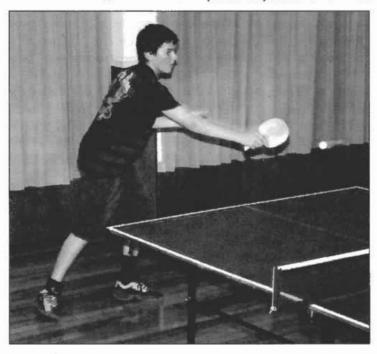


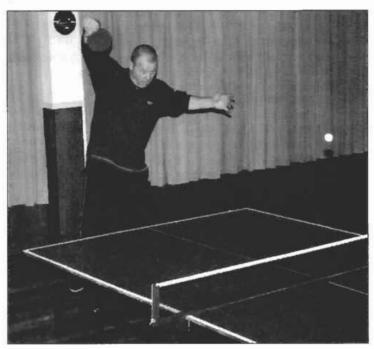
# Waiatarua Community News

900 copies April 2010

## Table Tennis is Back

It is a sad sign that summer is nearly over, but April means that table tennis is restarting. We will be at the Community hall every Wednesday evening at 7pm, starting on April 8<sup>th</sup>. Everyone is welcome, from absolute beginners to aces, from children to wrinklies (like me). We have three good tables and lots of balls and bats, so all we need is you. The cost is \$2.00 a night. If you want any more information, phone Tony Bacon on 814 9860 or Les Duffield on 814 1130.





## Nominate an UNSUNG HERO for the

2010 Waitakere City Community Board Awards

Waitakere's community boards want to hear about the "unsung heroes" of your community.

These awards are an opportunity for local people to celebrate and honour community volunteers at a grassroots level. Nominees must be truly 'unsung' and not have received recognition in the past.

Nominees can be individuals or small informal groups (who are not properly organised clubs or Societies) who have done something worthwhile in the community.

In about 250 words, describe who they are, what they have done, the length of time they have worked in the community and the impact they have made.

Send your nominations to:

Waitakere City Council 'Unsung Hero' Community Board Awards Private Bag 93 109, Henderson Waitakere 0661

Attn: Barbara Cade

Or email:

barbara.cade@waitakere.govt.nz

Nominations open 11th April and close on 11th May 2010.

There will be five awards per ward: Henderson, Massey, New Lynn and Waitakere

www.waitakere.govt.nz



#### Garden Group

Eileen Powell

Our April 7 visit is to the garden of Stephen Neville and Paul Grace which is at 64b Sylvan Ave, Northcote at 1 pm. Around the house on the upper level is the subtropical area and then the garden goes down to a creek and a reserve. Entry fee \$3. Our May 5 visit is to Willows Reach Garden in Kumeu. Contact Eileen on 8149 298 or etpowe@clear.net.nz for further infomation.

#### From Canada to Wajatarua...

A recent arrival to our hills is Kim Nagam from Awakenings Massage Therapy. You will no doubt have noticed the orange and purple pillars as you wind your way up West Coast Rd. Kim comes with ten years of Canadian experience. She first completed a 2 year Advanced Remedial Massage programme at the Massage Therapy School of Manitoba followed by studying CranioSacral Therapy with the Upledger Institute in Florida. Along with running her own clinic in Winnipeg, Kim worked at a hospital for war veterans and with group home residents living with disabilities. She also spent time as a volunteer teaching infant massage and assisting young women (mostly Canadian Aboriginals) and their babies.

Kim's clinic offers a wide variety .....remedial massage therapy, deep tissue/ trigger point therapy, reiki, acupuncture, cupping, chi machine...to name just a few. She has treatments for injuries, aches and pains of all kinds, healing or moving through grief, or just simply if there is a need to relax and de-stress.

Her ability to find the source of the issue and use deep tissue release or gentle coaxing with CranioSacral leaves clients wanting more. "Total bliss, worth coming to New Zealand for" says Anna from Hampshire, England.

#### MAY NEWSLETTER

Copy needs to be in the hands of the Editor by FRIDAY 16th APRIL 2010 - 5PM Robyn O'Sullivan Ph 814 1143 munster@ihug.co.nz

#### Advantages of being a WRRA 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

Elevation Licensed Cafe & Restaurant

12.00pm 'til late - 471 Scenic Drive Ph: 814 1919 (applies to max 2 adults per visit)

> Colourplus Paint & Wallpaper Glenmall, Glen Eden. Ph: 818 8263

Auckland's Waitakere Estate

573 Scenic Dr. (Thursday-Sunday)
Ph: 814 9622 (applies to max 2 adults per visit)

Awakenings Massage Therapy 834 West Coast Rd. Ph: 814 1199

#### Fire Brigade

Louisa Ferguson

Congratulations to Karl Nuttall who has now been appointed to the position of Deputy Chief Fire Officer. The two top spots have now been filled and we are looking forward to the coming year.

#### **Brigade Training activities**

Recently SO Gareth Mullins attended the Volunteer Executive Officers Training course, which was four days in Rotorua. Our new Chief Helen Longley attended the New Leaders Program in Wellington for three days.

