

THE CAUSEWAY

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October 2016

NEWS & VIEWS

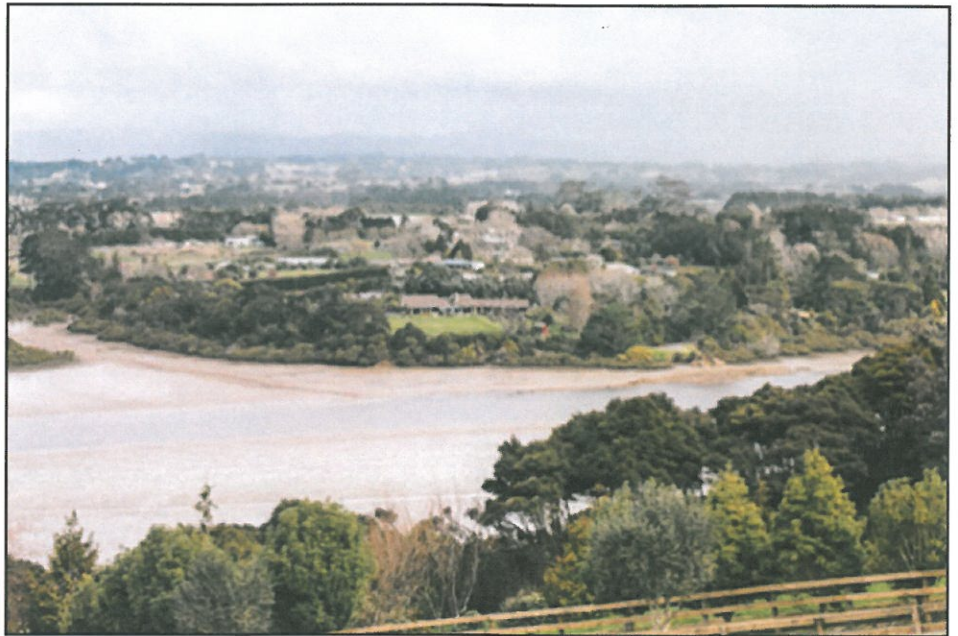
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Village Spring Clean

Sun 9 Oct
9.30am

Whenuapai Village Hall

Plan to make Whenuapai a model urban community



Plans for the urbanisation of Whenuapai as a model for sustainable greenfield development have been approved.

“As our first future urban zone development we have the opportunity to create something special for Auckland and set the tone for the city’s growth under our new Unitary Plan rules,” said Deputy Mayor Penny Hulse, chair of the Auckland Development Committee.

The Whenuapai Structure Plan sets out how the rural countryside can be turned into a thriving community of 8,000 - 10,000 dwellings and 7,000 jobs over the next five to 20 years.

The structure plan was open to public comment and amended to take account of feedback which highlighted a need to

- protect the natural environment including the sensitive Waitemata Harbour coast
- provide open spaces and recreational areas

- ensure adequate infrastructure including waste water, storm water, schools, community facilities, roading and public transport.

Auckland has an immediate need for housing to rent or purchase at various price levels. Living and working locally with well-connected community facilities and social infrastructure reduces the need for peak-time journeys across the city.

Initiatives which could be explored for Whenuapai include having a range of housing choices, locating homes close to transport, and encouraging quality dwellings that exceed environmental minimums and are usable for people of all ages.

“The area would benefit more from some higher residential densities enabling a community where people can both live and work. This would include a mix of terrace housing and apartments as well as

Continued on page 2

We're online at

www.thecauseway.co.nz & Email: news@thecauseway.co.nz

Causeway Information

Email: news@thecauseway.co.nz

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Address: 10 Coleman Ave, Herald Island

All correspondence should be legible and include writer's name and address.

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Causeway is published as an independent community newsletter to support both the Whenuapai Ratepayers & Residents Association Inc. and Herald Island Residents and Ratepayers Association Inc. to inform the residents and ratepayers of events and proposals that affect the local area.

Circulation 1,200 — pass it on to your friends or tell them to read the Causeway online at www.thecauseway.co.nz

The views and opinions expressed in this newsletter are those of the individual contributors and not necessarily those of the Causeway Committee.

While we try to ensure accuracy of information, the Causeway Committee accepts no responsibility for errors or omissions made by individual contributors.

Layout & Printing: Huapai Copy & Print

Whenuapai - Model urban community

Continued from page 1

standalone homes, coupled with a large area of business development," said the deputy mayor.

Whenuapai is also home to the country's largest military airbase and any future development has to ensure that surrounding areas take account of its footprint and operating requirements.

The next step is to prepare a plan change to the Proposed Auckland Unitary Plan Decisions Version to change the current Future Urban Zone to appropriate urban zones.

During the plan change process there will be opportunities for residents and other stakeholders to have their say.

The deputy mayor acknowledged the contribution of elected representatives involved in the development of the plan, Councillors Linda Cooper, Wayne Walker, and John Watson, Local Board members Lisa Whyte, Brenda Steele, Vanessa Neeson, and Independent Maori Statutory Board member Glenn Wilcox.

The full Whenuapai Structure Plan will be available on the council's website next month. A public event to hear more of the process will also be arranged.

September – Bee Month



The honey bee is in trouble. Worldwide, bee numbers are declining. The bee is being attacked by an increasing number of bee pests (e.g. varroa mite) and diseases. Featuring prominently in this equation is the severe decline in floral nutrition resources creating a shortage of quality pollen for the bees to eat. Malnutrition severely compromises the bees' resistance to pests and diseases.

We all need to contribute to saving the bees. You can grow any of the following to attract them to your garden.

