

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

**EVENTS AND UPDATES
LOCAL BOARD UPDATE**

- Pet tips and advice
- ANZAC biscuits
- Home and garden
- Property market report

INSIDE HUAPAI & KUMEU

Circulation is 10,000 print copies and 3371 opened and read email copies.
Editorial contributions are free from cost. Advertising starts at \$75 plus gst for a business card size.
Contact Sarah Brightwell on 021 250 7324 or sarahbrightwell022@gmail.com

April 2016

Intro

Welcome to April, the tipping point toward Winter and a time of contrasts, colours and clothing layers. It is great to see a growing number of locals voicing their opinion about change. Likewise we are in for some robust discussion between residents and New Zealand Transport Agency over the next twelve months as the finger is pointed at the agency for a complete lack of vision, planning and public consultation over the roading network and traffic by-pass for Kumeu. Many within the community recall the same dilemma in Henderson and specifically Lincoln Road forty years ago when the same agency failed to effect a roading plan to ensure Henderson and surrounding suburbs had good roading access. Today some would say it still suffers from traffic gridlocks as a result of this failure. Within this issue we celebrate diversity and the quality of life, the colours of Autumn are only matched by the wide mix of local stories, business updates and ideas through these 48 pages. A big thank you to all our sponsors and supporters that wave their flag every month and engage with the community. Without your positivity and enthusiasm I am sure that Kumeu and surrounding districts would not be the great environment that we all enjoy. This is evident within the Insider this month that takes a snapshot on Kumeu-Huapai, a service town to the railway and transport gateway between Kaipara Harbour and the Manukau Harbour. It seems ironic that today it is the transport and congestion that threatens to derail the quality of life that attracted locals to the area. Enjoy today, plan for tomorrow. As always, Stay safe – Be Kind.

Sarah,
Editor.



kumeu Courier

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Cover Shot: Kevin Cronin - Huapai School Principal

Print run is 10,000 copies through Treehouse Print
Email database is managed by Sublime NZ



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STATE HIGHWAY 16 PETITION HITS 2600 SIGNATURES

A petition I initiated a few weeks ago to ask NZTA, the government agency responsible for State Highway 16, to address traffic and safety issues has reached 2600 signatures.

When Nick Smith announced the Special Housing Area policy in Huapai in 2013 there was an assurance that Government would help provide infrastructure to deal with the new houses however traffic has worsened considerably as other housing already underway has been completed. Auckland Council has now committed over \$10 million for transport infrastructure in Kumeu and Huapai but NZTA has been silent on plans for SH16. The SHA's were approved by the government in 2013 so NZTA has had ample time to plan for growth.

The petition calls for a range of safety and traffic mitigation measures from improved safety along the stretch from Kaukapakapa to Brigham Creek including intersection improvements and providing four lanes from Huapai to the motorway. Improvements to SH16 are going to be an important part of any Public Transport solutions Auckland Transport provides – there's no point having buses from Riverhead if they're going to get caught at the SH16 intersection, bus lanes on

SH16 will be vital. People wanting to use a rail service from Huapai are still going to have to be able to get along SH16 and park somewhere. SH16 is the main route along which our townships are based so improvements are an essential part of a multi-mode solution to the traffic issues. The goal of the petition is to gather over 5000 signatures to present to NZTA. To find out more about the petition and sign it visit: <https://www.change.org/p/nzta-fix-state-highway-16>

If you have issues or questions connected with council or want help on a community project please contact me, Phelan Pirrie, Elected Member, Rodney Local Board. Mobile: 021 844 124. Email phelan.pirrie@aucklandcouncil.govt.nz.

nity to get together in a relaxed environment with morning tea at the end.

Nina is a busy professional teacher who knows the value of children learning the basics before school, and leads the sessions, with various aspects run by mums attending. A gold coin donation is suggested. Mondays 10 am, during school term. Enquiries: nina.bates@yahoo.co.nz or 027 724 7222, or just turn up.



ALPHABET ART

Alphabet Art for preschoolers and parents/caregivers continues on Monday mornings from 10 am to 11:30 am at Riverhead Family Church – corner Arthur Street and Great North Road.

A group of mums (and some dads) and children get together for a 90 minute fun learning and play session, where there is music, phonics, craft, playdough, and other playing activities, to suit the child's age. It's a lovely opportunity for caregivers and children from the wider commu-

\$75 = EXPOSURE FOR A MONTH - KUMEU COURIER

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at sarahbrightwell022@gmail.com.



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COMMUNITY NOTICE BOARD

THE TASTING SHED

The Tasting Shed has once again been named in Metro Magazine's 2016 Top 50 Restaurants List, cementing its reputation as a top dining destination in Auckland. 'We're thrilled to be included in this prestigious list of recognised dining establishments, and especially proud to be representing West Auckland,' say owners, Jo & Ganesh. 'We believe we have the best and most talented team of people working at The Tasting Shed to bring our wonderful customers a unique and exemplary dining experience, and we look forward to continuing our goal of being the best rural restaurant we can be.' This is the fourth time The Tasting Shed has been named in the Top 50 list since opening in August 2011. For bookings go to www.thetastingshed.co.nz or phone 09 412 6454.

KUMEU LIBRARY

At Kumeu Library, we love helping people! But sometimes our customers need help with something that will take a bit more time than a simple enquiry. So we can spend the time you need with you, we have a service called "Book a Librarian" at Kumeu Library. This service is free, and involves making an appointment and then spending up to one hour with one of our knowledgeable staff members. Among other things, you can:

- Learn all about the Library's free Genealogy databases (including Ancestry and

Find My Past)

- Learn how to download books, audio books and magazines from our extensive e-catalogue to your laptop, tablet, smartphone or e-reader
- Learn how to download photos to your device
- Learn all about the library's online databases and how to use them for study and research
- Get help setting up an email account
- Get help writing your CV

If there is something you need help with, even if it is not in the list above, all you need to do is phone 09 301 0101, ask for Kumeu Library, and we will arrange a time to suit you.

HALLERTAU CELEBRATES HITTING DOUBLE DIGITS

Marking a decade since the first beer was poured, Riverhead brewery and restaurant Hallertau will

celebrate its tenth anniversary with the opening of a new biergarten on 9 April, a subtropical oasis under a colossal retractable canopy for year-round cover designed to keep guests warm and dry, and the beer cold.

Known for their fresh and tasty beers brewed right beside the bar, honest food, and a full and lively music calendar, own-



ers Hayley and Steve Plowman commissioned architect Allistar Cox to design the brewery extension boosting Hallertau's capacity to 250 guests.

MEACT – FOR THE MURIWAI ENVIRONMENT

Our Pest Control guys are looking for help to set up a lizard survey in Muriwai. The two main reasons for the survey are - 1) to get an idea of the numbers and types of our native lizard species in the area against the threat of the introduced Rainbow skink. This Aussie import is a pest as it outbreeds our local species. 2) Lizard breeding success is a good indicator of the effectiveness or otherwise of our trapping program.

We plan to build simple lizard shelters and place them around the village in various locations. They can be simply constructed using old floor vinyl or linoleum or, better still, scraps of corrugated Onduline or similar. If you have any of this material we will pick it up.

Please phone Mike 09 411 5142 or email mrwilderness@gmail.com, if you can help with materials or wish to be involved in this project.

PAPATŪĀNUKU ART EXHIBITION

Friday the 15th April - Sat the 7th May 2016. Opening Friday the 15th April, 7pm - 8.30pm – all welcome.

In Māori mythology, Papatūānuku is the Earth Mother. Mother of all things, she is the earth that we live upon. She stretches out beneath the sky as the foundation of our culture. Not only is she the land we walk upon... she is also the life within the land. Everything is linked to the land... the plants, the trees, the birds and the people. Papatuanuku nurtures them all... feeds them all... houses them all and at the end of their life... forms the final resting place for all creatures. This

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exhibition will be a celebration of the Papatuanuku theme, art work from various Kumeu Arts Centre members.

Current Classes: We have an ever expanding range of activities on here every day. Classes include realism painting, abstract art, printmaking, adults special needs art classes, clay for kids and adults, botanical art, children's art, guitar lessons, art of life skills classes, philosophy forum and FREE pro-care health workshops. Groups include KumeuKnitty, Kumeu Photography Group and Life Drawing Group. For more information www.kumeuartscentre.co.nz or email thetinshed@clear.net.nz.

SHOP LOCAL IN NORTH WEST, AND YOU COULD WIN!

The North West District Business Association is launching the first of what will be, regular in-store promotions with all the retail stores in the North West District. The promotion aims to encourage residents and visitors to the area, to shop locally and win some great prizes, which will also be locally sourced and change with each promotion. The first promotion will be Mother's Day themed, with some great prizes perfect for gifting as Mother's Day treats. The prizes will range from family passes to Parakai Springs, a massage at Christine's Health Spa and Beauty, a rejuvenating facial at Pheonix Beauty Therapy, and hampers of wine and chocolate and more! Entering the competition is easy - simply spend \$10 or more in any participating shop between 18th April and 1st May, and fill in an entry form to go in the draw. Everything you need to know, along with a list of participating stores throughout Kumeu, Huapai, Kaukapakapa, Helensville, Parakai, Riverhead and Waimauku, will be on the North West Country website from the 18th of April - www.northwestcountry.co.nz.

THE RIVERHEAD

The flag debate has been an interesting ride with some interesting points of view being discussed... I think it's been positive no matter what the outcome... (btw: I'm writing this the day before the results of the referendum is announced.) It seems to me that the debate highlighted our nation's fierce patriotism with the interesting part that 'National Pride' was the argument no matter which flag you favoured. Enough about the flag, what's happening at The Riverhead. Hopefully we'll get a few more days of warm fine weather before the onset of winter. We still have our Rib's Night in The Landing Restaurant from 6pm every Tuesday, our Quiz Nights in The Portage Bar from 7.30pm on Wednesday and our Sunday Live in The Boat House, with free live music from 2-6pm on Sundays...all free to get in! Bring the family and enjoy...