Currently FP Louisa Ferguson, FF Thomas Hopkins and FF Maxine Arden are attending Sign Language classes for the next eight weeks at the Henderson Police Station. The classes have been organised to help fire and ambulance personal communicate more effectively with deaf people. Constable Deborah Leahy, who is the community constable at Henderson station, has been an integral part of getting these classes going. Deborah has completed the AUT certificate in New Zealand Sign Language and is now working to build a bridge between the deaf community and the emergency services.

As you can see our brigade members are working hard to improve themselves and provide better services to the community, and all in their own time. Well done all!

#### Interested In Joining The Fire Brigade?

Waiatarua Volunteer Fire Brigade is always looking for willing people to come on board. Fire Fighters are needed. We are currently down in numbers by two. Volunteers can be women or men from all walks of life. They are people who care about their community and want to be actively involved. You must be at least 18 years old, fit and healthy and available to attend weekly Monday night training nights, and preferably live within a reasonable distance from the Fire Station.

For more information contact Helen Longley, 814 9885 or 027 481 4312 or email helen.longley@fire.org.nz; or Karl Nuttall, 814 8777 or 0275709991 or email karl.nuttall@fire.org.nz.

#### Open Day

We will be having a station open day on Sunday  $25^{ch}$  April from 12:30 pm - 4.30pm. It will be a fun family afternoon with a sausage sizzle, raffles, demonstrations and the Fire Service Bouncy Castle and Wendy House for the kids. So come along and meet your local fire fighters, get a look at your local fire station.

For any information call Karl Nuttall on 814 8777.

#### Recent Calls

13/02/2010, 00:30 - Couch on fire, Scenic Drive, Waiatarua. A couch was deliberately lit on fire at the look out on Scenic Drive.

06/032010, 13:53 - Car Fire, Waiatarua Fire Station. A taxi on the way to Piha with several passengers, overheated on the way up the hill. They pulled in to the fire station with smoke pouring out of the car and called the fire brigade.

11/03/2010, 18:20 - Scrub Fire, Scenic Drive. It was a reasonable size bush fire near Exhibition Drive off Scenic Drive. It appears that the fire could have been deliberately lit. The Police are investigating.

#### Contacts

Phone III for any fire or emergency. Otherwise please call lan Ford (814 8871), Helen Longley (814 9855), Kevin Healy (814 9505), Gareth Mullins (814 9402) or Karl Nuttall (814 8777).

## **HALL HIRE**

#### 911 WEST COAST ROAD WAIATARUA

1-2 hour sessions \$20. Half day hire \$60. Half day & evening function (deposit required) \$150

Contact John Goudge on 814 9744

Name:	I ENCLOSE:
Address:	\$10 household
Phone No:	
Email:	

#### From the President

Dave Pocock

Hi all.

What an interesting month it has been with our AGM being held later than planned all because of Cliff Richard and The Shadows. Originally it was to be on the 24th February until I got an email from Robyn saying Waiatarua AGM or Cliff? What is one to do? This prompted me to ring Shirley to check on our tickets and yes 24th, still all is not lost our Vice-president Susanne can chair the meeting but would you believe she also was going to Cliff. How was it? Great! We all filed in, walking sticks, wheelchairs, hearing aids in place, pacemakers set to excitement mode, apart from the small number of young ones (50-60 year olds), not long after the start we were all 18 again, singing along, we left the show at 11 pm still buzzing until my alarm call at 4.30 am next morning when I felt like a 90 year old.

Anyway to the AGM a week later on the 3<sup>rd</sup> March and once again a small but select group of mainly party faithful attended what was an enjoyable and informative evening with last year's committee of Dave Pocock: President, Susanne Timms: vice-president, Jan James: Secretary, John Stagg: Treasurer, Robyn O'Sullivan: Newsletter Editor, Frank Hogsden, Lynda Hogsden and Paul Osborne returned for another year and we also have a new committee member Louise Holzke, welcome aboard Louise and thanks for coming forward. Although not a committee member Nicki Warner is also instrumental in the editing of the newsletter as she sets it out for Longleys to print. When you are looking to have some printing done, house painted, or any other job or leisure activity, don't forget those that support us by advertising, offering discounts and/or services and return the favour by supporting them.

After the official business we had a very interesting and informative presentation by Mark Tollemache from the council, although presentation is hardly the word with Mark, more like a friendly chat. Anyway it is pleasing to see that the meetings we have had before regarding the Waiatarua LAP have all been taken on board and Mark has put together a document that reflects our wishes very well.

Mind you, the Waiatarua Lap is fairly short as generally we are happy in our little piece of paradise and our minimum message was "don't change us".

Next time you visit the library, especially at night, you will find it much easier to find what you want as the council has replaced all the lights down there as well as fitting two more in the hall, which will help the table tennis players see the ball and hopefully hit it.

Unfortunately we had to cancel the community breakfast due to insufficient interest, which was a shame as my mouth was watering just reading the menu. Still, the waistline will be better off.

