

The Spider's Web

Delivered free to over 5,200 homes in Avondale and Waterview

March 2016



AVONDALE No. 151

EASTER COMPETITION

Find the Bunny Posters &
Win Win Win

proudly
sponsored by



The Avondale Business Association with support from TTCF is running a Easter Bunny Competition for the children of Avondale. Find Bunny Posters, receive a Spider Stamp and win a Easter Bunny. Hurry now and find the Bunny Posters scattered around selected Mainstreet Shops. Ask the shop keeper for a Spider stamp and continue on until you receive all 3 spider stamps to qualify to win an Easter Bunny prize. Competition closes on Thursday 31 March 2016. Ages between 2 and 10 years old.

Completed Entry forms can be handed in at the Avondale Appliance Centre, 1a Crayford Street-West, Avondale.

Conditions Apply:

- * 1 Entry per Child;
- * use only copy of the Spider's Web, no photocopies.

EASTER BUNNY COMPETITION

Find the Bunny Posters and Win Win Win

NAME:	
ADDRESS:	
D.O.B/AGE:	
	Spider Stamp ↓
Shop 1.	
Shop 2.	
Shop 3.	

On behalf of the Avondale Business Association & Spider's Web, we wish all our readers a

Happy & Safe Easter!!!

Thank you to all the businesses who supported by advertising their business with us.

Appreciate your support throughout the years.



Published by the Avondale Business Association (Bernie Thomsen)
Phone (09) 820 0648 Fax (09) 820 0649 PO Box 19 730 Avondale
Email: aba@avondale.net.nz Website: www.avondale.net.nz

Advertise here for as little as \$25 per month.

"Please note: Payment is required once final proof is accepted before printing."

DISCLAIMER: Every effort has been made to ensure the accuracy of information in this newsletter, but the editors and publishers accept no responsibility for any errors or omissions.

Avondale - Waterview Historical Society

The man behind the Robertson name

John Robertson (c.1829-1894) was a merchant who purchased a house in 1862 along with just over an acre of land bounded by Symonds, Basque and Dundonald Streets in Eden Terrace known as Cotele. But — he also had an Avondale link, which survives in one of our street names, and even a local statistical district according to the Government census.

Sometime from 1866 to the early 1870s, land owner and farmer Henry Walton decided to retire and leave the colony to return to England. He resigned from the Legislative Council in 1866, but still retained land holdings which need a New Zealand resident agent to manage on his behalf. He appointed John Robertson as his attorney, and part of the land Robertson was tasked to administer was the Walton Estate in Avondale, today's Robertson area. After John Robertson died, Henry Walton's family next appointed Robertson's son Dr Ernest Robertson as attorney for the estate of the now deceased Walton. Henry and Walsall (formerly Walton) Streets are named after Mr Walton.

(From his obituary): John Robertson was born in Glasgow c.1829 and arrived in Auckland in 1846. He was in business first with his brother-in-law, then later on his own account for many years in Queen-street, one of the largest and most prosperous merchants in Auckland. When his premises in Queen Street burned down, he transferred his business to Durham Street, and in 1872 he sold out and went to England. He returned, but remained in semi-retirement.

He was for some years chairman of directors of the Taupiri Coal Company. He was also one of the foremost men in obtaining the San Francisco mail service. He was formerly president of the Chamber of Commerce, and was one of the small knot of gentlemen who started St. Sepulchre's Church in Symonds-street, being for many years a church warden.

During his lengthy residence in this city Mr Robertson in all his transactions acted so as to leave behind him an irreproachable character, while in his private life he made numerous friends who will sincerely mourn his loss. As a business man, he was successful in accumulating enough of this world's goods to enable him to pass his later years in ease. (Auckland Star 20 July 1894).

Lisa J Truttman
Avondale-Waterview Historical Society
Call 828-8494 for information.