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SAFER COMMUNITIES

With all the new building developments happening in the Huapai, Riverhead and Waimauku areas, Police have seen an increased rate in thefts and burglaries happening at various building sites around these areas.

If you are out walking, cycling or travelling in your vehicle and see anything you do not feel comfortable with, please report the activity you observe straight away.

There is a misconception from the general public that 111 is purely an emergency telephone number. This is not always the case, and Police urge members of the public to call 111 or *555 when seeing any suspicious persons, vehicles or other incidents in your neighbourhood.

It is better and more likely Police will speak to or apprehend suspects and offenders if it is reported on these numbers at the time, not waiting until the next day to report to the local Police Station. It is for the call dispatchers to decide the priority given to the incidents, so please do not feel you are wasting Police time calling 111 or *555 for what you think are trivial incidents.

Remember, registration numbers, colour, type and make of vehicles are important.

I hope you all had a great Easter break and enjoyed the extra-long weekend. Waitakere fire with Kumeu and Bethells Brigades provided education and entertainment at the Kumeu A&P on Sunday 13 March. The fire fighters demonstrated the use of hoses, and other equipment and children got to experience the Wendy Smoke House. The weather was great and the crowds of people had a great time. It's time to think about having your chimney cleaned and fire box checked ready for winter.

Access to properties in the event of an emergency is still an issue for us and St Johns. Make sure trees are trimmed to allow for a fire truck or ambulance to drive down your driveway. Your clear drive width needs to be 2.5 metres with a clear height of 4 metres. If the truck cannot fit then we will need to carry all the equipment to the incident. A fire doubles in size every 60 seconds so a fire truck parked 100 metres plus away is going to have an impact on the outcome.

Denis Cooper
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Waitakere RSA Kitchen Re-Opening. New Chef, New Menu, Open Thursday, Friday and Saturdays, 5pm to 8.30pm - Families Welcome.

Grazing available. I've got about 25 acres full of grass (suitable for beef) to lease out for 11 months. Price can be per head or a set price. I'm happy to be responsible for the water and checking cattle daily. 021 232 8090.

Visit The Yoga Room's new website (<http://www.theyogaroom.co.nz/>) for information about Iyengar Yoga, our timetable and teachers. We are located at 4b Shamrock Drive Kumeu. Phone Kathleen on 021 189 3818 or nzyogarooms@gmail.com for more info about classes and courses.

We require an experienced Chef/Cook. Must have your own Transport and be able to work flexible hours. Immediate start. We also require a Part time Kitchen Hand. Please Phone Gail on 09 412 9851.

Route 16 cafe is looking for some new Front of House staff with both full time and part time positions available. CV's can be sent to contact@route16cafe.co.nz or brought into the cafe which is open every day.

Riverhead Playgroup is on Friday and Wednesday mornings. 9.30am - 12pm. at the memorial pavilion beside the public toilets on the Riverhead domain park. Bring morning tea for your little ones aged 0-5 yrs and a gold coin donation. Tea/coffee provided for caregivers. We are an established playgroup of 35 years with lots of fun activities, toys and resources. We have a mums night out once a term and a trip somewhere for the kids. So calling all mums, dads, grandmas, nannies or other caregivers. Come down for a chat, coffee and a play.

Helensville Drainage Ltd, Looking for a Drainlayer/labourer experience is preferred, a driver's licence is a must - Class 2 licence is preferred. Call Chris 021 657 276.

If anyone is interested in learning to play the guitar or knows someone that might want to learn, visit my website below or contact me on: 021 073 3737, email: hypermusic44@gmail.com or visit www.hypermusicstudio.nz/.

Hi I am looking for a flat mate to share 3 bedroom house in Muriwai. Prefer someone who is working, reliable and easygoing. \$180 per week + expenses. Please txt or phone 027 273 1256.

Compass roofing is seeking the following: Project manager: lead job start to finish, time management, reliable, cost tracking, educated and knowledge in the building roofing trade, communication skills and computer skills. Leading hand long run metal roof: Installer - own tools, family oriented and reliable. Must be able to pass a drug test and police vet. Will pay great remuneration to right candidate. Please contact Sam info@compassroofing.co.nz.

We are looking for a keen person to join our team assembling aluminium joinery, full time work is offered - phone 09 412 8569.

We are currently searching for qualified, registered staff members to join our wonderful team due to our increasing roll! We are a beautiful centre in Huapai and we seek fun-loving, bubbly, hard-working, reliable staff members! We offer great PD opportunities, mentoring and wonderful adult to child ratios. If you have a passion for teaching children aged 2 years to 5 year then we would love to meet you. Email your CV and cover letter to jodi@thesecretgardenhuapai.co.nz.



After a part time/casual contract drainlayer or labourer with experience in laying 100 mm pvc for house drainage to help for 2-3 months. Needs to be able to operate a digger & have own transport phone Kane 0275 565 733.

\$4,000 ONO. Nissan Primera 2001, 225,150Km, Black, 5 door, Station Wagon, Petrol, 4 Cylinder, 2488cc, Tiptronic transmission. It has had 4 Owners, imported, WOF expires Nov 16. Rego on hold. ABS brakes, Air conditioning, Alloy wheels, Central locking, Driver airbag, Passenger airbag, Power steering, Sunroof, Reversing camera. This is a great car, it has done me well. It drives smoothly, and is very spacious. Suitable for anyone, but a really awesome family car. It has 6 speed hyper CVT transmission. There is CD/DVD/TV/Navigation built in, however it needs to be rezoned. Unsure of cost. Please contact: Chris 027 472 2549, or Julianne 021 130 8100.



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There's no blues harp player like Steve Rose and no band like DCODA for a great night of rocking covers. Taking bookings now if you want classic and modern sounds with that special edge. Check out DCODA on fb and the web www.dcodaco.nz/.

Pippins for 5 & 6 year olds meets in St Chad's Church, Huapai from 4 to 5pm every Tuesday. Ring Rae 027 220 9949. Brownies meet in St Chad's Church, Huapai every Tuesday from 5 to 7pm. Ring Alison 021 138 3341. Guides meet in Waimauku Community Hall every Thursday from 6 to 8pm Ring Cherie 021 293 9746.

Maori Bay Board Riders will be holding our 20th annual Col McNeil Fundraiser Surf Comp & Auction night on Saturday 2nd April and all proceeds from the day go to Make A Wish! We are reaching out to our awesome community asking for any donations of either products, services or experiences that we can use as raffle prizes or to auction off at our popular auction night at the Surf Club. We would be hugely grateful for any support, so if you can help us out please email maoribayboardriders@gmail.com Thanks! MBBR Team.

IN BRIEF

UPDATES:EVENTS

RIVERHEAD ATHLETICS CLUB

Another successful season has wrapped up at Riverhead Athletics Club. The club is nearing its 60th Season and competitor numbers and athletic success are healthier than ever. The conclusion to the season is the Auckland Junior Athletic Championships at Mt Smart Stadium, a strong team of around 15 athletes attended these championships with some outstanding success. Six individual medals were shared between the group and virtually every athlete had a top ten finish in their preferred event. After Auckland Juniors we have our own club prize giving, with over 90 children receiving club spirit awards for perfect attendance and attitude through the season. Overall club points Champion went to Samuel Brown. With outstanding achievements to Auckland medalists Lachie Cruickshank, Brody Good and Eva Richardson. We look forward to a new season starting up in October 2016.

MEET AUTHOR & GENEALOGIST VICKY ADIN

Historic Kaukapaka Library Sunday 17 April 10am to 1pm. Author Vicky Adin writes stories about people, their pasts and their passions. After decades of genealogical research and a life-long love



affair with words she has combined her skills to write poignant novels that weave family and history together.

Come along and have a chat to Vicky about her writing and genealogy. Her books will be available for you to have a look at including her latest release under the PastFinders logo "The Girl from County Clare"

The Library hosts a series of exhibitions, book signings and book readings, artists and poets on the third Sunday of the month in conjunction with the Kaukapaka Village Market.

For more information go to www.facebook.com/kaukapakavillagemarket or contact Sarah phone 027 483 1542 or email sarah1@maxnet.co.nz.

SOLJANS ESTATE CAFÉ

Soljans Estate Café and Function centre is perfect for groups of all sizes. Soljans Café is dedicated to producing a varied and delicious menu for its customers, whilst ensuring that all dishes represent excellent value for money. Soljans has long been a popular spot for locals and tourists alike, with loyal customers returning time after time to enjoy the Soljans experience. Soljans also offers the perfect vineyard setting for all functions: from wedding ceremonies and evening receptions to corporate conferences and private parties, Soljans provides flexible facilities to cater for all requirements. Book in now and take advantage of our affordable prices. To get in contact please email Brittany at functions@soljans.co.nz for more information or to book your table in the café phone 09 412 5858.

THE RIVERHEAD GALLERY

Now the weather is cooling down and we will be spending more time indoors it might be



time to brighten up that space with some beautiful artworks. We have some new artists in the gallery such as the South Island's Sheila Brown with her lovely abstract bird paintings and well known potter Suzy Dunser. We also have prints from Mark Cross and originals by Amber Emm, Ingrid Boot and Libby McColl to name a few.

As well as artwork we have great gift ideas and cards. Come on in and have a look at 1044 Coatesville-Riverhead Hwy (opposite Riverhead Dairy). Open Wed-Sun from 11-5pm or by appointment 027 227 8450.

WAIMAUKU SCOUTS

Every 3 years Scouts NZ holds a Jamboree – and this year it is in Blenheim in December.



