahoo.co.nz](mailto:skatewellington@yahoo.co.nz).

**From Monday 5 July**  
**H2O Xtream Holiday Programme, Heretaunga Christian Centre**  
Surf's Up 5-8 years and Hang Ten 9-13 years from 9am-3.30pm plus overtime available from 7.45am and from 3.30pm- 5pm. OSCAR approved and WINZ subsidies available. Fees apply. For details visit [www.h2oxtream.com](http://www.h2oxtream.com) or call 04 527 2113

**From Monday 5 July**  
**Youthtown Holiday Programme, Maidstone Pavilion, Maidstone Park**  
Programme for children aged 5-13years between, 9am- 4.30pm, overtime available. Fees apply. For details visit [www.youthtown.org.nz](http://www.youthtown.org.nz) or call 04 527 9730

**Wednesday 7 July**  
**Spinners and Weavers Holiday programme**  
Onslow Rifle club rooms off Alexander Road starts at 10am-2.30pm, bring your own spinner, entry fees apply, bookings essential, phone Val Neill (04) 528 4179 E Anderson (04) 973 6614

**Monday 19 July**  
**La Leche League for new mothers, Hapai club 9.45am-11.30am**  
Drop in to the Hapai club 871-881 Fergusson Drive, for helpful hints for the early weeks. For details visit [www.lalecheleague.org.nz](http://www.lalecheleague.org.nz), or call Mel 04 528 5219 or Wilma 04 970 4228.

**Sunday 25 July**  
**Activation Duathlon at Trentham Memorial Park from 9am**  
Whether you just want to try a Duathlon for the first time, or are looking for another event to add to your multisport career. Entry fee apply. For details visit [www.activation.org.nz](http://www.activation.org.nz) email [activation@uhcc.govt.nz](mailto:activation@uhcc.govt.nz), or call Activation 04 527 2113

**Monday 26 July to 19 September**  
**Lively Places from Pinehaven to Timberlea**  
Includes loads of physical activities, try something new, there's so many options! With a wide range of activities from Pilates, Yoga, Zumba, Self Defence...the list goes on! For details visit [www.activation.org.nz](http://www.activation.org.nz) email [activation@uhcc.govt.nz](mailto:activation@uhcc.govt.nz), or call Activation 04 527 2113.

**Wednesday 28 July**  
**Poetry reading with Jenny Bornholdt 7.30pm at Upper Hutt Library**  
She is a well regarded poet and author. Her poetry has been praised for its freshness and concealed depths. For details visit [www.upperhuttlelibrary.co.nz](http://www.upperhuttlelibrary.co.nz).

**Wednesday 28 July**  
**The Grind: Jam Session, Youthtown Maidstone Pavilion Maidstone Park**  
Come and check out Crunk-O-Saurus Rex and Soviet will be headlining this Youth Week gig. They will rock your night away!! Admission is just a can of food (that will be donated to the local food bank). Come along and support your local talent. Drug, alcohol and smoke free event. For details email [jade@youthtown.org.nz](mailto:jade@youthtown.org.nz), or call Jade on 04 527 9730.

**Thursday 29 July**  
**Blended Family Success Seminar, 3 Reynolds Bow Drive Silverstream 7.30pm-9.30pm**  
During this interactive seminar you'll discover how to blend families successfully. Entry fees apply. For details visit [www.stepfamilyhelp.info/blog/seminars](http://www.stepfamilyhelp.info/blog/seminars) email [adele@stepfamilyhelp.info](mailto:adele@stepfamilyhelp.info) or call Adele Cornish 04 972 4612.

**Thursday 29 July**  
**Poets' Corner at Expressions Arts and Entertainment Centre 10.30am-11.30am**  
In the foyer of Expressions they will be creating their very own campfire experience. This is an open invitation to bring along your own poems and favourite campfire poems to read. For details visit [www.upperhuttlelibrary.co.nz](http://www.upperhuttlelibrary.co.nz).

**Friday 30 July**  
**Poetry Reading and Awards Evening Upper Hutt Library 6.30pm**  
This evening is to mark the 10th celebration of Poetry day events in Upper Hutt. For details visit [www.upperhuttlelibrary.co.nz](http://www.upperhuttlelibrary.co.nz) or call Tennille Maxey on 04 527 2132.

**Saturday 31 July**  
**Evening disco 'Night fever' at the UH roller skating Ring 6.30pm-8.30pm**  
At 34B Goodshed Road, great music, games, ramps and sweet shop entry fee applies. For details email [skatewellington@yahoo.co.nz](mailto:skatewellington@yahoo.co.nz), or call the rink 04 939 0507, Bruce 04 9388718, Chris 04 5297551.

**Saturday 31 July**  
**St Mary's Church Antique Roadshow, Terminus Street, Silverstream 1pm-4pm**  
Bring your treasures along. You could be surprised at their value. All items will be valued by Carolyn Watkins from Carolyn Joy Watkins Antiques, Upper Hutt and Craig Griffiths from Central Markets Lower Hutt. Fees apply. Too book appraisal call 04 528 7822.

**Friday 6 August**  
**Chill - Youthtown, Maidstone Pavilion, 6-10pm**  
Bored? Nothing to do? Come and CHILL at Youthtown. Movies, playstation, table tennis, pool and CHEAP FOOD!! Bring your mates and chill out. No cover charge. Smoke, alcohol and drug free event. For details email [jade@youthtown.org.nz](mailto:jade@youthtown.org.nz), or call 04 527 9730.

