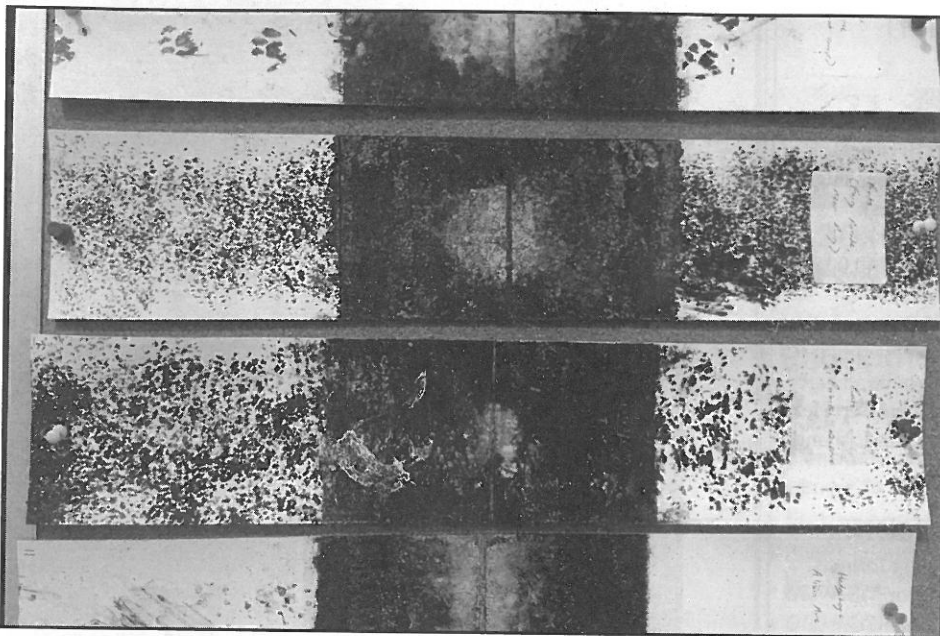


THE CAUSEWAY

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September 2016

Herald Island Environmental Group- "Bringing back the Birds Project" Stage 3 update



Tracking tunnel ink pads showing rats at Kingsway and Pahiki Reserves.

The pest project is now well underway with an army of local volunteers contributing to the initial tracking programme and now monitoring the bait stations. To recap;

Stage 1 Pahiki Domain: Caught 8 rats.

Stage 2 Christmas Beach: 6 rats.

Stage 3 Herald Island Domain: Commenced Monday with 1 rat recently caught.

Stage 3 comprises 6 bait stations - 4 in the domain and 1 on both sides of the Island at the waters edge. Stations are set with rat traps in a sealed container with a special key that only the volunteer has. Traps are baited with peanut butter, but Nutella seems to be growing in preference by rats. The programme will run for 5-6 weeks in this location before heading toward the causeway. Less rats equals more ground nesting birds like Ruru (Morepork) and shoe line nesters.

We are also aware that many local residents are contributing to the programme

on their own properties, and have been successful in reducing numbers significantly with this recent example from Chris Laurensen: "I got 20 on chocolate in 4 snap traps - all seemed to be knocked off as haven't caught any in last 3 weeks".

This project proudly supported by Herald Island Residents & Ratepayers and Auckland Council Northern Parks with resident volunteers.

Ian McNeill,

Herald Island Environmental Group Co Chair

WAR ON WEEDS

Sunday 2nd October

9.30 - 12 noon

Meet at the Herald Island Domain

NEWS & VIEWS

- The changing face of Whenuapai ~ Pg 2
- Calendar ~ Pg 3
- Be apart of 'Bee Plan" ~ Pg 4
- Whenuapai's Las Vegas Night! ~ Pg 5
- Discover your library ~ Pg 6-7
- Turning back time.... Article from the archives ~ Pg 8-9
- A snippet from Spain ~ Pg 10-11
- School Holiday activities ~ Pg 12
- Baking up a storm ~ Pg 15
- Garden Clubs ~ Pg 13, 16-17 & 18
- Club News ~ Pg 19
- Tide Tables ~ Pg 19
- Trade & Professional Services ~ Pg 20

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

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

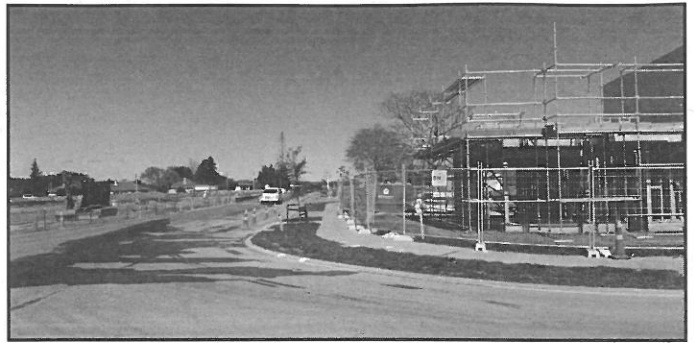
Circulation 1,200 — pass it on to your friends or tell them to read the Causeway online at www.thecauseway.co.nz