**ADVERTISE IN THE
SPIDER'S WEB FOR AS LITTLE AS
\$25 PLUS GST (Business Card size advert.).**
Email: Bernie Thomsen now...
aba@avondale.net.nz

Avondale College Community Facilities

The Avondale College Community Stadium is available for hire:

Monday - Friday term time	6:00 pm - 10:00 pm
Weekends/School Holidays	All day
Bookings taken weekdays	10:00 am - 6:00 pm

Sports Facilities available are:

- Two full size Basketball courts (one has seating for up to 1,000 spectators) which can also cater for many other indoor sports e.g. Volleyball, Indoor Soccer
- Two Squash courts
- Softball diamond
- Artificial Cricket wicket
- Tennis courts
- Artificial Hockey turf
- Dance room

Avondale College Community Stadium is a partnership with Auckland City Council.

Please phone or E-mail the Stadium Manager for more information or a quote for your next event or training.

Telephone **(09) 828 9885**

E-Mail **facilities@avcol.school.nz**



AVONDALE COMMUNITY GARDENERS



Herbs in Families

Mary Fleming is our Trust advisor for a project booklet we are working on this year. Mary has donated to the community; boxes of library books, newspaper clippings, notebooks, & photographs she has curated on the topic of Tree Crops & Herbs : their growing conditions & beneficial purposes. It will be a study year for our members, as we compile the beginner & advanced learning experiences of our Biodynamic Home Garden Cooperative and mentors. We look forward to sharing this valuable resource with you in upcoming articles. Do inquire to join us in our outreach work in our Rangimatariki Biodynamic orchard, & Herbs in Families booklet.

W : www.facebook.com/avondalecommunitygardeners
E : avondalecommunitygardener@gmail.com

Pattern Drafting for Beginners

Want To Make Your Own Clothes but don't know where to start? Try the One-On-One Pattern Drafting Workshop at SEW MUCH FUN.

In this two-hour workshop you will get individual attention and learn how to take accurate body measurements and draft a basic bodice block with and without darts as well as a sleeve block.

The cost of the workshop is \$60 and includes pattern paper and the tools required for you to draft your pattern. Classes are available on weekdays from 10am to 12noon or 5pm to 7pm.

Phone Jacinta James on 09 828 1577 to book your class.

For more information on other workshops please see:
Facebook Page: <https://www.facebook.com/www.sewmuchfun.co.nz>;
Website: <http://jacintaj.wix.com/sew-much-fun-sewing1>



Avondale Library Happenings March 2016

BREAKING NEWS! The Library's re-carpeting is now complete. We re-opened on Monday 7 March with an array of positive comments on the fresh new look. If you haven't popped in yet, come in and see us and the colours that reflect Avondale.



For **Lunar New Year 2016, Year of the Monkey** the participants thoroughly enjoyed the exciting activities and amazing performances. We would like to extend our appreciation and a genuine "Xie Xie" to the Chinese Community, and Librarian Annie Cui, for the tremendous effort and contributions towards making it a wonderful success. Check out our Facebook for video clips of the performances. www.facebook.com/avondalelib



Interest in the **3D Printing** is developing fast. Harmony and Kodi came all the way from Howick because they had heard of the 3D Printer! They produced a 1950 Ford Model Car while a teen produced the coolest ever silver Lamborghini. Also printed

this month were a Maori tiki, snowflakes, Nordic runes and anime characters. The libraries in the Whau area; Avondale, Blockhouse Bay and New Lynn share the equipment. Next month *Laptops* will be available for use at Avondale Library. www.facebook.com/avondalelib

Our regular activities are:

Minecraft Club every Friday afternoon: 3.30pm-5pm. Currently, 'Pocket Edition Minecraft' is proving very popular.

Wriggle & Rhyme Tuesday 9:30am-10am.

Storytime Wednesday 10:30am-11am and Saturday 10:30am-11am.

Book a Librarian Friday 11am-12 noon. Needing one on one help on CV writing, searching e-audio, e-books, e-magazines or e-resources, setting up an email account, internet or using Auckland Libraries website, catalogue and much more.

Children's Homework and study support help is still available afterschool. Meet Alison our new Children's and Youth Librarian in the Children's area.

March brings celebrations for Pasifika Month. Here's the line-up of events. Everyone welcome.

Wednesday 9 March: Pacifica story time, 10.30am-11am.

Saturday 12 March: Creative Souls musical performance, 11am-11:30am.

Wednesday 16 March: Creative Souls Story-time, 10:30am-11:30am.