We will be sending approx 30 Scouts/Leaders from Waimauku Scout Group. The total we are trying to raise is around \$ 60k - approx \$2k per person to raise - phew!

This will include the return Air NZ flights, the 10 day Jamboree, transportation of a container holding their tents & gear to Blenheim, etc.

We are holding various fundraising events during the year, as well as applying for grants.

We had a stand selling First Aid Kits, chocolate bars, cold drinks, books, home baking etc at The Kumeu Show, and the same at the Military Show on 19 March.

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We will be at the Waimauku Lions Gala on Sunday 3 April.

We have put together two fabulous Raffle Hampers: "The Best of our West - Waimauku" - with Coopers Creek wine, both Provenance and Sand Dunz café vouchers, Fresh World voucher, Outer Skin clothing voucher, glasses from Smashing Promotions, Kiwitahi Honey,... plus we have a "Kids Raffle Hamper" with a Nintendo DS Lite handheld console, Super Mario Game, Family Pass to Parakai Springs, a Blo Karting experience at Muriwai Beach c/- Muriwai Surf School and a \$25 Matti B's family dinner voucher. To be drawn 03 April. Thanks to all of our wonderful local businesses for their support! Look out for our Car Washes as well as our Firewood Fundraiser & Scrap Metal drive - all planned for the next few months. If anyone has any suggestions of how they can help us out with our fundraising efforts - we'd love to hear from you. Please contact Vanessa Belton: waimauku.scouts@gmail.com or 027 222 4449.

KUMEU GYM - NEW YEAR, NEW YOU LADIES CHALLENGE

Celebrate the start of the New Year with the Kumeu Gym Team - Women supporting Women, kicking off - Saturday 2 April 2016

Ladies - Does this sound familiar "I can't, I'm tired, I'm too busy, and I'm too self-conscious?" Strength comes in all shapes and sizes; don't spend all of your time trying to be someone who you are not supposed to be, most of us have a pre-determined mindset at this time of the year.

You are the strongest as you and even stronger as the best of you. Embrace who you are and build your own strength. This ladies only New Year, New You Challenge is here to help remove these common misconceptions, to change these "I can't's" into "I can, I will, I'm strong, I'm worth it", to build your own authentic you and reach the goals you want to achieve while meeting new people and having

loads of fun along the way.

For more information or to register go to www.kumeugym.co.nz, email admin@kumeugym.co.nz or call 09 412 8932.

What have you got to lose? Kumeu Gym, 250C Main Road, Kumeu (behind the Bakehouse).

SOUTH KAIPARA U3A

For starters, Jan Backhurst and Cushla Hawken from Hobsonville Floral Art will give us a talk and demonstration. This will be followed by Christine Pickett and Joan O'Keefe, on the New Look "Rural Women". Come along and join us at 1pm, John Ambulance Rooms, 7 Rata Street, Helensville. We'll give you a nice afternoon tea. Gold coin entry. Next meeting is on 6 May at 1pm. "NZ Sign Language" with Tania Simon and a friend.

WAIMAUKU VAULTING CLUB

Some of you may have had a chance to watch the Waimauku Vaulting Club in action recently at the



Kumeu Show. Equestrian Vaulting is still a novelty sport in New Zealand currently with only a few clubs operating across the country, but the sport is steadily gaining popularity worldwide. There is even a petition currently circulating to include Equestrian Vaulting in the Olympic games. There are three main international competitions for vaulting at the World Equestrian Games and the FEI World Cup Vaulting Championships for Juniors and Seniors. A NZ team has been once to the World Equestrian Games in 2015 where they gained 9th place - achieving such an accomplishment really attests to the tenacity of our NZ vaulters. At the Waimauku Vaulting Club we are dedicated to advancing the sport of vaulting in the Auckland area. We frequently train

with top level vaulters from Europe and we cater to both beginners and advanced vaulters. Vaulting is similar to gymnastics on horseback and it is a great sport to challenge yourself. Although some might think it is a dangerous sport, there are very few serious accidents in vaulting due to the highly controlled environment and safety techniques employed. In fact statistically speaking many other popular sports have a higher risk of injury than vaulting. You can come and give it a go at one of our Try Out Vaulting days that we offer every school holidays for a casual rate. For those who want to improve their vaultings skills, we will be running a 3 day camp during the April school holidays and regular lessons are on Saturdays during the next school term. Private lessons are also available and we host vaulting parties for a novel party idea. Look us up on Facebook under Waimauku Vaulting Club and check out our website for more information. Contact Belinda on 027 782 3203 if you are keen to learn vaulting.

WINTER AT WOODHILL SANDS

There no longer is the need to turn horses out over winter, with plenty of competitions to keep riders motivated over the winter months.



Woodhill Sands will be running series with season championship covers up for grabs as well as great prizes at every winter show. Yes, the great Winter prize giveaway is back in place this season along with the Dressage, Show Jumping, Show Hunter and Mini ODE series Accumulators. Riders can find out more details on each series by checking out woodhillsands.co.nz.

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fitness4uwaimauku@gmail.com



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E-PACK FULFILMENT

Whether you're a business selling online or just selling your own stuff on TradeMe – e-pack fulfilment have a service to make life easier.

Local couple Mike and Kathy Parry started e-pack last month having grown tired of travelling to the Airport daily and working for a corporate company. Using their skills and strong relationships with suppliers over many years to bring cost effective solutions to clients locally or anywhere in the world.

For business users e-pack offers a full 3PL distribution solution across New Zealand and worldwide – e-pack take over the fulfilment of your sales and leave you to work on your business growth, saving you and your business time and money.

If you sell on TradeMe the days of finding a box to suit, packing it so it doesn't get broken and standing in line at the post shop are over. Drop your item to e-pack and we will pack it and send it by courier across NZ. Easy!

If you have friends and relatives overseas we have international solutions too via air and express courier.

Call us today on 09 412 7018 or come visit us at 16 Shamrock Drive, Kumeu.

HANDY HINTS FOR TRADE SHOW GIVEAWAYS

It's coming up to trade show and conference season here in NZ. Have you thought about what your business is going to be doing for a branded giveaway when exhibiting?

Here at ASAP Promo (<http://www.facebook.com/asapromonzn>), we came across a great article about how you can get more bang for your buck. Here are some handy hints for you to consider. Then give us a call on 09 973 4352 because we would love to meet with you and discuss your needs. We're happy to take all the hard work out of sourcing your promotional products and we thrive on creating solutions for you.

1. It's Relevant to Your Business

First off, your promotional items need to be relevant to the products or services your company offers. There should be a strong connection between what your company does and the messaging and/or function of your giveaway. For example, a dry cleaning business may want to distribute pocket packs of lint sheets with their branding printed on each pack. The relationship between the dry cleaner and the promotional item is apparent to event attendees, establishing proper context for the business.

2. It's Tailored to Your Audience

The next characteristic of effective trade show giveaways is that they are specifically tailored to a company's target audience. Your promotional items will never appeal to everyone, nor should they. There is a particular group of people who have a

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need for the products or services you offer. These are the individuals you want to appeal to with your event swag. The more relevant an item is to a given target audience, the more likely those audience members will retain the giveaway.

3. It's Useful for Attendees

Effective trade show giveaways have another thing in common: they are useful. Their function meets a need or provides a convenience for recipients. Useful swag can attract attention, saving your branded items from being tossed out. In the example discussed above, you'll notice that the dry cleaner's lint sheets were not only relevant to the company's services, they also were highly useful for recipients as well.

A data security company distributing branded data protection sleeves is another good example of an effective giveaway. The item is relevant to the company's services, it targets an audience of people who are concerned with data security, and it is very useful. In fact, recipients of this gift can protect their personal information from RFID digital pickpockets right away, by sliding their credit cards and IDs into the protective sleeve."

KUMEU MONTESSORI PRESCHOOL

When it comes to our children's future, we all love certainty. We want our children to be as well prepared as possible for the next stage of development. One key is enrolling them at a preschool that provides a vibrant and challenging learning environment. When children are inspired by a stimulating and loving setting, they fly!

Kumeu Montessori runs an active and richly varied learning programme, with a great balance between discovery, learning and play, including a comprehensive numeracy and literacy focus that prepares children for success at any school, science, culture, environment, practical life skills, sensory learning, cooking and baking, arts, crafts, music, dancing and active movement. Not to mention the loads of fun to be found in the Preschool's stunning outdoor playground. Visitors are welcome any time, so feel free to pop in to 8 Grivelle Street, Kumeu.

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Mid Weigh In:	30 April & 1 May (Sat, Sun)
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PROPERTY

NEWS & ADVICE

MARKET REPORT

With the Chinese New Year over, the Reserve Bank signaling a slight and ongoing lowering of the official cash rate there are signs that the momentum of buyer demand is building again within the Auckland Roberts market. The Auckland market is not one market it is a collection of different markets that offer unique aspects and advantages. Some of these markets offer development options, others better capital gains, or rental income. We suggest that there is still excellent value and buyer advantage in areas like Waimauku, Woodhill and Waitakere township which delivers larger land holdings, a more traditional 1/4 or 1/2 acre section and lifestyle options without the workload. So let's recap the last month: Coatesville has had light trading with value consistently \$1,745,000 to \$3,600,000 for lifestyle. Taupaki, Waimauku, Muriwai and Helensville lifestyle sitting slightly lower at \$1,260,000 to \$1,900,000 for properties between 1 and 4 hectares. Kumeu and Riverhead lifestyle seem to be caught up in speculation with a wide range of transactions at \$1,900,000 and \$5,000,000 signaling that buyers anticipate more opportunity in the area over the next ten years.

Residential property in Riverhead and Kumeu for new homes are transacting from \$918,000 to \$1,100,000.