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

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

Layout & Printing: Huapai Copy & Print

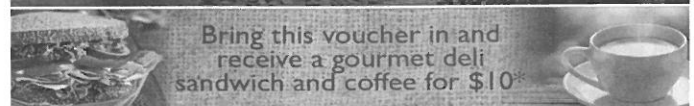
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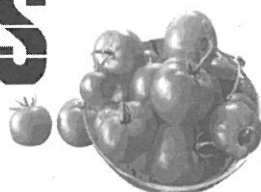
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Calendar

24 September Arts In Action – FREE arts day! 10-2pm.

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24 September Single Mums West – 2pm-4pm at the West Harbour Community Hub, 74B Oriel Ave, West Harbour. Run by single mums for single mums for further information contact Aysh 021-0230-9498 or Rochelle 09-376-3227 or email: skip@womennz.org.nz

2 October War on Weeds – Herald Island Domain Stepped Walkway, 9.30am to 12 noon. All welcome. Bring gardening gloves, pruning saw, lopping shears and spade. For more information contact Jan Diprose 416-8348 or Ian McNeill 416-6047.

2 October Riverhead Craft Market – 10am-2pm at the Riverhead Citizens Hall, Coatesville/Riverhead Hwy. Enquiries: riverheadcraftmarket@gmail.com

9 October Village Spring Clean

4-15 October Printmaking Exhibition – Kumeu Arts Centre, part of Art week Auckland 2016.

15 October Las Vegas Night! Get your friends together for a fabulous night out. Tickets \$20, contact: tickets@whenuapai.org.nz - BYO drinks and nibbles, prizes for the top gamblers. Held in the Whenuapai Village Hall.

16 November Herald Island AGM, 7.30pm, Herald Island Hall

28 Nov-18 Dec Affordable Arts - Everything \$300 and under.

Passing

Willem Wezenberg –

A local resident of Herald

Island has passed, our condolences to the family.



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Plan Bee ~

Bees are a gardeners best friend and the product they produce is the best, I just love honey, but what used to be an affordable spread, is pricing itself off the market. Honey has hiked up to \$10 for 500gm since the Varroa Mite.

While in Taranaki last week, an article on bees in the *North Taranaki Midweek* paper, caught my interest...

With Varroa still at large, researchers are now suggesting that wild or feral bee colonies are surviving the Varroa Mite better than farmed bees. Dr Mark Goodwin, from Plant & Food Researches, leads the apiculture and pollination team. He suggests the survival of the feral bees is either due to a genetic change giving them some natural resistance to Varroa, or that the feral colonies are living in a way that has resistance. Possibly making their nests in a tree that contained a natural deterrent to the mite. Still feral bees have also been found living in cavities like rooves, hollowed out trees, man-made structures, even in caves. They haven't got all the answers yet, but gardeners can help play a part by encouraging and supporting the bee population. This in turn will help pollinate flowers and produce in the garden.

Be part of 'Plan Bee'~

Encourage bees in to your garden, plant strategically so that no matter the season, there is always something flowering in your garden. If there are not a lot of flowers around, bees can actually go hungry and die over winter.

The *New Zealand Gardener* is giving away free, bee-friendly wildflower seeds in their September issue.

They are also partnering with the scientists at Plant & Food Research to run the inaugural Great Kiwi Bee Count. It's like a bee census. Details at: stuff.co.nz/GreatKiwiBeeCount.



Annual war on weeds

The Herald Island Environmental Group will be holding its 'War on Weeds' working bee on Sunday 2nd October from 9.30am-12noon. Meet outside the Herald Island Hall. Join the 'War on Weeds' in the Herald Island Domain and help prepare the areas by the steps to The Terrace for a 2017 planting. Let's all get stuck in to make light work of the task. We'll have an 11am break for a chat over a cuppa and biscuits.

Please wear closed toe shoes and a rain jacket. Bring gardening gloves, pruning saw, lopping shears and spade.

All welcome.

Contact: Jan Diprose 416-8348

or Ian McNeill 416-6047.

Proudly supported by: Auckland Council, Herald Island Residents and Ratepayers and

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Las Vegas Night

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**Herald Island AGM
~Annual General Meeting~
Wednesday 16 November
7.30pm
At the
Herald Island Hall**



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Herald Island Library



Discover Your Library

Springs into News for September 2016

"I is for Integrity, be honest with yourself and others."

— Lucas Remmerswaal, the A-Z of 13 Habits: Inspired by Warren Buffett

This month we welcome Lucas Remmerswaal Author/Financial Advisor/Sailor/Entrepreneur and staunch advocate of 13 Habits.org - "13 Habits that made me Billions" Inspired by Warren Buffett.

Lucas Remmerswaal floated in with the tide to Herald Island in January 2015 in his 36 foot steel Tadfazwa cutter built in the UK. To supplement his income as a writer he has been seen doing the odd job or two around the island and is a keen gardener and painter. So if you're looking for a handy person he can be reached on 021 352 375 or via his email address 13habits@gmail.com.

