

Waiatarua Community News

900 copies

May - June 2006

Stamp Out Graffiti in the Ranges

Waitakere City's graffiti removal is managed under a partnering contract with the **Tag Out Trust**. The Trust carries out removal operations on Council owned assets including a large number of parks and reserves, commercial centres and arterial routes. The Trust also organises removal of residential graffiti in the City free of charge. To complement the removal programme the Trust is involved in establishing prevention programmes including school education, initiating graffiti "rangers", and community service programmes working in conjunction with Police. The Trust's operation is seen as a leader in graffiti management in New Zealand.

Trust Profile: The Tag Out Trust was formed in 1997 through the Keep Waitakere Beautiful executive committee. Its primary goal was to remove graffiti from the properties not handled by the Council contractors.

Trust Background: The Trust has a management structure in place that ensures the appropriate accountabilities and processes are managed according to best management practices. The Trust Board consists of members, six full time operators plus one Operations Manager and one Community Service Supervisor. The Trust now manages the Graffiti Removal Contract on behalf of Waitakere City Council. The emphasis for the Trust is "we are community driven and not profit driven", saving money to the ratepayers & Council and contributing towards a more beautiful city. The Trust has progressed from a small self-funding operation to a major City contractor, proving it was able to provide Waitakere City Council with a more cost efficient and effective method of service delivery.

Methodology: The Trust identifies with the Waitakere City vision of a "Graffiti Free Zone" and the importance for it to be implemented by a professional organisation. It is also beneficial to Waitakere City to have a group that is willing to do more than is expected under the current contract. The Trust is a registered not for profit Charitable Trust which will ensure the community is kept graffiti free and that the best quality and quantity of work for all ratepayers is achieved at all times. It is part of the Trust's philosophy to take a pro-active approach to not only removing graffiti, but also by establishing a database of tags and sharing the information with schools and Police to identify and apprehend the tagger. It is with this view that our pro-active attitude will assist in reducing graffiti throughout Waitakere City.

Adopt a Spot Programme: Certain sites in public areas tend to attract a large amount of graffiti. Some of these are not covered under the current contract. Similarly, various neighbourhoods often appear to be major targets for tagging. Communities are encouraged to take responsibility for removing graffiti from their environment by joining the "Adopt a Spot" programme. Volunteers (i.e. single individuals or groups such as churches, schools, girl guides etc.) can approach the Tag Out Trust for help. Suitable sites are identified - e.g. transformers outside the resident's house, local walkways used by school pupils, fences adjoining local parks and the like. All equipment (paint, brushes, wet paint tape) are delivered to the volunteer through an arrangement with the Tag Out Trust.

Contacts: Ph: 826 4276, Fax: 826 4278, e-mail: carl@tagout.org.nz or search for Tag Out Trust through www.waitakere.govt.nz. You might like to take the time to browse through the tagging gallery to help identify offenders, and then report tagging on-line.

Slow Food

On the 30th of April, **Slow Food New Zealand** celebrated the opening of the Waitakere Convivium at Lopdell House in Titirangi.

Slow Food, founded in 1986, is an international organisation whose aim is to protect the pleasures of the table from the homogenisation of modern fast food and life. Though a variety of initiatives it promotes gastronomic culture, develops taste education, conserves agricultural biodiversity and protects traditional foods at risk of extinction. Slow Food now boasts over 80,000 members in 100 countries.

Convivium leaders Alessandra Zecchini and Paul Gilberd thanked the organisers, sponsors and over sixty attendees. In their speeches they stressed the importance of Slow Food awareness in New Zealand, particularly in this region, with the need to preserve the unique biodiversity of the Waitakere Ranges as well as the multi-ethnicity of Waitakere City's inhabitants and their history. The Waitakere region is the hub of the pioneer winemakers of New Zealand plus many of the country's pioneer orchardists and artisan food producers.

Rewi Spraggon opened the evening with a Maori blessing and a talk on traditional Maori food. Rewi was followed by Simon Wilson, editor of *Cuisine* - New Zealand's leading food and wine publication, who stressed the importance of knowing where the food we eat comes from. MW Michael Brajkovich, from Kumeu River Vines - one of the foremost local winemaking families, spoke about Slow Wine. Maria Pia de Razza and Richard Klein from the Aotearoa Wellington Convivium flew up especially for the day and shared about the history and importance of the Slow Food International movement and Terra Madre. Kumeu River Wines generously provided fine wine for the evening; and fabulous food was prepared by many of the participants, some of whom are well-known chefs, producers and food writers.