Annuals: calendula, marigold, sunflowers, poppies, cosmos, hollyhocks, fox gloves, echium, clover, nasturtiums.

Perennials: comfrey, dahlias, echinacea, geraniums, aquilegia, gladiolus, echium blue bedder, Borage, Bergamot, Bee Balm Shrubs: Californian lilac, buddleia, Bees need water!! If you have a bird bath, fill it to a shallow level and place glass pebbles, marbles or small rocks to give the bees something to land on so they can drink.

If you don't have a bird bath, place a couple of dishes near flowering plants with the pebbles and fill regularly. If everyone just does one thing to help we will win!

Diane Griffin - Hobsonville Herb Group

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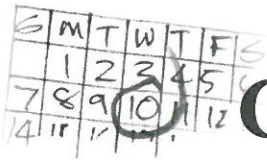
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Calendar

- 9 October** Whenuapai Village Spring Clean – Meet at the Whenuapai Village Hall at 9.30am.
- 4-15 October** Printmaking Exhibition – Kumeu Arts Centre, part of Art week Auckland 2016.
- 15 October** Las Vegas Night! Get your friends together for a fabulous night out. Tickets \$20, doors open at 7pm. .
Contact: tickets@whenuapai.org.nz - BYO drinks and nibbles, prizes for the top gamblers. Held in the Whenuapai Village Hall.
- 31 October** Halloween on Herald Island!
- 24 October** Labour Day (public holiday).
- 16 November** Herald Island AGM, 7.30pm, Herald Island Hall 7.30pm.
- 28 Nov-18 Dec** Affordable Arts - Everything \$300 and under.
- 25 Dec** Herald Island Christmas Parade
- 21 Jan** The Kindermarket – 10am-3pm at the Herald Island Hall. A boutique market focused on baby, children, and pampering hard working mums and dads. Baby and childrens clothes, toys and accessories, soaps, candles, kids activities, food and drinks and much more. Stall enquiries email: anna@banx.net.nz



Saturday 15th October

Tickets \$20.00

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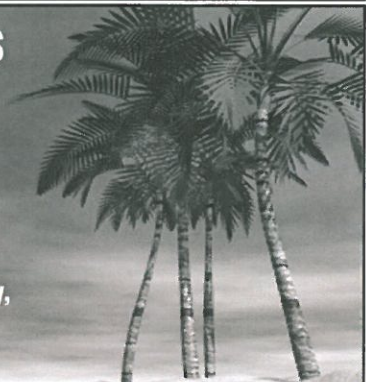
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Spring Clean-up in the Village

The annual Whenuapai Village Spring Clean-up on Sunday October 9 will also be an opportunity to have your say on the future of Whenuapai.

As well as cleaning up around the village reserves and the Whenuapai Hall, there will be morning tea, and a representative of Auckland Council will be at the hall listening to what you think is important to our village.

There will inevitably be changes to the land surrounding our village as a result of the Whenuapai Structure Plan which will be set in place to guide development of Whenuapai over the next 20 years.

The Upper Harbour Local Board would like to know what aspects of Whenuapai you really enjoy, what you'd like to enhance and what things you'd like some influence over as the plan is rolled out – like parks design, street names, plantings, public art, development of amenities like our parts and waterway.

Come along to the Village Spring Clean-up for a chance to make a change, on the day and for the future.

Enjoy a yummy morning tea, art and design activities for the kids, help clean up our unique village and take the opportunity to have your say on enhancing your community.

Clean Up starts at the Whenuapai Village Hall at 9.30am, running till midday.

What is it about Whenuapai that's important to you, what do you really enjoy?

With the inevitable changes that will happen as a result of the Whenuapai Structure Plan, what would you like to influence - if you could?

- Speak-up at the next Spring Clean-up
- Paint a picture of how you'd like things to be
- Write your wishes down
- Chalk it up!

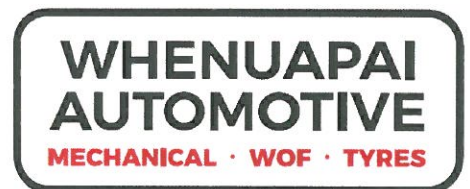
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Beach Clean Up

We go to Shelly Beach a lot and clean up along the beach. Last time we picked up two bags of rubbish. In the rubbish there was glass, plastic, fibrolite, fishing line, fishing net, string, a jandal, a glove, lots of plastic bags and fish hook bags. We also found a tyre and a huge blue barrel. It is sad to see the pollution because it can kill lots of things in the sea. Also people leave lots of rubbish on the wharf when they are fishing and it blows off. There are lots of people who pick up rubbish, which is really cool to see. The Kaipara is a cool place to live.



<http://samsfishingandnature.blogspot.co.nz/>

From Sam the conservation man.



The Wheuapai R&R is excited to host the village event of the year... **The fabulous Las Vegas Night, Saturday 15 October Whenuapai Village Hall**

There will be prizes for the top gamblers and the best dressed in Las Vegas glam. BYO drinks and nibbles. **Tickets - \$25.00**

Available by contacting: tickets@whenuauapai.org.nz

Get a groups of friends together and come and support this fabulous community event. Enjoy a great night out with friends!

In the tradition of fostering our unique village community spirit, the Whenuapai R&R is hosting the event of the year – the Fabulous Las Vegas Night, on Saturday October 15.

Local businesses have generously donated prizes towards the night at the Whenuapai Village Hall, with the major sponsor for the evening, Oyster Capital, the developers of the new housing area at the Whenuapai township.

Tickets are \$20, which gives each player gambling chips that can be used on six different gaming tables. You can try your luck at roulette, blackjack, crown and anchor or Texas Holdem Poker.

