

# THE CAUSEWAY

www.thecauseway.co.nz

September 2017

## Innovative Whenuapai GP makes visits stress-free

Whenuapai resident Dr Peter Boot is changing the way we experience a visit to the doctors, for the better.

Fifteen years ago, Peter bought a piece of land in Home Place, Albany, with the vision of creating a medical centre that felt "unmedical" and stress-free.

The result is Northcare Accident & Medical - a state-of-the art medical centre off Constellation Drive filled with light, soft music and artwork; which smells more of coffee and fresh baking, than medical chemicals.

The centre, created after years of research, observation and planning, was officially opened last month by the Minister of Health, Jonathan Coleman.

With more than 20 years' experience as a

North Shore GP, running the Albany Basin Accident and Medical Centre, Peter knew doctors' rooms and medical centres could be intimidating for anxious patients and young children.

His dream was to create a family-friendly centre which offered an impressive range of medical services, GPs, nurses and specialists under one roof.

The new seven-day Northcare centre offers doctors, urgent care and emergency facilities; high-tech imaging and x-rays; physiotherapists, dentists, laboratory collection, and hand specialists; ear, nose and throat and audiology professionals; the Skin Institute clinic; and other specialists including renal, respiratory and sleep, spinal and orthopaedic services.

Incorporated in Northcare's spacious, airy foyer is Remedy Café and a seven-day pharmacy. Patients' prescriptions can be sent electronically to the pharmacist who will have received them by the time consultations are over.

Peter has been involved in every detail of Northcare's design, with the help of an old canoeing friend, architect Allan Shanahan. The centre is a three-level, 1650sqm modernist building - a combination of edgy industrial design and cedar panels for a more homely feel.

Inside, an illuminated "forest" of birds and trees, that change colour, lights up the foyer, with other pieces of art displayed on walls.

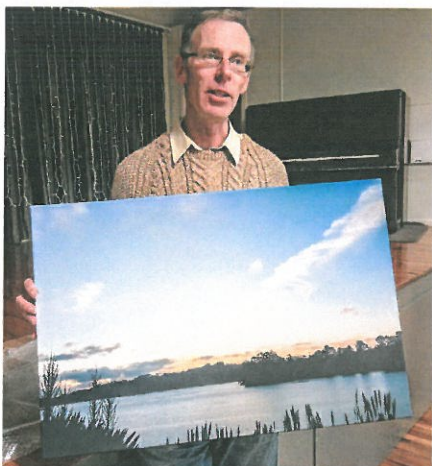
Now that the centre is open, Peter will focus on new innovations to make patients' lives easier. Patients can already book online, but next will be the ability to log personal and medical details remotely - from a mobile phone while riding on a bus or train - so there will be no need for form-filling at the clinic.

*Continued on page 2*

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## Parting gift for Norm



Long-time Whenuapai resident and former R&R chair Norman Dunckley receives a parting gift - an image of Whenuapai and the Upper Harbour - at the R&R AGM. Credit: Andy Milne.

## ELECTION DAY

## 23 Sept

\*

## Remember to VOTE!

We're online at  
www.thecauseway.co.nz & Email: news@thecauseway.co.nz

# Causeway Information

Email: [news@thecauseway.co.nz](mailto:news@thecauseway.co.nz)

[www.thecauseway.co.nz](http://www.thecauseway.co.nz)

Address: 10 Coleman Ave, Herald Island

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

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## ADVERTISING RATES:

A Business Card size advertisement costs:-

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Black & White in newsletter and Colour Online \$25.00 per single issue. \$22.50 per issue if paid in advance (10 issues).

A Double Business Card size advertisement costs:-

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Black & White in newsletter and Colour Online \$50.00 per single issue. \$45.00 per issue if paid in advance.

If larger advertisements are required, please phone.

All advertisers also get a listing in the Trade/Professional Services List included. A listing in the Trade/Professional Services List only costs \$12.00 for 3 issues.

## ADVERTISEMENT SPECIFICATIONS:

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](http://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 GP makes visits stress-free

*Continued from page 1.....*

"This medical centre is something that I've thought about and worked on for years," Peter says. "We're thrilled with the result. The atmosphere is great and patients just love it."

Northcare Accident & Medical, at 5 Home Place off Constellation Drive, is open seven days a week, 8am to 6.30pm. Ph: 09-479-7770 [www.northcare.nz](http://www.northcare.nz)



**The new Northcare Accident and Medical off Constellation Drive.**



**left to right, Dr Peter Boot with the Minister of Health Dr Jonathan Coleman and Mike McAulay of St John.**

## Herald Island Hall Hire

The Herald Island Hall was transformed for a beautiful wedding recently. If you wish to hold a function in the Herald Island Hall too, please enquire. Contact the Herald Island Residents and Ratepayers Association.

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# Calendar

## SEPTEMBER

**16 - Arts in Action - 10am - 2pm** FREE family friendly day, packed with art activities for all ages.

**23 - Election Day.**

**29 - End of Term 3** (School Holidays start)

## OCTOBER

**12 - Passchendaele 100th Commemoration**

11.00am-11.45am, WW1 Sanctuary, L2, Auckland War Memorial Museum. On 12th October 1917, one hundred years ago, 846 New Zealanders were killed and many more were wounded in the Battle of Passchendaele.

Join us for this commemorative service, a time to reflect and remember.

**15 - Hobsonville Herb Group Working Bee** - We're building a Herb Garden near the Whenuapai Hall. Bring your spade down and join us.

