

THE CAUSEWAY

www.thecauseway.co.nz

July 2016

NEWS & VIEWS

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Enhancing the North-West Wildlink



Sally & Kevin Casbalt and Anne McNeill planting

Community Planting Day was held at the Herald Island Domain on Sunday 12th June 2016. The North-West Wildlink, between the Waitakere Ranges and the Hauraki Gulf, is a green corridor of natural areas providing safe habitats for our native birds. This corridor includes the Herald Island Domain, so on Sunday 12th June, when volunteers increased the Domain's local native flora by two hundred plants, both the Domain and the North-West Wildlink, were enhanced.

The Herald Island Environmental Group seeks to enhance the North-West Wildlink by carrying out plant and animal pest control and by local native revegetation of the island's natural areas. We would love these areas to reflect Sir John Logan Campbell's

1840 description of the Waitemata:

"Evergreen shrubs grew on all sides of every shade from palest to deepest green; ...of beautiful ferns there was a profusion underfoot. The Tui, with his grand rich note, made the wood musical; the great, fat, stupid pigeon cooed down upon you almost within reach, nor took the trouble to fly away." *Poenamo, by John Logan Campbell.*

Local residents can support this vision first and foremost in their own back yard, but also by supporting community events such as this one, or by carrying out animal or plant pest control in a natural area close to home. We are always on the lookout for more local volunteers to help with pest

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We're online at

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

Causeway Information

Email: news@thecauseway.co.nz

www.thecauseway.co.nz

Address: 10 Coleman Ave, Herald Island

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

~COPY DEADLINE ~15TH OF THE MONTH~

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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

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

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control and restoration work. Island residents are your local contacts, either Ian McNeill (416-6047) regarding animal pest control or Jan Diprose (416-8348) regarding weed control or revegetation work.

Special thanks to Auckland Council for bark and plants, John Diprose and Karen Williamson for helping move bark, the 5 volunteers who set out plants and 22 volunteers who planted them, Mike Hassett for photography and Facebook posts, Ian McNeill for Facebook promotion, Sue McElroy for poster advertising, John Diprose of Harcourts Cooper & Co. for flyers, Ian and Anne McNeill for flyer delivery and the Herald Island Residents and Ratepayers Association for sponsoring refreshments.

Jan Diprose, Co-chair

Herald Island Environmental Group



Jan Diprose

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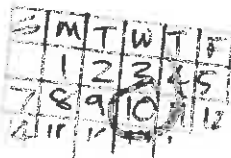
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Calendar

4-30 July Ceramic Exhibition at the Kumeu Arts Centre

1-13 August 'Taking Flight' Exhibition – *Watercolours by June Mackenzie* at the Kumeu Arts Centre

2 August Hobsonville Herb Group meets
Herb of the month: Lemon Tea Tree
Topic: Herbal teas

30 August–17 September
International Postcard Exhibition at the Kumeu Arts Centre. Please share this information with any artists, anywhere in the world.

A tribute to a long-time supporter of Whenuapai

The area is going to be the poorer with Norman Dunckley leaving the village.

Norman was raised in the house that he and his brother have just sold in Waimarie Road. Over the past few years since their parents died, Norman has been living in the house sorting through an endless amount of stuff gathered by his parents during their lives in the village, from the mid-50s.

Norm has been a stalwart on the Whenuapai R&R, having been chairman for the past few years. Being youngish and tall, he was the one to put up the lights on the Village Hall each Christmas, and he was a regular contributor to *The Causeway* for quite a while too.

He is staying in West Auckland so we may see him from time to time. Meanwhile, thank you Norman for all that you have been to Whenuapai Village.

Pat Hooper

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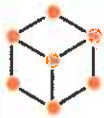
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School holiday classes at

Circability Circus

Monday 18th July: 1pm-3pm

Circability teach circus for all ages and abilities and will be teaching a variety of circus skills that will challenge students of all levels. The Circability team will teach students object manipulation skills (like juggling, spinning plates and diabolo), balancing skills like rola bola, and acrobatic postures. Trainers Rowan Ford Dawson, David Andrew and Daiana Gonzales will show off their skills then challenge the students to learn their own. The workshop will finish with an informal presentation of skills by the students.