At the end of the night, the top three gamblers will receive some great prizes. There will also be a door prize, and a prize for the best dressed in Las Vegas glam.

It's BYO drinks, with nibbles provided. Doors open at 7pm, and gaming begins at 7.30pm.

Tickets are available for purchase by emailing tickets@whenuapai.org.nz, or call Suzanne on 416-4272. Get a group of friends together, come support this fabulous community event and have a great night out.

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Causeway Clips

Massey High becomes Ferndale High

Shortland Street was filming at Massey High School in September. Filming took place in the Science Block and a few Massey students were used as extras. If you're an avid Shortland Street fan, keep an eye out, spot Massey High.

Charity Golf Tournament – Friday 14 October 2016

Fundraising for the Massey High School Foundation. Providing financial assistance to assist Massey High School and support students in achieving their full potential.

Important Information:

Ambrose with teams of 4 players.

WHEN: Friday 14 October 2016

WHERE: RNZAF Golf Club, Kauri Road, Whenuapai

TIME: Shotgun start 12.30pm

For further information please visit the website: www.mhsfoundation.co.nz or contact Chris Smith on 021-970-098 or chris@sentra.co.nz

Fire Station/Library makeover

The Herald Island Library and the Fire Station Gallery are getting a makeover! The walls in the Library are being painted, and near new shelving is being installed during the September School Holidays.

There are also plans for the Fire Station, new flooring and gib on the walls and if we're lucky, maybe Wifi in the near future.



Sue McElroy working on a prop for the Massey High School 'Arts Week'

The Fire Station is an amazing workspace and a real asset for the community. Both the Library and Gallery areas are well used for meetings and gatherings.

January School Holiday Programme

Do you have children between 11 and 17 years of age?

This is to inform you that Adventure Specialties Trust will once again be running Break-Away School Holiday Programmes in January 2017 – **at no cost to participants!**

Break-Away School Holiday programmes are a government initiative that provides stimulating, fun and structured holiday activity for eligible West Auckland youth aged 11 to 17 years who would not normally have access to holiday programmes. Activities will include a mix of adventure tramping, adventure caving, kayaking, abseiling, rock climbing and more – with all specialist gear being provided by the Trust.

Please contact:

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Budget Footnotes



A word of advice about CV's

As we all know there will be changes in our busy lives like changing jobs and these can be very stressful at any time as we all have to upgrade our CV.

I thought I would just give you a few pointers on writing your CV. It is one of the most important "sales tools" that you can use. It tells an employer what level of skills you have achieved and how these skills can be used for this job. Remember that a CV is the first point of contact for your future employer to evaluate you, and getting an interview is a great achievement.

1. Your CV has one role – to get you an interview. So you only need a short summary to say who you are and what skills, experience, training and qualifications you have. There are lots of different ways. Start with a basic format and adapt it to show your skills in the best light. There are two main ways.

Here are some guidelines:

- keep it short (1-4 pages)
- put your best skills first
- use simple language and short sentences
- be positive and enthusiastic
- don't staple lots of things to it
- make it look good – and always type it
- check your spelling and grammar (get someone else to check it too). Don't attach original certificates and references or send them to an employer – they could get lost (just take them along in a separate folder when you have an interview). Always take a copy of your CV when you visit an employer.

2. What should my CV say?

- Personal details. Give your full name, and an address and phone number where the employer can contact you. Age and family details are optional.
- Career or personal objective. Say what you want to achieve in your working future. This helps the employer relate your skills to the job.
- Work experience. List the jobs you've had, starting with the most recent and working backwards.
Give the job title, the employer's name, the date you started and finished, and a brief description.
- Skills and abilities. List your work-related skills and abilities. Some of these might be skills you learnt outside work. So include unpaid, community or family work and say how these skills might suit the job you are applying for.
- Education and training. Including your schooling and other training. Give details of technical and trade certificates, and any study or courses you've done (even if you haven't completed them).
- Other things. Give brief details of your hobbies and interests. Include anything else you think is important such as driver's licence or your state of health.
- Referees. Include at least 2 people who can talk about how well you've worked in the past. Give their name, position, and phone number. But check with them first. Let them know they may be contacted and ask what they will say about you.

3. Write a career objective for each job

Try writing a short career objective. It should state your goal and skills that make you suitable, e.g: 'I'm looking for a career, preferably outdoors, where I can develop my skills. I'm hardworking, strong, versatile and in good health.'

4. Issues with work history?

An employer looks at your work history to see if you are suitable. If you don't have specific experience in the job, highlight relevant skills and include your other experience (it doesn't have to be paid work to count).

If you have a gap in your work history, include a short sentence to say what you did and the skills you developed during that time.

Next month, two ways of writing a CV.

Rt Hon John Key

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Can you grab your gut?

I was spending too much time in the hospital recently, you can't help reading information lying around the place. Here's a flier that was in the cafeteria, and is worth considering . . .

Your waist circumference is now considered a better indicator of your health compared with other measures (such as overall weight).

Carrying excess weight around your mid-section has been linked with increased risk of lifestyle diseases, such as type 2 diabetes and heart disease.

The deep abdominal fat that is found around your mid-section is known as visceral fat and has been shown to be toxic to the body.

Reducing your waistline is the number 1 thing you can do to improve your overall health!

Get out your tape measures, here's a guide:

MEN

Healthy - 94cm, At Risk - 95-101cm, High Risk - 102cm+

WOMEN

Healthy - 80cm, At Risk - 81-87cm, High Risk - 88cm+



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Caring for the Caregiver

There is a huge amount of people in our community who are in a caregiving role. It can be parents, foster parents, grandparents raising grandchildren, looking after ageing parents, looking after special needs children, dealing with sick family members and friends, people who do paid work in a caregiver role and many more.



