

THE THRIVE GUIDE

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Health & Wellness for You & Your Tribe

Healthy Gluten Free Tortilla's/Burrito Wraps

The majority of the tortilla's you buy at the supermarket are filled with A LOT of freaky-lab ingredients (yes, even if they say they contain spinach - which is mainly green food colouring). The gluten free ones are even scarier. Anyway, these tortillas are easy to make and contain simple ingredients.

Ingredients:

- 2 eggs whisked
- 1 cup of full fat coconut milk (or you can use unsweetened almond/rice/cows milk)
- 1 tbs of olive oil
- 3/4 cup of tapioca flour
- 3 tbs of coconut flour
- 1/4 tsp sea salt



Instructions:

- *In a mixing bowl, combine all the above wet ingredients (including the tablespoon of oil).
- *In a separate bowl, combine all dry ingredients together (salt and flours).
- *Pour wet ingredients into dry ingredients bowl and whisk until fully combined.
- *Season your pan with coconut oil or olive oil.
- *Heat pan on medium to medium-low heat.
- *Pour 1/3 cup of batter into centre of pan to form a circle.
- *Cook for 2-3 minutes until tortilla is lightly browned on the bottom
- *Flip and cook about 1 to 1 1/2 minutes on the opposite side until browned.
- *Place tortillas on a paper towel-lined plate and cover with a t-towel to keep warm.
- *Makes about 6 tortillas about 6-inches in diameter. Double recipe to make extra.
- *Fill with meat and salad and enjoy.

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,

MILLWATER GALLERY

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ADVERTISING: SPACE AVAILABLE

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Last month we hosted our 2018 Waitoki School Trivia Night and it was **FANTASTIC!**

There were a lot of laughs, food, drink and plenty of good company in the way of School Families, Staff, Board Members and Corporate Supporters. Well done Jingle Balls who were the winners of the Cottrill Cup on the night and Thank you to everyone who came along and supported us. All proceeds

continue to get us closer to building our new Outdoor Learning Environment. Our 3 raffles on the night were kindly donated by *Fotheringham & Scott Panelbeaters, Country Meat Processors and Wet & Forget*. Thank You! Keep up to date with whats happening next on our Waitoki School Facebook page: <https://www.facebook.com/WaitokiSchool> Melissa Neville, Waitoki School Fundraising Committee Chairperson.

Watch out for more details on our upcoming Sip, Swap, Shop evening!



A UNIQUE SWAPPING/SHOPPING EXPERIENCE
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FRIDAY 21 SEPTEMBER | 6:30 PM | WAITOKI SCHOOL

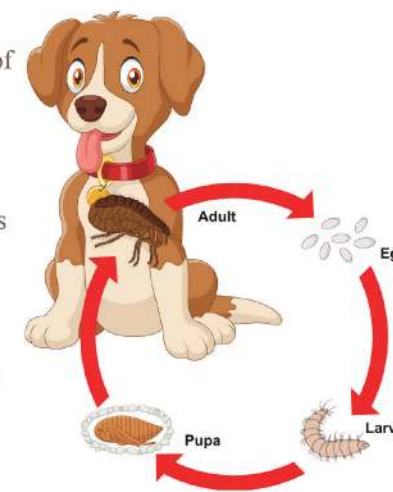
Tickets on sale soon!



Spring is in the air... so fleas are on the ground!

As we approach the warmer months and start to spend more time outside, remember that we are not the only ones coming out of hibernation. While it is a myth that fleas are "killed off" over winter, as

FLEA LIFE CYCLE



Auckland never gets cold enough to achieve that, it is true that their numbers do reduce in the colder months. As the temperatures start heating up again, the little pests start breeding at a rate that is both scary and impressive, and before long, we can have an infestation in an uncontrolled environment.

It is staggering to realise that for every flea you see, there are probably at least 99 more in one or another stage of development lurking around the house or garden. The adult female flea can lay from 10 to 50 eggs a day in ideal weather. Considering an adult flea can live up to 60-100 days, a single flea could lay upwards of 2000 eggs in her lifetime.

