

Local Board Update from *Phelan Pirrie*

Phelan's Local Board Update July 2018

It thought it would be useful to do a bit of a 'myth-busters' column. I keep hearing a regular list of issues with Auckland Council, some of these are actually issues with our previous local council in its various forms over the last 50 years, some are more recent.

One of the most common ones I come across is "we're not getting our fair share of rates". Always a problematic one as does this mean what I pay being spent right outside my front door? The township? or district? Some residents of Wellsford define things as anything north of dome valley for example, I tend to look at things in terms of Rodney Local Board area that I have been elected to represent.

So are we getting back into Rodney what we pay to Auckland Council in rates? It would appear so, in fact we are ahead, clocking up an additional \$20 million of investment in Rodney this year above the rates contribution (just don't tell the rest of Auckland that!!!).

This is really not too surprising. No one should forget the double figure rates increases under Rodney District Council which struggled with a tiny population that was rated to finance a huge areas infrastructure. Watercare alone is now pouring hundreds of millions into failing infrastructure across Rodney and the new Auckland Transport budget is signalling a spend of over \$700 million in Rodney over the next decade including an unprecedented \$121 million in road sealing. Between AT and NZTA over \$70 million is being spent over the next three years just of the section of SH16 from Brigham Creek to Waimauku. So are we getting back what we pay in rates in Rodney? It would appear so.

Another chestnut is the "Council has an unsustainable debt level"... Rodney District Council struggled with its finances evidenced by bringing one of the highest level of debt of any legacy council into Auckland Council on amalgamation it may well be that this legacy is why this comes up.

Auckland Council has actually been a prudent borrower, don't take my word for it, Standard and Poors give Auckland Council a AA rating and Moody's a Aa2 rating. Borrowing to fund capital investment in infrastructure, which is what Council does, is a perfectly logical way of financing it's capital spending, the government does it, and in fact so do other councils and governments across the world. The idea that council has unsustainable debt levels isn't born out by the facts, objectively looking at other similar sized corporations or government entities it's quite normal. Council also doesn't splash it's capital spend around on pointless stuff, since I've been on Council I've seen the lid come down on capital spending and a focus on core business. Operational spending is slightly different and there will always be areas where this could be done better or the value is debatable, council needs to constantly be vigilant to ensure it delivers value for it's ratepayers.

And finally, "Council is wasting billions on a tram system to the Airport and North West". Council is not spending money on light rail. Both proposed light rail projects in Auckland are Central Government ones and funded primarily by NZTA a government agency. In the case of the proposed North West light rail project government has pledged \$2b but needs the rest of the money to come from private investors. Again, don't take my word for it, a quick google will show this is an NZTA/Government, not Council, project.

If you need assistance with council matters or want to discuss community projects, please email me or Phone 021 837 167.

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Rodney Local Board
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LAWN CARE

By Andrew Hall from Waitoki Lifestyle Mowing Machinery

Lawnmower Fuel Quality & Storage

During the winter period I find a large portion of call-outs are related to fuel quality and water in the fuel. In 29 years of servicing small engines, I could count on less than four fingers, the number of customers I have encountered with both water in their mower fuel tank and a plastic fuel can. That's got to be a great recommendation for the use of plastic fuel cans. How many of you have used fuel from a steel can, and then unintentionally left the can outside over night? If it is a metal can with the lid screwed on, and it rains, water will enter the can. Water is drawn up the thread inside the screw lid, when the air inside the container contracts during the cooler nights of winter.

Chainsaws, shredders / mulchers, water blasters and rotary hoes tend to be machines that are used and then stored for long periods. I can't stress enough, the importance of using fresh fuel in this type of machine. In order to make starting easier and more reliable consider adding a fuel stabilising product to your machines petrol, to keep it fresh and ensure good fuel quality over a long period. Petrol does not have an indefinite shelf life. It goes off, or stale, depending on how well it has been stored. As a general rule, don't use petrol older than three months, and store in an air tight container placed in a cool, dry place. Do not put fresh petrol in a plastic container that has previously held stale fuel. The fresh petrol will go off very quickly. So if a machine was running ok last time it was used and now it's hard to start, won't start, or runs rough, consider your fuel quality.

If you are looking for a new ride on mower give me a call.
Andrew 0274955948.

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Winter Wellness Tips

Now the weather is a lot cooler, building up your immunity is highly important. Over 70% of our immunity is within our gut, so eating foods that will nourish our

gut flora will benefit our immunity and help keep us well over winter.