Kim McNamara

As a caregiver we tend to give a huge amount of ourselves to those who we care for. Sometimes it can be a balancing act to look after our own families and care for others as well. Caregiving is a huge role, and **such an important role to the health and mental well being of those who we love and those in our community.**

The selfless role that caregivers take on, often leaves the caregiver themselves feeling very depleted and worn out with no energy. It is so important to **take time out for yourself** if you are in one of these roles. Often people just keep on going until a crisis point comes about, and then decisions need to be made in haste, and often made without feeling very resourceful.

It is so important to **factor in time for yourself**, time to get away and recharge your batteries. Often if the caregiver can't keep doing what they are doing, there is such a huge domino effect and a negative spiral. Time out can sometimes seem selfish, however it is imperative if you are in a ongoing caregiving role.

If you are in a caregiving role, search out **what resources our community has to offer to support you.** Maybe start with a chat to the doctor.

If you would like my "Tips on Caring for the Caregiver" sheet, feel free to email me for a free copy.

If you would like to book an appointment with me, please call/txt 027 978 5970, Bookings essential at Healthworld, Westgate on Tuesdays.

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Scout Group Update: Goodbye, Goodbye, Good Luck

This term has been a busy one for our local scout group. It has been full of amazing achievements, including a successful scout section collection for Women's Refuge and a busy Cub programme, but it has also been a sad one as this has been a time of change and we have lost (or very shortly will lose) five of our beloved leaders.

Our Kea section is hardest hit as we have had to farewell Kiwi (Iain Chapman) this term. Iain has been a fantastic Kea leader and is extremely well liked. He, and the rest of the Chapman family, are moving south to Tauranga and we wish them the very best. Sienna and Hunter will be missed.

Also leaving Keas, but not quite yet is Esther Fe. We are very aware of her coming departure and will miss her very much. Esther stepped in as a leader last term and in 20 short weeks has become very well loved. She brings a great sense of humour and adventure to our Kea meeting nights and it will be sad to see her go. Esther returns to her native Germany in time for a white Christmas.


Our cub section is very sad to be farewelling Nigel Cowley, our beloved Cub leader of many years. Nigel has served as Aklea for most of his time at Whenuapai, but with both of his sons now in the scout section, it is time to bid him a fond farewell- from cubs at least. Most of our current Venturer unit were cubs when Nigel took over the pack, so they were ecstatic to learn that he is not leaving us completely but taking on a new role as Venturer Leader. Michael Dudley will be stepping up as Aklea and we wish him the best. Nigel has left some very large shoes to fill.

In the scout section, we have lost Wes Edwards. Wes served as a leader in Keas, Cubs and finally Scouts before retiring to spend more time with his family. All four of his children have been involved with our group and his lovely wife Jenny has been a strong supporter. We are very sad to see the Edwards family leave us, but wish them the best on their next adventure.

Finally, our Venturer Leader Trent has decided that the time has come to pass on the leader mantle and take on a new job within the group. Trent has done a fantastic job balancing Venturers with his air force role and we are stoked to be keeping him as our RNZAF liaison. It's been a job he has been unofficially doing for years, so we know he'll do it well.


The group would like to thank ALL the leaders for their service and let the community know that we have heaps of space for new youth members (6-18), new leaders (over 18 and of any ability) and new committee members. We will be holding our AGM on Saturday November 26th at 2pm. Anyone who would like information about our group or becoming a leader is welcome to contact our group leader Tim (021-181-0855) or check out our facebook page <https://www.facebook.com/whenuapaiscouts/>

Being a leader is a rewarding way to give back to your community and we'll teach you everything you need to know. We have space for those who can give some time every week, every couple of weeks or every month at every section level.



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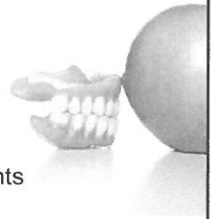
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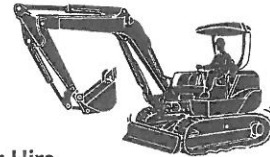


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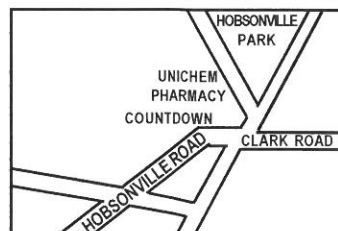
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Council Clips ...

Appeals closed on Unitary Plan

Appeals on the Proposed Auckland Unitary Plan closed on Friday 16 September with approximately 100 appeals lodged with the Environment Court and the High Court.

John Duguid, General Manager Plans and Places, says the appeals will affect some parts of the plan, however the council is still working through the appeals to determine exactly what extent they will have on making the plan operative.

“While the Proposed Auckland Unitary Plan rules remain in force, the old rules of the various regional and district plans will also remain in place for those parts of the Proposed Auckland Unitary Plan that are under appeal.

“The majority of appeals lodged are confined to specific details of the plan which are unlikely to impact on its overall implementation.

“However, there are a smaller number of appeals that may have a broader impact.

“Consents will need to be assessed and approved against two sets of rules and decisions will need to be made on a case by case basis on what weight can be given to the Proposed Auckland Unitary Plan.

“It will be a top priority for the council to resolve these appeals and reduce the complexity it has on the consenting process,” says Mr Duguid.

All matters under appeal are before the courts, which will determine when appeals will be heard.

A list of appeals lodged and more information on the appeals process can be found on the council’s website.

Auckland Council invites applicants for the \$40,000 Love Food Hate Waste Fund

Auckland Council is inviting applications to its first ever Love Food Hate Waste Fund from people with innovative ideas about how to reduce food waste.

