

THE CAUSEWAY

www.thecauseway.co.nz

May 2011

Sound Barriers or Visual Pollution? *By Ann Wills*

Have you seen the new sound barriers that have been erected along parts of the new motorway? They are kind of difficult to miss! According to the New Zealand Transport Agency the orange colour is a reference to West Auckland's ceramics industry. Must say I have never seen a piece of fluorescent orange pottery unless we are talking Clarice Cliff.

But wait – it gets better! Helensville artist Jeff Thomson is soon to paint black "tyre track" designs on them. The mind can only imagine what kind of challenge that will be for the "boy/girl racers"! It may even be useful for drunk drivers by making the road easier to "aim" at. Not to mention what

a fantastic platform it will be for the graffiti artists. Their work will really "pop".

You do have to feel sorry for the poor possums though. They had a hard enough time crossing the road without being stunned by headlights, now they will go into shock as soon as they see the glowing wall!

According to Auckland highways manager Tommy Parker, the wall will add "visual character" and more were planned for the area. The agency is contributing about \$3 million to the project.

\$3 million dollars! How about they put up basic sound barriers & use the change to build the footpath around the Airbase that has been put on hold again.

Annual Art Festival, a family favourite

By Sue McElroy

The annual Kids Art Festival held on Saturday 7th May, at the Corban Estate Arts Centre was brilliant. The estate was chock full of fun craft activities, performances on stage, wandering entertainers on stilts, musicians, storytellers and more, a real family affair.

This year the theme was 'proudly kiwi'. It was neat to see how the theme was embraced by each of the craft stands. The weather held, and we spent over four hours on site, stopping only briefly for a cuppa. A couple of standout sites for us were the 'clay modelling', where we designed and created a clay jandal, and creating a 'drawstring bag' from recycled fabric, my daughter Kadeea learnt how to hand sew, which really got her going, so much so that she made another bag from an old skirt when she got home!



We also helped artist Rosina Kamphuis with her current project entitled, 'The Grapevine'. Adults and children were invited to paint a plywood disc, shaped like a grape, with something 'Kiwi'. The finished display will be a tribute to the Corban family. Resene Paints and Mitre 10 Mega Henderson, have

NEWS & VIEWS

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helped sponsor materials for the installation. We look forward to seeing the finished project in a couple of month's time.

We wish to thank the organisers for an awesome day out, we'll be back again next year!

For further information on classes, events and gallery opening hours. Check the Corban Estate Arts Centre website: www.ceac.org.nz

We're Online! ~ www.thecauseway.co.nz

Causeway Information

Email: news@thecauseway.co.nz

www.thecauseway.co.nz

Phone: 416 6160

Address: 11 Ferry Parade, Herald Island

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

~ COPY DEADLINE ~ 15TH OF THE MONTH ~

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All adverts supplied must be in one of the following formats: Corel Draw 9, Pagemaker 6.5, Powerpoint, .jpg, .tif or MS-Word (with any graphics sent as .jpg or .tif images as attachments).

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

Fun run/walk at Hobsonville Point

This a brand spanking new event, being held in one of the most scenic and newly discovered Hobsonville Point area. It is the ex Hobsonville air base, and is a great area to get out there and get active! It's on a great piece of land right next to the sea, and has a heap of excellent tracks, trails and walkways.



The Hobsonville Point Runway Challenge is a run and walk event that offers terrific course options with a bit of everything - trails, tracks, roads and stunning coastal views. The event has been designed to appeal to a wide variety of people, all ages, abilities and fitness levels.

The Hobsonville Point Runway Challenge is a great event for individuals, friends and families, plus school and work/corporate teams.

The key point of difference with the Hobsonville Point Runway Challenge is that we are going to build an **awesome 2-3km obstacle/adventure course**, which will be the kids adventure run course, but will also be the final 2-3km of the **10km and 5km courses**.

RACE START TIMES -

10km walk - 8am

10km run - 8.30am

5km walk & run - 8.50am

3km kids adventure run - 9.30am

REGISTRATION -

Sat 14 May - Event registration and race pack collection will be available on site at the event base at Hobsonville Point from 12-4pm on Saturday 14 May.

Sun 15 May - on the day event registration and race pack collection will be open from 07.30am at the event base on Sunday 15 May)

COMPETITORS BRIEFING -

There will be compulsory event briefings, which all participants need to be at, 15 minutes prior to your event start time.

For further information and entry information: www.runwaychallenge.co.nz

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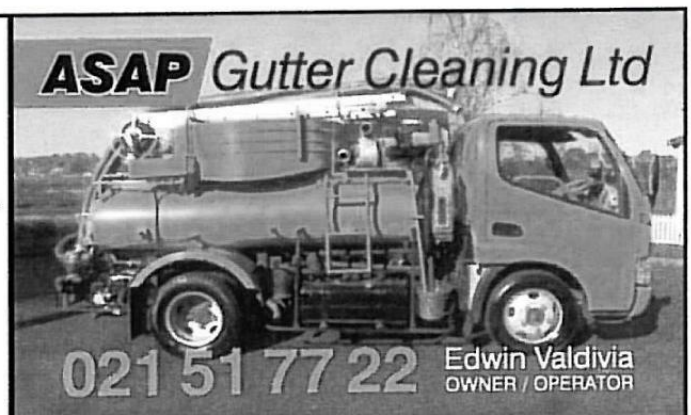
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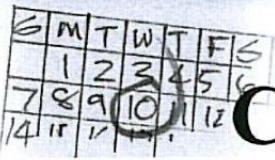
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Calendar

- 15 May** The Hobsonville Point Runway Challenge fun run/walk (see article in this issue).
- 17 May** Whenuapai R&RAGM 7pm. Guest speaker, Brian Neeson, chair of the Upper Harbour Local Board on the new Auckland Council.
- 22 May** Meridian Kids Bike Jam at Totara Park, Manukau for kids aged 5-13yrs
www.kidsbikejams or fax: 04-389-4754
- 11-15 Jul** Jesus Christ Superstar will be performed by Massey High School students this year. The production will be held in the NEW Arts Centre presently under construction. All welcome, tickets on sale from the school office in June.