Cost: \$30 per child

Contact Sarah on 09-412-9480 or email
thetinshed@clear.net.nz for bookings.

(Please note we need at least 18 children for this workshop to go ahead).

Nail Art Class

Tuesday 12th July 2016: 9.30 - 11.30am

Come along and create some nail art templates and have your nails painted. Various techniques taught. All materials supplied, but children welcome to bring their own favourite colours or tools.

Cost: \$15 per child

Bookings: Ginny 021-083-03972 or ginnnygirl18@gmail.com

Kumeu Children's Art Club - Screen Printing Class

Tuesday 19th July 2016: 10am - 3pm

Screen printed patterns.

Children will create patterns and designs to print on fabric and paper using a simple stencil process. A really fun day for all ages. All materials included. Cost \$50

Bookings: Julie 021-208-3714 juliemoselen@xtra.co.nz

Access to Art for Children

Friday 22nd July 2016: 10am - 3pm

'A book about me'

Children will create a simple book personal to themselves, using a range of mixed media techniques including painting, image transfer, stencilling, collage and stamping. A colourful, fun filled day for all ages. All materials included.

Cost \$40

Bookings: Julie 021-208-3714 juliemoselen@xtra.co.nz



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the Kumeu Arts Centre

Clay Class with Victoria Walker

Thursday 14th July 2016: 10am - 3pm

Thursday 21st July 2016: 10am - 3pm

Come join a friendly clay class for all ages with Victoria. We will use easy clay studio working equipment to build fun pots, sculptures or clever wall hangings for your garden or room, or you may like to make gifts for friends and family. We will be able to paint in exciting glaze colours, then make an extra piece for a special glaze finish. Cost \$50. Discounts for groups. These classes have filled quickly so book early.

Please confirm your place by email ceramiczz@xtra.co.nz
Mobile - 021-123-6046.

Drawing and Painting Art Class - with Eion Bryant

Friday the 15th July 2016, 10am - 3pm

With step-by-step guidance from artist Eion Bryant.

Children will draw then

create a vibrant acrylic painting, learning tips and techniques along the way.

Fun and focused. For children aged 7-12 yrs.

Cost: \$45, all materials provided.

Bookings: email: eion@eionbryant.com or ph 09-483-6703.

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Herald Island Library



Discover Your Library

“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.”

- Edith Sitwell

Welcome!! This month we pay tribute to our NZ winter!! Mind you, I'm not sure whether our weather has made up its mind as to whether it's winter or not!!

Nevertheless, be assured that when you make time to pop into our library, you will not need to worry about the weather. A hot toddy and a book or DVD in hand to borrow, you will be mesmerized by our wonderful art work, and being cold and miserable will be the least of your worries.

One of our books, “Best Ever Home Secrets”, states that in winter cats should not go outside when the weather drops below 0 degrees. Their ears have very little protective fur and frostbite can set in easily. Whenuapai and Herald Island, on the odd winter or two in the past, has experienced 0 degrees and below. Mind you, it's said that dogs should not go outside when it's minus 10 degrees or below. Then again, neither should you. Heaven preserve us you say! (This is when one heads to another island and yes!! one of the islands in the Tropics).

On checking one of our many cookbooks, I came across one of my favourites, “Rick Stein's Far Eastern Odyssey”, with 150 recipes evoking the wonderful flavours of the Far East. The Thai Mussaman Beef Curry caught my eye and I thought I'd give it a try. The Mussaman curry is the Thai version of the curries of Northern India made really special by the use of fish sauce, shrimp paste, lemongrass and palm sugar, but the beguiling element is the black cardamom, which gives the curry a delightful smoky flavour. This recipe serves 6 to 8 people and is a great one to try and easy to put together on a cold winter's day.