The eggs are laid on the "host" - your companion animal, and most will fall off onto the floor or bedding, or in the garden. Flea larvae emerge from the eggs within 1 to 10 days, although if conditions are not ideal, the egg can remain in the environment much longer, waiting for the right opportunity to hatch. The larval stage lasts 5 to 11 days and is a time of vulnerability in the flea's life cycle. Once they spin their cocoons and "pupate," which takes 5 to 9 days, they are then in a pre-adult state within the cocoon that can last from only a few days to more than 6 months.

This cocoon stage explains why "flea-bombs" are not an effective flea control method on their own as they only kill the fleas in the adult and larval stage at best. So all those thousands of eggs and little cocoons are still lurking and waiting for the proper conditions in order to emerge and start the whole population explosion all over again.

One more detail about our foe the flea: they can spread disease and tapeworms. The way the flea feeds is by sticking its pointy little nose into the host and injecting a bit of "saliva" to thin the blood before sucking it. This is why so many pets are allergic to flea bites and end up with severe rashes and hot spots.

It is important to control the entire lifecycle of the flea by treating year round with an effective treatment. Call into Vets North Silverdale today to discuss the best option for you and your pet - we have options available for every budget, size animal and stage of life.

Give us a call on 09 869 3045 or pop into the Clinic at 3 Keith Hay Court, Silverdale.

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GREEN LIVING tip..

By Christina Newbert

Perma what?

Despite being a greenie for some years now, our inaugural permaculture workshop reminded me of two things - that learning never stops, and how important it is to come together to soak up the wisdom of others. The amazing Robyn Dyer has based her whole property and lifestyle on permaculture principals and these can be so easily applied to any home, be it a teensy section in suburbia or massive lifestyle block. How and where to put your compost bins, successful veggie gardening, best ways to mulch, happy chooks, worm based sewerage treatment, solar power, optimal sustainable home design...and that was all before home-made soup and bread for lunch! Permaculture is all about living on and off the beautiful little piece of the planet we call our own in the best way possible. And as our planet becomes increasingly imperilled, the more we know how to do this, the better.

The Artisan Workshops...Coming Up

Permaculture - Sat 27th October, 10am-4pm, \$90.00, includes lunch, afternoon tea and comfrey to take home.
Email: hello@theartisanworkshops.co.nz

WAITOKI VILLAGE MARKET DAY

Saturday 13th October 2018

WAITOKI HALL, KAHIKATEA FLAT RD / 8.30 TILL NOON

Support your community; all proceeds from the Market go back to our local community.



Enhance you and your family's well-being and smell amazing! Come to the Waitoki Village Market Day Saturday October 13th and meet Michele and Debbie who will be demonstrating how essential oils can enrich the atmosphere within your home supporting natural health. Find out what is going on in your community; get involved in a friendly, relaxed atmosphere. Pick up baked goods, plants, homemade and preloved bargains, Bric a Brac, preserves, and more at the Waitoki Hall, Kahikatea Flat Rd. 8.30 till noon Saturday October 13th.

Future market dates: Dec 8th
New stall holders welcome, contact Gill PH: 420 3301
or email: waitokihall@gmail.com

EAT. PLAY. MEET

Seafood Chowder w/ Garlic Bread • Smoked & Cured Meats • Cured Salmon Pasta Pea Salad • Assorted Seasonal Salads • Duck Fat Potatoes • Gratin Potato with Gratin Mustard and Cheddar • Mixed Seasonal Vegetable Portobello & Parmesan Risotto • Yorkshire Pudding • Pork Belly with Carmalize Apple • Teriyaki Salmon • Roast Rib Beef • Roast Leg of Lamb • Lemon Meringue Tart Bakewell Tart • Chocolate Mud Cake • Vanilla Panacotta and Raspberry Coulis

ENJOY FATHERS DAY BUFFET CARVERY AT WAINUI

TIME: 12:00 p.m. - 5:00 p.m.
LAST SITTING: 4:00 p.m.

Pint of Beer or Glass of House Wine for Dad on Arrival

\$55 per Person
Children 12 & under \$4 per year of age
Free 4 years and younger

SUNDAY SEPTEMBER 2ND

wainui.online

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