Waterblasting ♦ Section Clearing ♦ Odd Jobs
Lawnmowing ♦ Ride-On Work ♦ Hedges

CONTACT A LOCAL

Paul Shepherd - 416-7949
Alby Hellriegel - 416-9505
Mike Hassett - 416-7304
Inver McElroy - 416-4298



Dawn Cansfield NZRK
Kinesiologist

Phone 09 416 7559
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Email dawn@vibranthealthclinic.co.nz
Web www.vibranthealthclinic.co.nz

News from the... Kumeu Arts Centre

18 April-16 May -

Kumeu Art Centre is displaying the works of both: Donna Massey and Peter Hanley. Pop in and see these two very talented artist's works on display!

18 June-2 July -

Kumeu Arts Centre's Photography exhibition titled 'A Nor-West View' is rapidly approaching! It is part of "The Auckland Festival of Photography 2011 Fringe Programme".

This an open exhibition for any keen photographers, whether they are a member or non-member. All welcome.

Opening function Friday June 17, 7pm

Exhibition Sat June 18 to Sat July 2, 10am to 3pm

Closed Sundays

All enquiries to the Kumeu Arts Centre Inc located behind the Kumeu Library

PO Box 342 Kumeu 0841

Email: thetinshed@clear.net.nz or phone Sarah on 0-9-412-9480

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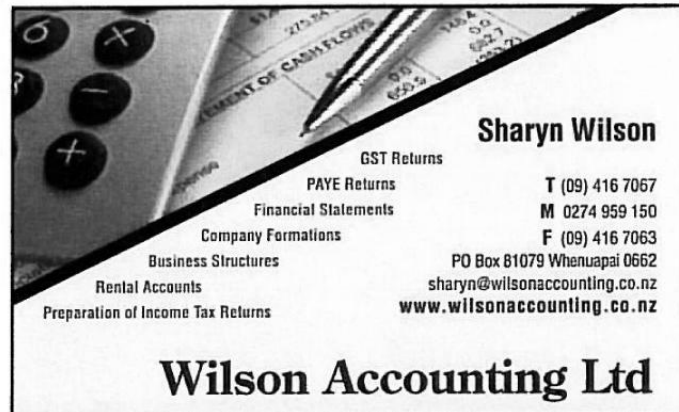


Warren Brown

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Mob: 021 599 894

Email: wbracing@clear.net.nz

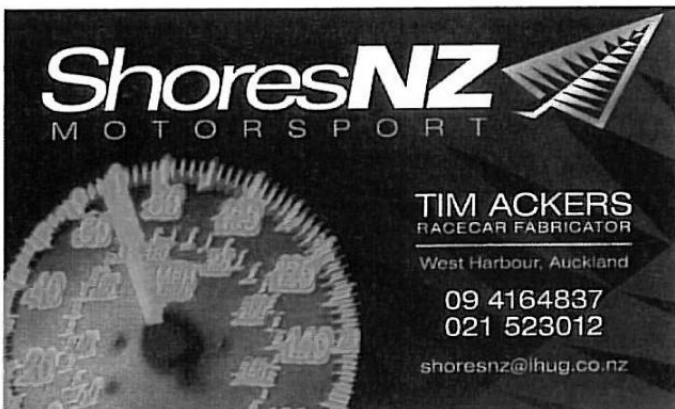


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Find out about our future at Whenuapai R&R Annual General Meeting

If you want to know just what the new Auckland Council has done for us so far, and what it's promising to do, come along to the AGM of the Whenuapai R&R on Tuesday, May 17.

The meeting starts at 7pm in the Whenuapai Hall, with our guest speaker Brian Neeson, the chairman of the new Upper Harbour Local Board, which we're now part of.

Brian, a former MP, will talk to us about what the new board can do for us as a community, how the new system is working so far, and what lies ahead for Whenuapai and the greater Auckland area.

As you know, we've been appealing to the board in the last few weeks, through the Auckland Council Annual Plan submissions for this financial year, to reinstate funding for the Whenuapai path project, which stalled when the \$1.9 million was reallocated in the changeover to the new council.

Hopefully, Brian will be able to enlighten us on whether that project will now be completed, and what else Whenuapai will be entitled to this year.

The R & R's "wish list" for 2011-12 was also for:

- An investigation into improving the safety of the narrow vehicular bridge on Bringham Creek Rd (near the old eel factory) - the scene of several serious accidents, including a fatality. This is key, with an expected increase in traffic volumes on this road once the new motorways open, as the preferred thoroughfare between the Norwest and the North Shore.

- Plantings at three Whenuapai reserves (Malcolm Hahn, Bill Moir and Waimarie Roabeach) be tidied and maintained. Work started last month on creating "viewing shafts" through the overgrowth at the Malcolm Hahn Reserve.

- Continuation of footpaths along Kauri Rd.

- Improvements to stormwater drainage in the Whenuapai Village. Berms on the village roads need to be repaired and maintained - with options for a better stormwater system. We know in heavy rains these berms are frequently flooded.

- Continued annual funding to operate and upkeep the Whenuapai Hall.