**16 - First day Term Four** (Back to school)

**23 - Labour Day** (Public holiday).

**31 - Halloween** - Herald Island Parade & Prizегiving.

## NOVEMBER

**15 - Herald Island AGM** - 7.30pm at the Herald Island Hall.

**24 - Whenuapai School Twilight Car Boot Sale & Carols** - 5pm onwards. Kapa Haka, music, coffee, bake stalls, bouncy castle, sausage sizzle and more!

## DECEMBER

**17 - Christmas Carole** - In the Herald Island Hall, further details will follow.

**25 - Christmas Parade**

## FEBRUARY 2018

**10 - Herald Island Multi Garage Sale** - Hold your own garage sale from your home.



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# Whenuapai School

## Twilight Car Boot Sale and Carols Night

Whenuapai school and PTA are hosting a twilight car boot sale and carols by candle community event to help raise funds for our growing school.

We would love for the community to come along and support our school. It is \$20 to have a car boot sale or a stall. If you would like to book a spot please get in touch with the PTA either by email or phone. Spaces are limited

Free entry for browsers/buyers. Classes will be performing.

The PTA will have the following stalls:

- Sausage sizzle/ Hamburger/drink stand
- Juicie Ice Block stand
- Lolly stand
- Grocery/meat raffles
- Guess the lollies
- Bouncy castle
- Cake/bake stand
- Coffee van

Come along and have a lovely summers evening with the family and find a BARGIN!

To book a spot please email: [pta.whenuapai@gmail.com](mailto:pta.whenuapai@gmail.com)

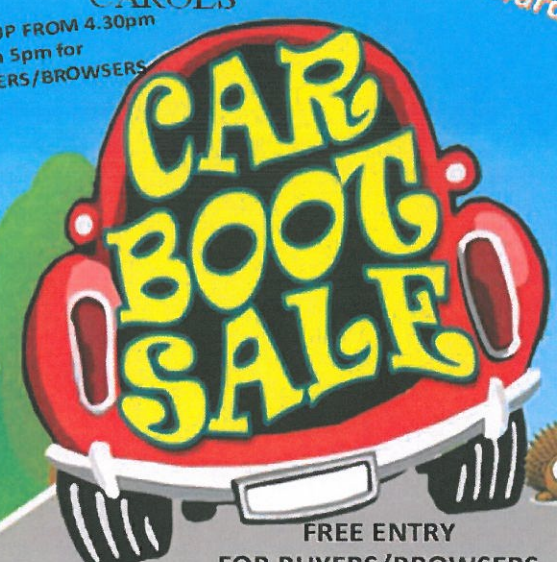
Paula Pusich 021-660-509

Danjelle Mckay 027-397-3120

**WHENUAPAI SCHOOL PTA PRESENTS –  
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## Real Estate Report

Surrounding areas comment

# Long term rentals at Hobsonville Point

by Sue Cook, Harcourts Northwest

For many European citizens, renting is a way of life and long-term rental agreements are common.

New Zealand has a different approach. Many investors hold their properties for many years giving renters a secure environment, however renters can find themselves in a position where the landlord decides to sell, leaving them displaced and having to find another suitable property.

A fresh approach by New Ground Living, a subsidiary of New Ground Capital recently announced their intention to revolutionise our local rental market offering long term rental agreements. The first development is at Hobsonville Point and is likely to offer lease periods of up to 7 years. More information can be found [www.newgroundliving.co.nz](http://www.newgroundliving.co.nz)

Welcome to New Ground Living, an evolution in the New Zealand residential rental housing market

If you're looking to rent a quality home in a great location, from a professional landlord that values you as a tenant, this is the place for you. The key benefits of a New Ground Living lease are:

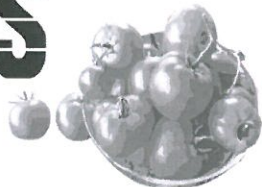
**Security of tenure:** You choose a lease term between 3 and 7 years. Provided you're meeting your obligations under the lease you cannot be asked to vacate the house before the end of this term. However, should your circumstances change and you wish to vacate the property prior to the end of the lease, we will shorten the lease to 90 days from the date we receive your request. This means you have security and flexibility at the same time.

**An 'accommodating' landlord:** We will do our utmost to accommodate pets and modifications around the home (both with prior approval). We have a comprehensive ongoing maintenance program and undertake to attend to all maintenance issues promptly.

**Greater rental certainty:** Rent is set at the prevailing market rate for the first year and then adjusted by CPI (the inflation rate) for the following two years before being reset to the prevailing market rate on the third anniversary. This gives you more certainty of your likely rent expense.

Our first homes at Hobsonville Point will be available for occupation in 2018 and will be listed on this site in Q3 2017.

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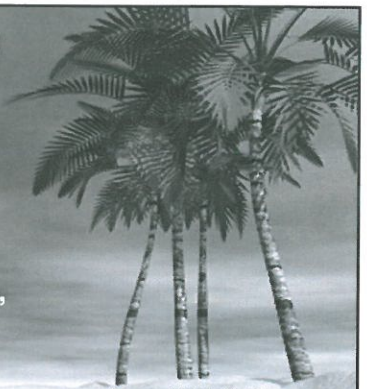
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# Chairman's Report ~ Whenuapai Village Ratepayers and Residents Association AGM 2017

In the last 12 months we have seen dramatic evidence of change in the area, with local residents and R&R members liaising with council planners and doing their best to keep progress in the area as beneficial as possible in today's Auckland.

Our village hall is continuing to be a great benefit to the community allowing local groups to meet, learn and socialize. This is a very important asset in the midst of urban development. Usage of the hall has grown well this year and we often receive positive feedback from the many groups that use the hall.