The Love Food Hate Waste fund has \$40,000 overall, with maximum funding of \$1,000 per application.

About 40 per cent of what the average household puts out in their rubbish each week is food waste, which goes to landfill. What’s more, avoidable food waste costs the average household \$563 a year, with Kiwis spending an estimated \$872 million a year on food that then gets thrown away uneaten.

Waste Solutions General Manager Ian Stuppel says no funding application is too small, which makes it ideal for individuals and community groups.

“We’re looking forward to seeing a raft of clever ideas on ways to encourage food waste prevention and I would strongly encourage anyone with an interest to apply,” he says.

Examples of events that could receive funding include:

- A community cook-off
- Running a preserves making workshop
- Having a local chef or home cook demonstrate food saving techniques
- Host a movie screening or discussion group
- Running a Love Food Hate Waste stand at a community event
- Love Food Hate Waste projects in schools
- Food waste reduction initiatives in businesses
- Cooking demonstrations at a community garden

Continued page 13

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Also open in September is the Waste Minimisation Innovation Fund which is not limited to food waste. Both funds close at 8pm on Friday 30 September 2016. Aucklanders are encouraged to apply for either fund or both.

More information can be found at www.aucklandcouncil.govt.nz/wmif just follow the link at the bottom of the page to the dedicated Love Food Hate Waste Fund.

Votes start rolling in

The Auckland local body elections race is on. The gates are open in and the first votes are in.

Between now and midday on Saturday 8 October, over one million eligible voters can cast their ballots to determine the leadership of Auckland for the next three years.

At first count, 2.16 per cent of votes have been returned in the six days since voting opened, up from the 1.2 per cent for the same period in 2013.

Vote counting will continue on a daily basis and be available on the website from 2pm each day, up to Friday 7 October.

A preliminary result will be available from 2pm on Saturday 8 October and the final outcome confirmed on Thursday 13 October.

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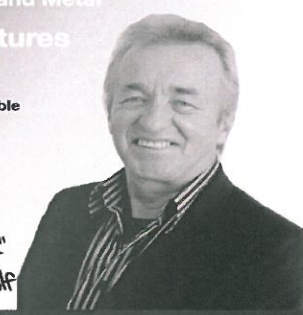
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Language ambassadors giving building a lift

A group of proactive language students have been fundraising during the year. Their aim was to give something back to the language department. Elaine Zam came up with an idea to paint the outside of the Language Department at Massey High School. Elaine, together with a group of supportive students, have had discussions with the language teacher, Senior Gines who has backed their project.

Since then, the group has put together a plan and approached the property manager, the art department for paints and students from the technology department who cut out the plywood shapes. The whole project is a collaboration of student skills, from design and project management through to its completion.

I met the group one lunchtime and they were up to their elbows in paint, busily preparing the plywood silhouettes, for the outside walls of the language block. Massey High School teaches Spanish, French and Japanese so the plywood shapes depict the countries activities.

The students plan to attach the silhouettes during the September School Holidays, ready for the opening in Term 4.

Pictured below are: Rebecca Billingham, Jacob Tupe, Andy Shen and Psalma Zabala (Rebecca France and Elaine Zam were away at the time the photo was taken).



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NorthWest Stage 2 will provide up to 20 new dining and shopping experiences that will border the Te Pumanawa (Westgate Town Square) and complete the Maki Street retail section. There will also be ample office space to accommodate local businesses and will create the heart of an all new West Auckland business hub.

Building is already underway for our selection of restaurants opening on 29th September 2016. On completion, Stage 2 will provide a welcoming space to linger, shop in and even dine alfresco. We can't wait to unveil this new area to you, our burgeoning West Auckland community. Shops include!

- **Goode Brothers** - From handmade pasta and traditional pizza to super salads and classic burgers, there's something for everyone at the table to enjoy.
- **Cleaver & Co** - A casual eatery celebrating the art of authentic wood fire BBQ. Chow down on sticky smoked ribs, and be sure to try their addictive 'Chickannn wannngggs'.
- **Nando's** - Everyone wants a taste of their legendary flame-grilled PERi-PERi chicken, however there is more than the signature serve on offer, with burgers, wraps and salads to choose from.
- **Hansan** - Serving authentic Vietnamese Cuisines.
- **Casablanca** - A stylish new eatery inspired by travels all over the Eastern Mediterranean and North Africa.
- **Wagamama** - Enjoy authentic Asian flavors in our relaxed, friendly restaurants. Modeled on Japanese noodle bars, Wagamama offer a range of freshly-cooked rice and noodle dishes, as well as salads, sides and delicious fresh juices.
- **Tomi Ro** - NorthWest is now home to the first Sushi Train in West Auckland, letting you select lunch or dinner straight from the table. Visit Tomi Ro for fresh sushi rolls, gourmet charcoal grilled skewered meats and delicious Japanese beers to wash it all down.
- **Orra Café** - With Allpress Coffee on the grind and a selection of sandwiches, cakes and pastries, they've also got freshly squeezed juices and a selection of smoothies to choose from.
- **Constellation Brands** - New Zealand's largest wine company, Constellation Brands, is preparing to move into their expansive office space, within NorthWest Stage 2.
- **Citta Design** - Citta shares a global design story, retold by you - through the way you live and bring its pattern, colour and texture into your home.
- **Stirling Sports** - Stirling Sports are stockists of leading Sportswear & Sports Fashion brands including Nike, Adidas, New Balance, Puma and Reebok.
- **Marmot** - Marmot crafts professional quality outdoor gear. Inspired by the alpinist spirit of adventure.
- **AMI Insurance** - Come in for a face-to face chat about your Car, House, Contents or Business insurance.
- **Hangerz** - Hangerz design accessible clothing for men and women, using clean styles, natural materials and subdued hues.
- **SendaBasket** - For all things present-related, SendaBasket should be your point of call. From a simple posy of seasonal flowers to a lavish basket full of treats.