Waimauku residential is selling around \$770,000 to \$1,200,000 with demand from mature down-sizers and family property climbers.

With strong marketing, clear pricing, and excellent buyer databases which contin-

ue to grow there has never been a better time to contact Mike Pero Real Estate to understand the value that resides within your home or investment property and the correct action to ensure you get the maximum value. Mike Pero Real Estate has a very sensible commission rate that will save you thousands and deliver a substantial multi-media advertising campaign that will reach many thousands of interested and well financed buyers. It costs nothing to meet and talk about your thoughts, the market, value and time frames. It will deliver strong peace-of-mind and may be the motivation you need to get you motivated to start your journey. Phone 0800 900 700 or view www.grahamcintyre.co.nz or drop into our high profile office at 327 Main Road, Huapai, Auckland – Licensed REAA (2008).

MONEY MATTERS

Are you looking to buy your first home but struggling with the deposit? Help may be available via the HomeStart Grant made available through Housing New Zealand. If you have been contributing at least the minimum allowable percentage of your income plus meet other criteria around income levels (\$80,000 for single applicant and \$120,000 for 2 or more) and the value of the property, then you can apply. Please note other conditions apply.

3 years contributing = \$3,000 (the minimum you can get)

4 years contributing = \$4,000

5 years contributing = \$5,000 (the most you can get). If you're building a new

house the amount doubles. Call us for more information 09 411 9251 / 027 411 9255 or david@davidlloydmortgages.co.nz.

AT HOME STAGING

Now that Autumn has arrived it's a good idea to start focusing on the look of comfort in



your home for the potential buyers. We all want a cozy welcoming house to come home to in the cooler months. Once the potential buyers enter your home you want them to realize how comfortable they'd be there all year round.

Stack firewood in the fireplace or neatly next to it so they feel it's "ready to go" (instant heat). Add extra cushions to your couch and some beautiful throws over the arm or the back of your lounge chair. Add some candles in an attractive grouping. Make sure your light bulbs are warm white and all working, during your open homes on dull days the ambience that a few lamps or overhead fixtures create are very inviting. Don't forget to make those bedrooms a haven also. The bed is the focal point of the room, brighten them up by using clean white duvet covers and add your favourite colour with a throw at the end of the bed and in the cushions. Keep your bedside table simple with a lamp and a small fresh arrangement of flowers. For any further information please contact Anna or Tracey on 021 136 3750 or 029 200 9011. Email athomestaging@xtra.co.nz, visit www.athomestaging.nz.

SELLING YOUR HOME - SOME GARDEN SECRETS

At Mike Pero Real Estate we are always pleased to offer advise on how to get the best from your property when selling, to



David Lloyd
Director

David Lloyd Mortgages Ltd
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Mob: 027 411 9255
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that end a lot has been said about the getting the inside of your property up to spec for a pending sale but don't forget the outside is just as important.

Over the next few issues we have decided to supply a number of tips for turning your section into to a Garden of Eden.

1/ If you have a view Frame It cut back any trees that obscure the view, but remember to keep the ones that hide other homes or less desirable sights.

2/ Give barren walls such as the back of the shed or the side of the garage a coat of paint. Use forest green to blend in with the garden or you could splash out with a feature colour that's also on the house. You could also think about adding mosaics, planters or trellis to dress them up.

3/Create pathways to the shed, wood pile, garage door or feature seating area. Use shingle, bark, wooden stepping blocks, shell or pavers.

4/ Indoor/outdoor flow. For outdoor dining set up a table and chairs. add plants or an arrangement of flowers on the table or sets of candles look really good, and remember to put up the umbrella. Have the area on display whether winter or summer.

5/ Create secluded seating areas around the garden; these could be made from blocks, planks or railway sleepers, get creative if you can sit on it, it could be a seat. Imagine this as a private place you could sit and read.

6/ Clear and trim back all overgrown trees and shrubs, the more ground you can see will show of the size of your property at its best. Watch this space in the next issue for more garden secrets. If you would like any further information on this or have any other real estate related question please call Ian on 027 209 0789 or email Ian.Snedon@mikepero.com - Licensed REAA (2008).

UPDATE FROM SPARKN

Are you finding it a struggle to untangle the cables from powerpoints? Do you have spaghetti under the desk? Can you find that USB adaptor every time you

need it? With all the technology these days it is often hard to get everything charged and powered, especially now the children have their own tablets for school. Now is the time to take stock. We can easily add new powerpoints and our powerpoints now come with a USB module on request. You no longer need to find that adaptor or juggle it with the other plugs. Simple and easy, plug your sportswatch or phone direct to the wall. We can also tidy up those spaghetti wires for you and check for overloading to increase the safety of your property.

Fantastic for schools and offices as well. With autumn officially here, now is the time to review power bills as well. Reduce these long term by replacing lamps with LEDs. Colour change have come a long way now and with a warm white option as standard you can use them for general lighting or effect, indoor or outdoor. So if you are looking to reorganise your power or renovate, now is the time to talk to us. Call Tony on 021 772 756 for your estimate today.

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We are a family owned and operated company based in Auckland. With over 15 years' experience in the industry, we have all your needs covered. Precision Roofing pursues the provision of high quality work at a reasonable price. We use the highest quality materials to meet your home or businesses requirements as we understand that Auckland is prone to various weather conditions. Our team gives attention to detail, so all our work is Precision quality. The Precision Roofing team are specialists in all aspects of roofing, meaning you only need one company to cover all your roofing needs. Our ser-



vices include; colour steel roofing, tile roof restoration, replacement of gutters and downpipes, and we also provide repairs on all of the above. All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years. Call us today on 0800 002 222 for a FREE no obligation quote - we would love to hear from you.

CORPORATE TRUSTEE ARRANGEMENTS

Corporate Trustee arrangements are frequently used as a trustee of family trust. A corporate trustee usually means Limited Liability Company. This is something to get legal advice about - to make sure the trust deed allows it. Sometimes an amendment to the trust deed is also required. However, frequently a trust deed will allow a single corporate trustee. This may be more administratively efficient than say having a group of personal trustees when there are documents to be signed. Moreover, personal trustees often want to be protected against various risks arising from the trust investments -and therefore require indemnities from the trust. Decisions to be made include as to who will be the director and shareholder of the corporate trustee. In other situations a professional corporate trustee can be a most helpful arrangement. This is because the professional corporate trustee provides advice say about investment in the context of being familiar with the obligations of the trustee. This can only be of assistance in the role of a trustee. Professional trustee ships of course come with a fee arrangement depending on the nature and complexity of the trust. In each case, get legal advice before you make any decisions. Luke Kemp - Kemp Barristers & Solicitors - phone 09 412 9600.



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AREA PROPERTY STATS

Every month Mike Pero Kumeu assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential and Lifestyle transactions that have occurred. If you would like to receive this full summary please email the word "full statistics" to kumeu@mikepero.com. **This service is free from cost.**

Suburb	CV	Land Area	Floor Area	Sale Price	
Coatesville	1,250,000	1.1HA	255M2	1,745,000	
	2,375,000	1.1HA	496M2	3,630,000	
	1,575,000	2.1HA	180M2	2,000,000	
	2,000,000	2.3HA	380M2	2,050,000	
Helensville	300,000	790M2	80M2	500,000	
	550,000	1044M2	50M2	645,000	
	530,000	600M2	200M2	699,000	
Huapai	1,100,000	556M2	255M2	1,015,000	
	660,000	610M2	150M2	760,000	
	640,000	938M2	200M2	860,000	
Kumeu	420,000	0M2	186M2	605,000	
	630,000	809M2	198M2	918,000	
	895,000	9830M2	89M2	1,920,000	
	830,000	1HA	130M2	2,100,000	
	2,085,000	3.2HA	178M2	5,050,000	
Muriwai	730,000	809M2	170M2	920,000	
	375,000	1400M2	0M2	478,000	
Parakai	330,000	0M2	90M2	440,000	
	465,000	780M2	170M2	620,000	
	265,000	1012M2	90M2	420,000	
	330,000	577M2	128M2	425,000	
Riverhead	840,000	801M2	200M2	955,000	
	870,000	707M2	225M2	1,000,000	
	680,000	1500M2	136M2	1,098,000	
	770,000	916M2	180M2	975,000	
Taupaki	700,000	1199M2	180M2	878,000	
	1,125,000	1.4HA	360M2	1,200,000	
	1,150,000	4HA	150M2	1,480,000	
Waimauku	710,000	1736M2	199M2	865,000	
	600,000	948M2	180M2	770,000	
	880,000	1500M2	221M2	900,000	
	780,000	4309M2	190M2	875,000	
	415,000	1702M2	0M2	570,000	
	1,000,000	1669M2	309M2	1,205,000	
	830,000	2530M2	227M2	1,200,000	
	670,000	1596M2	210M2	850,000	
	1,125,000	4.42HA	240M2	1,900,000	
	910,000	1HA	243M2	1,260,000	
	Waitakere	590,000	809M2	130M2	693,000
		750,000	911M2	280M2	770,000
Woodhill	800,000	2.7HA	230M2	917,300	
	1,175,000	6.1HA	320M2	2,500,000	

Disclaimer: These sales figures have been provided by a third party and although all care is taken to ensure the information is accurate some figures could have been mis-interpreted on compilation. Furthermore these figures are recent sales over the past 30 days from all agents in the area.