Ingredients:

- 1.5kg blade steak cut into 5cm chunks
- 600ml coconut milk
- 6 black cardamom pods
- 10cm cinnamon stick
- 300g waxy new potatoes
- 8 shallots
- 1 quantity Thai Mussaman paste
- 2 tbsp fish sauce
- 1 quantity tamarind water
- 1tbsp palm sugar
- 75g roasted peanuts
- Handful of Thai basil leaves (optional)

Method:

For the curry put the beef into a heavy based pan with

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350ml of the coconut milk, an equal amount of water and the black cardamom pods, cinnamon stick and 1 teaspoon of salt. Bring slowly to simmering point, part covered leaving just a 1cm gap for the steam to escape, and leave to cook gently for 2 hours until beef is tender, stirring every now and then at the beginning of cooking. Meanwhile peel the potatoes and cut into 2.5 x 2.5 x 1cm pieces (using a crinkle-edged cutter if you so wish). Peel the shallots and split them in half. Uncover the curry and remove and discard the black cardamom pods and cinnamon stick. Stir in the rest of the coconut milk, the potatoes, shallots, curry paste, fish sauce, tamarind water and sugar and simmer gently uncovered for a further 25 – 30 minutes or until the potatoes, shallots and beef are tender. Stir in the peanuts, scatter over the basil if using, and serve.

This is a delicious curry and if you've never made a curry before we challenge you to give it a go and would love to hear how you went. Failing all that, we are so very fortunate to have Baba's Curry Café within our reach. One of the Best in the West! Lucky!! Lucky!!

Many thanks to all the people who have recently donated books and DVD's. This is very much appreciated and adds to the variety that is available - well worth checking out before the school holidays.

**Herald Island Library, at the Herald Island Fire Station
57 Ferry Parade, Herald Island.**

Open Wednesdays 9.30am to 12 midday

And Saturdays 10am to 12 midday

**For information phone Etta Gillon on 416 7638 or
email heraldislandlibrary@gmail.com**

"So many old and lovely things are stored in the world's attic because we don't want them around us and we don't dare throw them out."

- John Steinbeck, *The Winter of Our Discontent*

Massey High School Foundation

The Foundation have some great events scheduled this year and we hope you are able to attend some of these. Details are below to mark in your calendars:

- **Share My Song – Variety Concert**
Sunday 14 August, 4pm, Bruce Ritchie Performing Arts Centre. Tickets \$20 (more details to come)
- **Charity Golf Day**
Friday 14 October, 12pm, Whenuapai Golf Course (more details to come)
- **MHS Alumni Luncheon 2016**
Friday 25 November, 12.30pm, Markovina Vineyard Estate (more details to come)

Contact: Jacob Bish, Massey High School
DDI: (09) 831 0528
Mobile: 021 129 3492
Web: www.masseyhigh.school.nz

Unfortunately, the **International Night** planned for **Friday 29th July**, which was advertised in last month's Causeway, has been **cancelled** due to unavailability of the venue.

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“Causeway Composters”



The warm weather has continued with plenty of drenching - great for growth but not so great for seasonal fruits and vegetables. A great time to trim, mulch up, re-sow and enjoy being in the garden. If you used all the compost for your garden, a new cycle can start. The compost bin will be looking quite wet, so it may be a good idea to mix it up a bit with mulching which helps to aerate and take advantage of the chemical reactions for decomposition, instead of leaving a rotting, stinking mess to its own devices.

The worm farm should be going well - the worms love a shaded spot out of the sun. They don't have teeth, so do not put in meat. They also don't like citrus fruits, garlic or onions. But they like crushed eggshell, paper, manure, coffee, tea bags and fruit and vege scraps. Go easy - they need to be well drained. A little mulch is a great idea to speed up the process and inhibit vinegar flies.

• Further reading:

With erratic weather worldwide, we can all now see the effects of human impact. I don't remember weather systems like this in childhood, but then again, we all believed in sunny days, running around and plane spotting. Life was simple indeed.

Commit to a simpler life in the way our grandparents lived - get a couple of chooks, a guinea pig for the kids, start a fruit stall or a beehive. Our island and surrounding community could be even more unique with the charm of yesteryear, especially as our rural outlook is changing as we speak, with the urban sprawl lapping at our heels.

