

New!! Play and Win - Where am I ?

- see page 3

High in the Hills

Inspired by a conversation with Steve

Waiatarua stands proudly as the highest suburb in Auckland. Residents are privy to clean fresh air on tap. This has always been the case, but perhaps was more highlighted in days gone by when these hills were the place prescribed for rest and relaxation.

"By the turn of the 19th century, people living in Auckland had begun to realise the potential of the Waiatarua area as a holiday resort.

Tuberculosis was a common complaint in those early days and the higher altitudes were ideal for those so afflicted to live, or at least convalesce. Thus to Waiatarua came the boarding houses, nursing homes and holiday cottages."

- Excerpt from *SONG OF TWO WATERS* BY Jeanne Wade

Edwin Gash was one who suffered the grips of this deadly disease, TB. Having been given six months to live, he came to the area; and here he lived and worked for almost another twenty years!

In 1910 whilst staying in one of the popular boarding houses, Dr. Marchesni wrote "No prospect for the profession - too healthy!"

It is interesting to link present day landmarks to history and imagine the goings-on. At the corner of West Coast and Kauri Loop Roads sits a Rest Home we are all familiar with, called Craig-Lea. Once the family home of Captain Peter Theet, and known as 'Lancedean', this property went on to become a Novitiate for Roman Catholic nuns.

In the midst of an overdue upgrade, our very own community hall is planted on the site where a Mrs Impey once provided care for Tubercular patients in Nihotupu House.

Oh wise are they who come to stay
On these salubrious hills
Rest heart and mind, cast care behind,
And throw away your pills
- E. Palgrave



The Little School in the Valley Old Time Dance

On August 21st 2004

in a joint venture between

Oratia and Waiatarua Ratepayers & Residents Associations
and
the Oratia School & Community Development Group



a live band

'The Texas Kiwis'

will provide old time dance music for a great night out.

Where?

At the Oratia Settlers Hall.

Funds raised go towards a sculpture for the Oratia School 125th Jubilee. Cash bar, supper provided, \$20.00 per ticket (to be confirmed),

To pre-book tickets, which will be available mid June, please phone Val on 818 5719 or Fiona on 817 5445.

Au Revoir

It is with regret we farewell our vice-president Wayne Maguire from the WRRRA committee. His good-looking, billboard face had become almost a landmark in the community! During a relatively short time in this position Wayne has contributed enormously, particularly with his involvement in the current hall upgrade. Undoubtedly, Wayne's "let's not muck about" attitude has been instrumental in making hasty progress on this project. We wish the Maguires all the best for a bright future in Tauranga, and the safe delivery of their next expected bundle of joy.

WAIATARUA RATEPAYERS & RESIDENTS ASSOCIATION

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From the Editor

So, it's officially winter and still we complain about the weather! For those with 'naked flame' fires in their homes this can be a really cosy time of year. Put another log on! Residents with rainwater tanks, hence begins a period when you are unlikely to run out of H₂O. And parents with kiddies... what a great opportunity to read stories, play board games, talk etc.

Of course with the wet, windy weather may come more power cuts. Remember to make good use of the fabulous torches we all received, courtesy of The Trusts. There are many activities guaranteed to be fun in the absence of voltage, like chatting on a 'corded' phone. Invite the neighbours over to taste your freshly made non-bake slice!

If you are entertaining overseas visitors, show them a good time by partaking in a gumboot bush walk or a wild windswept beachcombing session.

Perhaps boredom sets in for some on a regular basis. Well, there's an old drama group just waiting to be resurrected.

And what about that burning issue you are dying to get off your chest via a 'Letter to the Editor'?

That's right – never a dull moment in Waiatarua!

-Cheers, Robin

Playcentre reports a wonderful visit to the Arataki Visitors Centre on the Scenic Drive a few Mondays ago. It was a clear but chilly day, so the children were bundled up warmly and we all set off to explore the nature trails. These tracks are the perfect distance for little legs so the children took great delight in feeling - smelling - collecting leaves, twigs and other little treasures from the forest floor. Morning tea was a necessary 'refuel stop' back at the centre after the 45 minutes of walking. Then we were off indoors to the children's area where half an hour was spent doing puzzles, reading stories and exploring (not to mention running up and down the ramps!).