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Jack & Robyn 2015



LIFESTYLE LIVING NEAR WAIMAUKU

4 1

\$718,000

1548 State Highway 16, Woodhill
Asking Price \$718,000

This Woodhill property on just under half an acre has great gardens and mature fruit trees. The 1950's bungalow allows for easy living and a pleasant rural outlook. Elevated north facing decks and lawns give a private setting with great outdoor living. The home features 4 bedrooms, 1 bathroom, and multiple car parking (there's even room for the boat). Perfect to raise a family or for those passionate about outdoor adventures, or just to indulge and relax in a country setting. Embrace the relaxed rural life on this easily maintained block. Sit back, watch and listen to the Tui and other birdlife whilst enjoying the bounty from the garden. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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Lyndsay Kerr
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www.mikepero.com/RX666090

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Lyndsay Kerr

027 5544 240
lyndsay.kerr@mikepero.com
Office Location: 327 Main Road, Kumeu
www.mikepero.com





PEACE AND TRANQUILITY IN WAIMAUKU

3 4 1

Enquiries Over \$1,000,000

126 Hinau Road, Waimauku
Enquiries Over \$1,000,000

North facing home in bush setting. Three bedroom single level weatherboard home with modern designer kitchen and open plan living opening on to tranquil decks with flowing water fish ponds. Four car garaging with workshop and an abundance of extra parking. Close to Waimauku shops and school only minutes away to Muriwai beach and Woodhill forest and 20 minutes to new north western shopping centre this has to be the best country living around. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX687775



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TUSCANY IN COATESVILLE PLUS BIG BARN ON 2 HECTARES

4 1 2

By Negotiation

557 Ridge Road, Coatesville
By Negotiation

Idyllic setting, nestled north west, enjoying all day sun from an elevated position looking over grazing land and native bush environments. This 1920's old charming bungalow has character, presence and delivers a relaxed and social environment. Outdoor living flow steps out to extensive entertainment decking to the north-west, to enjoy the sun but provide shelter from the wind. Four bedrooms, two bathrooms (one traditional and elegant), integrated kitchen/dining that makes the most of the space and the view. In addition the property also has a large 150 sqm barn that provides extra space and options for workshop projects, storage or stables.

www.mikepero.com/RX649015



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VILLAGE OUTLOOK - COLONIAL DESIGN - WAIMAUKU 4 1 2

By Negotiation

8 Mabbett Lane, Waimauku
By Negotiation

Looking for a country aspect with a traditional 1/4 acre section, neighbourly quiet country lane and services and high decile schooling close by? Look no further than 8 Mabbett Lane, Waimauku. A country style home with 4 bedrooms, 2 lounges, 2 bathrooms, open style living and dining opening to decking to the North and South. Elevated cul-de-sac living environment, single garage, and minutes from high decile and high ERO rating Waimauku Primary School, parks, convenience shopping and transport links. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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Contact Ian for a no obligation FREE appraisal.

Ian Sneddon

027 209 0789
ian.sneddon@mikepero.com
Office Location: 327 Main Road, Kumeu
www.mikepero.com





LAND FOR BANK OR FOR LIFESTYLE - NEAR KUMEU

3 3 2

By Negotiation

81 Foster Road, Kumeu By Negotiation

Whether you are seeking an investment for the future or a property with multiple incomes this idyllic lifestyle property offers a tantalising 4 hectare (10 acre) gentle sloping backdrop with which to buy and hold or buy and invest. The land has a three bedroom brick home, storage sheds (that are rented) and cool store. The property also has a water bore for a buyer wanting to use the land for horticultural use. Close to schools, parks, convenience shopping centres and transport links. The CV on this property is \$1,125,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX688266



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1 HECTARE LIFESTYLE BLOCK CLOSE TO KUMEU

By Negotiation

Lot 3 Access Road, Kumeu By Negotiation

Often hunted but seldom found, this beautifully presented, boundary fenced 1 hectare block offers an idyllic lifestyle opportunity to those wanting to build a brand new home within an established lifestyle area, a short distance from Kumeu Showgrounds and Kumeu Village. Post and rail fencing on the road front, concrete access way and heavy designer gate provide the perfect start for you to build upon. Services including power and water at the roadside. The CV on this property is \$555,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX672087



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EXTENDED, PRIVATE FAMILY LIFESTYLE LIVING - WAITAKERE



AUCTION

74A Waitakere Road, Waitakere

Auction - 12pm, Sunday 3rd April 2016 (unless sold prior)

2 Hectares of elevated lifestyle offering 360 views from the top of a hill with wraparound decks on lower and upper levels. This North facing cedar home delivers great options for an extended family or a family with older children wanting their own environment. Extensive views over Taupaki and Waitakere Ranges with an aspect that takes in the beauty of the land interacting with its surroundings. Large four car garage, extended concrete parking and driveway compliment the offer. The CV on the property is \$980,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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*Rates, fees, terms & conditions may vary between brands, branches and specific transactions.



AWARD WINNING EX- JALCON SHOW HOME - HOBSONVILLE POINT 4 2 3

Auction

15 Station Street, Hobsonville
Auction - 4pm, Sunday 10th April 2016 (unless sold prior)

This highly specified, meticulously finished ex-Jalcon show home delivers contemporary styling, earthy tones and very pleasing flow to meet the needs of the executive, early retirees, or the family looking for an easy care, natural flow, alfresco home. Entertainers open plan, kitchen and dining leading to informal lounge and patio area with spa and shade sails. Astute plantings providing colour, creativity and contrast. The double garage is lined and carpeted to allow options for impromptu rumpus or games area, while having easy access to the formal lounge and downstairs toilet/ powder room. Four rooms upstairs with main bathroom and ensuite, the home has been well planned for family living, ensuring separation between the master and additional rooms, delivering privacy and quiet places.

www.mikepero.com/RX742038



Graham McIntyre
 027 632 0421
 09 412 9602

graham.mcintyre@mikepero.com



TWO BEDROOM BRICK HIDEAWAY - NEAR HENDERSON 2 1 1

Set Date of Sale

2 / 185 Swanson Road, Henderson
Set Date of Sale - 5pm, Sunday 24th April 2016 (unless brought forward)

Seeking a hideaway? A private home with tranquil setting, complete with mature trees, raised bed gardens, and easy living with a park-like outlook to Waitakere College sports grounds. This two bedroom plus study nook home delivers generous spaces, pleasing flow to decking, gardens and small lawn area. Tastefully decorated, clean and well-presented, we welcome your interest in this rare find. Close to bus stops, train stations, convenience shopping, schools and parks, well off the road and peaceful. Low maintenance and easy care. The CV on this property is \$360,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX740356



Graham McIntyre
 027 632 0421
 09 412 9602

graham.mcintyre@mikepero.com



BRING THE KIDS & THE CHICKENS - WAIMAUKU

3 1

Set Date of Sale

279 School Road, Waimauku

Set Date of Sale - 5pm, Thursday 7th April 2016 (unless brought forward)

This elevated two level home is a blend of Swiss chalet and traditional Kiwi homestead, offering open plan kitchen/dining, formal lounge with extensive northerly views from both levels over Waimauku Valley. Three rooms (two downstairs), the home has excellent flow to wrap around decking, lawn, and garden area with extensive fruit trees, berry vines and chicken run. Excellent off street parking with options for parking under the house or easy conversion for a workshop and storage area. The home provides all the elements of nature, growing, bird-life and self-sufficiency. In all respects it is one out of the bag. The CV on this property is \$620,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX742003



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COUNTRY COTTAGE STYLE - GOLD IN KUMEU - HUAPAI

3 1

Enquiries Over \$875,000

50 Trigg Road, Huapai

Enquiries Over \$875,000

Established semi-rural setting, this tidy three bedroom weatherboard bungalow set on 1049sqm is a golden opportunity. An idyllic setting with white picket fence, and extensive entertaining decking leading out to north facing pool, this home offers an investor or a family a substantial home with options to add diy value in the future. This picture perfect setting is located across the road from Huapai School and is literally minutes to parks, playgrounds, convenience shopping and transport links. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX692300



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09 412 9602

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ELEVATED TUDOR STYLE ON ELIZABETH DRIVE, NEAR WESTGATE

3 2 1

Enquiries Over \$719,000

33 Elizabeth Drive, West Harbour
Enquiries Over \$719,000

From the first time you lock eyes on this property it resonates a special connection, a sense of family fun and a statement of classic ambience. The section is elevated, boasting approximately 760 sqm, fully fenced front and back yard with a peppering of mature shade and fruit trees. An extensive patio with servery windows from the modern and fully renovated kitchen, the open living feel of the home makes it easy for family living and entertaining. Offering three generous rooms and detached double garage it is not short of space for the family nor the toys. The home overlooks Midgley Park and offers easy access to North West Mall, Westgate, West Harbour School, Transport Links and motorway access.