- A guarantee of no further investment in Whenuapai as a commercial airport.

Please come along to the AGM, sign up as a member of the R&R (\$2 a person or \$5 a household), or even better, become a member of our committee.

You can go to our website www.whenuapai.org.nz to see who is already on the committee and see what we've achieved in the past 12 months.

And you can also come to the Whenuapai Hall and enjoy the warmth of our new heat pumps, just installed courtesy of a generous grant from the Trusts Foundation.

Suzanne McFadden, chair



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Causeway Clips

MOTAT Voucher for West Aucklanders

Check out Thursday 5th May edition of the Western Leader for your free entry to MOTAT! The voucher is valid from 1-31st May. Use it, or loss it people.

New Delivery Person Needed

We need a new volunteer to deliver The Causeway in Dale and Riverlea Roads. If you are interested please contact Sharon on 416-8933 or Sue 416-4298.

We would like to take this opportunity to thank the Huljich family who delivered previously.

Wedding Fever

Congratulations is extended to Derell & Dave Treherne, who got married on Saturday 23rd April among family and friends, in their garden, on Herald Island. Just the best day!

More Wedding Fever

Kadeea McElroy and Auntie Kris complete with flags and hat, enjoyed the Royal Wedding on the 29th April 2011. We wish William and Catherine a very happy life together.



Gearing up for Stage Challenge

Whenuapai School is busy organising their routine for 2011 Junior Stage Challenge. It is a performing arts event incorporating dance, music, drama and design. It provides children with an opportunity to express their creativity in an 8 minute, live performance on stage. The Challenge will be held on Monday 27th June at the ASB Theatre, Aotea Centre, Auckland. Go Whenuapai!

SHREE SUPERETTE

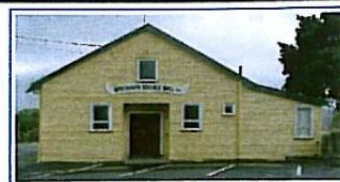
Another BIG Winner!

Having previously had a "Big Wednesday" 1st Division winner, Pramod & Nirmala of Shree Superette have sold **another** winning ticket. A local resident won **Lotto 1st Division** on 20th June. As everything comes in threes, it's now 2 down and 1 to go!!

Many thanks to our customers for your continued support.

Shree Superette

89 Brigham Creek Road, Whenuapai
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Tamaki Sports Academy offers mentoring, coaching, and work experience to South Auckland youth who have dropped out on the main stream school system but who show some sporting talent. Academy members are enrolled in the Correspondence School, and work towards unit standard credits and national qualifications.

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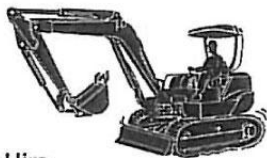
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Colloidal Silver is the strongest, safest, broad spectrum antibiotic known to man. The Ancient Greeks ate from silver utensils, plates, goblets, and stored their food in silver containers and they were rarely ever sick. The result being that the silver was slightly worn off and mixed in with their foods, thus keeping them free from any infectious illnesses. Colloidal Silver was used in America from the late 1800's through until approximately 1938 as a bactericide for over 1200 years.

The following are some of the pre 1938 documented uses of silver, particularly the Colloidal form, for the treatment of various conditions and pathogens.

Prior to 1938 Colloidal Silver was considered to be one of the mainstays of antibiotic treatment. The comeback of silver in medicine began in the 1970's.

It is proven to be useful against over 650 different infectious conditions like: Acne, Arthritis, Athletes Foot, Bladder Inflammation, Burns, Colitis, Cystitis, Diphtheria, Dermatitis, Diabetes, Dysentery, Ear infection, Eczema, Fibrositis, Furunculosis, Impetigo, Influenza, Intestinal Trouble, Keratitis, Leprosy, Lupus, Lymphagitis, Malaria, Menier's Symptom, Meningitis, Neurasthenia, Ophthalmology, Canine Parvo Virus, Pneumonia, Pleurisy, Prostate, Quinsie, Rheumatism, Ringworm, Rhinitis, Scarletina, Schorrhea, Septic Ulcers, Sepsis, Ulcers, Warts, Whooping Cough, Yeast Infections.

Why did they put silver pins/plates in for the surgical repair of bones? This was to help in the healing process. Colloidal Silver can be applied directly to the skin, eliminating surface infections with no burning or stinging. The hospitals are beginning to use silver dressings to aid the healing process. Colloidal Silver can also be used in your eyes for eye infections and in a Nasal Spray for allergies, like hayfever and sinuses as it helps to clear the nasal passages.

Colloidal silver has a high mineral content and is a great healer. Our soils here in New Zealand are depleted of trace minerals. Our body requires these trace minerals for a healthy immune system. It supports the immune system by helping to boost the mineral levels in humans.

Colloidal Silver is a great digestive and can be used as a water purifier add 1 Tbsp to 1 Litre of water. Silver Containers have been used to prolong the freshness of food. Some of you will remember your Grandmother putting a silver coin in the milk jug this was to keep the milk from going off or spoiling in the heat.

Colloidal Silver should always be stored in an amber glass bottle in a cupboard away from magnetic fields like the Television,

Natural Antibiotic

Fridge, Microwave computer etc as these magnetic fields can interfere and destroy the electrical charge on the Silver Colloids.

A plastic sprayer can be used on an amber glass bottle, a plastic or glass measuring spoon, cup or dispenser should always be used as the Colloidal Silver will react with a metal spoon as the charge will be affected. Colloidal Silver is virtually tasteless, with no smell and is non stinging to sensitive tissue areas.