Sessions at Playcentre have alternated between being busy and then feeling rather laid-back. As usual the children keep themselves and parents occupied in one of the many areas of play. We offer sixteen different play activities at Playcentre - including dress-ups, painting, science & nature and carpentry.

Playcentre philosophy is to let children direct their own play which means they choose what they play with, how they play and for how long - with parent/caregiver supervision, guidance and interaction.

Waiatarua Playcentre is located down the drive from the community centre on West Coast Rd, and is open Mon, Wed, Fri from 9.15 am -12.15pm. All enquiries and visitors are warmly welcomed. For any queries please phone the centre on 814 8835 during session times or Jenny on 814 9954.

Arohanui - Jenny

WAIATARUA COMMUNITY LIBRARY

911 West Coast Road, under the Community Centre. Phone 814-9353

We recommend all our new books this month. A great one to share with the children is "Doggy Doo on my Shoe". It was a favourite in our house with the four & six year olds. Others (for adults) include Lee Child's THE ENEMY, Jodi Picoult's MY SISTER KEEPER, Donna Wright's MUMBO GUMBO and Lee Hughes' THE BIGGEST BOAT I COULD AFFORD.



Hours of Opening

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

GARDEN GROUND

Our July 7 visit is to a succulent garden in Te Atatu where the garden owner is also very keen on mosaics. The address is 6 Glynbrook Street and we will meet there at 1 pm. Entry fee \$2.00 Ring Eileen on 814 9298 or Margaret on 814 9859 for further information or car pooling.

Waiatarua Rainfall (May 2004)

	Rain Days	Wettest Day	April Total	Year to Date
Mountain Road	19	1st (127 mm)	307 mm	824 mm
Brabant Road	22	1st (130 mm)	304 mm	883 mm
Quins Road	22	2nd (144 mm)	283 mm	766 mm
Forest Hill Road	15	1st (135 mm)	300 mm	832 mm
Auckland City			256 mm	607 mm

Fire Brigade

We're pleased to welcome Rudy Blommestijn to the Brigade. Rudy's arrival marks a first for the Waiatarua Volunteer Fire Brigade – we're full! Our training nights (and budget) are fully committed just now, but we'd still be interested in hearing from you if you've considered joining AND you're available during working hours on weekdays.

Icy Roads

They're not something we experience frequently, and typically you can't see them coming. Often the first sign of an icy, traction-free road surface is the puzzled look on a driver's face as their car slides backwards into the bank. The best advice is just to take it easy on cold mornings, especially on Piha Rd and Scenic Drive.

Recent Calls

6:14 pm, Fri 21 May – Rubbish fire, Scenic Drive

4:39 pm, Sun 23 May – Car crash, Te Henga Rd. Turned back.

9:12 pm, Mon 1 Jun – Rubbish fire, Piha. This call came in on a training night when two of the crew were in chemical splash suits and breathing apparatus, and the full 90 metres of one hose reel was extended. Gear was made up in record time.

Contacts

Always call 111 for any fire or other emergency – actual or potential. Otherwise please phone Ian Ford (814 8871), Helen Longley (814 9855) or Karl Nuttall (814 8777)

Walk of the Month

This month's walk is the Kitekite Falls track. It is a lovely stroll along an easy grade track, taking in a variety of scenery. The track starts from the end of Glen Esk Rd at Piha and winds up the valley through lovely forest, following Glen Esk Stream to the Kitekite Falls. The falls are spectacular – especially after rain. Return trip is about 1 hour. - Jonathan Gould

Reptilian Sightings!