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www.mikepero.com/RX646151

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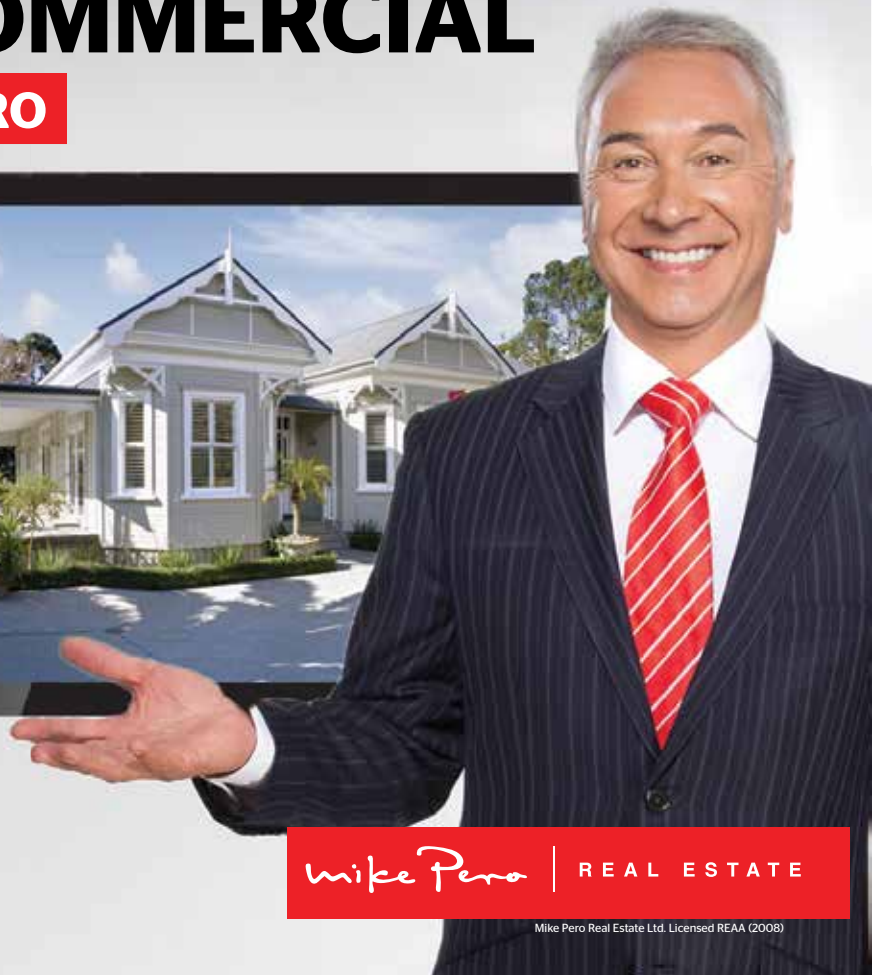
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Graham McIntyre
Mike Pero Real Estate
Brand & Territory Owner

Mike Pero
Mike Pero Real Estate CEO

0800 900 700

327 Main Road, Kumeu
2 Clark Road, Hobsonville
Mike Pero Real Estate Ltd Licensed REAA (2008)

HEALTH AND BEAUTY

BAY AUDIOLOGY KUMEU

Hearing loss can occur at any age and can make life difficult when it comes to socialising, demands of careers and so much more. Most people don't think about their ears until they are older, by which time they have been putting up with poor hearing for many years. The health of your ears is just as important as your eyes, teeth and heart and regular checks play an important role in maintaining your hearing health. Hearing loss occurs gradually over time, so sometimes it's difficult to recognise. If you can't hear the indicator in the car or the phone ringing when you're outside you could benefit from having your hearing checked at Bay Audiology.

Lisa Greene, Clinician of Bay Audiology Kumeu says that "Many people with hearing loss put off taking action because they don't know what to expect or think it will cost too much." But the Hearing professionals at Bay Audiology support their clients every step of the way and work hard to find the right solution for their needs.

At Bay Audiology, we offer a number of services, from initial hearing checks and consultations, to all sorts of repairs and maintenance, follow up consultations, little tweaks and checks. We also have plenty of advice and access to further hearing protection, and access to funding for hearing aids, such as ACC for fully funded options. We also have a number of accessories that link to hearing aids to make life that much easier.

If you need to get your hearing checked, your hearing aids tuned or even discuss

a new hearing solution, come talk to our expert audiologists at your Kumeu clinic. With Bay Audiology, you can have confidence that you will get the best advice, the best price and the best in aftercare support. Bay Audiology is located at Unit 3, 190 Main Road, Kumeu, Auckland with free parking. Phone 09 447 0280 to make an appointment today.

LOW BACK PAIN?

80% of people experience low back pain at some point in their life. Back pain can be acute (less than 3 weeks) or chronic (ongoing for more than 12 weeks). It is important to identify the cause of your low back pain and treat it to prevent long term issues.

Common causes of low back pain include: pregnancy, jobs involving lifting/twisting and repetitive movements, poor posture, sports injuries, disc problems and more. Tips to help with low back pain prevention:

- 1) Lifting technique- use your legs and bend your knees when you are lifting. Avoid twisting
- 2) Regular exercise/stretching to counteract the postures you are in all day
- 3) Core strengthening exercises to stabilise your lower back
- 4) Good desk setup and a supportive chair with lumbar support

At the Body Clinic, we can assess your injury treat your problem and give stretches that can help.

If you need more advice or information please contact The Body Clinic 09 320 3803, info@thebodyclinic.co.nz or visit www.thebodyclinic.co.nz.

HUAPAI MASSAGE THERAPY

Massage therapist Victoria is running her clinic 'Huapai Massage Therapy' from her mother



Gillian Wiltshire's osteopathic clinic in Sunny Crescent. Victoria is qualified in therapeutic, pregnancy, sports and relaxation massage.

If you need massage or osteopathic treatment or a combination of both, we are able to meet your needs. We can help with many problems including headaches, neck, back, muscle and joint pain. The usual common causes are accidents (Gillian is ACC registered), sports injuries, arthritis, pregnancy, occupational over-use and stress.

So if you need a treatment or just a relaxing massage, contact our clinic on 09 412 5977, Gillian on 021 233 0413 or Victoria on 021 755 745.

Huapai Massage Therapy has a brand new website for further information: www.huapaimassage.com


CROOK NECK, BUNG BACK?

If so, come and see us at Kumeu Chiropractic. Back and neck pain can deteriorate into other body malfunctions such as headaches, limb pain and more debilitating conditions such as sciatica



and early -onset arthritis. Kumeu Chiropractic's approach is one of correction and then prevention, as it is important to maintain good health habits even after the affected area has healed.

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better; it's as simple as that. Drs Chris and Nolene McMaster are well known in the West Auckland area where they have lived and practised Chiropractic care for over twenty five years. They are now into their fifth year of practice at Kumeu Chiropractic and have loved the positive effects that Chiropractic has had in the lives of the many local people they have already taken care of. Dr Dan ter Braak has recently joined the team and already immersed himself in wonderful Nor-West and all it has to offer. Don't wait for your neck and back pain to develop further. Call us now for an appointment. Phone us on 09 412 5536.

GEOMANCER

Thyroid issues, Insomnia, Diabetes, Depression, Sleep Disorders and Cancer and they are just the symptoms of this week's customers! I am a GEOMANCER; this means I detect Earth's Energies and the magnetic fields she creates and how they can affect your health. As you can see by that list, they are wide and varied. Earth creates a frequency that in our normal day, most of us don't notice.

However if you are spending time sitting or sleeping in the wrong place and by that I mean a 'Geopathically Stressed' location, it could be as high as 200 times more than what is healthy for you. By having a simple GeoBiology Inspection of your home, you can identify where they are in your home and make sure you are not sitting or sleeping on them. It is in every home and office somewhere, so basically it is pot-luck if you have placed your furniture in a 'clear space'. Don't leave your health to Luck! Call Nicky today for more info 021 545 299 or visit www.clearenergyhomes.com.

GUM DISEASE

Gum Disease – what is it? Gum disease – can be compared to slow cooker. Gum disease is a very nasty condition which progress unknowingly. You don't feel pain and you don't notice much change until... it's too late. The result of gum disease is – no foundation for your teeth, so they fall out, or roots are damaged and can't be restored. Gum disease also gives you: Bad breath, Swollen and bleeding gums, Tooth sensitivity. How does it happen? Our mouths are full of bacteria. These bacteria, along with mucus and other particles, constantly form a sticky, colorless "plaque" on your teeth. Brushing and flossing helps to get rid of some plaque. Plaque that is not removed then hardens to form "tartar", which you cannot remove by brushing alone. Only a professional cleaning by a dentist or dental hygienist can remove tartar. Other factors that may cause gum disease include: Tobacco use, Certain medications, Genetics. Good News: Gum Disease is simple to prevent. Regular clean and polish by your dentist or hygienist helps to remove plaque

before it turns in to tartar. Clean and Polish is a procedure where ultrasonic equipment is used to scale off hard tartar and calculus. The type of instruments used also allow dentists to get in to the location your brush didn't even know exists. Scaling and Polish procedure also removes stains from your teeth and gives you fresher breath and cleaner, shinier looking teeth. How can I keep my teeth and gums healthy?

- Brush your teeth and tongue twice a day.
- Avoid smoking.
- Floss regularly to remove plaque from between teeth.
- Waterjet scaling for everyday home maintenance (available from Westgate Dental)
- Visit the dentist every 6 month for check-ups and professional cleaning. Dental hygienist is available at Westgate Dental on Fridays or you can ask your dentist to include it with your next check-up. To make an appointment Call 09 832 2998.

MOTHERS SHOULD BE SPOILT

Our new arrivals offer a wonderful choice of Mother's Day gifts. At Hobsonville Optometrists - Glasses and Gifts, we have imported exotic scarves in silk, wool and cotton. The superb colours and prints have been designed by a Sydney graphic artist - stunning! Diffusers, candles, candlesticks, etched glasses from Paris, silk flowers in gorgeous vases, platters, servers, jewellery, travel bags, decanters, picture frames... all delightful and thoroughly tempting. Come and browse anytime at 413 Hobsonville Road opposite Memorial Park.



NAIL TIPS

Gel Manicures certainly are popular with their high gloss shine that stays flawless for weeks and the endless nail art options available. They are a quick and fun way to update your look. However not everyone loves that re growth that comes with them. Sometimes we are so busy that finding time to get back to the nail salon to have them re applied is near impossible. Don't despair! Below is a few designs that help to minimise that re-growth look, allowing you to be more flexible and perhaps get a little longer in between each visit to the salon. The Polish Room is your local boutique nail studio specialising in Gel Polish, Nail Art and Natural Nail Services. Proud to offer you the great service, great products and a great experience. To discuss your nail needs and further info please contact Larissa 027 407 2264 or www.facebook.com/thepolishroom.