We have a very nice, large Totara tree next to the hall, whose roots unfortunately discovered our hall's historic septic system. As of November last year we have had to have regular pumpouts of the septic tank to keep the hall operating.

It has been a long slog dealing with various departments of the council to get a new system in place and though a suitable new system has been found and chosen by the R&R, we are once again waiting for various council approvals. Reluctantly we have had to decline large group bookings when possible.

Fortunately after a great effort by the R&R, we received a grant from the Upper Harbour Local Board that was more than we were told to expect. This, combined with existing cash reserves, should cover the cost of a new system. But the tree probably won't grow as fast as it has done, and some hall maintenance may be delayed until more funding is found.

This year has seen the start of the Whenuapai Restoration Group, started by local resident Paul Herbert. Already the members have improved the landscape near the Waimarie Rd boat ramp and provided another focus and opportunity for local residents to make a positive difference.

Paul has also found himself leading pest eradication in the village. I suspect major property developers are not included in the list.

We also have a herb group that is planning to develop some beds in the area next to the hall, an addition many will welcome I'm sure. We wish them well.

The changes in the area have at least answered one question that has befuddled mankind for years. "Why did the chicken cross the road?" It wanted to avoid the earthmoving machinery.

Personally I'd like to thank all the members of the R&R for their wonderful selfless effort this year, the volunteer work that goes on largely unnoticed to support the community and the hall would surprise many residents .....well done and thank you.

We would also like to thank one of our long-time R & R committee members, and former chair, Norm Duncleley, who has now left the village and moved to Te Atatu, and will now step down from the committee.

*Kirke Campbell  
Whenuapai R & R Chair.*

# Kowhai Beach Bushcare Day

## Saturday 2nd September 2017

Wind, waves and weeds, conifers and claymake the shoreline and cliffs of Kowhai Beach Reserve a harsh environment for regenerating native bush, leading to considerable plant losses since its first planting four years ago.

To protect these vulnerable areas and enhance the North-West Wildlink, volunteers scaled clay banks and sloping ground to densely plant 400 more local native plants. This planting day, a Kaipatiki Bushcare Day, was organised by Kaipatiki Project, who provided locally sourced plants grown in their nursery, planting guidance, trainee helpers and a barbecue and stir fry for the 28 hard-working volunteers. The Upper Harbour Local Board generously funded the day. This was a great opportunity for the Herald Island Environmental Group (HIEG) to add another layer to its restoration work at Kowhai Beach Reserve.



Prior to the planting day, the HIEG weeding group had a number of weeding sessions at the reserve and on the planting day, volunteers pulled out the many Wattles and thousands of Sweet Pea shrubs, which had begun to invade the reserve. Although some areas needed more care and attention, others were flourishing. The reserve steps were a lush tunnel of lacy ferns and greenery, Kumeraho was in full golden bloom and a Kowhai planted in 2013 displayed its first flowers.

From our perspective, it was a very successful day and we were very thankful that the rain died down before we started planting!

Many thanks to the Upper Harbour Local Board for funding the day, Derek Craig of Kaipatiki Project for growing the plants, organising and running the day, the HIEG weeding group (Sue Larmer, Linda Lewis and Anne Johnson) for helping weed the reserve, Charissa Snijders for pulling out thousands of Sweet Pea shrubs, Anna Baine Community Ranger for organising weed removal, Auckland Council contractor Ventia for removing the weeds, John Diprose of Harcourts Cooper & Co. for providing flyers and weed-eating reserve grass, Ian McNeill for Facebook promotion, Sue McElroy for poster advertising, the Kaipatiki Project trainees for moving plants and providing refreshments, Ian McNeill and Christine Johnston for manning the barbecue and all the volunteers who clambered over clay banks and climbed slopes to get the plants in the ground.

Jan Diprose

Herald Island Environmental Group co-chair

### Citizens Advice Bureau

Te Pou Whakawhirinaki o Aotearoa

## Get your own Criminal Record

If you have a criminal record, you can easily get a copy of it.

Why would you want it? In many cases, convictions relating to certain crimes and sentences received are NOT shown on your record under the Criminal Records (Clean Slate) Act 2004. In this case, if you are asked about convictions, you do not need to disclose them.

There are some job roles, where you may have to provide details – e.g. Police or security roles. It is useful to have your record so that you know dates and details, if you need them, for employment or travel purposes. Note that convictions hidden under the Clean Slate scheme are still shown for visa applications for some countries.

It is easy to get your own criminal record; you just need to fill in the form and submit it with the required personal ID.

The Citizens Advice Bureau in Helensville can help you with advice and forms. More information at; <https://www.justice.govt.nz/criminal-records/get-your-own>

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# Auckland Transport teen driver education evening

Auckland Transport teamed up with 'Attitude' a teenage education group under the umbrella of 'The Parenting Place'. Together they organised a free information evening for parents of teens. The half hour interactive discussion covered basic information about teaching youth to drive safely, with lots of key messages, tips and information.

Along with the information pack, those who attended the evening received a complimentary ice-cream or popcorn and a free night at the movies.

We enjoyed an entertaining evening and came away with good information. Thank you to the organisers and sponsors.

For further information about the licensing process or to enrol your teenager in a free learner license course that will prepare them to sit their learner license, please visit [www.at.govt.nz/youngdrivers](http://www.at.govt.nz/youngdrivers)

With your teenager please visit [www.drive.govt.nz](http://www.drive.govt.nz) to find lots of useful resources for your teen and for you to learn how to teach them to drive.