Thursday 17 March: Tapa inspired Painting Workshop 3:30pm-4:30pm.

Saturday 19 March: Create a Cook Island Garland of Flowers Ei to wear on your head. 2.00-3.00pm.

We wish everyone a happy St Patrick's Day on Thursday 17 March celebrate with us by wearing GREEN.

Chinese Computer sessions--Starts Tuesday 8 March. Runs for 4 weeks Beginner's classes in Mandarin. Bookings are essential.

Avondale Library

93 Rosebank Road, Avondale 1026

Ph: 374 1310

www.aucklandlibraries.govt.nz

Twitter: Auckland_Libs

www.facebook.com/avondalelib



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Deadline for the next issue of Spider's Web is Thursday 31 March 2016, at 12 noon. Enquiries: email: aba@avondale.net.nz

Have you owned your home for more than a year?

Do you have money in the bank earning almost ZERO interest? Why not take advantage of the HOT Auckland market to establish a positively geared passive income?

Did you know that you can use the equity in your home to buy an investment property?

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Make 2016 the year to love yourself.

Call me now for an appointment.

6 St Georges Road, Avondale **Felice** HAIR DESIGN **Phone 828 6353**

Kids' 5-day Sewing Workshop

Not sure if you or your child will like sewing? Come to the "Try a Lesson" Workshop.

During this 2-hour Workshop you will learn to use a sewing machine and you will complete a simple project while you pick up heaps of new skills. You will go home with a cushion cover that you have made.



At the workshop you will learn how to:

- ☐ thread a machine
- ☐ use the presser foot
- ☐ fill and load the bobbin
- ☐ sew straight lines and back tack
- ☐ adjust stitch length and use different types of stitches
- ☐ pin correctly
- ☐ cut, press and iron

The classes are small with a maximum class size of 4 to ensure you get individual attention.

The cost for the two-hour workshop is \$50. Fabric, tools and all items required will be provided.

Date: Any day Monday to Friday

Time: 10am -12noon or 4pm-6pm

Saturday: 10am - 12noon

Phone Jacinta James on 09 828 1577 to book your class.

For more information on other workshops please see:

Facebook Page: <https://www.facebook.com/www.sewmuchfun.co.nz>;

www.sewmuchfun.co.nz;

Website: <http://jacintaj.wix.com/sew-much-fun-sewing1>



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Dentist
B.D.S. (Hons) Otago



Kim Drum & Jelena Wilson
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Jasmina Luetich
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Let's have a coffee; I would love to meet you.

Contact Denise on 09 828 2885

Email: info@cosmopolitanvillage.co.nz

COMMUNITY NOTICES....



Fitness / Zumba Classes

every **Mondays** from 6pm to 7pm,
Avondale Community Centre,
99 Rosebank Road, Avondale

Every **Tuesdays** from 6pm to 7pm, Nafanua Hall,
45 Rosebank Road, Avondale, opposite WINZ

Every **Wednesdays & Fridays** from 6pm to 7pm,
Avondale Intermediate School Hall, Holly Street,
Avondale

**Low impact exercises and
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Come on down and join us for 1 hour to keep fit and healthy and at the same time have some fun with the Team - **Top Class Fitness**, Avondale.

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2021 Great North Road,
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from 4pm to 8pm

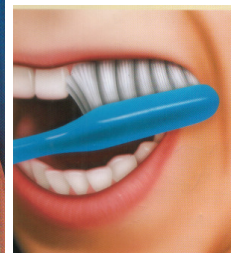
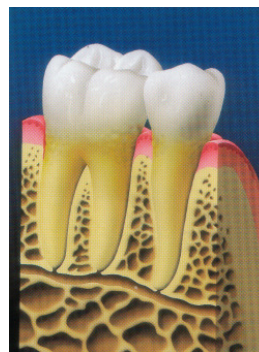
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Continuation from last months issue of Spider's Web.....

Did you know that if you have gum disease, you may be at increased risk for other conditions that effect your general health? With proper care, gum disease or periodontal disease can be prevented and treated.

Good oral hygiene and regular professional care are the keys to preventing periodontal disease. Oral Health in American: A Report of the Surgeon General of the United States was recently released. Its most important news is an understanding of the vital relationship between oral health and general health at all stages and ages of our lives.