**Friday 6 August**  
**Winder quiz nights at Short Straw Café 7.30pm**  
Round up a group of six and head over to Johnsons Road Whitemans Valley, meals start at 6pm quiz starts at 7.30pm, entry fees apply. For details visit [www.shortstrawcafe.co.nz](http://www.shortstrawcafe.co.nz), email [short.straw@hotmail.com](mailto:short.straw@hotmail.com) or call Ariane (04) 528 7884.

**Healthy Homes Happy Pockets**

All you need to know about fruit trees, compost & worm farms

Free public information evening

Come along to learn some tips and have your questions answered...

- ... how to grow fruit trees in the Hutt Valley
- ... an interactive session on how to make compost
- ... worm farms for the home

Supper provided and prize draw on the night

7.30pm  
Friday 30 July  
St Margaret's Church  
Dunns Street  
Silverstream  
Upper Hutt

Save money and make positive changes for your family's health and the environment!

Registrations are essential. To register or for more information, contact Patricia on 938 0374 or [community@uhcc.govt.nz](mailto:community@uhcc.govt.nz)

Brought to you by:

*The Life History of*

# Stars and Planetary Systems

Sunday 11 July 4pm

Book now

Upper Hutt resident Frank Andrews returns by public demand for another intriguing illustrated talk. Frank is a highly regarded astronomer, educator and teacher. Last time we turned people away on the day so this event will be ticketed.

The event will be held in the  
Genesis Energy Theatre  
Expressions Arts and Entertainment Centre  
Fergusson Drive Upper Hutt

Enquiries: [paul.lambert@uhcc.govt.nz](mailto:paul.lambert@uhcc.govt.nz) 04 527 2141

Be quick only \$5.00 from Expressions get your tickets now 04 527-2168

*A Fresh Experience*

# Upper Hutt Farmers' Market

**When?**  
From November 1st, 2009  
Every Sunday, 9AM to 1PM.  
Access for Vendors from 8AM.

**Where?**  
Russell Street,  
next to Westpac

**Register**  
Calling Local Farmers and Artisan Food Producers! Stalls are \$30 per Sunday. To reserve a stall for November 1st, register your interest by Oct 10th. For more information about eligible vendors and products, please visit our website or phone us.

**Contact**  
Email: [stalls@upperhutfarmersmarket.org.nz](mailto:stalls@upperhutfarmersmarket.org.nz)  
Website: [www.upperhutfarmersmarket.org.nz](http://www.upperhutfarmersmarket.org.nz)  
Phone: Chris at 04 977 5400 or Helen at 04 527 0316  
Post Office Box 40 209  
Upper Hutt

Associate Member of Farmers' Markets of New Zealand, Inc.

BIKE HUTT PRESENTS

## 2010 CYCLOCROSS RACING SERIES

4 JUL 10AM TRENTHAM MEMORIAL PARK  
18 JUL 10AM CALIFORNIA PARK  
1 AUG 10AM CALIFORNIA PARK  
15 AUG 10AM TRENTHAM MEMORIAL PARK

PHO 04 527 8718  
BIKE HUTT  
808 FERGOUSON DR UPPER HUTT  
[WWW.THEBIKEHUTT.BLOGSPOT.COM](http://WWW.THEBIKEHUTT.BLOGSPOT.COM)

# WHAT'S ON AT H2O XTREAM!

Tel: 04 527 2113  
[www.h2oxtream.com](http://www.h2oxtream.com)  
[www.twitter.com/h2oxtream](http://www.twitter.com/h2oxtream)

**WIN A FLAT SCREEN TV**

Visit H<sup>2</sup>O Xtream 3 times between Friday 2nd - Sunday 18th July 2010 to go in the draw to win.

Plus enter the daily **AQUA CHALLENGE** competitions to WIN fantastic prizes

Term & Conditions Apply. Prize draw will be made on 19th July 2010.

**Women Only Swim night**  
Sundays from 7pm

**Warm | Friendly | Safe | Fun | Relaxing**

Female only staff & curtained from the road  
All abilities, cultures & ages welcome  
5 Week Learn to Swim Class starts - 25 July  
Hydrorobics Class inc. in entry - 8 August

**Toddler Time**

Tuesdays 10-11am (during term time)

Enjoy a relaxed and fun atmosphere and introduce your toddler to water

Instructor on hand to help and guide  
Toys and resources available  
Supervising Adult FREE

**HOLIDAY LEARN TO SWIM**

Start learning to swim these holidays  
Half hour classes for children  
Monday 5 - Friday 9 July 2010  
Monday 12 - Friday 16 July 2010  
3 different levels, \$45-\$50 for 5 lessons

**Unihoc & Flippball Leagues**

Runs in Terms 3 & 4 from 9th August

Unihoc: Primary & Intermediate grades  
Mondays at Riverstone Rec. Hall

Flippaball: Primary & Intermediate grades  
Tuesdays & Thursdays at H<sup>2</sup>O

New teams welcome. Limited space.  
Bookings open now

**Aqua Yoga & Water Therapy**

Tuesdays 10-11am (during term time)

Water is supportive and therapeutic.  
This session promotes a balanced mind & body, suitable for everyone but especially good for ante & post natal, rehabilitation, seniors and people with disabilities.

**Bookings not required**