



A STORY - (Maybe yours?)

Following on from Dave's report re his medical adventures last month, I received this from another resident re a further worry for us all to consider....

Thanks Piet!

Once upon a time, like today actually, it has been found there is a health crisis creeping across the land, a silent epidemic where many people are both Vit D and B12 deficient.

Every day thousands of people feel unwell, suffer health problems, get sick and many will die, often because they are unaware they are deficient in these two very important vitamins.

One day, someone offered them a test, to see for themselves whether they were at risk or not.

Because of that, more people got tested and learned what levels of these vitamins were in their bodies.

Because of that information, those who were deficient were able to do something about improving their health.

Until finally, this creeping insidious, often devastating deficiency became corrected and more and more people lived longer, more healthy and happier lives.

THE END

While vegetarians and Vegans are most vulnerable from low B12, many meat-eaters are also at risk, especially as we age.

BE INFORMED - Even though it seems to be running OK, you do check the oil level in your car's engine. How about giving the same attention to your body? After all, it's the only one you have. You don't need to consult a doctor for permission to be tested. 'Labtest Clinics' will test you, and your children, for Vit D and B12 at your request. They charge \$42 and \$17 respectively and will email you your results within a few days.

Deficiencies in these vitamins is a serious public health issue for both mental and physical health and is implicated in - Depression, Cancer, Heart disease, Diabetes, Alzheimer's, Autism, Osteoporosis etc and even Rickets is once again being found in young children.

Anyone wanting to be better informed can access books from the library system - 'The Sunshine Vitamin' Zoltan Rona, "Can it be B12?" Sally Patchalok or use the internet to view many authoritative presentations such as-

Dr. Michael Holick- http://www.youtube.com/watch?v=2IRtx-4_FOY
& <http://www.vitaminCouncil.org/> which collates VitD research from around the world.

Dr. Dave Carr & Sally Patchalok- http://www.youtube.com/watch?v=BvEizypoyO0&feature=player_embedded

Dr. Peter Osborne - <http://www.youtube.com/watch?v=p0daIxrELcA>

Sally Patchalok interview - <http://www.youtube.com/watch?v=L4hzhdREDng>



North Island robins nesting in Turanga Rd

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

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Community Hall & Library: 911 West Coast Road • **Hall hire (bookings)** John Goudge - Ph 814 9744

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

Letter to the Editor

Dear Editor

Thanks Paddy and Margaret for your obituary for Margaret Blumhardt. However there is one more thing that I think is worth recording. Margaret was a staunch and active member of the WRRRA, being on the committee for many years, and editing the newsletter from 1992 to 1998.

- Tony Bacon

Library Report Robyn O' Sullivan

There's not a lot I can share with you this month as my usual intrepid library reporter has no doubt curled up with a good book in a warm and sunny spot and lost track of time!

I'm sure the library has screeds of new books this month. They always seem to have a good number of tantalising reads on offer, but you won't be finding out about them here. I suggest you march en masse to said library and find out for yourselves... there might be quite a few hidden gems lurking on the shelves.

Happy Reading!

Garden Group Eileen Powell

Hope everyone is picking lots of backyard tomatoes after all the beautiful ripening weather. Our March get together will be a day in the Drury area visiting gardens and specialist growers. Please ring Eileen for further details on 814 9298

APRIL NEWSLETTER

Copy needs to be in the hands of the Editor
by **FRIDAY 15th MARCH 2013 - 5PM**
Robyn O'Sullivan Ph 814 1143
munster@ihug.co.nz

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

Advantages of being a WRRRA 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

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

Blow Moulders Ltd
8 Waikaukau Rd Glen Eden, Ph 818 7709
(cash and cheque sales only)
Elevation 473 Scenic Dr, Ph 814 1919

From the Vice-President

Susanne Timms

Hi,

What an amazing summer we are having this year. I have recorded only 29mm of rain for January and 86mm for the 2 days of rain at the beginning of February. However it is very dry and the bush is probably not as happy as I am.

For the last few years I have had a continuous battle with animal pests. First it was wild pigs digging up my garden but thanks to kauri die-back, I have seen no sign of them for the last 3 years as a big effort was made to eliminate them when it was thought they were spreading this terrible disease.

Then there are the possums that attack my lemon tree in ever increasing numbers. At the end of last year I caught 10 in row. Unfortunately they would always eat a few off the tree before putting their head into the little yellow box. I have found the best bait is one of their chewed lemons with aniseed oil. There were no more for 2 months but then the next lot moved in and I have now caught another one.

Then a shag discovered my 3 big goldfish ponds down in the bush and almost cleaned out all the fish. However, with great difficulty, I managed to cover 2 ponds with bird netting and the remaining fish have now reproduced. Unfortunately the third pond was too big for this solution.

My present problem is stoats and after seeing 3 together one morning, I have borrowed a stoat trap from the Arataki Ranger Station but so far have only managed to catch rats. It is a vicious trap and the dead rats end up very flat.

The weed bin at the Waitatarua Fire Station is being very well used and it is being replaced once a week at present. For the month of March the "War on Weeds" project will once again be operating with an extra enormous bin sited at the top end of Kauri Loop Road. Watercare expect to have finished their project in this area by then.

Our AGM is on Wednesday 6 March at 7.30pm and we would really like some of you to consider becoming members of our committee. I am sure you will all join with me in wishing Dave a quick recovery from his surgery in February.

From the Editor

Robyn O'Sullivan

Well the last four weeks have simply flown by and here we are with the March newsletter already.