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Whenuapai Floral & Garden Circle

There were 54 members present at the September Meeting at the usual venue of Whenuapai Community Hall. While the number was considerably fewer than normal so too were the names for the Mystery Trip which was consequently cancelled. Members were informed of the Orchid Show September 22-25 and details given of the October Trip to the Kaipara Coast.

Derek from Mega Mitre 10 was our guest speaker and began with some safety tips. When wet, beware of slippery paths. If using bleach to clean them beware of the runoff damaging your plants. Use a tarpaulin to gather weeds rather than a wheelbarrow as much easier to manoeuvre in the wet and won't leave deep wheel tracks in the lawn when you drag it away.



Margaret thanking Derek

Clean and sharpen tools ready for the new growing season. Use a fork rather than a spade for digging at this time of year especially. If you have a compost heap, be sure to aerate it by turning it over to avoid a slimy heap. We were reminded of what not to add to our compost by way of food scraps particularly any meat as this encourages vermin. A good time to reduce/eliminate the population of rats and mice from our gardens and there is a variety of baits and traps available for this purpose.

Hydrangeas seem to be making a big come back so I researched a few details which may help produce good specimens of these old favourites. Planting hydrangeas in the right location is extremely important. It can make the difference between growing a lush, lavishly blooming shrub and one that struggles and produces scrawny blooms. All hydrangeas will bloom and grow well in morning sun and afternoon shade. This is especially true of the most commonly grown hydrangeas, the macrophyllas. These are the blue and pink mopheads and lacecaps.

In hot areas Hydrangeas need a lot of water. In fact the word "Hydrangea" comes from the Greek for "water tub". They grow best in rich soil, so dig in compost or other organic matter when you plant them, and mulch well. No hydrangea will do well in heavy shade. You can change the colour of the blossoms by changing the acidity of the soil. Add Aluminium Sulphate to make



the soil acid for Blue flowers or add Lime to make the soil alkaline for Pink flowers. You will need to repeat the process 2 or 3 times over the growing season and continue it as long as you want the change to continue. It may take a year or two to see the results you want.

With raised beds, one can plant about a month ahead of ground beds. Bought compost is already mixed and ready to go onto heavy soil. Use plenty of mulch but not too close to plants. Derek took questions from members and gave helpful informative answers.

Until next time,

Happy Gardening from Mary Anne Clark

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Herald Island Garden Club



September meeting

Our club is keen to prepare a wreath and board of poppies in time for next Anzac day. They will be situated outside the Herald Island Museum.

At our September meeting we started to prepare the poppies using either felt, or wool which could be knitted or crocheted. We were able to choose whatever we felt most comfortable with. We now have several poppies completed, all different! Another poppy making session has been proposed and members are very welcome to continue making them at home.

It was a Garden Club meeting with a difference.

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and all aspects of

Natural Health & Wellbeing

Sharon White Dip.Herb.Med/N.D

Email: sharron.white@talk21.com
Ph 416 8933

Alcoholics Anonymous
Whenuapai Branch
Meets Tues from 7.30 pm at
Whenuapai School Hall
Margaret - 810-8521

Citizens Advice Bureau
833-5775

Civil Defence - Resident's Res-
ponse Team

In emergencies meet at the Fire
Station, 57 Ferry Pde

Greenhithe Bridge Club
Mon evenings 7.30pm at the
Old School House, Collins Park.

Social players and
beginners welcome.
Gill - 413-8339
Pat - 410-6272

Herald Island Boat Club
Paul Judd - 416-4194

Herald Island Art & Craft Group
Meet every Wednesday morning
from 9.30-12noon at the Herald
Island Fire Station. Friendship,
crafts and a cuppa. All welcome.

Enquiries:

Sue McElroy 416-4298

Herald Island Garden Club
Second Tuesday of each month.
Lee Barry - 416-3981

Herald Island Hall For Hire
heraldislandbookings@gmail.com

Herald Island Heritage
Sub-committee
Margret Brands 416-7452
heraldisland.museum@gmail.com

Herald Island Library
Weds: & Sat: 10-12noon
Etta Gillon - 416-7638

Herald Island Museum
57 Ferry Parade
Open first Sat of month
10am - 12noon
or by appointment
416-8348

Herald Island Playgroup
Tues 9.30-11.30am
at the HI Hall.
Gold coin donation per child.
Contact: Sarah 021-791-949

Herald Island R&R
Mike Hassett - 416-7304
Annie Sidall - 416-9611

Hobsonville Bowling Club
Joe Chojnacki - 416-5993
Paul Thompson - 416-5422

~ C A U S E ~ CLUB NEWS



FREE

SERVICE

Community Patrol
Whenuapai, Graeme Barnard 416-
4499

Hobsonville Herb Group
Meets 1st Tue of the month
Diane - 021-135-9613

Hobsonville R.S.A. 416-7227

Karate Classes
Adults - Children - Teenagers
Herald Island Hall
Monday 7.00-8.00pm
Thursday 7.00-8.00pm
David Cox - 416-6620
Henry Lotter - 021-807-231

Neighbourhood Support
Whenuapai, Graeme Barnard 416-
4499

NZ Society of Genealogists,
Waitakere Branch
4th Thurs from Jan - Nov
Glen Eden Library, Meeting Room,
Glen Eden. 7.00pm
\$4 door charge.
Lani Rimington - 818-2161

