

Waitoki Village Market

Saturday 12th December 2020

Waitoki Hall, Kahikatea Flat Rd / 8.30 till 12pm

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

Community exchange and swap table: Info and give aways, books, seeds, bring and share your surplus produce. Come, share and exchange. Need help, come and let it be known.

Pick up homemade and preloved bargains, baked goods, preserves, plants and more while you're there.

Community resilience starts with you, get involved at the Waitoki Hall.

Future market dates: 12th Dec,

2021 - Feb 13th, April 10th

New stall holders welcome, contact Gill 420 3301 or Email: waitokihall@gmail.com



HONEYSUCKLE FLOWERS

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Based in Waitoki, Call Annie 027 444 8716 or visit www.honeysuckleflowers.co.nz



Looking for an amazing arrangement of flowers for Christmas call Annie @ Honeysuckle flowers, Waitoki



Summertime Checklist



Temperatures are rising, holidays are approaching & most of us are looking forward to seeing the back of this rather chaotic year. Whatever your plans this summer, there are a few things to think about for your pets to ensure summer is a fun time for us all.

- If you are going away & your animals will be going into a boarding facility, make sure their vaccinations are up to date. Many animals missed booster shots this year during the various lockdowns. Kennel cough seems to be doing the rounds so it would be a good idea to add this to your dog's vaccination protocol even if you have not considered this in the past.
- Likewise, now is a good time to ensure your pet is microchipped & check the chip is working. In addition check the details are up to date on the National Register.
- Never leave your animal in the car for more than a couple of minutes, make sure to park under cover or in the shade, always have shade & water available during summer. Remember your flat faced breeds such as British Bulldogs & pugs suffer a lot more in the heat. It is not recommended to exercise these dogs during the heat of the day at all.
- Check the temperature of the pavement before taking your dog for a walk – if it is too hot to hold your hand on for more than 5 seconds, it is too hot for their paws to walk on.
- There are a lot of foods around at this time of the year that are potentially dangerous for animals. Chocolate & raisins are the well-known culprits, but rich foods such as ham on the bone can also cause issues & make your animal sick. As a rule, human food should be a no-go for all animals.

On behalf of the Vets North team, we would like to wish you & your furry family members a truly happy festive season. We are open throughout the holiday period, with the exception of the statutory days, so please give us a call at any of our Clinics Rodney-wide if you have any questions or concerns.

0800 VTS NTH / AFTER HOURS: 0274 957 986
Kumeu / Helensville / Waimauku / Huapai / Silverdale
www.vetsnorth.co.nz

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Wainui School's annual Ag Day and Country Fair

- What a truly amazing day!!

Thank you community for turning up and supporting our annual day so fully. It was tricky in this COVID-19 year to think we could even go ahead and have our Ag day and country Fair but so many mums, dads, nanas, grandads, ex-pupils, members of the community came along to support and be part of this wonderful day.

Thank you FOWS (Friends of Wainui School) for the tremendous organisation in such a short time frame!! led by Nikki Browne, Kylie Allen, and Mel Mayes. The hall was then full of enterprising students with their market stalls, A Bee display, Garden to Table selling their plants and cups of tea to chat about what it is we do at Wainui School in Garden to Table and of course all the "Pet Eggs"!!

Thank you to our children and the staff the classrooms looked amazing. Thank you to the grandparents and ex-staff who came along to judge the classroom arts and crafts, what an amazing job they did as it was so hard.

This year I made sure as principal I visited every room the night before whilst judging was on!! It always astounds me the creativity of the new ideas and the traditional ones that all motivate and inspire the children to produce amazing exhibits.



Thank you to every family and of course, the child that reared the lamb, calf, kid goat or chicken, for firstly taking on this challenge as it takes time and can be expensive. The bond with animals is something to be proud of!! It takes time for children to develop a bond to call their lamb or handle their chicken, lead the calf or kid goat. It then takes resilience and patience to be in the ring and be judged, so well done everyone!

Special congratulations to Supreme Champion Winners:
Lamb: Keira Sams, Calf: Bella Browne Hale, Kid Goat: Harry Browne Hale, Chicken: Aiden Krynauw

AG Day Proudly Sponsored by Simone du Bernard from Harcourts Cooper and Co



Melissa Lowe

NUTRITION & HEALTH COACH

5 Tips for a Healthier Christmas The holiday period is a wonderful time to celebrate with friends and family whilst enjoying amazing festive foods together. However, it can also be a time when many of us can easily overeat, indulging in rich foods that aren't the best for us, leaving us uncomfortably full, bloated and wishing we'd worn stretchy tracksuit pants. So, here are 5 tips to get a little bit healthy(ish) during the holiday period;

- Use a plate – if at a function where there are snacks on a table, it can be easy to overeat without realising it. Try using a plate or serviette instead, so that you can be more in control of how much food you are eating.
- Eat something healthy first – a green smoothie, salad, stir fry vegetables, veggie sticks, fruit, nuts and seeds etc. are all good options to nourish your body before you indulge in the treat foods.
- Portion control – instead of overloading your plate, try to take smaller portions of certain foods and if you are still hungry afterwards, go back for more.
- Get your veggies in – try to aim for plenty of above ground green vegetables instead of just meat and starchy carbohydrates. Aim to have nearly half of your plate filled with healthy vegetables to avoid heaviness and bloating.
- Go for a walk – it can be easy to just flop on the couch after a big meal, but try to get out into nature and go for a brief walk. This will help you digest your food better and reduce that tired bloated feeling.