The recommended dosage for adults is a 5ppm (5 parts per million) solution – 5mls taken three times daily, this dose can be halved for children

Precautions: Do not take Silver if you have an allergy to silver (i.e. If you cannot wear silver jewellery).

Pregnant or breastfeeding women or children under two years of age, you should consult your health practitioner first.

Disclaimer: This information supplied to the reader is not intended to diagnose, cure, treat or prevent disease. It is not intended for self medication, the reader should always consult a qualified health practitioner for guidance on their health issues.

If you require more information or would like to book an appointment please feel free to call:

Joanne O'Brien at Naturally 4 U

Ph: 09-833-3966, Mob: 027-683-3366 or Email: naturally4u@xtra.co.nz

Vet's Corner

Cuddly Cats

With the multitude of high quality food available now, and especially with convenience of dry biscuits, it is easier than ever for us to feed our cats a plentiful supply of nutritious food.

However, dry food has a low water content, often around 10 per cent, when compared to wet food (canned and fresh meat) which is often between 70-80 per cent. So feeding a bowl of dry food as compared to wet food will give a lot more dry matter and thus significantly more energy.

Also, as cats gain weight they become less active as it becomes more effort to get around, hunt, climb trees, etc. A snow balling effect takes place which can only really be stopped by dietary modification, as cats won't go for a run, chase a ball at the beach or follow an exercise program on TV!

Other problems can develop as we are all aware, with excess weight comes sore joints, heart and liver disease and diabetes. Yes cats are prone to these diseases too.

There is no simple solution to weight control in cats other than having to be tough!

I know it is hard to not feed a meowing cat that sounds like it has not been fed for a week.

I recommend feeding your cat twice a day, wet food in the morning and dry at night in appropriate amounts. If your cat is currently over weight buy a prescription weight loss diet and stick to the volumes of food on the label.

In nearly 30 years of being a Vet I have never encountered a cat starving itself to death because it did not like the food !!, however I have encountered a few cats that have decided to dine out at the neighbours.

Jeff Jowsey, Hobsonville Vet Clinic. 416-6751

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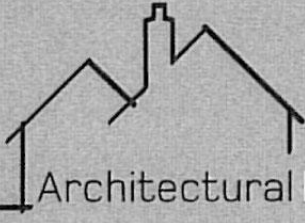


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First of a four part series... MMP, are you for it or against it?

Justice Minister Simon Power has welcomed the unanimous passing of a bill to honour a pre-election promise to hold a referendum on the voting system.

"I'm particularly pleased with how parliamentary parties have worked constructively together on this important constitutional issue," Mr Power said.

"I also want to thank the public for helping to shape the referendum during the select committee process."

The Electoral Referendum Bill sets out the process for the referendum, which is to be held in conjunction with next year's general election, and the questions to be asked of voters.

The first question asks whether voters wish to keep the MMP voting system, while the second asks if New Zealand was to change to another voting system, which voting system would they choose from a list of options.

The options are First Past the Post, Preferential Vote, Single Transferable Vote, and Supplementary Member.

"Five general elections have been held under MMP and it's time to consider how the voting system is working."

If a majority of voters opt for a change, a second run-off referendum will be held in 2014 asking voters to choose between MMP and the most preferred alternative.

The bill also provides that if at least 50 per cent of voters opt to retain MMP, the Electoral Commission will undertake a review of MMP to consider whether any changes are necessary or desirable.

The commission will report back to the Minister of Justice by 31 October 2012.

Mr Power said a public information campaign by the Electoral Commission in the lead-up to the referendum will explain the voting process, the details of the voting systems, and the provision for a review of MMP.

Previous announcements on the Electoral Referendum Bill can be found here.

The bill forms part of the Government's package of electoral reforms which includes new electoral finance laws, which has also passed into law, and the establishment of the new one-stop shop Electoral Commission, which will be fully operational by 1 October 2012.

Further information on the referendum and other electoral projects under way can be found at www.justice.govt.nz and on www.myhelensville.co.nz

Help needed

Since the sad passing of Nick Huljich in April we desperately need a willing helper to deliver the Causeway in Dale and Riverlea Roads. If you are able to help please contact Sharon on 416-8933

A few home truths

By Michelle Rose



The Auckland residential property market 'bounced into life' in March, with sales volume reaching their highest level in a month for nearly four years, and the average selling price achieving an all time high of \$581,190. Locally, we sold a property at 55 Ferry Parade and a colleague sold 153 Kauri Road – both being on the waterfront. As promised in last month's edition, we will take a look at the benefits of selling a property by auction and the reasons why home owners choose this option.

The auction day deadline sets a finite selling period and creates a sense of urgency and competition amongst buyers - which can lead to a premium price. So if you need to sell in a certain time frame, an auction is a great choice. Most properties in Whenuapai and Herald Island differ such a lot – some are the original holiday baches of yesteryear, others are homes that are in their original décor while others have been altered, renovated extensively or are brand new. Because of the variety there are sometimes no properties to compare your home with and instead, it is better to market without a price - You are then not limited by an asking price that is too high or too low and therefore you can attract a wider range of buyers. These buyers must do all their homework on a property before auction day and bid on a cash, unconditional basis - no complicated conditions. You remain free to consider any offers before Auction day – the offers must be cash, unconditional and there is a set procedure to follow.

As the home owner, you are in control as you set the reserve and select the possession date that suits you. All salespeople register potential buyers for your property via a centralised online database, so we can track interest and contact all interested parties in the event of a pre-auction offer. As the home owner you will receive regular market feedback to assist you in setting the reserve price of your property. Properties for sale by tender or auction, along with those meeting our "promotion" criteria, appear ahead of others on Barfoot and Thompson's website search results.