Recent reports have come in re sightings of large orange "Tuataras" in our neighbouring bush. Has anyone else seen these creatures, or can you throw some light on the matter? It is thought that perhaps folk who originally imported the reptiles as pets have since set them free to escape responsibility for a novelty worn off. In the meantime our armoured friends may be multiplying! (Incidentally, Tuataras are not orange)

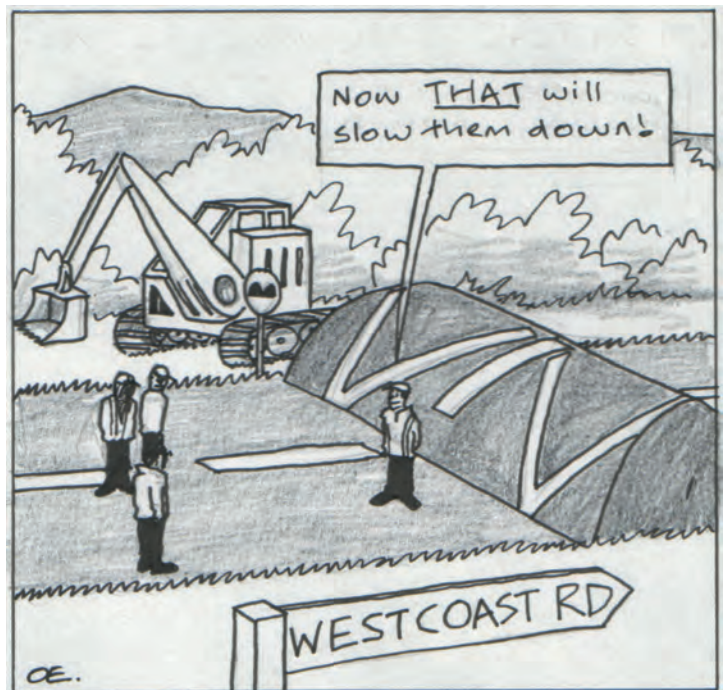


BRICKBATS AND BOUQUETS

Sponsored by the Fairy FlowerShop, 423 Titirangi Rd Titirangi Phone 817 3780

This month the **bouquet** goes out to Jenny McGee. According to her nominator, this lady is always ready to help people... be that with childcare, a friendly chat, cooking advice (she is a great chef!) or just a smile when someone needs it. How nice to hear of a resident who takes time in this busy world to stop and smell the roses with others.

The **brickbat** for June belongs to the thoughtless person / people who left a soiled baby's nappy on the library steps, along with the usual bottles and cans. Please, clean up your act in our community!



Play and Win - Where am I ?

Last month's "Where am I" winner was drawn from the correct entries received and we are happy to congratulate Adith Stoneman as the lucky recipient of the gift basket kindly donated by **Elke's Wine and Food Market**.

This month's photo (below) portrays ghostly homage to a local espresso site. If you know the address where this overgrown powerpole is located, write the answer on the back of an envelope and place it in the letterbox at the community centre 911 West Coast Road or e-mail your answer to korprins@xtra.co.nz. This month's prize is a gift basket full of fresh vegetables grown at **Woodford Gardens** Waitakere Hospital Henderson.



Letter to the Editor

Dear Editor

I have lived in Waiaatarua for about seven months and know there are a number of interesting bush walks in the area. It's great to see some of these promoted in the local newsletter. However, I get the feeling there are many others and as a 'keen bush explorer' I'd love to know how / where one can embark on the more obscure of these.

- M de H

Ed - A visit to the Arataki Centre will provide you with the necessary information. Good luck with your exploration! Make sure you let people know where you're going when entering the bush.

Native Herbs in Waiaatarua

As winter is now here, many people are suffering from colds and flu. Thankfully, a number of native herbs can be used to fight off these infections. Kawakawa, Kanuka / Manuka, Hoheria, Kumerahou and Tarata are all antibacterial or antimicrobial. They are also expectorant herbs, helping to clear the chest of infection. Kanuka / Manuka and Kawakawa will help to bring down a temperature. These are best drunk hot, as a tea, to increase their medicinal properties. However, remember Kumerahou is very bitter tasting.