In the photo above local Children's Author Lucas Remmerswaal kindly donates one of his books called "The Tale of Tortoise Buffett" to Etta Gillon from the Herald Island Library. It's regarded as a very comprehensive and well-illustrated book which is certainly a must read in encouraging young people to find their passion in the hope of empowering them in their first steps of becoming an entrepreneur.

New Zealand based author and father of six children, Lucas Remmerswaal is on a mission to empower 100 Million kids with the habits that lead to financial literacy. The 13 Habits that made Billions series of books are inspired by Billionaire Warren Buffett. I've got a story about how a person became a Billionaire on the basis of these habits. It's a winner!

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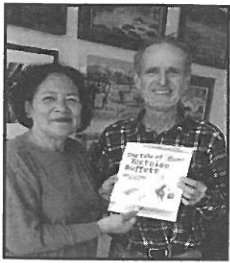
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School Hockey Tour Fundraiser



"Lucas Remmerswaal- author of "The A-Z of 13 Habits" went to Baltimore to help educate the youth @ Empowerment Academy in Baltimore City. He enjoyed reading his book with the students. This book is very engaging and colourful; it will keep the kids attention while teaching them importance of habits money and patience. With Operation HOPE's banking on Our

Future program. Empowering one student at a time, with HOPE." NZ Herald 6th Sept 2012

Pop in for a cuppa, music and peruse of our current hot books, Audio Books and DVD's.

Thank you for the fantastic donation of diverse range of books biographies/historical ones from Mark Frewen, novels and thrillers from the Joass's, Sean Gillon and to Brooke Gillon for her children's books. A huge thank you also to Lee Barry for her wonderful series of children's books which have been gratefully received. The Wonderful Geographic Magazines from Anne Johnson have been an awesome contribution to peruse over by our visitors and library patrons. Thank You!!

Many thanks go to Mike Hassett for organising some wonderful newish shelving for the Herald Island library from the Maritime Museum. These shelves will certainly modernise our well serviced old shelves and will appreciate the exciting new look. To brighten up our library at some stage soon we will look forward to a new spring clean-up and new lick of paint. We are still working our way through the processing of our new books and culling of the old ones, so please bear with us until this is completed.

Remember we are closed for the School Holidays from 26th of September to the 12th of October.

Opening Hours Wed - 9.30am to Midday and Sat 10am to Midday.

At the Fire Station - 57 Ferry Parade Herald Island.

Should you have any queries or offers of assistance, please do not hesitate to advise Etta Gillon by email on heraldislandlibrary@gmail.com or phone 09 416 7638

"Good habits are the basic tools that will determine whether you are a tortoise or hare in life!" — Lucas Remmerswaal, 13 Habits.com the Tale of Tortoise Buffett and Trader Hare

Herald Island Library needs your help!

*
Can you give us a helping hand on Saturday
24th September from 9am?

*
We have some new shelving for the
library and need people to help shift books
and install the shelving.

If you've got a spare hour or two, come and join
Clare, Angela and myself at the
Herald Library in the Fire Station at
57 Ferry Parade, Herald Island.

*
Special thanks to Jacquie from the
Maritime Museum and Mike from the
Herald Island Residents and Ratepayers
for arranging the shelving.

Enquiries contact: Etta 416-7638

Thank you!

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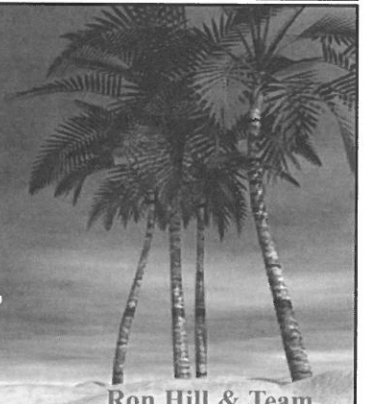
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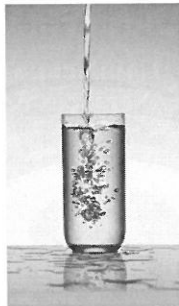
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TAUPAKI'S BEST KEPT SECRET.

Causeway archives

The way I see things...

by Malcolm Hahn



Something is WRONG

The public meeting on the 7th of August 2006 at the Hobsonville Bowling clubrooms was the second largest local meeting ever held in the west in ten years?

Several hundred locals packed the club rooms and you must ask yourself what was so important to bring so many out on a wet, cold winters night.

The answer of course was Housing NZ's intention to build 1000 state houses on the Hobby Air base, and the impact that residents believed this would have on their existing community and lifestyles.

This meeting was Housing NZ's third presentation on the proposed development, but the first where the public could directly respond and respond they certainly did by rejecting the proposal unanimously.

From day one, when we first learned that Hobby base was closing down, controversy, secrecy and public anger have dominated the entire issue, and once again we must ask ourselves why this has happened, and how could the development have been handled in such a manner that would result in more community support.

The general feeling of the meeting was that the local people had been kept in the dark, for too long and they thought this was plainly the fault of the Waitakere City Council.