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ACC Accredited

36 Sunny Crescent
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0212330413
gill.wiltshire@gmail.com

REGULAR AREA COLUMNISTS

GETTING A WEBSITE FOR YOUR COMMUNITY GROUP

One of the most important things you can do is get a website for your community group or organisation. It may seem like a massive project but it can be set up and operated with minimal fuss and cost. Don't worry if you don't think you've got the skills required as we here at Utopia can help you every step of the way. Before you start, think about who your intended audience is and what you want to communicate to them. The website will need to be consistent with your other communications - even if it's just your logo and colours. Try to keep your content fresh and interesting. Short and frequent updates are far better than pages that hardly ever change. Use images and videos wherever you can to keep it interesting and break up big chunks of text. Remember to publish your website in the various community Facebook pages and things like school newsletters. To get you started we here at Utopia can arrange the setup of a simple site to start you off. We also provide advice on domain names and website hosting so you can keep the costs down and still have a spectacular site to showcase your group. If you wish to discuss this with our team please contact us here at Utopia on 09 412 2473



or michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.

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Contact: Tanya Franklin, your local Travel Broker, a member of helloworld, 09 411 9105, or 021 254 9169, or email: tanya@ttb.co.nz. Make an appointment to see me in my home office in Waimauku to chat about your next holiday. See: www.thetravelbrokers.co.nz/tanyafranklin/aboutme.

BRIDGESTONE TYRE CENTRE

Bridgestone Tyre Centre, Kumeu wish all our customers a safe and happy Easter break.

However it's not called March Madness for no reason - the traffic has increased now that everyone is back to work, school and Uni and we need to take extreme care on the roads.

Increased congestion means you need to be able to trust that when you brake you stop - you need to be able to rely on your brake. But did you know that the condition of your tyres also impacts on the braking distance?

We are happy to check your tyres for you to ensure that when you brake you can rely on your tyres, this is a free, no obligation service - call to see us at Bridgestone Tyre Centre, 43 Main Road, Kumeu (opposite Z) phone 09 4129111, Johnny and the Team are happy to advise you on all your tyre needs.

WONDERLAND PARTY

Little Miss Enchanted is now offering a Wonderland home based party. So simple and easy to create a magical Wonder-

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land scene using our one of a kind Wonderland props that the children will love.

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Dance to some fun Wonderland music and help Alice do the Futterwacken dance that the Mad Hatter himself taught her in Wonderland.

A truly enchanting party that the kids will never forget. \$250 (\$20 travel cost may apply) Email info@littlemissenchanted.co.nz for bookings and more information.

PERSONAL DEVELOPMENT 101

Personal development comes in many forms. Going through a difficult time and coming out the other side is personal development. Realising you need to say sorry to someone is personal development. Giving someone an authentic compliment is personal development. Hindsight is personal development. They aren't biggies but are teaching us about ourselves. Perhaps personal development becomes essential when we actually start creating what we don't want in our lives. Or when we set goals that are never achieved, or when destructive behaviour starts to become habitual and we can't do anything about it. Personal development becomes essential when we get stuck.

It's extremely difficult for us to personally see how we hold ourselves back from what is possible. When we are living one reality it is almost impossible to see another. We think in the same ways we did yesterday and it doesn't usually extend be-

yond who we are being right now. Most of what we experience goes via our own view of ourselves. Life cannot be lived any bigger or any differently than equal to our own beliefs about ourselves. One of the biggest hurdles to climb is how we REALLY see ourselves. If you believe you are unworthy you have to try 100x harder. Life has everything in it, but we only see and experience a small portion of it. Personal development starts and stops with the self.

I love quotes. I have put together some of my favourites.

Most people don't live their life; they live their reaction to life - Hans Christian King

The most destructive force in the universe is mind chatter - Hans Christian King

What you believe 'is'. It's as simple as that and as complex as that. For once you understand that statement freedom is yours.

- Burt Goldman

Playing it small doesn't serve the world - Unknown

We can't find solutions to our problems with the same level of mind thinking that created the problem - Einstein

It's only your point of view that creates your reality - John Assarf

The need for acceptance can make you invisible - Jim Carey

Your job is not to be perfect, it's to be human, you get more done this way! - Unknown.

\$75 = EXPOSURE FOR A MONTH - KUMEU COURIER

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at sarahbrightwell022@gmail.com.

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HOBSONVILLE GETS ITS VERY OWN WEST'S BEST OP SHOP

Hospice West Auckland has proudly thrown open the doors to a brand new boutique-style op shop in Hobsonville, taking its total number of stores to six, including five bricks and mortar stores and its popular TradeMe online store.

The new shop, at 6 Clark Road in Hobsonville, is in the heart of a rapidly expanding retail cluster developing to cater for the growing Hobsonville population. Hospice West Auckland Chief Executive Barbara Williams says the new shop just made sense.

"Our op shops are often one of the first interfaces the general public has with our organisation," says Barbara. "Hobsonville is one of the rapidly growing areas we service, and we're delighted to be able to have a presence there."

"They offer people a chance to discover a new-to-them treasure while providing our organisation with vital income to allow us to continue providing the first class holistic specialist palliative care we provide to West Aucklanders at no cost."

The store is open Monday to Friday 9am – 4.30pm and Saturday 9.30 – 3pm and can be reached on 09 416 0291. Donations of quality pre-loved items will be accepted at the store during opening hours only. For large or bulk items, Hospice West Auckland offers a free collection service, on 0508 4 HOSPICE.



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AUCKLAND INC. ORA

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email our editor at sarahbrightwell022@gmail.com.

ZASH HAIR

Hair always stays perfect when the hair stylist straightens it so if yours is driving you mad this month txt us for a quick smooth over. It's a sort of dash in dash out service and will make you look fab for the rest of your day, can be done in 15min! Txt Zash Hair today for your appointment on 02181466. Why struggle with it when it can become someone else's issue?

TANTRUMS OR A CRY FOR HELP?

The teaching team at Country Bears are always willing and wanting to better themselves as individuals, teachers and team members. One of our focus areas at the moment is around children and their emotions. Tantrums are not a child's way of annoying us - they are trying to tell us that something in their world is confusing or upsetting and they just do not know what to do about it. It



is our role as teachers to help guide them through these experiences, validate their feelings, and help them to problem solve. We are not fixing it for them, we are showing them that through empathetic communication, we understand them, and that their feelings are valid and okay. All human beings have feelings and emotions, and each one is okay to have, it is how we learn to deal with those emotions that are important – no matter how old we are!

By narrating the child's feelings "you look very sad / angry that your toy got taken from you?" tells the child that you noticed what happened. You are also helping them to label a feeling that they might not have a name for yet.

Depending on their age, you can follow that up with "I would be upset if someone took my toy as well, what can we do about it?" This helps the child realise that they are not alone with their feelings, and helps them to solve their own issue. If they are not at that stage yet, we can offer suggestions "would you like to try and find another one", but more times than not, just through validation alone, they have gotten over the fact that their toy has been taken, and are feeling connected and validated through such simple communication.

If you would like to visit our wonderful Centre, designed to provide the children

space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: www.facebook.com/cbearsecc Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu – phone 09 412 8055.

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WAIMAUKU LIONS GALA

The Lions Club of Waimauku is gearing up to have another successful year. In 2016 we want to raise funds for a local project in Waimauku. Several fundraising events will be held, with our Gala being one of the main events.



The annual Waimauku Lions GALA will be held on Sunday 3 April 2016, from 9am to 3pm, at the Waimauku village shops. The Gala has become Waimauku's annual community event, and an opportunity for all of our community groups to showcase their work.

We will again have lots of stalls, musical entertainment, a garage sale, firewood raffle, sausage sizzle and other food, a bouncy castle and other fun things for kids and adults.

There will be more information on this year's local project available at the Gala. There will be information about the proposed playground in Freshfields Road during the day.

If you are keen to have a stall, table or car boot sale at our Gala, please book your space by emailing Carla at lionswaimauku@gmail.com before 23 March.

We are asking everyone to bring their own table(s) and chair(s). A fee of \$20 will apply.

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UK TO NZ PENSION TRANSFER UPDATE – COUNTING DOWN TO 1ST DECEMBER!

When you bring your UK pension to NZ, the current UK rules allow a New Zealand QROPS (Qualifying Recognised Overseas Pension Scheme) to pay members a lump sum amount of approx. 30% of their transferred UK fund at age 55, plus provide

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an income for life. However, New Zealand legislation coming into force on 1st December 2016 will restrict withdrawals significantly, only allowing less than 10% in total to be paid at this age.

Therefore, if you wish to take advantage of the current legislation, it is imperative that your pension transfer is well underway before 30th November. It typically takes six months to complete the transfer process, so phone Tony Chamberlain and the GBPensions team on 0800 427 693 as soon as possible or visit www.GBPensions.co.nz to learn more. Disclosure statements for our advisers are available without charge or obligation.



PUKEATUA FARMSTAY

Let's face it, we live in a beautiful region. The area has never been short of breathtaking scenery, thrilling activities, amazing nature activities, historical sites, wineries and beautiful venues. One thing it's short of though, is tourist accommodation. 'I'm getting married in Huapai, do you have any recommendations where we could stay?' is a question just too familiar to Tatjana, who has been involved in the events and tourism sector for a couple of years. When Tatjana and husband Ingo, a registered architect, considered extending their Waimauku based farm house, they thought that guest accommodation was just what the area needed. They have just started up their boutique Bed & Breakfast 'Pukeatua Farmstay' in Waimauku on their little hobby farm, which



offers breathtaking rural views and stunning sunsets all year round. The purpose built guest accommodation is warm, double glazed throughout, modern and spacious and comes with free Wi-Fi access. Pukeatua Farmstay has been accepted as a Platinum Level GreenLeader into the TripAdvisor® GreenLeaders™ programme, which helps travellers around the world plan greener trips by highlighting hotels and B&Bs engaging in environmentally-friendly practices.