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# Causeway Clips



## \*Hobsonville Point Fire

In the early hours of Friday 1st September Fire Engines were called out to an apartment fire on the corner of

Hobsonville Point Rd and Squadron Dr. The fire service was still keeping watch when I visited later that afternoon.

## \*Bouquets for Kim

We wish to recommend Kim from 'Sew Ezy' (Causeway advertiser) who does clothing and soft furnishings alterations. She works from home in West Harbour. We had a dress that needed alterations and a zip. A challenge, as it was originally made in the 1950s, so no extra material to work with. Kim was able to let our darts and alter the waistline without cutting the dress. She was fast, efficient and caring. We recommend her work.

## \*Arts in Action

Saturday 16th Sept. 10am - 2pm Join us for our largest annual community event! FREE family friendly day, packed with activities for all ages. Activities on offer on the day include will include a range of art activities for adults and children a like to try their hand at. Visit, save and share the Arts in Action Facebook event page, click on the image or links below.

## \*Heal The World

North West Schools' Arts Exhibition

11 - 17 September at the NorthWest Shopping Centre

This exhibition has been influenced by current and past events, by a desire for change. Change, able to be made by our youth, for peace and security, for the World's future and for eco-wisdom in our World. Many local primary and secondary schools have taken part in this exhibition; make sure you get down to the NorthWest Shopping Centre to view the display.

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## Helicopter action on the Island



*A helicopter was kept busy on Wednesday 23 August, lifting trees from a slip over at Greenhithe. Eddie Grassick watches as another tree is dropped at the Herald Island Boat Ramp.*

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**Why do we get HYPOXIA = LOW OXYGEN Levels in the body?**

Basic reasons include:

- \* Our air pollution levels are increasing.
- \* Cooking drives oxygen out of vegetables.
- \* Eating processed and hydrogenated foods.
- \* Injury and/or disease, plus antibiotics kill friendly bacteria.

**Reasons why our bodies need Oxygen:**

To take out the trash, Oxygen removes toxins, parasites, bacteria, and viruses out of our bodies. Detoxifying the body and strengthening the immune system. Oxygen is needed to build proteins and hormones that our bodies use for proper function, and metabolizing the food we eat. Oxygen supports the brain and nourishes our muscles so they can work to the best of their ability.



If your cells need more energy, they use more Oxygen. That's why your breathing rate increases when you exercise.

If your cells do not receive enough Oxygen, they produce less energy. Every breath you take converts to energy. Human cells use nutrients from food and Oxygen to create Adenosine Tri-Phosphate (ATP). This is the energy source that fuels cell function. If your cells receive too little, they produce less energy. If your cells need more energy, they use more; this is why your breathing rate increases when exercising.

**Not enough oxygen may cause:**

- \* Overall fatigue.
- \* Tired muscles.
- \* A lack of endurance and strength.
- \* Indigestion.
- \* Difficulty concentrating or staying focused.

If you lack Oxygen, the body becomes acidic and this is when Cancer and chronic diseases take up home in your body.

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# bee aware month

Love our kiwi bees.

September is here and that means a month fully dedicated to celebrating bees! Not that we don't do this all year round but we have an excuse to do so even more during Bee Aware Month.

Apiculture New Zealand is very excited to continue to run the highly successful and ever-growing Bee Aware Month (BAM).

### Shining a spotlight on bees – Pollination Illumination

Imagine a world without strawberries, kiwifruit, apples, nuts, coffee, chocolate or even denim jeans.

These are all foods and products pollinated by honey bees. Bees around the world and especially in New Zealand cannot survive without our help, and in turn we wouldn't survive without them. So not only do bees produce a wonderful, natural food source, they also play a significant role in supporting our food chain.

This year we want to shine a spotlight on the role bees play as pollinators of our food and other products we consume.

Keep an eye on this page, the **BAM Facebook page** and **Twitter** for events, activities, competitions, giveaways and information about pollination and helping bees.

### How you can help

One of the easiest ways the public can help bees is by planting bee-friendly gardens in both urban and rural spaces. Bees need food so they can help pollinate our food.

Bees will forage on these flowers for nectar and pollen which provide carbohydrates and protein for growth and energy. Well-nourished bees are more capable of fending off disease and parasites.

We hope you join us as we expand on the pollination story and spread awareness about all that honey bees do for us.

Throughout September, use **#beeawarenz17** on your social media to share with us what you are doing at home, at your school and in your community to help bees.

- Information from Apiculture NZ website.



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## September at Palmers

It's the month we long for all winter, when spring is sprung! There's lots of new life and colour emerging, the gorgeous pink blossom of the cherry trees intoxicating the Tui, brightly coloured daffodils and tulips, magnolias blooming, such promise of sunnier times ahead!

September is also the start of Bee Aware Month, Apiculture NZ's annual awareness drive to raise the profile of the honey bee in New Zealand. Bees are vitally important in the garden and in our food production, and their communal wellbeing is paramount.

You can help ensure bees stay happy and healthy by planting lots of nectar and food sources for them - they especially love blue, purple and yellow flowers! Single flowers (those with one ring of petals) provide more nectar and pollen than double flowers, in which extra petals have replaced pollen-laden anthers. Flat or shallow blossoms, such as daisies, zinnias and asters will attract the largest variety of bees. Long-tongued bees will be attracted to plants in the mint family, such as salvia, oregano, mint and lavender.

Strawberries also need to be planted now so you can be enjoying their delicious fruit by Christmas - we recommend at least 5 plants per person in your home to ensure there is enough to go around!

We look forward to seeing you in store soon.