The Waitakere Slow Food Convivium aims to promote conviviality in Waitakere; and to provide an opportunity for chefs, caterers & producers, home cooks or keen gourmants (and everyone who believes that since we have to eat to live, we may as well do it well) to get together and share thoughts, projects and tantalising food experiences.

For more information about 'Slow Food Waitakere' contact: Paul and Jo Gilberd Ph: 816 8063 p.golberd@auckland.ac.nz or Alessandra Zecchini Ph: 814 8993 alessandra@clear.net.nz

Readers may recall Waiataruan Alessandra Zecchini launching her successful 'Sweet As' cookbook last year. She very kindly assisted us recently with judging some of the locally baked delights at our inaugural Autumn Festival.

WAIATARUA RATEPAYERS & RESIDENTS ASSOCIATION

Opinions expressed in this newsletter are not necessarily those of the Editor or the Waiatarua Ratepayers and Residents Association.

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911 West Coast Road

Hall hire

Michelle Stanborough
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Library hours:

Thursday 10.00am - 12.00pm
Friday 7.00pm - 8.00pm
Saturday 11.00am - 12.00pm
Sunday 11.00am - 12.00pm

WEB Site:

www.waiatarua.org.nz

Please accept my Membership to the Waiatarua Ratepayers and Residents Association

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To Treasurer, Waiatarua Ratepayers and Residents Association
911 West Coast Road, Waiatarua, Waitakere City or **leave at the library**

From the Editor

Robin Essex

As I sit at the computer preparing this newsletter, the day before Mother's Day, I have decided to put aside my contempt of commercialism and pay attention to what this celebration really signifies, every day of each year.

Historians claim that Mothers Day emerged from the ancient festivals dedicated to the worship of 'mother goddesses', such as Rhea and Cybele. However, neither of them was intentionally designed to lead on to the honouring of our immediate mothers, as is done on our Mother's Day... but I guess it's an ok idea. So, a big 'high five' to all Mums – young, older, married, single, rich, poor, working and stay-at-homes. In fact, stand up all mothers without whom life would've been pretty darn difficult. And a double pat on the back to mothers of survivors!

Mothers on the physical plane comprise of a bundle of emotions that sometimes defy reason. They are known to give up precious hours of sleep to watch over a sick child. They car-pool, bake, wash, clean and sew. Some poor souls arrive at work with telltale milk stains down the front of their clothing. They'll read the same bedtime stories over and over without indicating any signs of boredom. They gave birth, adopted, fostered and cared for. They're renowned for proudly watching kids perform and yelling out "that's my child" without shame; or responding to the word "Mum" in a public place when it's not even their child calling. They were the ones who taught Johnnie how to tie his shoelaces and write his name before starting school. Her heart aches at those first steps of independence, and she sheds tears for children astray.

I rather like this quote (Washington Irving): "A mother is the truest friend we have, when trials, heavy and sudden, fall upon us; when adversity takes the place of prosperity; when friends who rejoice with us in our sunshine, desert us when troubles thicken around us, still will she cling to us, and endeavour by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts."

Don't despair, Dads... your day is due in September!

Roadwatch Report

Les Duffield

Mailbox thieves: Another hearsay report of mail being stolen from a letterbox in Shaw Road... in this case a cheque book – cash was withdrawn, but thankfully the thief was caught. Perhaps we should have our chequebooks, cash cards and visa cards etc. retained by the bank until collected by customers.

A report also came in from Bush Road re mail stolen. Helpful suggestions include: locks on mailboxes with a narrow slot for letters, consider paying for a PO Box @ Henderson (a cost yes, but could actually save you money in losses).

Obviously, residents are becoming more vigilant in an effort to wipe out this crime. Please report any suspicious activity to both the police and NZ Post.

Library Report

Jeannette Ziesler

New at the Library this month.

Yes, we have the latest in the Ladies Detective Agency series by Alexander McCall Smith – reservations taken for "Blue Shoes". Also, a new edition of Digby Law's "Pickles and Chutney" for the cooks. The Edward Rutherford latest "Ireland Awakening" is in, as is Marion Keyes latest novel "Anyone Out There". Plenty more new books have arrived.