- Sonja Cartwright (Naturopath and Herbalist)

The Arataki Rangers Roundup

The Arataki team has been very busy doing a complete overhaul of the gardens at the Visitors Centre. They are looking great with fresh plants and bark. We have the larger gardens ahead of us, so a bit of work is left yet!

The Education staff have been trialling a new drama-based programme at Arataki. It is based on the history of the Waitakere Ranges and in particular the logging that took place. The drama teaches children the importance of conserving resources for the future and about getting involved in helping the environment they live in. The feedback on this has been very positive!

The nursery is "flat out". We are in the midst of our planting season so we are tidying up and delivering plants to all corners of the Waitakeres. Our major plantings this year are at Muriwai, Pae O Te Rangi Farm and Whatipu. There are many schools and community groups involved in these activities.

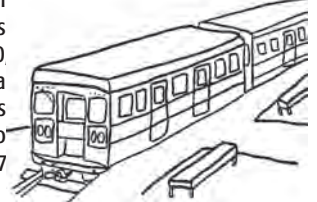
If you are interested in volunteering or have any other queries please feel welcome to call us on 817-0099.

Ka Kite
Arataki Rangers

Watercare's Rainforest Express

- a community project

This narrow gauge scenic railway is a great experience, so if you're a resident and you've never checked it out... what a crying shame! It's been in operation since 1998. If ever you want to show visitors some exclusive, native scenery this is the wilderness adventure for them. The little train runs up the Nihotupu Valley in the Waitakeres for five-and-a-half kilometres, following the water supply pipeline, to the upper Nihotupu Dam. Passengers pass through ten tunnels and over nine bridges, including the dramatic Quinns viaduct. A commentary on the local history is given throughout the trip, and you may even be lucky enough to spot glow worms and cave wetas. During the winter months there are trips available every Sunday (2½ hrs long), and of course these run more regularly in the summer months. Catch the Rainforest Express from Jacobsons Depot off Scenic Drive (about 5 kms from Titirangi Village). Adults cost just \$20.00 senior citizens \$18.00 and kids \$10.00. Extra 'special' journeys occur at Halloween, Xmas and Valentines Day. Group bookings are also available for those interested. Phone: 0800 697 246 for more information.



Recipe Corner

Austrian Linzer Cake

2 cups flour	1 tsp baking powder
1 cup sugar	2 Tbsp cocoa
2 Tbsp cinnamon	Pinch nutmeg
Pinch cloves	125 grams butter
2 eggs	200 grams ground almonds

Tip flour onto bench top. Sprinkle baking powder over. Make a well in the centre and add sugar, cocoa and spices. Pour melted butter on and break eggs over the dry ingredients. Mix inside the flour ring. Add almonds and mix again. Gradually incorporate all the flour. Knead everything up into a dough. Leave to rest for half an hour.

Spread 2/3 of this dough on the bottom of a greased tin. Spread raspberry jam evenly over the base. Use remainder of dough mix to make thin strips forming a lattice pattern on top of the jam. Bake 30 minutes at 180 degrees Celsius. Cut into squares when cool.

Why The Woppys?

We spoke with 19-year-old Abby Phillips from Bendalls Lane, and she shared with us what she likes about living near the bush... "Waking up to the sound of so many different birds, the fresh air and the peace & quiet." Abby is studying psychology at Auckland University.

Road Safety



This sign hopefully will be replaced by a larger more obvious one. In the meantime residents would appreciate extreme caution by motorists travelling up Forest Hill Road from Henderson.

This month we report on an interesting road sign on Forest Hill Road which will be replaced in the not too distant future. Kevin Healy and Council engineers have inspected the "concealed exit" sign on the bus stop opposite number 235.



A snail owned a car and was painting a big letter 'S' on it. His friend the turtle saw him and asked why and the snail replied, "When people see me drive by they can say look at the S-car-go".

A guy found a sheep and showed him to a policeman. The policeman said, "Take that sheep to the zoo, now." Next day the policeman sees the man with the sheep again. The policeman stops the guy and says, "What on earth are you doing with that sheep?" The guy says, "What is there to do? Yesterday I took him to the zoo and now I'm taking him to the movies."