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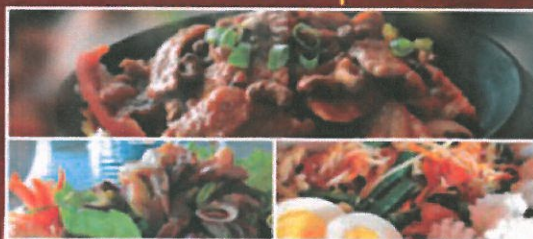


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# New rubbish service on the way

A new Council wheelie bin service for rubbish will be rolling out across urban areas of the Albany Ward shortly.

Residents currently using pre-paid orange rubbish bags will move to a wheelie bin service. Residents are urged to get out their old blue and yellow recycling bins and put them back into use for this service.

Western areas (west of the Greenhithe bridge), including Hobsonville, Herald Island and Whenuapai, will go first starting in October 2017.

North Shore urban areas, including Albany, Rosedale, Greenhithe and Schnapper Rock, Northcross, Browns Bay, Mairangi Bay and Campbells Bay will start in March 2018.

No changes have been confirmed yet for rural areas of the ward, including Albany Heights, Lucas Heights, Paremoremo and areas north of Okura on the Hibiscus Coast.

To use the service, residents simply purchase a pre-paid tag and attach it to the handle of their bin. The new bin tags will be available at the same places you buy bags and collection days remain the same.

To find out more, visit [makethemostofwaste.co.nz](http://makethemostofwaste.co.nz)

Important local road improvements confirmed

Auckland Transport has just announced that funding has been approved for three new road projects in Albany.

A new link road between Gills Road and Oteha Valley Road, a new link road between Medallion Drive and Fairview Avenue and an upgrade of the Dairy Flat Highway between Stevenson Crescent and Gills Road. The Dairy Flat Highway intersection with The Avenue and Lucas Creek Bridge will also be upgraded.

The investigation of designs and statutory requirements for each of these projects will begin shortly. Subject to land acquisition and statutory approvals, physical construction will start for the link road between Gills Road and Oteha Valley Road in October 2018. Work on the link road between Medallion Drive and Fairview Avenue and the Dairy Flat Highway upgrade will commence in early 2019.

These improvements will not only improve the travel time reliability for current residents, but also unlock the development potential that exists along our rural urban boundary.

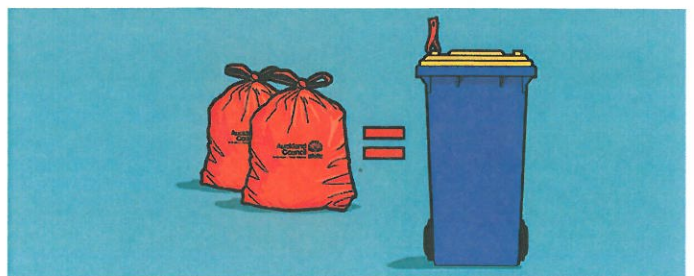
Performance boost for QBE stadium

The recent upgrade of QBE Stadium's outer oval has boosted the venue's ability to host high-performance and community sports activity throughout the year.

Previously, the outer oval could support 630 hours of sports activity a year. The new facilities can support more than 2500 hours of training and high-performance activity so it's a real boost for rugby, AFL and soccer, and will free up time for community sport.

The \$2.5 million project includes earthworks, installation of the hybrid turf and LED floodlights and the development of a new groundskeepers' compound.

The work is part of Regional Facilities Auckland's Venue Development Strategy, which is intended to transform Auckland's network of stadiums.



## Asset Mortgages



# Housing and Home Loan News for September 2017

### Quiet Housing Market Focuses On Election

- The Reserve Bank has forecast an unchanged Official Cash Rate through all of 2017 and all of 2018. It does not see the first hike until late 2019.
- Banks have stopped lifting longer term mortgage rates and now also see the OCR on hold until late 2018 after weak inflation and growth figures.
- The Reserve Bank is unlikely to be able to introduce a DTI limit in 2017. It has to do lengthy consultation and it has said it would not use the tool right now even if it had it because of the market's moderation.

### Mortgage borrowing strategy:

Average mortgage rates remained virtually unchanged again this month, and retain the by-now very familiar tick-shape. The 1 year rate remains the low point; and against our expectation of the next OCR hike being delayed till November 2018, it remains the "sweet spot". It is not quite the proxy for floating that the 6 month could be considered to be, but it's a lot cheaper and fixing annually is still fairly regularly. Longer-term rates remain very low by historic standards and offer certainty, but they are financially less attractive in this low inflation environment.



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Auckland Girls' Choir (AGC) is auditioning for our 2017-2018 intake.

We are looking for 11-15 years old girls with a passion for singing, accurate pitch, a commitment to improving vocal technique and a desire to be part of a successful choir. Choristers

rehearse on Mondays (3:45-6pm) and have a Sunday workshop each term. AGC also has a handbells group, to which the applicant may be invited to join.

We are regularly invited to perform at many public venues around Auckland. AGC is also internationally renowned for its high standard of performance and received a silver award for their performance at the Sydney Opera House in 2016. We are touring LA and Palm Springs, USA, in 2018!

To apply for an audition, please download Online application forms from [www.akgirlschoir.co.nz](http://www.akgirlschoir.co.nz). and email the completed form to AGC Choir Manager, Mrs Annie Hyde - [agcinfo@akgirlschoir.co.nz](mailto:agcinfo@akgirlschoir.co.nz). Applications close on September 18 with the auditions held on September 23 2017.

Please read Audition Notification and FAQ on the AGC website prior to application and send/scan/email your application to us as soon as practicable.