The silly season can be an amazing time of friends, family, food and time off work. But it can also be a time of stress for many – demanding children, annoying in-laws, too many festive events, decorating, present buying, tangled Christmas lights and a maxed-out credit card.

If you're also looking for some tips on how to get out of the Christmas Chaos and bring some calm to the holiday season, download my free guide 10 Top Tips for a Stress-Less Christmas – A Guide for Busy Mums.

Copy / type this in your browser:
<http://eepurl.com/cYtdmL>

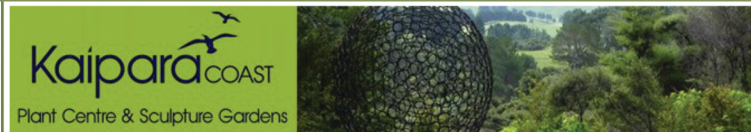
*** In the meantime, come and get on the wait list for the online Healthy Happy You Group Programme for Busy Mums – starting soon! Spots are limited. ***
<https://www.thethriveguide.co.nz/wait-list-group-programme>
Also, when you join the wait list you will receive my '7 steps to Banish the Christmas Belly Bloat' guide so that you can feel more comfortable over the holiday period.

Have a wonderful Christmas everyone! Stay safe and happy.

Ready to gain energy, lose weight, balance those hormones and feel healthy again? Book a free 30-minute Health & Wellness chat at www.thethriveguide.co.nz
FB & IG @thethriveguidewithmelissalowe
Busv Mums Group @rediscoverinavoubusmums

We are open!
Contact us if you would like to pop in for a Centre tour and meet our Team

Email: admin@tokiexplorers.co.nz
Phone: 09 420 3278
www.tokiexplorers.co.nz
1174 Kahikatea Flat Road
Waitoki 0871



FLOWER ARRANGING – CHRISTMAS THEME

SUNDAY 6TH DECEMBER 0930 – 1130AM

Have you ever wanted to create your own Christmas wreath or a beautiful table setting for that special lunch or dinner but not sure where to start or how to go about it? Then this 2 hour workshop will be ideal to get you on your way (as well as impress family and friends @).

Bea Stumple, an expert local florist, will again be presenting this event which was extremely popular and well received when we ran it in 2019.

Bea qualified was the top student in NZ when she completed her NZ Professional Floristry examinations 26 years ago and is one of only 16 people to have received the Ethel Black Award (a top accolade in the floristry world). She is also a registered examiner and accomplished tutor – so Bea knows her stuff.

She plans to stroll around the gardens with attendees selecting appropriate plants and flowers and then show you how to arrange them to best effect. In this interactive workshop Bea will be explaining:

- Appropriate plants and flowers that work well together
- Various arrangement techniques and concepts
- How to make your creations last longer
- Tools and materials required

After the workshop maybe spend more time in the Gardens which has a beautiful 1.2km nature trail meandering through the idyllic Kaipara countryside.* There is also a kid's play area as well as our cute little coffee shop on site plus of course the Plant Centre for you to browse through.

Our knowledgeable and friendly staff will also be on hand to help with any garden related questions.

* Trail not suitable for wheelchairs or walking frames.

Venue location: 1481 Kaipara Coast Highway
Contact: info@kaiparacoast.co.nz OR Phone: 09 420 5655
Tickets - \$15 pp - Bookings required.

Monthly Contribution

LAWN CARE

By Andrew Hall from Lifestyle Mowing Machinery

Now is the time of year that we really depend on our ride on lawnmowers. Christmas is rapidly approaching so don't leave any service work until the last minute. Quite a number of the ride on's coming into the workshop have serious, time consuming engine and cutting deck problems, which can lead to extended repair times, particularly closer to Christmas. I am still operating a mobile onsite machine service and repair option, however this service is now limited to Tuesdays and Thursdays. Advance bookings are essential at this busy time of year. One common problem that we see a lot is Briggs and Stratton single cylinder ride on engines that use oil, with normally no other symptoms. Nearly 100% of the time a blown head gasket is the cause. Don't put off this type of repair as to wait will normally end in disaster with a new engine required.

"Don't kick it- I'll fix it"
Andrew (moadoc) and Donna Hall (moadoc)
Lifestyle Mowing Machinery

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Web: www.moadoc.co.nz

Check out my comprehensive small engine parts catalog.