Notice Board

Notices are free to financial members 2004, January to December. A list of financial members is available at the library, and any queries about membership can be answered by phoning the treasurer - Rod Maunder on 814 1831

Repeat commercial advertisements of members will only be printed as space allows.

BABYSITTER: mature, honest and reliable lady. Experienced. \$10 per hour. Phone Juliette on 0274-875-805.

BED AND BREAKFAST - ATARUA GARDENS: no room for your out of town visitors? Contact Carol and Denis. Phone 09 814 9706 or 025 283 7544

BIRDS: Parrakeets. Indian Ringnecks (Green) \$45.00ea. Lovebirds. (Fisher x Blue mask) \$35.00ea. Aviary. 6' x 4' \$120.00 ONO. Phone 838-5526

BREASTFEEDING SUPPORT AND INFORMATION: please call your local La Leche League leader, Adith on 818-7728.

CLEANER: experienced cleaner available evenings and weekends for domestic cleaning. \$16.00 per hour. Phone 0274 875805.

CREAM FOR JOINTS, MUSCLES, BRUISES: essential oils and all natural ingredients. Phone 814-1868.

DRAMA - 2nd ever open performance night Friday 9th July from 7.30pm at Rimu Glade Studio. A venue for actors, musicians, poets, and dancers to perform in a relaxed setting 4 Rimu Road, Waiatarua. Contact John 814 9744

FIREWOOD: Shed stored. Can deliver. \$70 per cubic metre. Phone Eric 814 8833.

FOSTER HOME NEEDED: For 1 year for young fluffy tabby cat whilst owner overseas from beginning August. Phone Jo on 814 9945

JP - MARY KELLY: for all personalised weddings, re-affirmation of wedding vows, ceremonies of commitment, naming ceremonies, MC, Chair for public meetings etc. Phone/Fax 814-9857.

HEALTH: for healthy, fast weight loss; nutritional and personal skin care products: contact Linda, your independent Herbal Life Distributor via roglin@paradise.net.nz

LANDSCAPER: for experienced, professional landscaping services (including paving, concrete, retainer walls, fences, decks, gardens/plants, water features) at a competitive price, contact Bevan on 837-1992 or 021-375 707 or at totaland@ihug.co.nz

LAWN MOWING: Local reliable. Phone Eric 837 2333.

LOCAL ISSUES: Kevin Healy, Waitakere Community Board email: kevin@healy.co.nz or Phone 814-9505

LODGE - AUCKLAND'S WAITAKERE PARK LODGE: open Thursday to Sunday for lunch and dinner. Now open for Sunday brunch from 10am. Enjoy the log fires in our luxury lounge bar, magnificent views and dining on the deck. Phone 814-9622.

MASSAGE - LIFESTYLES MESSAGE THERAPY: providing therapeutic, sports and relaxation massage in a safe, professional environment. Phone Doug Maynard on 814-8981 or 021-543-302.

MINUTE TAKER REQUIRED: Duties - take minutes of monthly meetings, type minutes and email to committee members. No other committee involvement required. Interested? Contact Lyndsay Whittle on 814-9872

NATUROPATH - your local Naturopathic Clinic at Waiatarua Phone 814-8881. For menstrual, digestive problems, low energy, frequent colds and flu etc.

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.

PROPERTY SALES: looking to buy or sell? For best results and free advice please phone John on 0274-122-853. Bayleys Titirangi.

ROOFING AND SPOUTING: free advice, consultation and inspections. 28 years experience. Quality new and reroofs, repairs, spouting etc. Onduline organic and non polluting roofing, gutter leaf protection Ph Mark 812-8337 or 025-958-058.

SECURITY: FIRST CITY CARE SECURITY SERVICES. For all your security requirements. Ph Greg on 814-9954. Mobile 021-356-066. Email gregmcgee@firstcitycare.co.nz Website www.firstcitycare.co.nz

SWIMMING POOL FENCE - Galvanised steel flat top with tubular 1.25m verticals, powder coated Karaka green, designed by Fencing Systems of NZ. Four lengths x 2.0m; 2 lengths x 2.4m; plus posts and brackets and 1 matching gate plus fittings. Never used. Reduced to \$1,200 o.n.o. Phone Alan or Jan on 814-9407 or 814-9596 or 0274.961.914.