*Bimika Medagamage*

*Marketing Manager, Auckland Girls' Choir*

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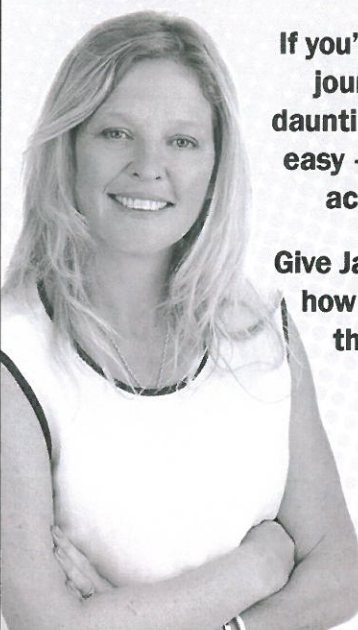
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# Projects underway at the Hobsonville Herb Group

Diane Griffin, our convenor, drives the Hobsonville Herb Group with great energy and enthusiasm. The group meets monthly to learn about herbs, make natural remedies and explore and share ideas. We also have a supper and catchup at the end of the evening. Our numbers were down tonight with only 12 members attending the September meeting, but for those who attended, we enjoyed an interesting night learning about Chamomile and making natural toothpaste, see the recipe below:

## Baking Soda Toothpaste

6tsp Baking Soda

1/2tsp Salt

1 drop Essential Oil (eg: Peppermint, Orange, Vanilla, Cinnamon, Clove or Wintergreen)

NB: Cinnamon or Clove oil may irritate sensitive gums or tongue in some people.

1tsp Glycerine

1/2tsp Ground Ginger (for flavour and to fight bacteria if desired).

1tsp Water to mix to a paste consistency.

Combine the baking soda and salt in a bowl, mix with water and glycerine until a smooth, thick paste forms. Add essential oil and stir. Pour into a lidded container and store up to 1 month. To use, dip your toothbrush into the paste and brush as normal.

Our herb of interest for September was 'Chamomile', it has a long history as a healing herb, and is used as a calming tea among others things. Chamomile is known by many different names, it is an annual and can be grown from seed.

Here's a couple of tips we picked up while chatting at supper - Putting citrus oil (or citrus wax cubes) in a burner helps keep flies out of the house. Apparently flies don't like citrus. Here's another... Crushed 'Rue' rubbed on furniture stops cats from scratching the furniture and crushed strawberries rubbed on your teeth takes the brown stains away, who would have guessed.

October is going to be a busy month, our herb of interest will be 'Borage'. We'll have Minette from

Meadowsweet Herbs & Flowers visit the group, she'll be bringing along some of her herb plants for sale. We'll also be sharing our handmade, natural cleaning products. Diane gave us each a sheet, we were asked to choose one recipe, make it up, try using it and bring it along and share our findings. Then the major project, some of you may have read about the proposed 'Community Herb Garden' in the *NorWest News*. The garden is to be installed in the Malcolm Hahn Reserve by the Whenuapai Village Hall. The Council are onboard, and the Upper Harbour Local Board have approved a grant of \$600 for the project. Diane is contacting some of the major seed companies now, to organise a supply of herb seeds.

The initial working bee will take place on Sunday 15 October, members of the Hobsonville Herb Group will be out with their spades, preparing the area for planting. If you're interested in the Herb Garden Project, please feel free to come along and give us a hand. The garden will run along the boundary of the Malcolm Hahn Reserve and be edged with ponga logs. Members of the herb group plan to grow the herbs from seed and plant them out as seedlings when the weather warms up. It will be an ongoing project, and eventually, we hope, a thriving herb garden will be available for community use.

The Hobsonville Herb Group meets at 7.15pm, on the second Tuesday of the month, at the Whenuapai Village Hall, Waimarie Road, Whenuapai. All welcome, \$5 per night to cover evening projects. There's always a trading table, raffles and an extensive library for members.

Next meeting: Tuesday 10th September

Building Herb Garden: Sunday 15th September

For any further information contact:

Text/ Call Diane on Mobile 021-135-9613

Email: [hobsonvilleherbgroup@gmail.com](mailto:hobsonvilleherbgroup@gmail.com)



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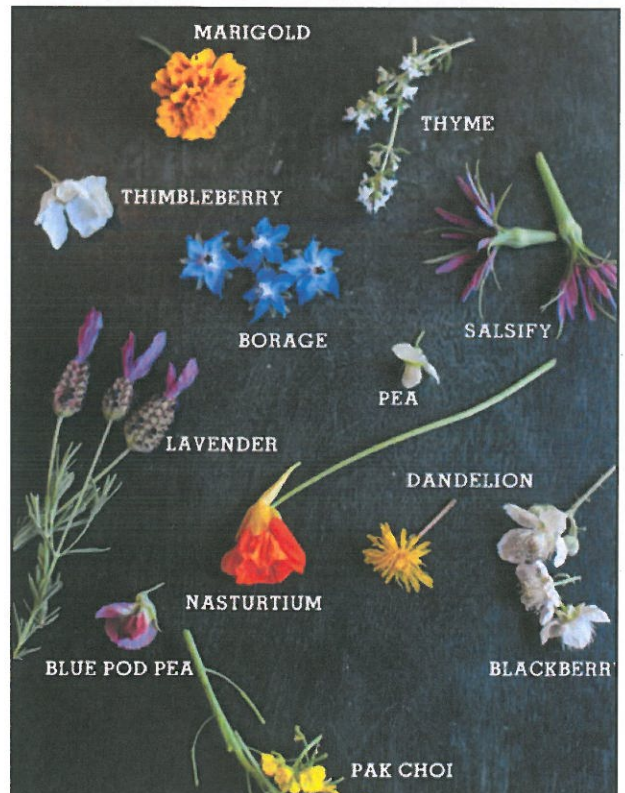
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# Herald Island

