



# WAITAKERE NEWS

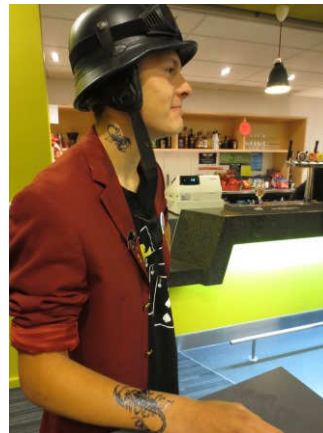
August 14<sup>th</sup> 2013

This week's speaker was Leon Laugalis, A Naturopath Specialist. He explained that he first became interested in Naturopathy 32 years ago, and has been studying the effects of nutrition on degenerative diseases ever since. He explained that there are three main causes of ill health and degenerative disease: Toxicity, Nutritional Deficiencies and Stress. He went on to expand on these three factors, with some alarming facts and figures about the air we breathe, the lack of nutrients (particularly phytonutrients, which cannot form in our fruit when it is 'picked green' ie. before it is fully ripe) in much of our food and the effects of stress on our bodies.



Luckily Leon had a good sense of humour as this week was also 'Westie Wednesday' when our members dressed up as 'Westies' ...

There were some interesting results! There were the "Corporate Westies" - dressed to kill as usual, and the 'local boguns', as well as a couple of 'boy racers' and a newly 'tattooed' IYE student!



We presented Vnicent (our IYE student) with a club banner (presented by our 'bling laden President' who had had a make-over too!)



Then after some innovative voting, it was time to present our 'Best Dressed Westie Winners' with their prizes

'Boy Race Craiger', and 'Westie Sheena'





Last week we were presented with two banners: Bob brought one back from Brazil, which was signed by all the members of the Rotary Club of Sao Paulo Parque Continental and Vicent presented us with his Swiss Rotary Exchange banner.



We also received a message from Matt re the garden re JAEDWYNN GARDEN

*If you are not aware Jane and I and some of the other garden volunteers, and local council departments, have been working on the garden stream bush project over the last 6 months. we are now at the stage where I can formally invite you all to visit and take part in a planting working bee of the bush area. Jane and I have informally named the bush stream area after a English word which represents the same English natural topographical features of a New Zealand wooded area, "the Spinney"*

*This project was all about bringing this natural Spinney area back to its beautiful natural appearance before it became contaminated with our day to day commercial rubbish and infested with obnoxious weeds, bramble and thickets. I am excited about the prospect of people visiting the garden and that they will be enticed into exploring this small but intriguing short walk through native bush land. the three small walkways will allow children and adults to work their way down through the native bush to overlook a clean stream bustling with wildlife and eels, some of which I have seen recently. of course the newly planted native plants will take some time to grow, but give it a couple of years! I'm hoping that one day this will be a must visit place in Massey.*

*Anyway before I envisage that, I need an army of people to plant up to 200 small native plants. we don't need to complete the whole planting project in the allocated time of the 3 hour event, all I'm asking is that you come down for a look, perhaps a sausage from the BBQ defiantly a chat, and if you have time plant one or two plants. the Plants have kindly all been donated from various nursery's around the area, but predominately from The Scott Base Nursery in Whenuapei, Nga rakau Nursery, Massey and branches of our local council. all plants will be positioned in an area that suits them all ready to plant.*

*The event is scheduled to to take place on Saturday 31st August between 10am and 1300 between sections 23-27 Jaedwynn Drive Royal Heights, Massey. the event will go ahead rain or shine! We will supply as much resources as possible but if you could bring an trowel and a sharp knife (Stanley knife) to cut a small whole in the weed matting that would be helpful. Please feel free just to pop your head in and say hello, bring your family and friends, this support goes a long way and means a lot to Jane and I.*

CANTEEN COLLECTION: We've also been asked to assist with Canteen's annual "Bandana Day' fund raiser. Hopefully you'll all be able to give a little of your time on either Friday 13<sup>th</sup> or Saturday 14<sup>th</sup> September – we'll circulate a list for volunteers next week.

SEE BELOW FOR NEXT WEEK'S DUTIES:

| Date: <b>Wednesday 21<sup>ST</sup> August</b> <b>Speaker on Harbourview Sculpture Trail:</b> |  |
|--|--|
| Meeting Manager  | Derek                                    |
| Sergeant   | Mike / Domenic                           |
| Speaker  | <b>Holly Vaihu &amp; Beverley Groves</b> |
| Greeter - Introducer   | Linda                                    |
| Grace  | Sheena                                   |
| Squire 1   | Bob                                      |
| Squire 2   | Jim                                      |
| Thanker  | Domenic                                  |
| Parting Thought  | Mike                                     |

Contd below....

**DATES TO REMEMBER:**

Thursday 22<sup>nd</sup> August – TREES FOR SURVIVAL - Te Atatu Intermediate Planting Day at Kay Road Waitakere

Thursday 29<sup>th</sup> August – TREES FOR SURVIVAL – Matipo Planting Day at Waitoki

Saturday 31<sup>st</sup> August – JAEDWYN GARDEN – Planting morning 9 – 1pm

Saturday 13<sup>th</sup> / Sunday 14<sup>th</sup> Sept – CANTEEN – Bandana Fund raiser

Monday 16<sup>th</sup> September – ROTORACT MOVIE NIGHT – Westgate 8pm.

Wednesday 25<sup>th</sup> September – FELLOWSHIP NIGHT – ‘Movies at Ryders’.