Garden Group

Eileen Powell

Something different is happening for our June visit. We are going to Butterfly Creek in Mangere. This tropical paradise has waterfalls, ponds, lush foliage turtles and exotic birds - in addition to some of the world's most vibrant butterflies. It is situated on Tom Pearce Drive and we are booked to arrive at 1-00 p.m. Wednesday the 7th of June. Entrance fee is \$8-00. Ring Eileen on 814 9298 for further information.



From the President

Dave Pocock

Hi all... I'm happy to start this month's report on a high note, that being our NEW COMMITTEE MEMBER. Yes, we are pleased to introduce you to Brian Riley who joined our committee at the May meeting; and a welcome sight he was. Brian has been a resident in the area for some twelve years, and felt it was time to get involved. If anyone else has similar feelings, don't be shy - give one of us a bell. At this month's meeting we planned some exciting events for the year, one being a good old dance night. There'll be a bit of rock 'n' roll (probably a lot of rock 'n' roll) and I'm sure some slow stuff for the Romantics amongst us, in fact a good variety of music. This is planned for Saturday August the 12th and will be an affordable night out. Entry will be by pre-purchased ticket only with NO exceptions. More details next month.

Our community Breakfast is planned for the 19th of November so mark that on the calendar too. We did discuss the possibility of starting a table tennis club, so if anyone out there is interested please contact either Les Duffield on 814 1130, lesjudy@xtra.co.nz ; or myself, Dave Pocock Ph: 814 9697, davepocock@xtra.co.nz

Another popular idea was a Quiz night. We would definitely need help with this one, so if you're interested phone or e-mail me.

Membership renewal seems to be dragging the chain this year with only around 50% of last year's numbers for the same time. Do not forget that for the unbelievable sum of \$10-00 per household you can get up to 10% discount from Glen Eden Landscape Supplies, Elevations Restaurant, Glen Eden Colourplus and Elkes Wine and Food! You'll also benefit from discounted entry to our community breakfast! One visit to any of the above establishments and you will probably save the \$10-00, plus some. So come on... write a cheque and put it in an envelope with NAME, ADDRESS, PHONE NUMBER, and E-MAIL, then post to the Treasurer c/o 911 West Coast Road. Otherwise, drop a \$10.00 folding into the library. Dropping your cheque into my letterbox @ 792 West Coast Road is another option. Alternatively, phone Rod Maunder on 814 1831 to discuss internet banking.

NB: As a member with e-mail you receive information re happenings between newsletters, in our 'WRRRA Hotmail'. That's it for another month from Dave.

Fire Brigade

Ian Ford

Smoke Alarms:

If you didn't collect your FREE smoke alarm from the Waitakere Licensing Trust recently then give us a call - we have several cartons of them and would be delighted to pass your new alarm on to you. On behalf of the Trusts we gave away over 400 alarms to the public at the recent Oxfam "Walk for Survival" at Arataki.

Electric Blankets:

If your electric blanket is marked with an AS/NZS standard dated 1994 or later, then annual testing probably isn't necessary if it has been looked after (i.e. not folded, creased or stored under other items). Older blankets should be tested or preferably replaced with a new one that meets the latest standards. For testing, check the Yellow Pages for "Home Appliances Servicing" or "Electrical Appliances Repair and Servicing". You should ensure that your blanket is secured flat, switched off before you get into bed, and doesn't have heavy objects on it when switched on (books, laundry basket, animals, people).

Sky Tower Climb:

Kerry Chislett, Helen Longley and Renée Mihaljevich-Groves joined over 100 other firefighters in the recent Vertical Challenge – a climb in full kit up the 47 floors / 1029 steps of Auckland's Sky Tower to raise funds for the Leukaemia and Blood Foundation. All performed well with Kerry 11th overall, and Renée & Helen winning their respective categories as the first two women home. Kerry and Renée also gained a bronze in the 3-person team 10,000 stair relay. If you'd like to support the Leukaemia and Blood Foundation then we'll pass your cheques on.

Recent Calls:

6:30 pm, Sun 16 Apr - False alarm, West Coast Rd.

1:21 pm, Mon 17 Apr - Car crash, no injuries. A ute coming down West Coast Rd side-swiped a car going up the hill after the driver lost control on the wet road just above Cascade Ave.

11:29 pm, Fri 21 Apr - False alarm, Scenic Drive. Low cloud lit by house lights was mistaken for fire. It looked very realistic from further down the hill.

1:53 pm, Sat 22 Apr - Car rolled, Piha Rd. No injuries.