Tauhinu Sea Scout Group
Rahui Rd, Greenhithe
Keas (Wed 6 - 7pm) Ages 6 - 7
Cubs (Mon 6.30 - 8pm) Ages 7 - 11
Scouts (Thu 6.30 - 8.30pm)
Ages 10 - 15
Venturers (Tue) Ages 14 - 18
Phone 416 4451

Club Physical Toastmasters
Is speaking a barrier?
Dare to make it a strength?
Find out about our friendly,
supportive club.
Early morning and evening groups
Paul - (027) 291- 7989
Tina - (027) 291- 8027

U3A Hobsonville
Meets 3rd Thursday of the Month
(excl. Dec & Jan) 10am
Hobsonville Bowling Club
Carol Denton - 416-4860

Upper Harbour Boat Watch
Co-ordinator
Eddie Grassick - 416-8220
Greenhithe
Neil Beken - 483-7323

West City Concert Band
Invites brass and woodwind
musicians to join them on Wed
nights 7.30pm, Henderson High
Colin Hill - 444-6236

West Harbour Tennis
416-6886, email:
westharbourtennis@xtra.co.nz
Open mornings Monday &
Fridays 9.00-11.30
\$3 ~ Non-members welcome
Raewyn Hassett - 416-7304

Whenuapai Air Scout Group
Tim Dunbar - 416-6667

Whenuapai Floral & Garden Circle
Margaret Treneary - 412-8788

Whenuapai Hall For Hire
Jane Paul - 416-1410
bookings@whenuapai.org.nz

Whenuapai Community
Playgroup
Mon 9.30-11.30am, at the
Whenuapai Community Hall
\$1 per family, all welcome.
Veronica - 834-0488

Whenuapai Pony Club Inc.
Clark Rd, Hobsonville
New members welcome,
including adults.
Grazing available.
Friendly supportive club.
Jan Shackell - 416-7818

Whenuapai R&R
Chair: Norm Duncley - 416-8537
chair@whenuapai.org.nz
Secretary: Andy Milne -
021416651
secretary@whenuapai.org.nz

WAITEMATA TIDE CHART

Date	High Water Auckland			Sun Rise	Sun Set
October					
1 Sat	0833	3.1	2047	0659	1924
2 Sun	0915	3.1	2128	0656	1925
3 Mon	0954	3.1	2206	0655	1926
4 Tue	1031	3.1	2244	0653	1927
5 Wed	1108	3.1	2321	0652	1928
6 Thu	1145	3.0	2359	0650	1929
7 Fri	-	-	1224	0649	1930
8 Sat	0039	2.9	1307	0647	1930
9 Sun	0122	2.8	1355	0646	1931
10 Mon	0211	2.7	1449	0645	1932
11 Tue	0305	2.7	1548	0643	1933
12 Wed	0404	2.7	1647	0642	1934
13 Thu	0507	2.8	1743	0640	1935
14 Fri	0607	3.0	1837	0639	1936
15 Sat	0704	3.1	1930	0638	1937
16 Sun	0757	3.3	2021	0636	1938
17 Mon	0849	3.5	2112	0635	1939
18 Tue	0940	3.6	2204	0633	1940
19 Wed	1030	3.6	2256	0632	1941
20 Thu	1121	3.6	2349	0631	1941
21 Fri	-	-	1214	0630	1942
22 Sat	0043	3.3	1309	0628	1943
23 Sun	0138	3.1	1407	0627	1944
24 Mon	0237	3.0	1507	0626	1945
25 Tue	0337	2.9	16.08	0624	1946
26 Wed	0439	2.9	1706	0623	1947
27 Thu	0538	2.9	1800	0622	1948
28 Fri	0633	2.9	1850	0621	1949
29 Sat	0722	3.0	1936	0620	1950
30 Sun	0807	3.0	2018	0619	1951
31 Mon	0848	3.1	2059	0617	1952
November					
1 Tue	0927	3.1	2138	0616	1953
2 Wed	1004	3.1	2215	0615	1954
3 Thu	1041	3.1	2253	0614	1955
4 Fri	1118	3.1	2331	0613	1956
5 Sat	1157	3.0	-	0612	1958
6 Sun	0011	2.9	1239	0611	1959
7 Mon	0054	2.8	1325	0610	2000