Barfoot & Thompson guarantee that our auctioneers never make bids on behalf of clients, accept bids they believe to be made on behalf of clients, or knowingly accept any bid that is not genuine. It doesn't matter what you call them, they aren't real bids, which is why we do not allow that practice. As Barfoot and Thompson employ their own auctioneers, they do not charge for the auction itself. We recommend a marketing programme that will lift the profile of your property and reach as many potential buyers as possible – ensuring the best price possible is reached.

This is just one option available to market a property, next month we will look at tenders. In the meantime, if you would like to have a chat about what option would be best for you, please call Michelle Rose or Grant Rose on 416 5257, or Michelle 027 536 8918, or Grant 027 298 5031.

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Jumper's Knee (Patella Tendinopathy)

This common injury is seen in athletes participating in running and jumping sports. The patella tendon joins the kneecap to the shin bone or tibia. The injury results in changes within the structure of the tendon just below the patella.

What are the Causes?

Typically an overload injury.

Underlying factors include:

Rapid increase in running/jumping

Poor Biomechanics

The Mature athlete

Reduced recovery

time between training

Pathological features within the

tendon include inflammatory

change, cyst formation, micro-

tears and collagen degeneration.

What are the Symptoms?

A continuum of pain exists with varying stages:

Pain following exercise

Pain initially on exercise, easing on warm up

Pain which deteriorates during exercise

Pain with every day activities

Like all tendinopathies pain may initially be minor but if left untreated, can deteriorate to a chronic debilitating injury. If addressed early, conservative treatment is often successful and avoids the need for specialist or surgical intervention.

Management

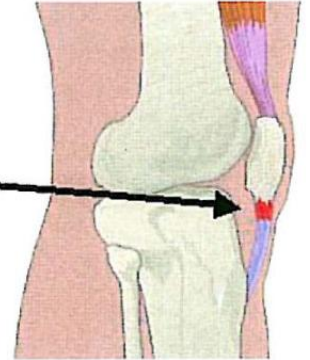
Early management is best as they typically do not resolve with time. Continuing exercise will interfere with the healing process. Initially ice massage can give relief as can topical anti-inflammatory cream. Identifying underlying causative factors is essential in conjunction with activity modification. Treatment will depend on the stage of healing but may include soft tissue massage, acupuncture, taping, orthotic prescription with the main focus on a specific strengthening regime to ensure long term recovery.

For further information call Craig at Hobsonville
Physiotherapy on 4164455

(Craig Neale is a local Greenhithe resident with over 20years
experience working with Cycling NZ, the NZ Knights Football,
Waitakere United and on the executive of Auckland Sport
Medicine NZ)

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Lively Letters . . .

Causeway reply,

We wish to acknowledge an email about an article that appeared in the last Causeway. The writer felt that it was dubious that the man who "wrote" the article was even real, and whether the facts he gave were accurate.

The article "Important keep safe earthquake information – worth the read" appeared in our April Causeway. As with everything we print, we like to think people make up their own minds, and take the information that they feel is of relevance to them. The article was a circular sent to our inbox, and we felt a lot of the information made good sense. We omitted to state that this article was a circular, and for that we apologise.

Playgroup warmly welcomes new members

At playgroup we are pleased to have just received our six monthly funding from the Ministry of Education. This will be great as we can purchase some new toys or put towards some new tables which we need.

Playgroup warmly welcomes new members and it doesn't matter if you can't come every week, just when you can would be great. During winter it's a great time to come along if wet outside. It gets the kids out of the house and they can have a great play and run around in the hall.

Please come along and check us out, we are always pleased to see new faces.

We are Tuesday in the hall from 9.30 -11.30. Only \$1 donation and piece of fruit.

Hope to see you soon, Sharon Ph 416-8933 for any more information.

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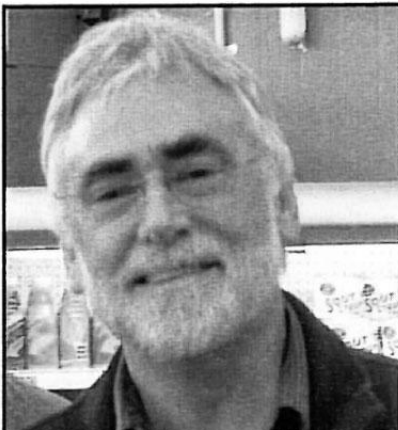
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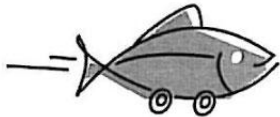
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Save Petrol - some helpful tips

I don't know what you guys are paying for gasoline.... but here in California we are paying up to \$3.75 to \$4.10 per gallon. My line of work is in petroleum for about 31 years now, so here are some tricks to get more of your money's worth for every gallon: Here at the Kinder Morgan Pipeline where I work in San Jose, CA we deliver about 4 million gallons in a 24-hour period thru the pipeline. One day is diesel the next day is jet fuel, and gasoline, regular and premium grades. We have 34-storage tanks here with a total capacity of 16,800,000 galls.

Only buy or fill up your car or truck in the early morning when the ground temperature is still cold. Remember that all service stations have their storage tanks buried below ground. The colder the ground the more dense the gasoline, when it gets warmer gasoline expands, so buying in the afternoon or in the evening... your gallon is not exactly a gallon. In the petroleum business, the specific gravity and the temperature of the gasoline, diesel and jet fuel, ethanol and other petroleum products plays an important role. A 1-degree rise in temperature is a big deal for this business. But the service stations do not have temperature compensation at the pumps.