We quite like Wendyl Nissen's take on simple living, plus she's having a book giveaway currently: www.wendyls.co.nz

Drop us a line with any thoughts/ideas to:
causewayscomposters@yahoo.co.nz

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Budget Footnotes



A WORD OF ADVICE

Easy payments

When you are working to pay the bills, sometimes the last thing you feel like doing when you get home is sitting down and actually paying those bills.

A direct debit can be a handy way of making sure your bills get paid without all the hassle each month. But what is the difference between direct debit and an automatic payment? What happens if there isn't enough money in your account? Who can cancel the direct debit?

Automatic payments and direct debits

An automatic payment is an arrangement for a specific amount of money to go from your bank account to the recipient's bank account. These are useful for payments where the amount doesn't change often, like your rent, savings, loan payments or regular donations.

A direct debit is an agreement that the recipient can take money out of your account to pay your bill. You might use a direct debit for regular payments as well as bills where the amount changes from month to month, like your electricity, phone, or credit card bill.

How to set up a direct debit

You need the recipient to help you set up a direct debit. You will have to fill in and sign a direct debit authority, which tells the bank that you give the recipient permission to take money out.

Direct debits are a service provided to you by the bank and the bank must act on your instructions about the payment to make. This service is separate to any agreement that you have made with the recipient (the person or organisation who you are sending the money to).

What happens if there isn't enough money?

A direct debit can usually take our money even when there isn't any money in your account. This will put you into overdraft, which you may be charged interest on, and/or pay a fee for. This is different to automatic payments, which won't get paid if there isn't enough money.

How to cancel

The recipient should cancel a direct debit when you cancel your contract or finish paying them. But, just in case, you should also tell the bank you want to cancel the direct debit. The bank might tell you that only the company can cancel the direct debit, but under the Code of Banking Practice the bank need to follow your instructions about direct debits.

However, you can't just cancel the payments and hope that the recipient will get the idea that you don't want the service anymore. You need to tell them that you are cancelling the direct debit and you either don't want the service anymore, or you want to pay by a different method. You will need to check your contract with the recipient to see if you are allowed to do that.

Checking your statements

Even though direct debits mean you won't forget to pay your bills, don't forget to check your bank statements to make sure the payments match the bills. While you are checking also look for any other strange transactions. If you know you didn't authorise the transaction then contact the bank. Keeping an eye on your transactions is a good way to protect yourself against fraud.

Trouble shooting

If you are having trouble getting a solution to a problem with a bank you can go to the Banking Ombudsman to get your complaint heard. Check the Banking Ombudsman website for more details about this service www.bankomb.org.nz

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- **Ladies Only Boxing Fitness Classes**
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Wed 6, 13, 20, 27 July. 6.30 - 7.15pm
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- **Hobsonville Point Craft Market**
10 and 17 July, 14 and 21 August, 11 and 18 September, 10am - 2pm.
 Located in the old Air Force building called the Sunderland Lounge, this market showcases some of the best Auckland hand crafted talents, all nestled in the fast growing, popular suburb of Hobsonville Point.
 At each market you find a range of over 25 stalls, from soaps to candles, women's clothing, kids clothing, baby toys and accessories, paper-crafts and greeting cards, jewellery, fairy magic, art, up-cycled furniture, home decor, hand knits and wooden toys.
 With such a great range, why shop anywhere else? By buying handmade, you are supporting local families and keeping the economy local. Plus you get one-of-a-kind presents, with such fantastic quality.
 For stall enquiries, please either message our Facebook page or email - hpcraftmarket@gmail.com.

- **Kavalliers - A Rocking Great Band**
Hobsonville RSA, 114 Hobsonville Road. Friday 26th August 7:15pm.
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The Kavalliers have a wealth of experience and happily adapt the music to their audience. Check out The Kavalliers' website for photos, info, song lists, and gig guides.

- **Auckland Youth Orchestra**
Saturday 16 July 4:00pm – 6:00pm
Massey High School, 274 Don Buck Road, Massey
The concert is free, all welcome.