5:20 pm, Sat 22 Apr - Cliff rescue, Bethells Beach. Handled by Bethells and Henderson crews.

12:17 pm, Sun 30 Apr - Medical assistance, Arataki.

5:43 am, Thu 4 May - Tsunami warning, no action required. All Brigades within 100km of the east coast were paged with an advisory message which was soon lifted.

Contacts:

Always dial 111 for a fire or other emergency. Otherwise please call Ian Ford (814 8871) or Helen Longley (814 9855).

Waikatarua Rainfall (April 2006)

	Rain Days	Wettest Day	Total	Year to Date
Mountain Road	23	24th (61 mm)	284mm	504 mm
Brabant Road	25	24st (54 mm)	252mm	488 mm
Quinns Road	23	25th (36mm)	202mm	396 mm
Forest Hill Road	19	24th (54 mm)	263mm	494 mm
Auckland City			158mm	308 mm

The Arataki Rangers Roundup

Contractors continue to work on refurbishing the popular Fairy Falls track. As the main track entrance off Scenic Drive is closed, the falls are still accessible from Mountain Road. With the recent heavy rains, Karekare Falls and Kitekite Falls at Piha certainly make spectacular viewing!

Mercer Bay Loop has been re-metalled allowing easier access to the spectacular views on this track. The Arataki Pest Control volunteers have initiated another season of invertebrate monitoring. This is a programme running over April and May where numbers of insects both inside a defined trapping area and outside (the control area), are established to determine both trapping success and species recovery. Invertebrates can make up to 95% of the species and 98% of the animal biomass in the forest and are essential in converting leaf litter to soil as well as providing pollination, and are a food source to birds and reptiles. Three indicator species are used: spiders, carabids (ground beetles) and weta. It is hoped that the species count within the trapping area is higher than the untrapped control area - reflecting the positive outcomes associated with rat, possum and stoat control. This study would not be possible without the valued efforts of the volunteers.

Arataki nursery staff spent a productive day with Friends of Whatipu collecting seeds of Karo, Flax, Pohutakawa, Wharangi and Cabbage Tree to be propagated at the Whatipu Lodge for local planting. After an aggressive season for wasps, the nest busting continues with bait and poison. If reporting a wasp nest on ARC land, please provide good details, to aid us in locating the site.

That's it for another month. Bye for now. *Ka kite, The Arataki Rangers*

Youth Council Ready to Rock

Waitakere youth are about to start doing it for themselves - sitting in the Waitakere City Council chamber debating youth issues that is. From June, some 15 youth between the ages of 15 and 24 from schools, alternative education systems (including home schools) and universities will meet monthly in the chamber as members of the revitalised Waitakere City Youth Council.

Newly elected chair of the council, Andrew Wadsworth (20), says he's excited about his role. "I'm not sure if I get to sit in Mayor Harvey's chair yet but it doesn't matter. We've got so much work to do on issues that affect youth, I think where I sit will be low on my priority list!"

Issues on the council's agenda include kick-starting the idea of a dedicated youth centre in Henderson. "The idea has been around for a few years but got put on the back burner some years back," says Andrew, a Bachelor of Science student at The University of Auckland. "We're really keen to get that ball rolling again and will push for one centre that has a youth café, recording and performance space for artists and incorporates some sort of sports facility."

Andrew says youth council members have interviewed young people around the city and the general agreement is for one youth centre, rather than breaking the project into three centres in New Lynn, Westgate and Henderson. "We'll fight for funding not to be diluted into three centres because one big, well-equipped centre is much better for youth."

The resurrected council held its first council meeting during a recent three-day camp at Bethells Beach. "The camp was an opportunity to review our past performance and decide on the issues we'll push hard on this year," says Andrew.

Waitakere City Youth and Child Advocate, Councillor Linda Cooper, says she's very excited to see the re-energised youth council up and running. "They are a great bunch of young people who are very enthusiastic about contributing to our city in their own unique and important way. They've been given greater responsibilities and they are facing up to the challenge admirably."

Councillor Cooper says the city council will help the youth council set standards and protocols, and support them in achieving their set goals. "But ultimately, it's their responsibility to make a difference for youth in the city," Linda states.

The youth council will make submissions to the triennial Long Term Council Community Plan that focuses ten years out, as long as reporting to council. Members are all volunteers, but are reimbursed for expenses by council.