When you're filling up do not squeeze the trigger of the nozzle to a fast mode. If you look you will see that the trigger has three (3) stages: low, middle, and high. You should be pumping on low mode, thereby minimising the vapours that are created while you are pumping. All hoses at the pump have a vapour return. If you are pumping on the fast rate, some of the liquid that goes to your tank becomes vapour. Those vapours are being sucked up and back into the underground storage tank so you're getting less worth for your money.

One of the most important tips is to fill up when your gas tank is HALF FULL. The reason for this is the more gas you have in your tank the less air occupying its empty space. Gasoline evaporates faster than you can imagine. Gasoline storage tanks have an internal floating roof. This roof serves as zero clearance between the gas and the atmosphere, so it minimises the evaporation. Unlike service stations, here where I work, every truck that we load is temperature compensated so that every gallon is actually the exact amount

Another reminder, if there is a gasoline truck pumping into the storage tanks when you stop to buy gas, DO NOT fill up.... Most likely the gasoline is being stirred up as the gas is being delivered, and you might pick up some of the dirt that normally settles on the bottom.

- Article from the Internet

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What's Cooking...



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10-12 Feijoas

¾ cup sugar

125g butter (or oil)

1 tsp vanilla essence

1 ¾ cups self-raising flour (or 1 ¾ cups plain flour + 2tsp BP)

¾tsp baking soda

¾tsp cinnamon

Method:

Cut feijoas in half and scoop out. Place in food processor with sugar, eggs, butter and vanilla, and process until smooth. If you don't have a food processor, use a potato masher.

Sift flour, soda and cinnamon. If your processor is large enough, mix in dry ingredients briefly, pulsing on and off. Do not over mix! Otherwise, stir creamed mixture into dry ingredients. Sometimes, depending on the flour, egg and fejoa sizes, a tablespoon or two of milk may be needed to give a good consistency, not too stiff, not too wet. Spread mixture into greased cake tin or ring. Bake 180 degrees C for 40 minutes. Cool in tin for 10 minutes, then cool on a wire rack.

Husband Conserve

Select the best man you can find, and brush him carefully to rid him of any indifference. Be careful not to beat him as you would an egg or cream, for beating will make him tough, and apt to froth at the mouth.

Lift him gently into the home-preserving bottle and tie him with strong cords of affection which are not easily broken. Do not sear him with sarcasm, for that causes splutterings which may ultimately result in spontaneous combustion. Scramble when difficulties arise.

Do not soak him in liquor for excessive draughts will make him mushy and spongy with your friends.

It is better to let him simmer tenderly at will, to blend tactfully with dressing and seasoning. Stuff him one hour before taking him out or before asking him a favour.

Flavour him with oil of happiness, an ounce of understanding and a bushel of jam and laughter.

Should he seem weak or troubled with feminine infatuations, smother him in onions and double your charm.

Do not spoil him by over indulgence, but serve him daily on a platter of strength, and courage. Garnish with clean shirts.

- Found in a booklet entitled, 'That's a good idea' published by Inner Wheel Club of Auckland.

Laughter is the best medicine!

I saw this saying on a sign, while window shopping in
Otorahanga, it's not bad.

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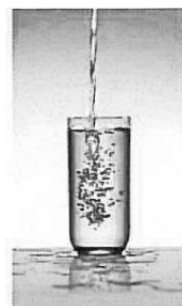
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They're Challenging

Kiwi health club operators meet with US medical icon

The cost of being lazy is rising at dramatic proportions. Warning of health crisis looming in NZ! Doctors encouraged to exercise.

In New Zealand the ambulance is too often, at the bottom of the cliff. Last week Kiwi gym owners discussed some of the solutions with a leading American doctor.

Auckland Club Physical operators Paul and Tina Richards have met with Edward M Phillips MD at the San Francisco IHRSA Convention. IHRSA is an annual event that attracts up to fifteen thousand leaders from around the globe. Among his numerous credentials, Doctor Phillips is the Director of Outpatient Medical Services for Spaulding Rehabilitation Hospital in Boston, Massachusetts.

Dr Phillips's true passion revolves around the fact that he says "By 2020 two thirds of all sickness and disease will be preventable and lifestyle related – a forecast that he quoted from 'WHO' the World Health Organisation".

He said that "Already, inactive people in USA are averaging \$US1543 more per year in medical costs.

Dr Phillips, who also serves on the board of the American College of Sports Medicine's Exercise is Medicine global initiative is the author of a highly regarded book, 'Exercise is Medicine' and chatted about how he believes many doctors are too quick to prescribe drugs and not exercise as a means to 'wellness'. There is an avalanche of growing research now to support his opinion.

When asked for advice on how we could encourage more New Zealand doctors to consider 'exercise as medicine' he said that

"The best exercise advocates among doctors that he has found are those who also have their own daily exercise regime".

In other words, Doctors who exercise and have lived the benefits, are much more likely to recommend exercise rather than drugs as a method to get well.

Meanwhile the Kiwi television programme, Do or Die quoted last week that the cost to New Zealanders of those who are obese and overweight is now estimated to be \$300 million annually! In most cases this is an entirely preventable lifestyle condition resulting from poor food choices and a lack of daily physical activity.

Auckland Doctors are already very busy, in particular those in West Auckland. For example Lance Norman of Waiora Health yesterday at a TOASTMASTERS meeting said "Whereby the average doctor has 1400 patients, West Auckland doctor's average



convention . . .

1800 and are finding it difficult to cope with the demand. Adding to the challenge is the fact that all of these doctors are either being lured to Australia or approaching retirement”.