Repertoire: *Prokofiev - Lieutenant Kije*
Ibert - Concertino Da Camera for Alto Saxophone
Mussorgsky - Pictures at an Exhibition
Conductor - *Antun Poljanich*
Soloist - *Mojca Pecman*

Hear the symphony orchestra at its most colourful in Ravel's inspired orchestration of Mussorgsky's Pictures at an Exhibition and Prokofiev's Lieutenant Kije Suite. Experience Ibert's scintillating Saxophone Concertino performed by Mojca Pecman, a young international prize-winning saxophonist from Slovenia appearing at the special invitation of The Auckland Youth Orchestra.

The Auckland Youth Orchestra is the premier regional youth orchestra in New Zealand. Our vision is to inspire young people to excellence through their love of musical performance and to provide them with a wide range of cultural experiences, thus shaping our leaders of tomorrow. Auckland Youth Orchestra draws its members from throughout the wider Auckland region, the majority of whom are University or high school students. Many past members of the orchestra have gone on to become professional musicians. Over the orchestra's 68-year history, more than 2,600 young adults from diverse cultural and social backgrounds have passed through its ranks, having received expert training in orchestral playing.

Antun Poljanich has been the Music Director of Auckland Youth Orchestra since 1998 and the ensemble has seen great success in New Zealand and beyond. Also Head of the Music Faculty at St. Peter's College in Newmarket, Auckland, Antun was awarded the St. Peter's College Scholarship for his contribution to musical education in New Zealand.

For more information, interview requests or photos please contact manager@ayo.org.nz.

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The Purpose of Pain

We all feel aches and pains at sometime in our lives, whether they be from over-exertion, injury or the effects of life on our body.

Pain is not a simple experience. The more we study the experience of pain, the more we realise that there are many complex processes that drive how and why people feel it.

The two major types of pain are 'acute' and 'chronic'. They differ from each other in why we feel pain, how we feel it, and it's resultant purpose.

The most simplistic pain experience is acute injury. This does two major things; it protects us from further damage and it brings the products of healing to the damaged area. This is the 'useful type of pain'. Acute pain is caused by damage to free nerve endings which sends messages to our brain that are interpreted as pain and causes inflammation.

Inflammation is often thought of as a bad thing but it is actually the body's first response to damage that enables the start of the healing process. Unchecked inflammation is what should be avoided. The damage to our cells releases chemicals that increase blood flow to the damaged area bringing with it our immune response. It causes blood clotting and localised swelling and makes our blood vessels 'leaky' allowing the large cells of the immune system access to the damaged area. The swelling limits movement protecting us from further injury. The chemicals also sensitise the free nerve endings, therefore, pain is felt quicker and this also serves to protect us from ongoing damage. Literally, "if it hurts don't poke it" !

Chronic pain comes about when acute pain and inflammation remain unchecked for a long period of time. Changes occur in the body's response to the chemicals of inflammation, the brains perception of what should cause pain and our learned response to that pain.

Next time we will explore the processes of chronic pain. Meanwhile, if you wish to discuss how osteopathy might help your pain please give us a call.

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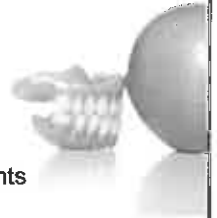
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July in the Garden



Well we've passed the shortest day and reached the official mid-winter month of July. This is a great time to tidy the garden shed and you will be surprised what you will find if mine is anything to go by. I always uncover some forgotten treasures along with seed packets and new pots that have been tucked away for future use. It is also a good time to get tools cleaned and sharpened while not in use.

Lots of bulbs have been popping up over the last few weeks, and freesias should be in flower this month along with other early flowering shrubs and flowers to fill your garden with perfume. You can still plant tulips well into July.

Remember that if we get the harsh winter winds these can dry out the soil, so be vigilant with watering if needed. It is best to water in the mornings so that, as the soil warms during the day, your plants can use it. Be on PAD (pest alert duty) as well during this period.