At risk of being called a Council "flunky," Council did in fact make an effort to get feed back from the community, notices were circulated, public notices were inserted in the public news papers, (I saw them and responded) and all libraries carried the information together with submission forms. Looking back through past Causeway issues, which I keep for reference, I personally brought up these matters at the time. On a number of occasions our local

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- Turning back time

ratepayers associations placed notices in letterboxes, (I know because my particular two streets were Puriri Rd and Kauri Rd). Yet residents still say that the Council kept them in the dark. I have personally attended every meeting from the first shambles in a tent at Monterey Park over Bill Lloyd's boat building (steal) to last month's John Key public meeting, so I think I have a knowledge of Council's efforts to communicate with the residents. Having said that, there is still a long way to go.

That is not the whole problem. The problem is getting residents interested enough, soon enough, so that they are official objectors within the time frame, rather than just a bunch of protesters when it's too late.

The second problem is convincing our elected Councilors to generally represent the local residents who elected them, and echo their sentiments in actual Council meetings.

Think hard - when was the last time that one of our four elected councilors actually called a public meeting to present, and get feedback from the local residents on topics such as schools, transport, ARC, Airports, rates, new palace, zoning, Harbour View Park and of course Hobby, and the answer is nil.

Returning to the 7th August meeting - it was wrong, wrong, wrong, for Council to send John Mackay (Council Planning Officer) to face several hundred angry residents.

John is a competent, hard working officer and a gentleman, but he was just the messenger and certainly did not deserve the treatment he received.

The way I see things.

When our two Council elected representatives at the meeting finally surfaced, it was to say that the Government owned the land; therefore it was their baby.

To be fair, for the last two years, Waitakere City Council thought it was their own baby and spent quite a bit of time and money on planning and then out of the blue Housing NZ decided they themselves were going to handle the development. You can now appreciate the reaction from our own Councilors.

What lessons have been learned from Hobby?

1. Council must be more open and less secretive.
2. Ward Councilors must communicate regularly with the residents they represent.
3. A more effective method must be found to notify all residents of major works.
4. Residents must be more vigilant and respond and acknowledge Council's plans at an earlier stage, rather than complain later when it is often too late.
5. Council must listen more to local people on local issues.

Ed: Now it is 10 years later were the fears really justified or has the development turned out much better than expected?

Herald Island AGM
~Annual General Meeting~
Wednesday 16 November
7.30pm
At the
Herald Island Hall

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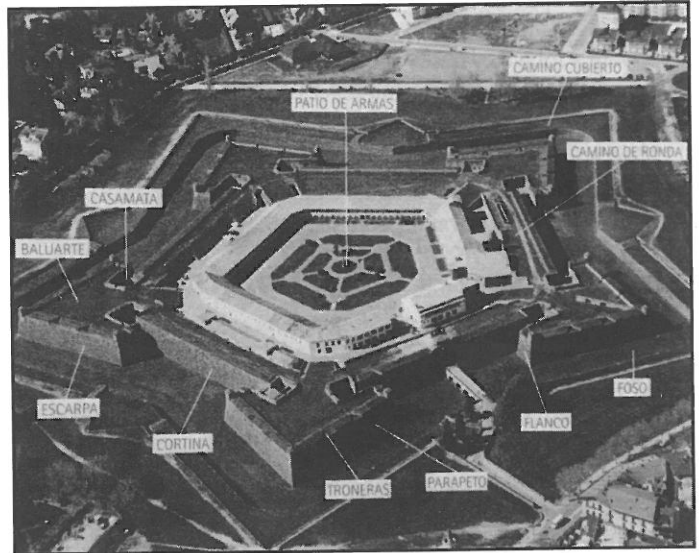
Having previously had a "Big Wednesday" 1st Division winner, and then sold a **Lotto 1st Division** ticket to a local resident, Pramod & Nirmla of Shree Superette are hoping to have another **BIG WINNER** soon!!

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A snippet of Spain... Jaca, Pamplona and San Sebastian



Jaca, Spain:

Jaca is a small Spanish town set in the foothills of the Pyrenees mountains (the boarder of Spain and France).

Jaca has a population of 13,121 (2014) and has a complete, San Pedro Castle or Citadel fortress in the centre of the town. It was built between the 16th and 17th centuries on the orders of King Philip II and restored in 1968. The engineer Spanochi followed the canons of military architecture derived from the use of artillery, and it is today the only fortress in the world in this style of construction still standing. It has a pentagonal floor plan with a bastion in the form of an arrow at each corner, and a moat that today serves as a resting place for deer. Its drawbridge leads onto the parade ground, around which are arranged the various barracks. One of them houses the Museum of Military Miniatures, where you can learn more about the castle's history through 32,000 lead soldiers.

Hobsonville Herb Group

The group meets at 7pm, on the first Tuesday of each month in the Whenuapai Hall on Waimarie Road.

There's a trading table and library and luck door prize.

In October we will discuss 'Herbs for first aid'.

For further information contact Diane 416-3095 or check out the facebook page Hobsonville herb group.