Minette Toloni returned again this year, this time to speak about **Edible Flowers**. Once again she presented a very helpful and informative power point and brought freshly picked examples to identify and taste. Here are some of the ideas she shared with us. Try either as whole flowers (nasturtiums, borage) or simply just petals (calendular, dandelion) fresh in salads. Use as a garnish on a serving plate (gladiolus, impatiens, fushia) or an edible decoration on top of a cake (violets, pansies, roses, carnations, chrysanthemum) Float in a punch bowl (sunflowers, citrus) or even in ice cubes (basil, mint) in a jug of water. Also use in cooking biscuits (lavender, rosemary) or savory dishes (sage, radish, oregano) pickles (chives, chicory) or steep in boiling water to make a tea (camomile, jasmine, hibiscus, lemon verbena) Of course don't forget flowers stuffed with a savory or rice filling (zucchini, squash) can be lightly fried as an appetizer. And the list goes on....

Be careful to stay safe, by making sure you can identify the flowers correctly. Choose organic flowers from your own garden, the ones you know haven't been sprayed and avoid roadside flowers covered in pesticides and florist or nursery flowers treated with chemicals. Minette brought us seedlings that she sells at markets, under her business name of *Meadowsweet Herbs*. She certainly motivated everyone to try something new!



## Space now available for hire at Whenuapai Village Hall

for details contact:

Jane Paul

Ph: 416 1410 Email: bookings@whenuapai.org.nz  
Reasonable rates for regular users and one off events



# Garden Club News



## Herald Island Garden Club 21<sup>st</sup> Birthday

The Herald Island Garden Club celebrated its twenty-first birthday by having lunch at *The Garden Shed Restaurant* in Mt Eden. What a perfect setting, with plants and implements artistically hanging from the ceilings and walls. There were of course, potted plants in every nook and cranny and it had a full on garden, in the rear covered in area..... complete with a large water feature, vine covered walls and loads of large tropical plants, giving it a lush jungle feel.

Fifteen members all appreciated the chance to change from their old gardening garb and 'don' their glad rags, to enjoy each other's company and reminisce about what the club has done over the past couple of decades. After a slow delicious lunch, sitting at a long table, with the sun streaming in on us, we sang "Happy Birthday" to ourselves and cut a magnificent floral cake! (made by Anita at *Butlers Pantry*) A great time was had by all! This is a good time to say, 'Thank You' to everyone who has helped our club over the years.

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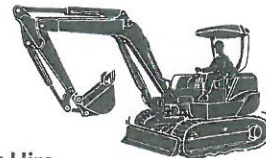
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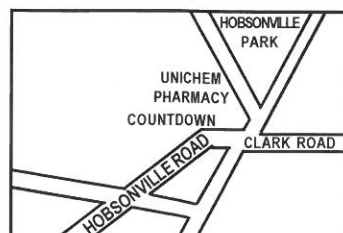
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# Whenuapai Floral & Garden Circle ~



*Christine Smith & Lynda Hallinan*

Seventy four members attended our August Meeting when our guest speaker was the popular Lynda Hallinan, member of the Food Writers Guild and a passionate believer in culinary heritage. She spoke to us about the benefits of growing our own produce all the while preserving some fruit right in front of us on her portable stove. Lynda recommended jam setting sugar as this shortens boiling time considerably to just five minutes, which means the colour remains brighter, and a greater volume of jam is left to be put into the jars. After her entertaining talk these were offered for sale to members with proceeds going to Hospice. Her latest recipe book was also on sale with copies signed by the author if wanted.

Both Lynda's grandmothers preserved all they could which was a hot job in summer but wonderful to have the results available throughout the year. There are handy gadgets available now to make the job safer and easier. Lynda's three favourites are her jar tongs, candy thermometer spoon and stainless steel funnel. She recommended using smaller jars where possible as our families are smaller these days and one doesn't necessarily want to eat the same peaches every day for a week.

As well as jam, Lynda made a blueberry mousse, which would be an excellent dessert topping, and lemon cordial. She made the whole process seem so quick and easy and was full of quips and just a born entertainer. Her love of growing things and making and preserving the goodness for later occasions was evident and it was a delight to have her with us. Whether we learned anything useful was debatable but irrelevant since her infectious bubbly mood cheered us all up on an otherwise dull day. Lynda believes in multi tasking and enjoys preserving especially while watching Coronation Street. With her portable stove she can make jam when picking or buying fruit while away from home and the work is done and dusted before the return, not to mention being easier to carry once preserved.

Not very long now until the Annual General Meeting in November when about seven members are expected to stand down from Committee so it would be great to have some fresh input into the smooth running of our group. Volunteers needed or you may nominate others who may be keen to help.