Trade/Professional & Services List

Accountant	Jackie McConnell	021-373-498/837-2463	Insurance For Life	Wendy Crenfeldt	021-848-844
Accountant	Roger Hadfield - McIsaacs	09-414-4050/0274-869-755	Interior Design	Armstrong Colour Design (Alison)	021-412-417
Accountant	Sharyn Ryan	0274-959-150/416-7067	Law Office	Davenport's West	027-474-5073/836-4099
Animal Healing	www.animalhealing.co.nz	832-9273	Lawyer	Blucher Law Ltd	021-665-752/412-5624
Appliance Servicing	Challis Appliances	416-8258	Lawns and Property	Handy1 Trade Services	0800-242-639/027-242-6391
Artisan Craft Supplies	Provenance	provenance.co.nz	Loans	Fundagroup Insurance Brokers	0274-386-387
Automotive	Keightley Motors	416-8964	Locksmith	Western Lock Services	416-6057/832-7602
Automotive	Tech Autos	416-1554	Massage/Remedial Therapies	Jayne Shines	416-1348
Automotive	Whenuapai Automotive	027-459-5635/416-8225	Medical	Westgate Medical Centre	833-3134
Automotive & Marine Products			Midwives Out West	Hsn Medical Centre	0800-633-364/8368-616
www.promaperformance.co.nz/trevorwillmot		416-8156/0274-844-285	Mowers & Chainsaws	Jim Bolton	416 8714
Bed and Breakfast	Totara Waters	416-8272	MP	John Key - National Party	412-2496
Builders/Project Managers	Waller Projects	416-7643/021-802-845	Paint, wallpaper etc.	Guthrie Bowron	09-441-4384
Building Contractor	Doug Third	021-411-13709/416-7646	Painter/Decorator	Steve Bevan	416-8183
Butcher	Meat Merchant	416-8764	Painter/Decorator	Adam Evans	021-133-7031
Café/Restaurant	The Brigham	416-7369	Palms & Landscaping	Danny's Palm Growing Co	021-442-313
Carpet Cleaning	Norwest Carpet Care (Bruce)	0274-472-456/412-6952	Pet Feeding/Dog Walking	Home & Away Pet Feeding Services	416-6979
Cattery & Vet	Catmandu	0275-444-427/416-7039	Pharmacy	Hobsonville Pharmacy	416 8277
Chiropractic	Christopher & Noelene McMaster	412-5536	Plaster/Stop or Skim	Ken Knox	027-478-5253/817-6385
Citizens Advice Bureau	Massey CAB	833-5775	Physiotherapist	Hobsonville Physiotherapy Clinic	416-4455
Clothing Alterations	LookSmart Westgate	215-5791	Playgroup	Herald Island Playgroup (Emily)	021-028-39276
Clothing Alterations Kim	SewEzy	0240-739-399	Playgroup	Whenuapai Village (Sonia)	416-5346
Clotheslines	Kiwi Clotheslines	0274-718-336/411-8077	Plumber	G Maber	021-626-299/416-9686
Coffee	Coffee CAN	www.coffeecan.nz	Plumber	Plumb Tight	022-416-6061
Coffee	Deli Brothers	416-9926	Plumber & Gasfitting	Hyflo	027-224-0872
Coffee	Local hero Coffee Works	022-645-4776	Plumbers & Roofers	Laser Plumbing, Whenuapai	417-0110
Computer Problems?	Norwest IT Services	0274-388-603/416-5129	Podiatrist	Linda Tulett	021-202-9883/09-282-1227
Computer Repairs/Sales	Scott Trask	416-6011	Property Management	Glenn Savery	027-499-8415/832-0832
Counselling Psychologist	Mandie Smith	www.revivepsychology.nz 021-298-2482	Rawleigh's Healthcare	Andrew	022-34-7035
Curtains	T&K Upholsterers Ltd	833-5822	Real Estate	Barfoot & Thompson Warren Bexley	416-5599
Dance Classes	Dance Pointe	0210-222-4245	Real Estate	Barfoot & Thompson Leila Morris	021-893-413/09-215-2849
Dance Teacher	Jazz & Hip Hop - Tania Foster	416-6557	Real Estate	Barfoot & Thompson Tim Werry	0274-909-705/416-3941
Denture Services	DT Denture Clinic	416-5072	Real Estate	Barfoot & Thompson Lorraine Haslam	0274-758-520/416-3941
Denture Services	West Auckland Denture Services	021-661-426	Real Estate	Barfoot & Thompson Stella & Kristen	021-413-433/416-4804
Desktop Publishing	Huapai Copy & Print	412-8882	Real Estate	Bayleys Jayne McCall	021-606-969/09-212-8831
Drain Layer	Echo Drainage	021-416-420/416-6849	Real Estate	Glenn Savery	027-499-8415/832-0832
Drain Layer	Lupton Drainage	0274-776-154/810-9595	Real Estate	Harcourts Geoff Polglase	027-874-663/416-8176
Early Learning Centre	Real Kids	021-627-456	Real Estate	Harcourts Paris Youroukelis	021-083-685-28
Electrician	Connect Electrics	022-332-6663/412-6066	Real Estate	LJ Hooker Sandra Anderson	417-0262/027-268-4322
Electrician	Good Electrical Ltd	0274-984-762/416-9473	Real Estate	Premium Courtney Wood	027-688-0818
Electrician	Level Up Electrical	022-538-3587	RSA	Hobsonville	416-7227
Electrician	Wired Electrical	416-6148	Skincare, Natural, Botanical		
Flooring	Classic Floors - Greg	027-2881-775	www.gracecosmetics.co.nz/twillmot		416-8156/0274-844-285
Food Market	Viva Food Market	416-3336	Solar Water Heating	Ecosolar	416-6997
Garage Doors	Don Morris	416-4907	Spouting + Facia	Ace - Roger Lyttle	0800-874-546/027-447-9380
Glass Services	Nor-West & Kumeu Glass Services	412-9914	Storage	About Storage	0274-958-933/09-9450-470
Grocer & Lotto	Shree Superette Whenuapai	416-8813	Storage	Whenuapai Storage	0274-953-930
Hairdresser	Margo's Hair Design	412-7276	Surveyors	Boundary Consultants	021-855-247/838-3109
Hairdresser	Whenuapai Hair Co.	416-8926	Taxi	Cheap Cabs	621-0505
Handyman	John Van Westrene	027-442-0288/413-9066	Timber/Hardware	Western ITM	416-8164
Health	Club Physical	0800-258-248	Travel	The Travel Brokers	027-294-7744/416-1799
Health	Fit & Foxy - Melody	021-556-010	Tree work esp. fruit trees	Gayo Vodanovich	416-7050
Herbs	Sue - Hobby Herbs	416-4298	Upholsterers	T&K Upholsterers Ltd	833-5822
Ink and Toner	Huapai Copy and Print	412-8882	Water - Pure	Aquadynamics	0800-787-396
Insurance	Fundagroup Insurance Brokers	416-9944	Web Design	Webfriends	info@webfriends.co.nz

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