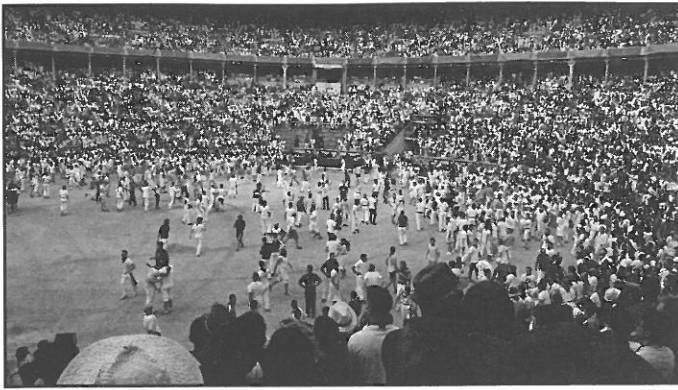
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In Jaca our students were billeted out with families and attended Spanish lessons each morning of our 4 day stay. In the afternoons we had outings including: a history tour of the city, a local farm visit where the students rode a donkey, milked a goat, held a snake, played with baby kids and pigs and learnt about organic, low intensive farming. We went swimming, played soccer, ice skated in an indoor, Olympic skating rink, visited the Citadel fortress and tramped in the Pyrenees mountains. The experience was amazing and the homestays an invaluable experience.

Throughout our trip we criss-crossed paths of the Camino de Santiago. Scallop shells guide the way on this pilgrimage across Europe. There are no maps, pilgrims follow ancient trails where thousands of people have walked before them. All roads lead to a common destination, the shrine of St James the great, in the Cathedral of Santiago de Compostela in north-western Spain.

Pamplona was a shock in comparison to sleepy Jaca. The running of the bulls was on in Pamplona at the time we visited, so the place was teeming with people. Nine days of partying had certainly taken its toll on this city. We had tickets in to the stadium, where we were able to watch the running of the bulls on the big screen without being trampled. An awesome experience seeing the people running in to the stadium followed close behind by the bulls (plenty of crazies!) We were told that you were only able to say you had 'ran with the bulls' if you felt a bulls breath on the back of your leg.. They can keep that! Churros and hot chocolates, a tour of the city and then we were bound for San Sebastian. This city is in the north of Spain on the Atlantic Ocean coast. We had beautiful views of the scallop shaped waterfront from our hostel way up in the hills. We enjoyed city tours, hidden architectural treasures, a day trip to the town of Bilbao to visit the famous Guggenheim Museum. We challenged the students to a 'Massey Master Chef' competition where the students teamed up and shopped, prepared and cooked for the group. One of our highlights of the trip, along with the evening we spent with the Spanish teachers' family – amazing hospitality! A mixture of feeling taking the 6 hour train trip back to Barcelona the night before we flew out. Two and a half weeks of being immersed in Spain lifestyle was priceless, the students grew up and made closer friends during our time away. As parent helpers both Sharon and I agree we couldn't have travelled with a nicer bunch of kids, we'd do it all over again in a flash.

Sue McElroy



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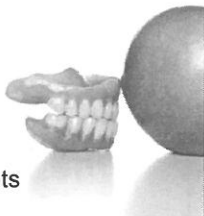
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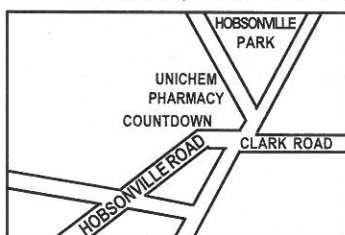
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Little Miss Enchanted Art & Craft Class Friday 30

Sept 2016, 10 - 2pm

Cost: \$35, 3-12 years. Ph: 027-231-7005

Email: info@littlemissenchanted.co.nz

Cupcake Decorating with Cinderella

Tuesday 27 Sept 2016. 9.30-12.30pm,

Cost: to be advised, 3-12 years.

Contact: Sarahinfo@littlemissenchanted.co.nz

Animation Drawing Classes

Drawing a range of cartoon characters and designing your own.

Tuesday 27 Sept 2016 and Tuesday 4 Oct 2016.

Cost: to be advised, 5 years +. 2-4pm.

Bookings: Paige Hickling - paigehickling@hotmail.com

Kumeu Children's Art Club

Imagine a whole day to let your imagination soar.

Monday 26 Sept 2016. 10-3pm, Cost: \$40, 8 years +

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

Drawing and Painting Art Class – with Eion Bryant

Draw then create a vibrant acrylic painting.

For children aged 7-12 years. 10-3pm.

Friday 7 Oct 2016. Cost: \$45, all materials provided.

Bookings: email eion@eionbryant.com

or ph 483-6703

Clay Class with Victoria Walker

Thursday 29 Sep 2016: 10 - 3pm - \$50

Thursday 6 Oct 2016: 10 - 12pm - \$30

Come join a friendly clay class for all ages.

Bookings: Victoria.ceramiczz@xtra.co.nz

or 021-123-6046

Card Making Workshop with Marian Harber

There are lots of ideas (card ideas for boys and girls)

Monday 26 Sept 2016, 10-12pm, \$30, Ages: 7-11 years

Contact: Marian 412-9645 or email jedda.h@xtra.co.nz

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September in the Garden



Welcome to spring!