*Until next time,*

*Happy Gardening from Mary Anne Clark*

~ C A U S E      W A Y ~  
**CLUB      NEWS**



**FREE**

**SERVICE**

**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**

Ian McNeill - 416-6047

Kevin Casbolt- 416-1318

**Hobsonville Bowling Club**

Joe Chojnacki - 416-5993

Paul Thompson - 416-5422

**Hobsonville Church & Settlers' Cemetery Preservation Society Inc.**

Enquiries and Bookings

Leanne Midgley 021-688-164

email:

[hobsonvillesettlerschurch@gmail.com](mailto:hobsonvillesettlerschurch@gmail.com)

**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

**U3A Hobsonville**

Meets 3rd Thursday of the

Month (excl. Dec & Jan) 10am

Hobsonville Bowling Club

Carol Denton - 416-4860

**Upper Harbour Boat Watch**

Eddie Grassick - 416-8220

Neil Beken - 483-7323

**Whenuapai Air Scout Group**

Tim Dunbar - 416-6667

**West City Concert Band**

Invites brass and woodwind musicians to join them on Wed nights 7.30pm, Henderson High

**West Harbour Tennis**

416-6886, email:

[westharbourtennis@xtra.co.nz](mailto:westharbourtennis@xtra.co.nz)

Open mornings Monday &

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Raewyn Hassett - 416-7304

**Whenuapai Floral & Garden Circle**

"Meets 1p.m. at the Whenuapai Community Hall, 41 Waimarie Road, on the second Thursday of the month (except June, Dec & Jan) All welcome"

Margaret Treneary - 412-8788

**Whenuapai Hall For Hire**

Jane Paul - 416-1410

[bookings@whenuapai.org.nz](mailto:bookings@whenuapai.org.nz)

**Whenuapai Pony Club Inc.**

Clark Rd, Hobsonville

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**Whenuapai R&R**

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021416651

[secretary@whenuapai.org.nz](mailto:secretary@whenuapai.org.nz)

**WAITEMATA TIDE CHART**

Date	High	Water	Auckland	Sun Rise	Sun Set
September					
11 Mon	1053	3.3	2321	0628	1808
12 Tue	1143	3.2	-	0626	1809
13 Wed	0012	3.2	1237	0625	1810
14 Thu	0107	3.1	1337	0623	1811
15 Fri	0206	3.0	1442	0622	1811
16 Sat	0310	3.0	1547	0620	1812
17 Sun	0415	3.0	1649	0619	1813
18 Mon	0518	3.1	1747	0617	1814
19 Tue	0616	3.2	1840	0616	1815
20 Wed	0709	3.2	1929	0614	1815
21 Thu	0758	3.3	2016	0613	1816
22 Fri	0844	3.3	2101	0611	1817
23 Sat	0927	3.3	2144	0610	1818
24 Sun *	1109	3.2	2325	0708	1919
25 Mon	1150	3.1	-	0707	1919
26 Tue	0006	3.0	1231	0705	1920
27 Wed	0047	2.9	1315	0704	1921
28 Thu	0131	2.8	1403	0702	1922
29 Fri	0217	2.7	1457	0701	1923
30 Sat	0310	2.7	1555	0659	1924
* Daylight	Saving				
October					
1 Sun	0407	2.6	1652	0658	1924
2 Mon	0506	2.7	1745	0656	1925
3 Tue	0602	2.8	1834	0655	1926
4 Wed	0654	2.9	1920	0653	1927
5 Thu	0743	3.0	2005	0652	1928
6 Fri	0829	3.2	2050	0650	1929
7 Sat	0914	3.3	2136	0649	1930
8 Sun	1000	3.4	2224	0647	1930
9 Mon	1047	3.4	2312	0646	1931
10 Tue	1136	3.4	-	0645	1932
11 Wed	0003	3.3	1227	0643	1933
12 Thu	0056	3.2	1323	0642	1934
13 Fri	0152	3.1	1423	0640	1935
14 Sat	0253	3.0	1526	0639	1936
15 Sun	0356	3.0	1630	0638	1937
16 Mon	0501	3.0	1730	0636	1938
17 Tue	0602	3.0	1826	0635	1939
18 Wed	0659	3.1	1918	0633	1940
19 Thu	0750	3.2	2006	0632	1941

**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 Response Team**

In emergencies meet at the Fire Station, 57 Ferry Pde

**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

**Community Patrol, 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 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](mailto:heraldislandbookings@gmail.com)

**Herald Island Heritage**

Sub-committee

Margret Brands 416-7452

[heraldisland.museum@gmail.com](mailto: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

416-8348

# Trade/Professional & Services List

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<b>Automotive</b>	Tech Autos	416-1554	<b>Lawns and Property</b>	Handy1 Trade Services	0800-242-639/027-242-6391
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<b>Citizens Advice Bureau</b>	Massey CAB	833-5775	<b>Plaster/Stop or Skim</b>	Ken Knox	027-478-5253/817-6385
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<b>Clothing Alterations Kim</b>	SewEzy	0240-739-399	<b>Playgroup</b>	Herald Island Playgroup (Emily)	021-028-39276
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<b>Hairdresser</b>	Andrienne's	0210-261-5324/832-3401	<b>Storage</b>	Whenuapai Storage	0274-953-930
<b>Hairdresser</b>	Whenuapai Hair	416-8926	<b>Surveyors</b>	Boundary Consultants	021-855-247/838-3109
<b>Handyman</b>	DBC Contractors - Dan Clark	022-137-8815	<b>Takeaways</b>	Po Chai, True Taste of Thai	021-157-9318
<b>Handyman</b>	John Van Westrene	027-442-0288/413-9066	<b>Taxi</b>	Cheap Cabs	621-0505
<b>Health</b>	Coolit Bodysculpt	022-044-9838	<b>Timber/Hardware</b>	Western ITM	416-8164
<b>Health</b>	Club Physical	0800-258-248	<b>Travel</b>	The Travel Brokers	027-294-7744/416-1799
<b>Health</b>	Fit & Foxy - Melody	021-556-010	<b>Tree work esp. fruit trees</b>	Gayo Vodanovich	416-7050
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			<b>Water - Pure</b>	Aquadynamics	0800-787-396

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