Gum Disease and Diabetes

For years we've known that people with diabetes are more prone to gum disease than others. New research suggests that people with diabetes who also have periodontal disease, may have more difficulty controlling their blood sugar. For diabetic patients with severe cases of periodontal disease, blood sugar is increased. If you are diabetic, that places you at increased risk for diabetic complications. Keeping your periodontal disease under control may help control your diabetes, too.

Gum Disease and Respiratory Disease

If you have periodontal disease, you may be at increased risk for respiratory disease. Infections in the mouth, like gum disease, are associated with a high risk of respiratory infection. If you smoke, or are elderly, or have other health problems that suppress the immune system, your risk of respiratory disease is higher. Bronchitis, pneumonia, emphysema and Chronic Obstructive Pulmonary disease are some of the respiratory infections that may result from infected gums.

Gum Disease and Women

Hormonal changes throughout a woman's life can affect many tissues on the body, including gum tissue. These changes may place women at greater risk for periodontal disease and call for you to take special care of your oral health.

- Puberty: Young women, as they mature, may experience menstruation gingivitis during puberty. Bleeding gums, swollen gums or mouth sores are common symptoms.
- Child-bearing years: For women who take oral contraceptives, or who become pregnant, gingivitis is of increased concern. New evidence confirms that periodontal disease is an infection that poses a risk to the health of a baby. Pregnant women who have periodontal disease may

be seven times more likely to have a pre-term, low-birth weight baby.

- Menopause: During menopause, when hormone levels diminish, women may experience pain, burning, or "dry" mouth. Treatment for these symptoms is available from your dentist.

Talk to Your Dentist

Talk to us if you have concerns about the connection between gum disease and your overall health. If you have heart disease, diabetes, or respiratory disease...or if you are pregnant or thinking of becoming pregnant, let us know.

Tell us if you have a family member with a diagnosis of periodontal disease. It is possible for the bacteria that cause periodontal disease to be contracted through close contact among families. We'll take special care with your oral health needs and if necessary, refer you to a periodontist who specializes in gum disease.

Clean and Healthy

Maintaining clean, healthy teeth and gums is another key to preventing related health problems. It is important to consistently follow a programme of oral health. Be sure you:

- Use a toothbrush with soft, rounded bristles
- Change your toothbrush every three to four months
- Replace your toothbrush after an illness
- Brush at least twice a day
- Use a toothpaste with fluoride
- Floss once every day
- Visit your dentist regularly
- Have a periodontal check-up
- Have oral cancer screenings
- Avoid tobacco products
- Avoid excessive alcohol use

The Final Word

Talk to your physician about any health conditions that could impact your oral health. Today, more than ever, your physician and your dentist are working together as an integrated health care team.

Just for a laugh...

An American tourist asked a boat guy in Zanzibar, "Do you know Biology, Psychology, Geography, Geology or Criminology?"

The boat guys said, "No. I don't know any of these".

The tourist then said, "What the hell do you know on the face of this Earth? You will die of illiteracy!"

The boat guy said nothing....

After a while the boat developed a fault and started sinking. The boatman then asked the tourist, "Do you know Swimology and Escapology from Crocodylogy?"

The tourist said, "No!"

The boat guy replied, "Well, today you will Drownology and Crocodylogy will eat your Assology. I will not Helpology and you will Dieology because of your Badmouthology."





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Deadline for the next issue of Spider's Web is Thursday 31 March 2016 at 12 noon.

Kathryn & Paul Davie

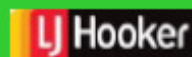
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Kathryn P: 09 626 8113 M: 021 521256
Paul P: 09 626 8118 M: 022 2448633
E: kdavie.blockhousebay@ljh.co.nz



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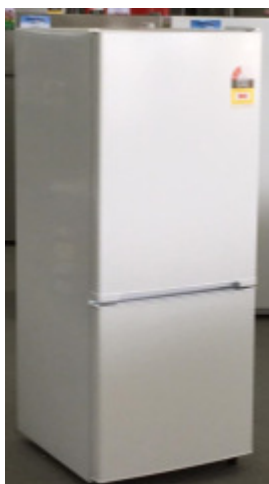
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