July is a good time to plant roses, trees, shrubs and climbers, soil permitting. As we move closer to longer daylight hours and things warm up, plan your spring garden and try raising your flowers from seed. Exchange seeds with your friends to add variety to your garden. It is also a good time to take root cuttings from many perennials. Rose pruning can be undertaken this month if all danger of frosts has passed in your area.

July Plantings

Flowers: Alyssum, Aquilegia, Calendula, Carnation, Cornflower, Forget-me-not, Larkspur, Pansy, Stock,

Seedlings: Canterbury bells, Foxglove, Godetia, Hollyhock, Polyanthus, Rudbeckia, Russell Lupin, Stock,

Bulbs, corms and tubers: Crocosmia, Eucomis, Freesia, Gladiolus, Hyacinth, Liliun, Moraea

Herbs

I hope you are all enjoying growing some herbs to use in your cooking.

To deter the white butterfly grow some hyssop alongside your brassicas like cabbages and Brussels sprouts. This will deter them. Basil improves the flavour of tomatoes when planted alongside them. Chopped mint leaves placed in ice cubes are a refreshing addition to drinks.

When using rubber gloves for gardening turn inside out before use and paint fingertips with nail polish to strengthen; they will last longer before your nails pierce them.

There are eight Herb Groups in the Auckland area. Join your local Herb group to learn more...

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Gardening Trivia

Vegetables, Plants and Trees

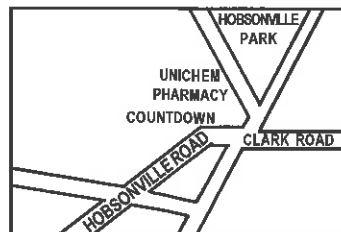
1. What common NZ tree is actually the world's tallest lily?
2. What plant does natural vanilla flavouring come from?
3. What popular tropical plant was named after a French explorer of the Pacific?
4. What plant is opium derived from?
5. What flower (the world's largest buttercup) is named after a NZ mountain?
6. What are "love apples"?
7. What plant is sometimes referred to as sparrowgrass?
8. What kind of fruit were the golden apples of Greek mythology?
9. What were broccoli and cauliflower developed from?
10. What berries give gin its flavour?

Answers on page 17

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Whenuapai Floral

Celebrating Thirty Years

Sixty eight members attended in their best-dressed fashions to share a pleasant meal at Huapai Golf Club on a winter's day to celebrate the occasion of sharing our love of gardens and all things floral for thirty years. Call it what you will, Whenuapai Floral & Garden Circle, as it is officially known, or Whenuapai Garden & Floral Circle as oft used to appear in the Causeway back in our early days, or Whenuapai Garden Circle as on our Best Bloom board, or Whenuapai Garden & Floral Club as appeared on one of our cakes, or simply Garden Club as affectionately known, it has been around for thirty years and well may be for thirty more.

Members were happy to slip into party mode and enjoyed Pass the Parcel and a healthy competitive Garden Quiz between courses of good food attractively served. Balloons festooned the dining area, well decorated by the Committee members who had arrived early, and the cake was a visual feast before



Our beautiful 30th birthday celebration cake

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and Garden Circle

it was cut by Betty Bishop, possibly our most senior member. Many have been attending for the majority of the time the Club has been in existence, and Doreen Dodge is another faithful member from the early days. Quite a number of us are now Life Members of this popular and long running Club.



Betty Bishop cutting the cake

With heartfelt thanks to the late Zita Horsley who called a meeting in 1986 which was attended by 27 people and resulted in the formation of the Whenuapai Floral & Garden Circle. Happy Birthday to us!!! Just for the record, the 10th Birthday was celebrated at the Hall with tea and lamingtons. Audrey Perry was President then, with Gail Johns as Secretary and Rose Dalkie was Treasurer. On my trip down memory lane I located some Gardening Trivia, which I will repeat so you can test your knowledge (see quiz on page 15).