“Clearly the West Auckland scenario spells looming health crisis” says Paul Richards. “To solve it, we need to change our view on ‘wellness’ and educate people.”

“The concern is that while doctors attend Medical school for five to seven years, only a tiny proportion of this time invested in exercise and nutrition training and education – some say this is less than one day! Yet from what I have learned and experienced first-hand, it is exercise and healthy eating that will be the answer to the looming health crisis in New Zealand” says Paul Richards.

“We need to see three things happening;

At least HALF of patients seen by doctors should be receiving ‘exercise’ prescriptions rather than quick fix drugs.

Medical schools need to alter their curriculum so that perhaps HALF of what is taught is based on wellness through whole food nutrition and study of the research on the benefits of exercise

All Doctors should follow the minority who are active and lead by example with a daily exercise regime!”

Edward M. Phillips, M.D.

Edward M. Phillips, M.D., is an assistant professor of physical medicine and rehabilitation at Harvard Medical School and director of outpatient medical services of the Spaulding Rehabilitation Hospital Network in Boston. Dr. Phillips’s clinical and academic work at the intersection of exercise physiology and mental health has spawned his interest in lifestyle medicine. He is founder and director of The Institute of Lifestyle Medicine in the department of physical medicine and rehabilitation at Harvard Medical School. He co-authored “ACSM’s Exercise is Medicine™ A Clinician’s Guide to Exercise Prescription.” Dr. Phillips was awarded the President’s Council on Physical Fitness and Sports Community Leadership Award in 2009.

Club Physical has a team of 350 professionals at eleven locations and cares for thirteen thousand regular exercisers of which a number of doctors are members. One of the programmes results in an AVERAGE blood pressure reduction of eleven points and an average waist loss of 13.9cms.



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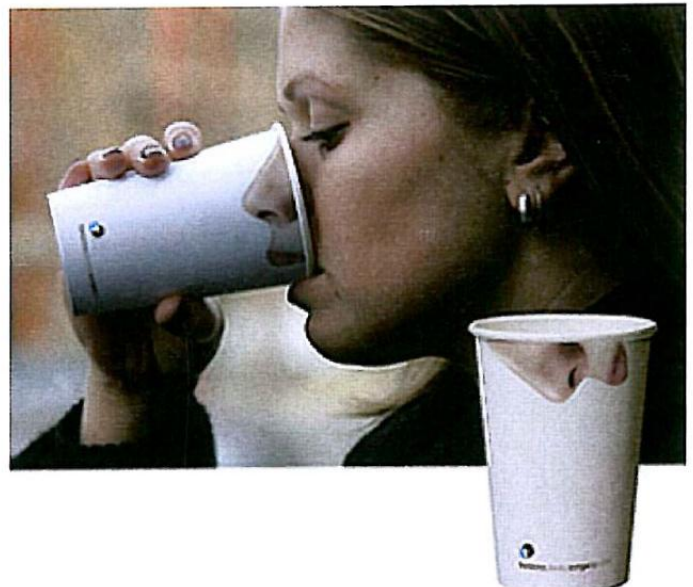


Whenuapai Floral & Garden Circle March, 2011

More than ninety members were present at the March Meeting when Dee Pigneguy spoke to us about organic gardening. In her introductory remarks, she asked us to consider what the climate in wetland areas has to do with the price of oil in New Zealand; quite a lot it seems as it is all part of the soil food web. Examining the soil is an important factor in determining what we can grow and therefore what we will have available to eat. We need to understand the cycles on planet earth as they make life possible. We heard that the drumstick tree has many nutrients and can purify water, nettle tea is high in iron, and pumpkin flowers are good for us.

Dee has written several books on the subject of nature and she had copies of them available for members to purchase for their own use or to give to family members, especially the younger ones.

*Well, until next time,
Happy Gardening from Mary Anne Clark*



A lot of thought went in to these!

Whenuapai Floral & Garden Circle

There were 96 persons present at the April Meeting and we were reminded that the 25th Birthday of the Club is coming up in June, which is not that far away and promises to be an enjoyable occasion.

As our planned guest speaker was unable to be with us for the Meeting, our fill in guests were Lee & Roy, who bought the Jones' property in Rata Road, and, while retaining much of that well established garden, have made changes to suit themselves.

The original topic was Begonias so we were given these tips first: Use sulphate of potash at the rate of one teaspoonful per plant and take off flowers and tips from the tuberous begonias to allow the goodness to go into the tubers for next season instead of trying to produce more flowers now. The plant needs to store nutrients for the winter in order to produce better plants next year.

Lee then got on to her favourite topic – Orchids, which are both versatile and beautiful. She used a PowerPoint presentation to show us pictures of their trip to Japan in 2008. They found it a country with a huge population but the people were patient and orderly in their queues everywhere. Lee & Roy found the locals were very helpful with directions and some went considerably out of their way to ensure the visitors got to their correct destination. Any time they looked lost or uncertain, someone was there to assist.



We were treated to lovely pictures of the massive displays of orchids at the Tokyo Dome and it was evident that the Japanese went all out to host a wonderful show. The size of the blooms and the multitudes of colours and shapes had to be seen to be believed.

*Well, until next time,
Happy Gardening from Mary Anne Clark*

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Herald Island Garden Club



At our April meeting we were entertained by Karen Aurisch from the local Palmers, speaking to us about her passion, trees.

Many have already met this very energetic lady, as she races around the Garden Centre multi tasking, while advising customers on a multitude of gardening problems.

We hardly recognised her, out of the uniform work shorts and boots. But her enthusiastic and witty talk left us in no doubt, that she was indeed the same person, and of course sharing her plant knowledge with us, was greatly appreciated.