#### Arataki Rangers Roundup

A damp start to the summer but what a finish!

The Arataki Nursery have had their hands full watering this season to ensure a full compliment of natives available for the upcoming planting season, whilst field rangers have been keeping close watch on coastal areas that fire restrictions have been adhered to.

The Cascade Kauri area played host to an international conference on PTA (Phytophthora taxon Agathis or commonly; Kauri Die Back). Several high profile representatives shared their experiences to the benefit of ARC staff that are waging war on this pathogen. If you have yet to explore the stunning Cascade Kauri area, cooler temperatures will provide super tramping conditions. Although already well known for being home to the successful Ark in the Park programme, there is some truly standout remnant and regenerating kauri forest in the region. Just remember to stop at the PTA cleaning stations and treat your footwear. Thanks!

The summer has also seen large numbers of trampers take to the recently opened Hillary Trail. While many are tackling this challenging trail head—on for the full four day experience, just as many are breaking it down into manageable day trips. The Arataki Visitor Centre has information on the Trail and a track map is strongly recommended for those who wish to do it.

With the Environmental Education programme at Arataki in full swing, staff are seeking volunteers who wish to be involved with the very popular period- set Bush Camp programme. If you are interested, please call the educators for more information on 817 0085.

Longley Printing Co. Ltd. is proud to support their community by fully sponsoring this publication.

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#### WAIATARUA QUIZ NIGHT

7:30pm Saturday 24th April 2010 at the Waiatarua Hall, 911 West Coast Road. Pub Quiz format - teams of around 6-8 (but we're not that strict). You can organise your own team or just turn up and we'll fit you in

Cover charge just \$5 per person. Please BYO drinks and also BYO nibbles — this enables us to keep costs down. For more info please call lan or Cathie on 814 8871.

#### Library Report Jeannette Ziesler

"Good To A Fault" – Marina Endicott. Explores love, God and mortality in the daily lives of ordinary people.

"The Endless Forest" – Sarah Donati. A flood devastates a village and the returning villagers work through renewal and change.

"The Man From Beijing" – Henning Mankell. A massacre in a Swedish village leads to an international web of corruption and vengeance.

"Hunting Blind" – Paddy Richardson. A girl disappears at a family picnic. After a period of 17 years her sister sets out to find out what happened.

"Long Time Coming" - Robert Goddard. Untangling a web of secrets and betrayals proves deadly to a newly released prisoner in his search to prove his innocence.

"The Other Family" – Joanna Trollope. Richie dies leaving his partner of 23 years and family to cope with his "first family" who are included in his will.

All these and more are available at the library.

#### From the Editor Robyn O'Sullivan

I am so completely and utterly r-e-l-a-x-e-d. I have spent the last hour being tended to by Kim from Awakenings Massage (our newest advertiser) I have had my bits pulled and twisted, manipulated and massaged within an inch of their lives and it has been absolutely wonderful. I don't do this for my own sake, oh no! I feel duty-bound to road test just what is on offer up here in the hills and then pass on to you, dear reader, the benefits of my research. I can thoroughly recommend Kim for whatever ails you.

On an entirely different note, let me put a plug in for the weed bin outside the fire station. As the majority knows, this bin is for noxious weeds but some of us haven't fully grasped the concept. The words 'noxious' and 'weeds' must go together. Not just your usual weeds that you can't be bothered getting rid of yourself... they must be of the 'poisonous and harmful' variety. (Listed on the council website if you truly have no idea.) This is what noxious means. And it does not refer to your icky old mattress either, however poisonous it looks. It is not the 'noxious mattress' bin, it is just for noxious weeds. I hope I've made myself perfectly clear.

Have a great month everyone!

### Advertising & Community Notices

Commercial advertisements are welcome and can be arranged by contacting Contact Robyn O'Sullivan, munster@ihug.co.nz, ph 814 1143.

Community Notices are free to financial members 2009, January to December.

Handyman Out West. Any work undertaken. House and property maintenance, renovation and decoration eg gutter cleaning, water blasting, deck building, tree felling, painting etc. Reliable and no GST charge. Phone Mike 814 9708

Otimai: Events and training centre is available for hire (Guides Auckland) and is open to view by appointment. Phone Lisa and Aaron on 814 9992 for bookings.

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

Professional couple looking for 2-3 bedroom home in Waiatarua. Close proximity to the fire station is desired. Can provide references. Lock up garage also preferred. Please contact Kerry 027 272 9312.

The Oratia Community Church: On the corner of Parker & West Coast roads. Fellowship (trips, meetings etc.): 2nd Thursday of each month.

Contributions and suggestions for the newsletter are welcome; however publication will depend on available space

Contact Robyn O'Sullivan Ph 814 1143, munster@ihug.co.nz

If emailing photographs, please do not include in text documents. but send as a separate file, preferably JPG, at high resolution

~ New to Waiatarua

#### Awakenings Massage Therapy

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Call Kim on 814 1199 or 022 643 4181 834 West Coast Road

kimnagam@gmail.com

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