THE NIKAU CLUB: Bar, Café, Restaurant. New winter hours: Monday/Tuesday closed, Wednesday-Friday open midday till after dinner, Saturday/Sunday 10.00am till after dinner. New chef/new menu. Children welcome. Live music Wednesday from 8.00pm. Phone 814-1919.

THERAPIST/COUNSELLOR: Marguerite Laing BSP. Reducing the effect of conflict, stress, eating disorders, communication difficulties; and liberating energy to bring serenity and clarity. Phone 814-9889.

TOYS - FABULOUS WOODEN TOYS: have a look at our website www.creativetoy.co.nz for amazing wooden toys imported from Germany and Switzerland. Free delivery in Waiatarua! Phone 814-9903

TREEWORK: fully insured and qualified arborists. Phone Joe Krazz 021 244-8733.

U3A: University of the Third Age Waiatarua Shirley Tomlinson apologises to anyone who called 814 8938 while she was away. Shirley has returned, and hopes to hear from people who like the idea of forming a U3A group. What topic shall we start with? - Italian oracini? Tibetan culture? Perching bulbophyllums? Persian carpets and rugs? NZ sculptors?

VET - WEST COAST VET CLINIC: offering full veterinary service for your pets. **24 hour service** Phone 818 4104

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.

WATER SERVICES LTD.: pump sales and service. Tank repairs, cleaning and new tanks installed. Filtration and water treatment. Phone Phillip on 812-8537 or 027-279-

WEST COAST WATER: for all water deliveries phone Patrick on 812-8079 or 027-288-9111.

WINE AND FOOD MARKET - ELKE'S: open every Saturday morning for fresh Pandoro and German Rye Breads, organic cheeses, german meats, Q-garden pickles and chutneys, chocolates and more. Also a great selection of Siebel wines, Port and Mead at cellar door prices. Tastings available. Open Saturday 10am - 2pm at 113 Sturges Road, Henderson.

YOGA - FAY'S CLASS: for true fitness and relaxation Phone 837-7794

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.

NAME	ADDRESS	PH/FAX	E-MAIL
Mary Kelly, JP	3 Atarua Gardens	814-9857+Fax	turtle@xtra.co.nz
Denis Graham	Back up - Atarua Gdns	814-9706	
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	

Please accept my Membership to the Waiatarua Ratepayers and Residents Association

2004

- I enclose: \$10.00 household, \$5.00 Single Occupant
 I would like a copy of the book "Song of Two Waters" @ \$20.00 (delivered)

Name

Address

Phone

E-mail

To Treasurer

Waiatarua Ratepayers and Residents Association
 911 West Coast Road, Waiatarua, Waitakere City or **leave at the library**
 WEB Site www.waiatarua.org.nz

Waiatarua Community Hall Hire

Hire this excellent facility for your meetings, parties, dances, birthdays (children and adults) etc.
 Lovely wooden floor for dancing.

(including tables and chairs)

Friday and Saturday evenings = **\$100.00**

Sunday to Thursday evenings = **\$65.00**

Other times by arrangement • Discounts for regular users
 Community Barbecue hire **\$20.00** • Crockery hire **\$25.00**

Phone Lyndsay Whittle on 814 9872

JULY NEWSLETTER

From time to time snippets of news come to our attention via the 'bush telegraph'. We would prefer to access information on any interesting news articles directly from the original source. If you would like to share stories with our community we welcome your contributions wholeheartedly. Please don't hesitate to contact us.

Copy needs to be in the hands of The Editor,
 by **WEDNESDAY 14th JULY, 2004**

Robin Essex, 13 Bendalls Lane, Waiatarua. Phone 814 1850

E-MAIL: robsx@free.net.nz

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

Our thanks to Longley Printing for their continuing support in printing this