The AGM is upon us (see notice elsewhere) and your time has arrived, dear reader. All those of you who have harboured secret desires to be on the ever-popular WRRRA committee, this is your lucky month. Come to the meeting and nominate yourselves. You'll be welcomed into the bosom of this committee so fast; you won't know what hit you. It's not an arduous task... getting together once a month for a natter and a few yeas and nays, but we would like some fresh blood so please have a think about it and come join us.

The War On Weeds is back on with a vengeance in the month of March with the bins being in the usual places, so please make use of them. Note Well: this is just for weeds, not weeds in plastic bags, not mattresses, not car parts... just weeds!

And one last plea for subscriptions for the 2013 year! Ah, so little for so much!

Enjoy your month.

Subscription Reminder

WRRRA subscriptions for 2013 are now due. Subscriptions are \$10 per family and run through to December. Join now and get free membership for the remainder of 2012! There are many savings to be had and you are supporting your local community.

Please accept my Membership to the Waitatarua Ratepayers & Residents Association

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To: Treasurer, WRRRA, 911 West Coast Road, Waitatarua, Waitakere City, or leave at the library
bank details: 12 3051 0278313 00 WRRRA

Community Notices

WRRRA AGM

Wed 6th March, 7.30pm

Waiatarua Hall

Consider joining the committee. Just turn up and volunteer at the AGM.... we would love to have you join us.

Oratia School Country Fair

March 24th 2013 10am-2pm

Cool rides, quickfire raffles and awesome auctions

Fire Brigade Report

CFO Helen Longley

The start of 2013 has seen QFF Darren Gee head off to the national training centre in Rotorua for the 12 week career fire fighter recruits course. Late last year he was successful in his application to join the NZFS as a career fire fighter. We wish Darren all the best with his new direction in life. We are hoping that he will be able to stay with the brigade once he has completed his course and been placed at a station.

We are all now back on deck after the Christmas & New Year break. Unfortunately one of our new members was unable to proceed with joining the brigade, but thankfully we have someone waiting in the wings. Most of us are doing our first aid revalidation Sunday 10th.

Fire Calls

08/01/2013 07:05pm MVA Piha Road, Piha

This was a single car accident, where the car left the road and ended up down a bank. The driver was able to get out of the vehicle and up onto the road. Waiatarua and Karekare did traffic management while police spoke with the driver.

19/01/2013 10:30pm Scrub Fire Piha Road, Piha

A small area of scrub was on fire. This was very close to housing and the Piha brigade were quickly onto it, with assistance from the Waiatarua and Karekare brigades.

A new record for the most calls in a day for the brigade and one that I am sure is to stand for many years to come.

20/01/2013 08:35pm Power Lines Down Cascade Ave., Waiatarua

Vector were already dealing with the issue of power lines arcing. We assisted with scene safety and traffic management.

25/01/2013 02:30am PFA Scenic Drive, Waiatarua

A false alarm at the telephone exchange.

27/01/2013 23:20pm Fire on the Beach Marine Parade, Piha

A small fire on the beach dealt with by Piha. Waiatarua got turned back by the Piha brigade.

28/01/2013 21:14pm MVA Scenic Drive, Waiatarua

A small accident where Waiatarua did traffic management.

Smoke Alarms

Need A Smoke Alarm!!!

New Photoelectric long life Smoke Alarms are available Free from the brigade; If you would like some smoke alarms or advice on where to put them or help installing them, Please contact Louisa Mullins on 8149282.

Waiatarua Fire Brigade Contacts

Phone 111 for any Fire or Emergency.

Otherwise please call Chief Fire Officer Helen Longley (814 9855), Deputy Chief Fire Officer Gareth Mullins (814 9282), Station Officer Ian Ford (814 8871), Station Officer Kevin Healy (814 9505).

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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 current financial members.

Broadband in Waiatarua - To be kept informed about developments (or lack of them), send your name, phone number and email address to Tony Bacon at tony.bacon@sthw.co.nz

Electrician & Alarm Installer - Small local business providing a professional, reliable, quality service. From new installations to additions and small maintenance jobs. Including: power, lighting, alarms, data, TV, phones and home ventilation. Ben Fitness 833 1052 or 021 184 5276 FIT Electrical & Alarms.

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 friendly. Phone Mike 814 9708.

Lawn mowing and section clean ups. Ph Grant at Top Grass Ltd. 8149493 mob 02102475610

Oratia School Country Fair. March 24th 2013 10am-2pm. Cool rides, quickfire raffles and awesome auctions.

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

Outdoor Property Services - Lawn mowing, rubbish removal, garden maintenance or a full section clean up you name it! We'll have your section looking immaculate for summer. Lowest prices guaranteed! Ph Ryan at West Coast Property Services 021 042 6920

Plants: Bromeliads \$5 - \$6; Taros, cannas and various shrubs \$4 - \$5. All sales to Nepalese Educ Trust. Phone Margaret 814 9859.

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

Tiler / Stone layer, 20 years experience in the trade available for indoor and outdoor projects large or small. Phone Craig Starr 021610408.

Waiatarua Playcentre: 911 West Coast Road, Waiatarua. Phone 09 814 8835. Sessions: Monday, Wednesday & Friday 9.30am - 12.30pm.

WANTED: Person to take child to Rangeview school, from Turanga Road, off Scenic Drive. PAYMENT to be arranged. Please contact Belinda on 838 2093, or email liley@slingshot.co.nz

West Auckland Yoga at Oratia Settlers Hall: All levels - Tues 9.15am and 6.30pm, Fri 9.15am (cost \$15). Beginners class - Thurs 7pm (cost \$12) Ph Tasha 812 8942 or Steph 0272 841 178. www.westaucklandyoga.kiwi.nz

Work Wanted: Drainage - 40 years experience, call Ray on 814 9242.

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