

NATURAL KIDS...



My name is Samala and if you'd told the much younger 14 year old, disruptive, disengaged and dyslexic me, that one day you will travel and live around the world in Sydney, London, LA and New York. You will attend the Oscars, not once but twice, with the Lord of The Rings team. Upon returning to NZ you will head Makeup and styling at TV3 for 10 years whilst founding your own very successful Makeup Academy. I and the teacher who said "you'll never amount to anything" would have said "you're crazy and how much have you had to drink today!" But, through sheer determination a lot of hard work and most likely because of the gift of dyslexia, all of that did happen. So, the present day me is a local Waitokian, still runs the Academy (SRA) and I have a beautiful 8 year old son who displays all the hall marks of dyslexia. Difference is, my husband and I ensure him a huge amount of support and one of the most valuable tools in our kit we use is, Essential oils. The benefits we have discovered over the last 5 years, are priceless and too numerous to fully mention, but briefly I can say Stress relief, Anxiety and general all round vitality and well being are what we've experienced. To find out more and to start to the journey to be the best you and your family can be, this time with emphasis on our kids, see my add below and come along, I'd love to meet you.



NATURAL KIDS

Learn to make a Bath Bomb & Angel Spray for bedtime

22 June 2018 | 7pm-9pm
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For bookings and more information:
samala@sramakeup.com | 027 437 7231

WORKSHOPS

Hosted by:

Samala Robinson
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Local Board Update from

Phelan Pirrie

Phelan's Local Board Update – June 2018

This month I'm going to borrow from an excellent column our Local Board Chair, Beth Houlbrooke has written. By the time you read this the Board will have made a decision which way it has headed on the 'Rodney Local Board's Transport Targeted Rate' proposal. The proposal was a local targeted rate that would only be spent in Rodney on bringing forward investment in a range of projects across the Local Board area. Whatever the outcome, this has not been an easy process for us politically. Given some of the comments directed at us online one would think that we have raised this possibility simply to make ourselves unpopular, but what could our motivation be? We consistently hear that transport is a priority for Rodney, that the local board is "toothless", lacks influence, and that our residents want more local decisions made locally. You may recall where this all started. We have all been paying \$114 on our rates bill as an Interim Transport Levy for the past three years. Many people believe that we have not seen any benefit from this rate, and that the money has all gone towards central city projects. So, the local board asked: how can we ring fence the levy so that it is only spent in Rodney? The answer to that question was that the only mechanism that would achieve the objective of having 100 percent of the money



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Grace Hand from Dairy Flat 'Winner' of the fabulous Bouquet of Flowers for her Mum provided by Annie Cody of Honeysuckle Flowers here in Waitoki.

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Arthritis Management For Your Pet

As our dogs age, things that were once second nature become an effort. Today, thanks to advances in veterinary medicine & companion animal care, dogs are living to a ripe old age. On the downside, that longevity also increases the odds they'll suffer from some form of degenerative joint disease (DJD) or osteoarthritis.

What is Arthritis?

As dogs get older, the cartilage surfaces of their joints begin to thin & cartilage cells die. When the cells die, they release enzymes that cause inflammation of the joint capsule & release of excessive joint fluid. Extra bony growths (osteophytes) can develop. All of these processes change the normal functioning of the dog's joint & an ongoing spiral of pain, lameness, limb inactivity & muscle atrophy sets in. When it comes to relief, reaching for a single "big gun" pharmaceutical is rarely the most effective approach.

Following Are Some Beneficial Strategies: Weight Loss:

Many older animals developing arthritis are prone to putting on weight as they often exercise less in response to the discomfort they feel. Research shows conclusively that carrying extra weight puts more stress on painful joints & so the most important aspect of keeping these animals comfortable is weight loss & maintenance at a very lean body condition score (BCS). We would like to be able to see the last rib and a well-defined waistline.

Around the House:

Provide well-padded bedding away from cold or damp drafts. (This will also help prevent the development of pressure point calluses). Carpeted or padded steps or a ramp to get on & off the bed or couch are advised. Non-skid flooring where surfaces are slippery is also very helpful. Your dog may find a gently sloped ramp easier to negotiate than stairs.