Well it has been a bit rough on the garden lately, so let's see what needs doing.

No doubt lots of weeding and picking up of debris, mowing the lawns, clipping edges and hedges and of course planting lots of nice flowering plants and seeds.

The wonderful colours of the flowering bulbs and tree blossoms make a walk around the island most enjoyable.

This month we are featuring cottage gardening.

Most of our gardening styles are derived from English traditions where most cottage gardens were large and could be anything up to 4 acres. Even as the Kiwi quarter acre garden is fast disappearing, it is still possible to have your own "cottage garden" on a smaller scale. A well planned, carefully planted garden can be a joy to behold, and remember it is YOUR garden and should reflect YOUR personality.

It is pretty much "anything goes" but here are some of the plants that will compliment the cottage look.

Achillea, Ajuga, Alstromeria, Anemone, Angelica, Aquilegia, Aster Chrysanthemum, Cornflower, Crocus, Cosmos, Cyclamen, Dahlia, Delphinium, Dianthus, Erysimum, Euphorbia, Foxglove, Fuchsia, Geranium, Geum, Gypsophila, Heliotropium, Hollyhock, Hyssop, Iris, Poppies, larkspur, lady's mantle, stock, Echinacea, roses, salvia and wallflower to name a few.

If you have the room, some people like to border the garden with a low growing hedge.

HERB ROBERT (geranium robertianum)

So many people are growing and using their own herbs. It is always important to identify herbs before you use them. One of the most common ones we see in our garden is Herb Robert, and we treat it as a weed and out it comes. It has a very strong smell which is unpleasant to some people. It is a great insect deterrent and so is a good companion plant for the garden. You can rub the fresh leaves on your skin to deter mosquitoes, and it also deters fleas.

The plant has been used to obtain a brown dye, and in folk medicine it has been used as an anti-rheumatic, a diuretic and to treat jaundice and stop bleeding. Recent research has shown that the plant may lower blood sugar levels, and so it has potential as a treatment for diabetes.

Check to see if you have Herb Robert growing in your garden.

Join your local Herb Group today. email: herbgroup@gmail.com

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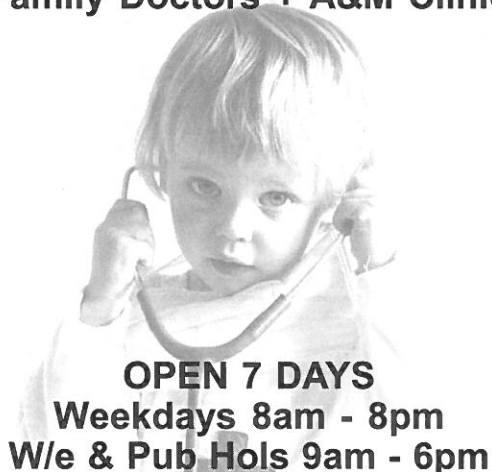
Herald Island Hall Hire

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The Many Causes of Sciatica

Sciatica is defined as pain caused by compression of the sciatic nerve anywhere along its course. The pain is described as burning, lancinating or stabbing and travels from the buttock, down the back of the leg and past the knee. There may also be associated muscle weakness, numbness, tingling or prickling down the leg and into the foot. It has been estimated that approximately 40% of New Zealanders will experience sciatica at some point in their lives.

At a whopping 2cm thick the sciatic nerve is the largest nerve in the body, supplying the back of the leg, part of the adductor muscles and the muscles of the lower leg and foot. It typically originates from the L4 to S3 spinal nerves, travels underneath the piriformis muscle and down the back of the leg and splits into two nerves at the back of the knee. Because this nerve is so large, and supplies so much of the leg, a diagnosis of "sciatica" is not very helpful in telling us exactly what is wrong.

Four of the most common causes of sciatic nerve compression are protruding disk, narrowing of the spinal canal, bony spurs where the nerve roots exit the spine and tightness of the piriformis muscle. Each one of these causes would require a different clinical approach to treatment. Recognising which cause is responsible is paramount to successful self-help.

- A herniated disk may cause an increase in pain with an increase in abdominal pressure caused when coughing or going to the toilet. Diagnosis is most likely via MRI. Musculoskeletal therapy, maintaining core stability, reducing muscular tightness in the lower back and specific exercises may reduce symptoms significantly. Surgery may be required in extreme cases.
- Narrowing of spinal canal and bony spurs are most commonly degenerative in cause and diagnosed via X-ray. Specialist referral and surgical treatment may be required depending on the severity although musculoskeletal therapy and exercise has a valuable role to play.
- Piriformis tightness is usually functional in cause can be relieved by specific stretches, massage and addressing any pelvic imbalances.

As you can see, sciatica is a "catch all" description that covers many causes of leg pain and may cause significant disability. If you are suffering from back or leg pain don't suffer needlessly, consult your health care professional who will be able to effectively diagnose the cause of your sciatica and offer effective treatment and advice.

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Baking up a storm!