Until next time,

Happy Gardening from Mary Anne Clark

ANSWERS to the Gardening Trivia Quiz on page 15



1. Cabbage tree
2. The orchid
3. Bougainvillea
4. Opium poppy
5. Mt Cook lily
6. Tomatoes
7. Asparagus
8. Apricots
9. Cabbage
10. Juniper berries

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Herald Island Garden Club



We had Diane from Hobsonville Herb Group come to speak to us on natural cleaners. She has been involved with herb groups for many years and has now set up this new club which meets in the Whenuapai Hall once a month. Like many of us, Diane has been using non-toxic cleaners in the home to avoid inhaling nasty fumes, and also to practise recycling by not purchasing throw-away containers.

She shared her research on recipes for kitchen, bathroom and laundry cleaners. These all had a variation of either washing or baking soda, liquid castile and borax, depending on the severity of the job. General household cleaners for windows, in and outside of



appliances, china and glass all used mixes of baking soda, white vinegar and essential oils. Diane demonstrated how simple it is to make these. She also suggested Tea Tree oil to use in homemade anti-bacterial sprays. Diane finished by giving some tips for getting rid of smelly cooking odours by boiling up oranges and spices to sweeten the air and also to make pot pourri bags of lavender and rosemary to combat musty odours in your home.

Make your own herbal tea bags

The **Hobsonville Herb Group** is pleased to welcome Lynn Brown (Auckland Herb Society) to their August meeting.

Lynn will talk about herbs and demonstrate how to **make** your own herbal tea bags. A very interesting and knowledgeable lady when it comes to herbs.

We welcome visitors on: **Tuesday 2nd August at 7.15pm**
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supportive club.
Early morning and evening groups
Paul - (027) 291- 7989
Tina - (027) 291- 8027

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

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

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

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

Whenuapai Air Scout Group
Tim Dunbar - 416-6667

Whenuapai Floral & Garden Circle
Margaret Treneary - 412-8788

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

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

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

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

WAITEMATA TIDE CHART

Date	High Water Auckland		Sun Rise	Sun Set
July				
8 Fri	1012	3.3	2233	0734 1718
9 Sat	1059	3.2	2319	0733 1719
10 Sun	1145	3.1	-	0733 1720
11 Mon	0005	3.1	1231	0733 1720
12 Tue	0051	3.0	1319	0732 1721
13 Wed	0137	2.9	1410	0732 1721
14 Thu	0226	2.9	1504	0732 1722
15 Fri	0316	2.8	1559	0731 1723
16 Sat	0407	2.8	1653	0731 1723
17 Sun	0459	2.8	1743	0730 1724
18 Mon	0549	2.9	1829	0730 1725
19 Tue	0638	2.9	1913	0729 1726
20 Wed	0725	3.0	1956	0729 1726
21 Thu	0811	3.1	2039	0728 1727
22 Fri	0856	3.2	2123	0727 1728
23 Sat	0942	3.2	2209	0727 1728
24 Sun	1028	3.3	2256	0726 1729
25 Mon	1116	3.2	2346	0725 1730
26 Tue	-	-	1207	0725 1731
27 Wed	0037	3.3	1301	0724 1731
28 Thu	0132	3.2	1401	0723 1732
29 Fri	0230	3.2	1504	0722 1733
30 Sat	0331	3.1	1608	0721 1734
31 Sun	0432	3.1	1709	0721 1735
August				
1 Mon	0533	3.1	1807	0720 1735
2 Tue	0631	3.2	1900	0719 1736
3 Wed	0725	3.2	1950	0718 1737
4 Thu	0815	3.3	2037	0717 1738
5 Fri	0903	3.2	2122	0716 1739
6 Sat	0947	3.2	2205	0715 1739
7 Sun	1030	3.1	2247	0714 1740
8 Mon	1111	3.1	2329	0713 1741
9 Tue	1153	3.0	-	0712 1742
10 Wed	0010	3.0	1236	0711 1743
11 Thu	0053	2.9	1324	0710 1743
12 Fri	0139	2.8	1417	0708 1744
13 Sat	0229	2.8	1514	0707 1745
14 Sun	0323	2.7	1611	0706 1746

Trade/Professional & Services List

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

~To advertise in this 'Trade/ Professional & Services List' costs \$12.00 for 3 months ~



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