Supplementation:

"Nutraceuticals" is the name given to food that acts as a medicine. Countless joint supplements are available to promote healthy cartilage & joint health. These contain varying combinations of glucosamine, chondroitin, green-lipped mussel & other protective substances. We don't yet know whether beginning supplementation at a young age benefits every dog. The anti-inflammatory effects of omega-3 fatty acids (EPA, DHA) have also been documented to be helpful in dogs with arthritis. These are included in some canine arthritis diets.

Exercise:

Maintaining mobility through reasonable exercise is important regardless of a dog's age & the extent of their arthritis. Non-weight bearing exercise, for example; swimming - is excellent if not contraindicated by other medical conditions.

Complementary Therapy:

Many arthritic dogs appreciate muscle massages, which stimulate blood flow to atrophying muscles. Vets North has a qualified Animal Physiotherapist on our Team & she can tailor a specific treatment plan that will help improve your pet's comfort levels. Many arthritic dogs also benefit from acupuncture which may help with mobility & help your pet feel more comfortable.

Acupuncture treatments can be booked at any of the Vets North Clinics with our Physio.

Warm compresses over sore joints can be soothing, but care must be used to avoid injury from excess heat.

Pharmaceuticals:

When it comes to drugs, there are several options: **Arthropen Injections**:- Provide the body with the building blocks of cartilage it needs to assist in repairing its own tissues.

NSAIDs (non-steroidal anti-inflammatory drugs):- Once the arthritis is more advanced, one of the veterinary NSAIDs might be considered.

When the pain becomes severe, we can add an analgesic such as codeine or tramadol, members of the opioid family.

Gabapentin also targets the nervous system, altering the transmission and strength of pain signals.

PLEASE NOTE:

No matter how painful they are, please do not give your dog over the counter human pain medicines without consulting your veterinarian! Let's strive to support fit, structurally sound dogs;

maintain them with excellent nutrition, with age & breed appropriate exercise, optimal body weights & begin supplemental therapies when they show symptoms of and are diagnosed with degenerative arthritis. Here's to long, happy and comfortable lives for all our dogs! Give us a call on 09 869 3045 or pop into the Clinic at 3 Keith Hay Court, Silverdale.

We are excited to help your pet live a longer, healthier life!
www.vetsnorth.co.nz



Monthly Contribution

LAWN CARE

By Andrew Hall from Waitoki Lifestyle Mowing Machinery

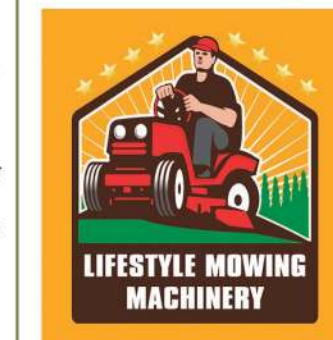
Power Generators.

What are the basic differences between Inverters and Power Generators?

Power Inverters use a much smaller motor and only create 12volts DC. Through the use of circuit board wizardry, they convert the 12volts dc to 240 volt ac. Inverters are much smaller, much lighter and much quieter than generators. Because of the smaller motors they are much more fuel efficient. They cost roughly double the price of a generator for the same power output. Electrical Generators work on the principle of electromagnetic induction, using magnets and copper windings. The large motor, the magnets and the copper, make generators very heavy. They tend to be noisy when running, and they will consume large amounts of fuel, depending on the load they are under. On the plus side, generators are by comparison to Power Inverters, are half the price for a similar power output. At Lifestyle Mowing Machinery we stock Briggs and Stratton Inverters and Generators. Inverters produce a true sine wave at 50HZ, so are very suitable for all electronic goods such as computers and TV's. Briggs and Stratton Generators also produce AC power that is a true sine wave, with a 3% to 6% variance. So that means instead of 50HZ you may get a variance of plus or minus 1.5 to 3HZ. This variance is still acceptable for powering electronic goods. Briggs and Stratton Generators also produce a very stable voltage, again, making them suitable for powering electronic goods. With winter rapidly approaching, we are offering 5% off our range of Inverters and Generators until the end of June.

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Phelan Pirrie, Deputy Chair,
Rodney Local Board
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