Recipes from Mary Anne

White Chocolate and Cranberry Biscuits

125g softened butter
½ cup sugar
1 tsp golden syrup
1 cup flour
1 tsp baking powder
½ cup cranberries
½ cup white chocolate bits

1. Preheat oven to 160 C. Line oven tray with baking paper.
2. Cream butter, sugar & golden syrup till light & fluffy. Add flour, baking powder, cranberries & chocolate bits, mix through to combine well.
3. Place teaspoonfuls on to baking tray and into oven for 20 minutes or until cooked. Cool on a wire rack.

Simple Fruitcake

Rich enough for Christmas but great anytime!

No butter, sugar or eggs!

Just 1kg dried fruit soaked overnight in 500ml pure orange juice
Add 2 & 1/2 cups self raising flour, plus some spice if liked – 2 teaspoons mixed spice
Bake 150 C for 1 & 1/2 hours - cover if needed to prevent over browning.

That's it - lovely and moist and so simple; keeps very well too!

Pineapple Cake

400g can crushed pineapple
1 cup sugar
1 pound mixed fruit
1 tsp baking powder
1 tsp mixed spice
4 ounces butter

Boil together 3 minutes and leave until cold
Add 2 beaten eggs, 2 cups flour, 2 tsp baking powder
Bake at 180 C for one to one and a half hours
Leave in tin until cold.

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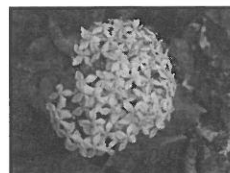
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Herald Island

Last month was our club AGM held at a member's home by the warmth of a roaring fire, a great place to be for a winter meet. Then we took a tour of gardens and native forests of Cairns and surrounding areas of Queensland, by watching Lee's slide show. This included the huge gingers, begonias, cycads, ferns and palms that all seem to grow to phenomenal sizes over there. The parks, botanical gardens, and tourist venues, were all overflowing with the lushness of an amazing array of striking, bold and variegated foliage and the huge range of tropical flowering plants. These were an envy to everyone who tries to grow them here. Somehow plenty of animals and birds managed to sneak into the presentation, which helped portray this colourful landscape, even more. The Daintree Rainforest also gave the impression of being a giants land, with its over sized trees, ferns and creepers. Even the fungi was enormous. We finished the evening with a scrumptious supper, thanks to all the members.



Ed: The correct report for August, our apologies

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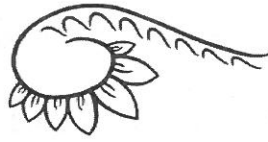
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Garden Club



Well what a night the club had at *Babas* our local Indian Café!! Arjun demonstrated how to make *Paneer* from scratch, with milk, cream and vinegar and then we sampled some (he had prepared earlier) fried. He also showed us how to make the batter for *Onion Bhaji* and *Potato Pakoras*, cooked some and more sampling... Then we watched as he made *Lamb Tikka* and pressed the minced meat onto long skewers, he cooked them and some *Naan* in his Tandoor oven (these are traditionally made with clay and heated by fire, but are now often metal, using gas.) Then yet more sampling... Arjun made everything seem effortless and Meghna was the delightful hostess, explaining the recipes. But we came to the decision that for us, it was easier, to simply order or eat in at *Babas*.

Thank you both for a very enjoyable entertaining evening!



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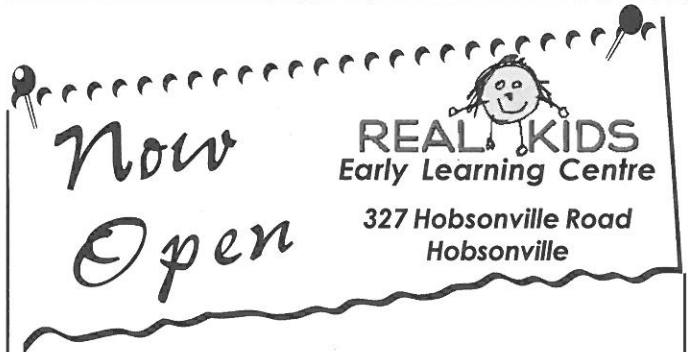
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Whenuapai

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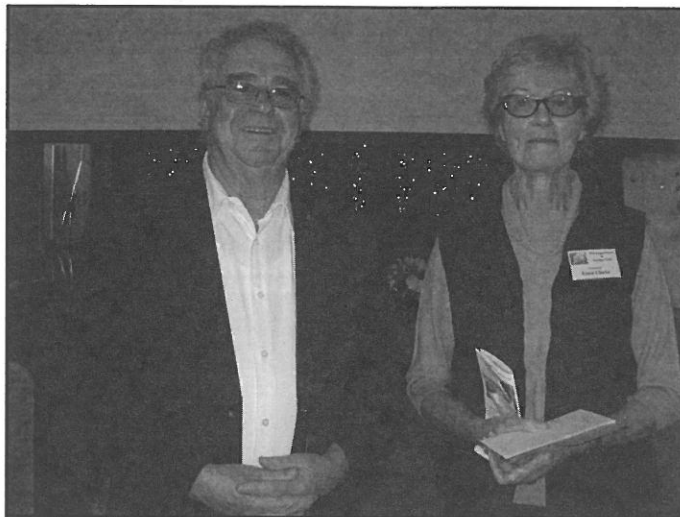
PROVENANCE