Some of her favourite trees that are having a wonderful show of flowers right now, are Bauhinia with either pink, purple, yellow or white coloured heads that look a bit like orchids. Especially the ones in Hurstmere Road, Takapuna, that have a spotted throat. Well worth a drive to see.

Another favourite was the Illawara Flame Tree (Brachychiton Acerfolium). An Australian native that drops it's leaves to reveal the flowers to attract the birds.

The vibrant orangey red flowers are out now, and there is one in the main Riverhead Coatesville Highway, and a huge one in Greenhithe.

Karen answered questions about all areas of gardening, and is happy for anyone to call in to see her at Palmers.

Next Month, Tuesday 10th May - 7.30pm - Herald Island Hall ~ We have Michelle from Earth Angel to talk to us about worm farming.

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

Citizens Advice Bureau
833-5775

Community Patrol
Herald Island, Raewyn
Patterson 416-7778
Whenuapai, Graeme Barnard
416-4499

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 Garden Club
Second Tuesday of each month.
Lee Barry - 416-3981 or
Margaret Hollis - 416-7492

Herald Island Hall For Rent
Eddie Grassick - 416-8220

Herald Island Library
Weds: & Sat: 10-12noon
Ann Thompson - 416-8569

Herald Island Playgroup
Tues 9.30-11.30am at the HI Hall.
\$1 per family, all welcome.
Sharon - 416-8933

Herald Island R&R
Noel Rugg - 416-1740
Eddie Grassick - 416-8220
Graham Shaw - 416-7775

Hobsonville Bowling Club
Lloyd Wong - 416-1766
Barry Wheaton - 416-0140

Hobsonville R.S.A.
416-7227

Justices of the Peace
Mr N Huljich
7 Dale Rd, Whenuapai 416 7595
Mr T Mulligan
18 Karaka Rd, Whenuapai 416 7496

Karate Classes
Adults - Children - Teenagers
Herald Island Hall
Monday 7.00-8.00pm
Thursday 7.00-8.00pm
David Cox - 416-6620
Frank - 413-9397

Neighbourhood Support
Herald Island, Linda
Lewis 416-1911 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

~ CAUSE WAY ~
CLUB NEWS
FREE SERVICE



Old Fire Station Craft Group
Meets every Wednesday
from 9.30-12noon.
Contact: Di Wright 416-6160

St Marks Chapel, RNZAF
Base Whenuapai is open to all.
Worship service 9am (Ecumenical
Service) or 5.30pm Sundays
(Roman Catholic Mass). For more
information or to arrange gate
access phone the Chaplain's
Centre 417-7006

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
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Early morning and evening groups
Paul - (021) 278- 3345
Tina - (021) 289- 3343

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 morning every
Fri 9.30-12 noon
\$3 ~ Non-members welcome
Raewyn Hassett - 416-7304

Whenuapai Air Scout Group
Mark Kirker - 416-4263

Whenuapai Floral & Garden Circle
Noelene Meadows - 833-1283

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

Whenuapai Village Playgroup
Mon 9.30-11.30am, at the
Whenuapai Community Hall
\$1 per family, all welcome.
Sonia - 416-5346

Whenuapai R&R
Janine Pratt - 416-7617
Roy Arkesteijn - 416-1690

Whenuapai Venturer Unit
Ian - 416-6047

Whenuapai Hall For Rent
Margaret Barnard - 416-4499

Yoga
Monday evenings 7.00-8.30pm
West Harbour Tennis Club,
Picasso Drive, West Harbour
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everyone
Val - 416-5758, 0210-444-909

WAITEMATA TIDE CHART

Date	High Water Auckland		Sun Rise	Sun Set
May				
7 Sat	1006	3.0	2226	0705 1730
8 Sun	1050	3.0	2310	0705 1729
9 Mon	1136	3.0	2358	0706 1728
10 Tue	-	3.0	1225	0707 1727
11 Wed	0051	3.1	1319	0708 1726
12 Thu	0147	3.1	1418	0709 1725
13 Fri	0245	3.1	1521	0710 1725
14 Sat	0345	3.2	1624	0711 1724
15 Sun	0444	3.2	1725	0711 1723
16 Mon	0542	3.3	1822	0712 1722
17 Tue	0638	3.3	1916	0713 1721
18 Wed	0733	3.4	2009	0714 1721
19 Thu	0827	3.3	2059	0751 1720
20 Fri	0919	3.3	2149	0715 1719
21 Sat	1010	3.2	2238	0716 1719
22 Sun	1059	3.1	2328	0717 1718
23 Mon	1148	3.0	-	0718 1717
24 Tue	0018	3.1	1237	0718 1717
25 Wed	0109	3.0	1328	0719 1716
26 Thu	0159	2.9	1420	0720 1716
27 Fri	0250	2.9	1515	0721 1715
28 Sat	0340	2.8	1610	0721 1715
29 Sun	0429	2.8	1702	0722 1714
30 Mon	0516	2.8	1750	0723 1714
31 Tue	0602	2.9	1835	0723 1713
June				
1 Wed	0647	2.9	1917	0724 1713
2 Thu	0732	2.9	1958	0725 1713
3 Fri	0816	3.0	2039	0725 1712
4 Sat	0900	3.0	2122	0726 1712
5 Sun	0946	3.1	2206	0727 1712
6 Mon	1032	3.1	2253	0727 1712
7 Tue	1119	3.1	2341	0728 1712
8 Wed	-	3.1	1209	0728 1711
9 Thu	0033	3.2	1302	0729 1711
10 Fri	0127	3.2	1400	0729 1711
11 Sat	0224	3.2	1501	0730 1711

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