Perhaps some of Waitarua's own youth would like to liaise with the Waitakere City Youth Council re local issues. For more information contact Councillor Linda Cooper on 021 440 281 or Ph: 416 7137.

Toilets and all that stuff

If you are about to alter your house, or if your septic tank is at the end of its life, it may be possible for you to avoid the high cost of a new system. It has been suggested that you can install a composting toilet for much less cost and still meet the WCC requirements. Check this option out!

All those with septic tanks, sewer systems and long drops received an excellent pamphlet on how to care for the system. Did you read it or toss it out? If you own a rental property in the area, your tenants may not have got a copy of this. Contact the Waitakere City Council if you'd like another copy (Ph: 839 0400). Meanwhile take care with whatever you are using that enters your systems, as the wrong cleansers etc. will cost you in the end.

Amendment:

The following is a correction in regard to the use of the word "feral" in our 'Nip Wild Cats in the Bud Please' article last month...

There are 3 categories of feline defined by the NZ Companion Animal Council as follows: -

Owned Cats - live entirely with humans as companions and dependent on humans for food.

Stray/unowned cats - have many of their needs indirectly supplied by humans.

Feral cats - have none of their needs provided by humans and do not live near centres of human habitation.

The important difference is that 'feral' cats are the enemy to our native birds & wildlife, and are exterminated in our national parks as a result. If we were to class stray/unowned cats in this category they could be legally destroyed by councils - an action that is not necessary should the colony be well managed.

Community Call-Out

Would you like to smell the roses, get some exercise and make a contribution to our community all at the same time? Tony Bacon, from our newsletter distribution department, is looking for a kind person to deliver this publication on a monthly basis to Cascade Avenue and part of West Coast Road. For more information, please call Tony on 814 9860.

Waitakere City Orchestra Free Public Concerts

Dear Supporters,

We are pleased to invite you to our first council-funded free public concert. Founded in 2003, the WCO is now three years old; and in recognition of the valuable contribution the orchestra makes to the community we are now receiving significant support from the WCC. Our free concerts make possible the dream of offering high quality live performances of orchestral music to absolutely everyone. We will be presenting you with a wonderful programme of music featuring two exciting soloists - Luca Manghi (flute), former pupil of James Galway, combines a beautiful sound with fine musicianship and promises an enchanting performance. Lisa Chou (piano), a pupil of Rae de Lisle at the Auckland University School of Music, is a gifted young musician whose technical ability and obvious love for Beethoven's music will surely be a delight to audiences. We look forward to seeing you at our concerts!

- Brigid Ursula Bisley, Musical Director, www.wco.co.nz

Details:

Conductor Brigid Ursula Bisley.

Sat. June 3rd, 7.30pm & Sun. June 4th, 4.00pm - Queens Birthday Weekend.

Glen Eden Playhouse Theatre, 15 Glendale Rd., Glen Eden.
Booking/Infoline: Tel. 818 4021 from May 15, 10.00am-5.00pm daily.

Reservations are essential in order to guarantee a seat.
Programme: J.S. Bach - Suite No. 2 in B Minor - Soloist Luca Manghi.

Samuel Barber - Adagio, for strings.

Beethoven - Piano Concerto No. 5, "The Emperor".

Soloist Lisa Chou.

Sponsored by Waitakere City Council: Patron Bob Harvey

Letters to the Editor

Dear Editor.

Just a quick note on the increased amount of graffiti I have noticed in our area, especially on West Coast Road at the top of Kauri Loop Road - it's appalling! I hope this isn't the work of some of our own in the community? If anyone notices fresh tagging, call Waitakere Tag Out Trust (Ph: 826 4276). And if you see who is responsible for the mess, please take down a description of the person/people and the registration of any car at the crime scene. The police would love to know. A big thankyou to the Tag Out Trust. They are quick to cover up graffiti in our beautiful area if it is reported to them. *H.P.*

Advantages of being a WRRR member?

Show your membership card at the following businesses for a 10% discount (does not apply to already discounted or sale items).