Hand crafted textiles, project kits,
artisan supplies and more . . .

provenance.co.nz

Whenuapai Floral & Garden Circle

While our President Margaret was back from her travels, there must have been quite a few others away for various reasons as fewer chairs than usual were occupied with just 58 members attending the August meeting. Members were informed of the Tulip Festival at Eden Gardens on the weekend of 27th/28th August. A new book re productive home gardening entitled "Grow for Flavour" comes highly recommended.



John Pringle and Erica Clarke

Our guest speaker was retired Sergeant Major John Pringle who told us about Angel Flight New Zealand, which is a registered NZ charity comprising more than 160 volunteers including 69 pilots. They offer charitable flights to patients and caregivers to get to medical facilities.

They help those who need to travel long distances for non-urgent medical treatment but don't qualify for the Air Ambulance service and for whom ground transport is unavailable or would be stressful.

Modelled on successful programmes in the United States, Canada and Australia, Angel Flight is a nationwide service and available to anyone who is referred by a Healthcare Professional. If it is too rough to fly in a small plane they are often able to supply an air ticket through Air New Zealand and they also have Earth Angels who are volunteers who meet the planes and take the patient to their appointment, wait for them and return them to the airport when they are ready, in order to get the safely home as quickly as possible. This can be of great help to extended family members who have other commitments at home.

Each mission is managed by a Mission Co-ordinator and a minimum of seven days notice is required. All flights are free and the pilots enjoy flying and being able to help others at the same time. The pilots and drivers donate their time and vehicles. There are currently about 90 Earth Angels on call and 5 Mission Co-ordinators so with the pilots a large total of volunteers who want to do their best to help out in a difficult situation. Their goal is to improve lives, one flight at a time, by providing not just less stressful transportation, but also care and compassion.

All potential passengers must have a medical certificate and not require assistance during the flight. The service does have costs, website, insurance et cetera so if you want to help out, or know more, visit: www.angelflightnz.co.nz

Until next time,

Happy Gardening from Mary Anne Clark

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



FREE

SERVICE

Community Patrol
Whenuapai, Graeme Barnard 416-4499

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

Hobsonville R.S.A. 416-7227

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

Neighbourhood Support
Whenuapai, Graeme Barnard 416-4499

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

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

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

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

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

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

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

Whenuapai Air Scout Group
Tim Dunbar - 416-6667

Whenuapai Floral & Garden Circle
Margaret Treneary - 412-8788

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

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

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

Whenuapai R&R
Chair: Norm 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
17 Sat	0722	3.3	1947
18 Sun	0811	3.4	2036
19 Mon	0900	3.5	2125
20 Tue	0949	3.5	2215
21 Wed	1039	3.5	2307
22 Thu	1131	3.4	-
23 Fri	0001	3.3	1227
24 Sat	0057	3.2	1326
25 Sun*	0156	3.0	1529
26 Mon	0358	3.0	1632
27 Tue	0501	2.9	1732
28 Wed	0601	2.9	1828
29 Thu	0657	3.0	1918
30 Fri	0747	3.1	2004
* Daylight Savings			
October			
1 Sat	0833	3.1	2047
2 Sun	0915	3.1	2128
3 Mon	0954	3.1	2206
4 Tue	1031	3.1	2244
5 Wed	1108	3.1	2321
6 Thu	1145	3.0	2359
7 Fri	-	-	1224
8 Sat	0039	2.9	1307
9 Sun	0122	2.8	1355
10 Mon	0211	2.7	1449
11 Tue	0305	2.7	1548
12 Wed	0404	2.7	1647
13 Thu	0507	2.8	1743
14 Fri	0607	3.0	1837
15 Sat	0704	3.1	1930
16 Sun	0757	3.3	2021
17 Mon	0849	3.5	2112
18 Tue	0940	3.6	2204
19 Wed	1030	3.6	2256
20 Thu	1121	3.6	2349
21 Fri	-	-	1214
22 Sat	0043	3.3	1309
23 Sun	0138	3.1	1407

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 Re-
sponse Team
In emergencies meet at the Fire
Station, 57 Ferry Pde

Greenhithe Bridge Club
Mon evenings 7.30pm at the
Old School House, Collins Park.
Social players and
beginners welcome.

Gill - 413-8339
Pat - 410-6272

Herald Island Boat Club
Paul Judd - 416-4194

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

Enquiries:
Sue McElroy 416-4298

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

Herald Island Hall For Hire
heraldislandbookings@gmail.com

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

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

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

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

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

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

Trade/Professional & Services List

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

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



AS A LOCAL, MY GOAL IS TO CREATE CLIENTS FOR LIFE THROUGH THE FINEST SERVICE IN REAL ESTATE. WHY NOT PUT ME TO THE TEST?

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