Here's my Top Winter Wellness Tips:

Probiotics – Take a probiotic every day to help improve your gut flora. Start off with one a day (usually before you go to sleep is beneficial) and increase if necessary after a week.

Eat fermented foods – fermented foods are full of natural probiotics to keep us healthy. Try adding in sauerkraut, kimchi, kefir etc to your daily meals. Eat plenty of vegetables, especially greens – upping your vegetable intake helps your body receive the nutrients it needs – broccoli, kale, cabbage and cauliflower help supercharge our immunity.

Morning detox drink – start the morning off with a detox drink to cleanse your system and give you a boost in vitamin C. Lemon in warm water or a tablespoons of apple cider vinegar in water are both helpful. Add a little honey if necessary. If going for apple cider vinegar make sure you get one containing "the mother" in it. Bragg's or Ceres Organics are a good brand. Drink water – helps to flush out your system and remove toxins. Go for warm/hot water if drinking cold water is an issue.

Get outside – get at least 30 mins of direct sunlight (when you can) – Vitamin D is essential to boosting our immune system. Good luck!

Come on over to my Facebook or Instagram page **The Thrive Guide with Melissa Lowe** or my website www.thriveguide.co.nz for health and wellness ideas, recipes, and whole food tips for you and your family. See you there!

VN VETS NORTH Dental Disease in Cats & Dogs

One of the great consequences of the good nutrition & loving care we provide our companion animals is they live much longer than their ancestors. As a vet, it is not uncommon to meet cats & dogs in their mid to late teens, which is at least 10 years older than their bodies were "designed" to last in the wild.



While it is wonderful that we get to share these extra years with our friends, it is important to realise some of their organ systems need help to last that long. Kidneys in cats are an example of an organ that often start to deteriorate in function before the rest of the body. Likewise their teeth will usually need some attention during their lifetime to avoid the complications associated with tartar build up & painful gum disease.

Like humans, cats & dogs have bacteria living in their mouths, which in the presence of food & saliva form a biofilm called plaque on the teeth. If not disrupted by regular cleaning, biofilm can harden to form calculus, also known as tartar. Tartar & plaque are both very acidic, which can cause demineralisation of the teeth leading to cavity formation. This acidity can also lead to gum disease (gingivitis) & dental bone disease (periodontal disease). All of these conditions are painful for the animal & can contribute to bad breath.



In the past it was common to wait until an animal had bad teeth & then remove them. As you can imagine, by using this approach the animal often experienced severe discomfort. These days the veterinary profession is actively encouraging owners to maintain the oral hygiene of their pets throughout their lives. There are now many options available to help keep the teeth clean & breath fresh; food, chews & treats designed to encourage chewing & the disruption of plaque biofilm.

At your animal's annual health check we will always look at their teeth & gums and may suggest a clean. We do this under a general anaesthetic so we can properly examine & access all the teeth in the mouth. This means that any extractions can be done at the same time. Regular scale & polishes may avoid the requirement for extractions later in life, so it is time & money well spent.

Vets North Silverdale uses a state-of-the-art ultra-sonic scaler & polisher and has an in-house blood testing machine to assess older patients before their general anaesthetic. We are happy to discuss your pet's health with you before any dental procedure & give you a cost estimate to help you budget for your best friend's health.

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Introducing Annie Cody from Honeysuckle Flowers our local florist. She works from her garage and garden in Quarry Road, Waitoki and manages to grow much of her own greenery and flowers during the summer months. During the spring and summer most of her time is taken up planning and working on Weddings and Parties but in the Winter when things are quieter she runs a series of Flower Classes.

Annie has weekly market flowers and bouquets available every Thursday, Friday or Saturday but please order or call her in advance so she can make sure she puts flowers aside for you. If you would like a bouquet delivered give her a call and she can organise that too.

CONTACT ANNIE AND NOMINATE SOMEONE YOU THINK DESERVES A BOUQUET BEFORE 1ST AUGUST AND SHE WILL MAKE SURE SOMETHING BEAUTIFUL ARRIVES TO MAKE THEIR DAY.

Upcoming Classes:

Grapevine Wreath making - this is a hugely popular class as you will make your own wreath to take home with you - Friday 13th July from 12-2pm.

Hanging Installations Class - Come and learn how to hang flowers and put together stunning larger installations - Friday 20th July from 2-4pm

Wild Bunch - where she will show you how to spiral your flowers to make a stunning bouquet to take home at the end of the class. Class on Sunday 29th July 2pm - 4pm

For further details and pricing for classes Contact Annie on 0274448716 or email her on honeysuckleflorist@gmail.com.

You can also follow Honeysuckle Flowers on Facebook and Instagram.



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