Glen Eden Landscape Supplies

293 West Coast Rd. Ph: 818 6129

Elevations Licenced Café & Restaurant

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Glenmall, Glen Eden Ph: 818 8263

Elkes Wine and Food Market

113 Sturges Rd. (Sat 10.00am-5.00pm)

Renew your Membership now
by posting your cheque for \$10.00 to
WRRR, 911 West Coast Road, Waitarua
Don't forget your Name, Address and Email on
the back of the cheque

Advertising and Community Notices

Commercial advertisements are welcome and can be arranged by contacting Korstiaan Prins via Email korprins@xtra.co.nz or phone 814 1850. Community Notices are free to financial members 2006, January to December. Any queries about membership can be answered by phoning the treasurer - Rod Maunder on 814 1831

BABYSITTING: Reliable and mature girls are looking for babysitting work. References are available. Please phone Jessica or Angelique on 814 9577.

LAWN MOWING: - Local, Reliable. Phone Eric 837 2333.

LA LECHE LEAGUE: Meetings held every 2nd Tuesday of the month at Kelston Community Centre. For more info call Adith: phone 818 7728.

MARVELLOUS MOSAICS: Welcome to a 2-day workshop embracing a beautiful, ancient art form. Easy to learn, results are immediate, and you will complete 1 - 2 items. Date: Sun June 11th 9.30am - 5.00pm. Venue: Titirangi Community House. Please call them to enrol on Ph: 817 7448 [S65]. Call Helen [tutor] for a materials list on Ph: 838 1320.

OTIMAI: - Events and training centre is available for hire (Guides Auckland) and is open to view by appointment. Please phone Cherie and Graham to view 814 9992 or 638 9060 for bookings.

PLANTS: - taros, bulbs, cannas and various perennials for sale. \$1 - \$3. Also some shrubs. All sales for charity. Phone Margaret 814-9859.

TOASTMASTER: - meetings held on every other Thursday morning from 7.00 till 8.20 AM - more information call Adith Stoneman 818 7728

THE ORATIA COMMUNITY CHURCH: On the corner of Parker & West Coast Roads. Activities - Bible Study and Prayer Group: Tuesdays 1.00pm. - Fellowship (trips, meetings etc.): 2nd Thursdays of each month.

WAITEMATA TECORIAN SPEAKERS: - Gain confidence, communicate more effectively, extend knowledge, stimulate imagination and have fun at the same time. We meet at the Titirangi community centre every second and fourth Tuesday evening at 7.30pm. Men and women are welcome. Contact Margaret on 817 0520 or Gill on 838 1983 for further information.

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Thinking of Selling?

General enquiries and after hours appointments are my pleasure.

Michelle Stanborough
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Neighbourhood Support

The names of our current co-ordinators are listed below. If you haven't been approached yet and would like to belong to one of these groups, give the co-ordinator a call.

Ross & Kath Mullins 330 Forest Hill Road	814-9402+Fax
Jenny McGee 886 West Coast Road	814-9954 jenny.mcgee@xtra.co.nz
Margaret/Paddy Marshall 19 Raroa Terrace	814-9859
Sandy McConnell 550 Scenic Drive	814 9962

For more information about **Neighbourhood Support** take a look at the website at www.ns.org.nz

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The Waiaatarua Community Hall

The WRRRA is making the Waiaatarua Community Hall available for corporate training sessions and meetings. The hall, built in the 1970's, is in very good condition with a new kitchen and new comfortable tables & chairs and has an idyllic bush setting.



For booking enquiries phone Michelle Stanborough on 814 9707

Yogalife

Complete Mind and Body Fitness

Class Schedule		* Thursday classes starting 1st June 2006	Saturday classes starting 27th May 2006
Wednesday	9.15-10.45am General Waiaatarua Community Hall	6.00-7.30pm General Oratia School Hall	
Thursday	6.00-7.15pm Beginners * Oratia School Hall	7.30-8.30pm Restorative * Oratia School Hall	
Friday	9.15-10.45am General Waiaatarua Community Hall		
Saturday	10.00-11.30 General Oratia School Hall		

General: mixed level class - Restorative: deeply relaxing and rejuvenating
Beginners: suitable for people with no prior yoga experience

Bring a mat and blanket. Wear comfortable and loose clothing.
Do not eat for approx 1.5 hours before the class

Cost: \$12.00 Casual
\$90.00 Concession (10 classes)

Phone Megan 817 5999
for brochure / more info

The WRRRA would like to thank Longley Printing Co. Ltd. for their support in printing this publication.

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JUNE - JULY NEWSLETTER

Copy needs to be in the hands of The Editor,
by **WEDNESDAY 14th JUNE, 2006**

Robin Essex, 13 Bendalls Lane, Waiaatarua.
Phone 814 1850 - E-MAIL: robsx@free.net.nz