Guests at the Pukeatua Farmstay can enjoy lots of cute and friendly farm animals around - Alpacas, cows, chickens and the cat. All of them have a story and many of them are rescues. You are invited to join in at feeding times or to have a pat. You can also enjoy some of the free range eggs for breakfast on the weekend.

Tatjana & Ingo look forward to welcoming guests at Pukeatua Farmstay, where you can unwind, relax & enjoy. Visit www.pukeatua.co.nz or phone 09 411 9545.

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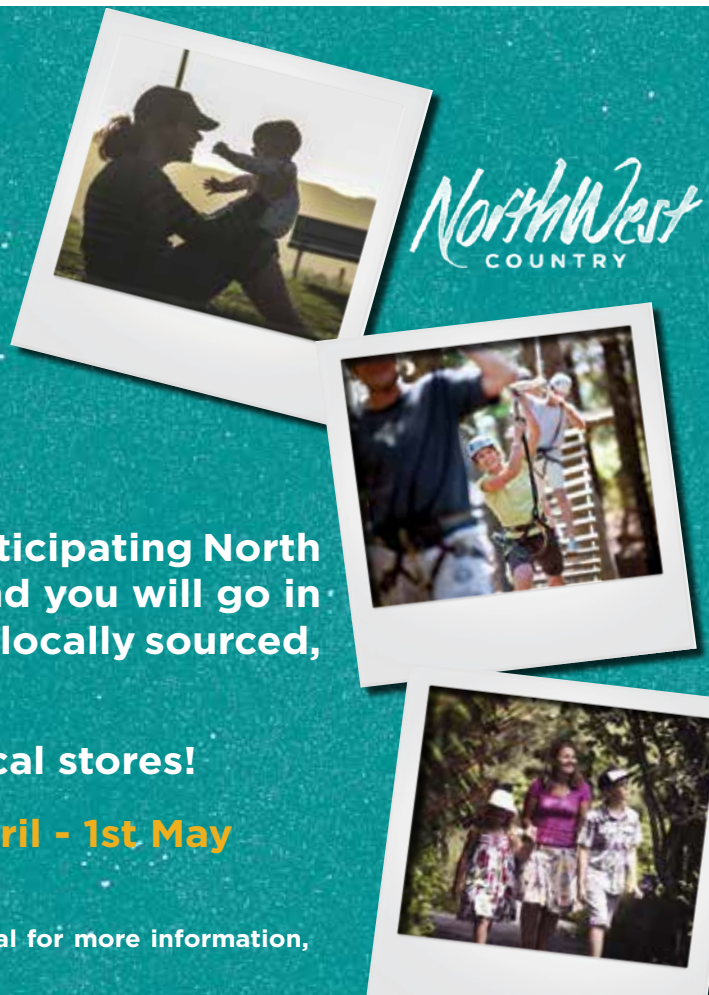
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Simply spend \$10 or more in any participating North West shop, fill out an entry form, and you will go in the draw to win* one of our fantastic locally sourced, Mother's Day prizes!

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Competition runs from: 18th April - 1st May

*T's and C's apply, visit northwestcountry.co.nz/shoplocal for more information, and a list of participating stores.





Waimauku Kindergarten

Northern Auckland Kindergarten Association

18 Freshfields Road,
Waimauku, Auckland 0842
Ph: 09 411 8890 Fax: 09 411 5200
waimauku@naka.co.nz

We run a planned interactive educational programme based on Te Whaariki Early Childhood Curriculum; with 4 qualified teachers and a ratio of 1-10.

Waimauku Kindergarten operates a Kindergarten day model. Our session times are either 4 hour mornings or 6 hour days or a mixture of both. We are part of the government's 20 ECE hours funding scheme.

**Our Hours: 8.30-2.30pm Monday to Thursday
8.30-12.45pm Friday**

You are welcome to come and visit us and see our programme in action—also check us out on Facebook
<https://www.facebook.com/pages/Waimauku-Kindergarten/306950549331812>

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Bay Audiology- Kumeu
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ANZAC BISCUITS

- 1 cup rolled oats
- 1 cup plain flour
- 1 cup sugar
- 3/4 cup coconut
- pinch of salt (optional)
- 115g butter (melted)
- 2 tablespoons golden syrup
- 1 teaspoon baking soda
- 4 tablespoons of boiling water



Combine the oats, flour, sugar, coconut and salt. Melt the butter and golden syrup. Dissolve the baking soda in boiling water and mix until frothy. Add froth from baking soda and water to the melted butter and golden syrup. Pour the combined wet ingredients into the dry ingredients and mix to form a moist dough.

HONEY SOY SAUCE CHICKEN NIBBLES

I have bought some chicken nibbles from Quality Meats and they are delicious! This recipe is very easy to make, which gives you an alternative from buying the pre-marinated ones on the market.

- Ingredients
- 500g chicken nibbles
 - 1 tablespoon soy sauce
 - 1 teaspoon mushroom flavour super dark soy sauce
 - 1/2 tablespoon sugar
 - 1 clove crushed garlic



To make



Inviting all Kumeu Organisations that wish to support one week in the year to pick up trash and clean up Kumeu. We will support your brand in your chosen month. Register by phone 0800 900 700 or email glms@xtra.co.nz.



1. Put all the ingredients into a food plastic bag and marinate it for at least 2 hours; overnight is ideal.
 2. Grill the nibbles in the oven (a portable oven can also do the job) for around 8 minutes, turn and grill for further 5 minutes.
 3. Brush honey on skin and grill for another 1 minute. Honey will make the meat burn very fast so do not brush it until the nibbles are fully cooked.
- If your honey is very thick, you can add a small amount of warm water, to make it more 'brush-friendly.'

MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Fri 1 Apr	04:28	10:56	16:58	23:27	-
Sat 2 Apr	05:36	12:10	18:10	-	-
Sun 3 Apr	-	00:42	05:49	12:24	18:24
Mon 4 Apr	-	00:54	06:57	13:29	19:31
Tue 5 Apr	-	01:57	07:58	14:26	20:29
Wed 6 Apr	-	02:52	08:52	15:18	21:22
Thu 7 Apr	-	03:42	09:43	16:07	22:11
Fri 8 Apr	-	04:30	10:30	16:54	22:57
Sat 9 Apr	-	05:17	11:17	17:40	23:43
Sun 10 Apr	-	06:03	12:03	18:26	-
Mon 11 Apr	00:29	06:50	12:50	19:12	-
Tue 12 Apr	01:16	07:38	13:39	20:01	-
Wed 13 Apr	02:07	08:31	14:33	20:54	-
Thu 14 Apr	03:04	09:30	15:35	21:54	-
Fri 15 Apr	04:10	10:37	16:43	23:02	-
Sat 16 Apr	05:18	11:44	17:50	-	-
Sun 17 Apr	-	00:11	06:22	12:46	18:51
Mon 18 Apr	-	01:12	07:19	13:40	19:46
Tue 19 Apr	-	02:04	08:08	14:28	20:33
Wed 20 Apr	-	02:50	08:52	15:11	21:15
Thu 21 Apr	-	03:31	09:30	15:49	21:52
Fri 22 Apr	-	04:08	10:05	16:26	22:26
Sat 23 Apr	-	04:43	10:38	17:00	22:59
Sun 24 Apr	-	05:17	11:11	17:34	23:31
Mon 25 Apr	-	05:51	11:44	18:08	-
Tue 26 Apr	00:05	06:27	12:20	18:45	-
Wed 27 Apr	00:42	07:05	12:59	19:24	-
Thu 28 Apr	01:22	07:48	-	-	-

Daylight Saving: Please note that tide times have been corrected for daylight saving time.

Disclaimer: MetService and LINZ accept no liability for any direct, indirect, consequential or incidental damages that result from any errors in the tide information, whether due to MetService, LINZ or a third party, or that arise from the use, or misuse, of the tide information contained in this website.

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We invite you to join us every Tuesday evening starting 1 March through to end November at Kelston Community Club at corner of Awaroa Road and Great North Road for a great night of Scottish Country Dancing. Beginner classes: 7:00 PM to 8:00 PM; Regular dancing 8:00 to 10:00 PM. Coffee, tea, and snacks at 9:00 PM. No partner is necessary. It is an evening of fun, friendship, and healthy activity. First night is FREE while the annual fee is only \$50.00.

In addition by joining us you have the opportunity during the year to participate with likeminded folks in many other Scottish dancing evenings at various clubs throughout the city as well as a variety of Scottish shows, musical performances, dinners, and ceilidhs. For more details call 09 838 7263.

SENIORNET KUMEU

Once again SeniorNet Kumeu members enjoyed a fabulous talk given by Grant Sidaway from SeniorNet Federation NZ. Grant covered a variety of computer problems we seem to create for ourselves. "Passwords... they are the bane of our lives," he told us to create a good password then add a few different letters/nos for our different gadgets, thus keeping it simple to remember. He also talked of Cyber footprints, saying to look on <https://www.google.com/settings/dashboard> then type in our name and check out what comes up. To remove these unwanted details from Google go to <https://support.google.com/web-search/answer/2744324> and have those details removed.

Our next St Chad's day will be on Wednesday 6th April where our guest Speaker will be Beverly Meredith and Denece Goldsworthy who will be showing us how to get the fabulous PICA-SA photo program so we can create wonders with our photos. 10 am start a \$3.00 entrant fee which entitles you to a tea/coffee and biscuit, multiple Raffles to pick from. \$2 for 1, \$5 for 3. Don't forget to mark your Calendar, meetings are open to all, those who do want to become a Member, the annual joining



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fee is \$20 – phone Joan Crowe 09 416 7172. Come along and enjoy an interesting morning.

COMMUNITY PROJECTS

Inspired by a community placemaking workshop, facilitated by Milenko Matanovic and supported by the Rodney Local Board, along with the backing of the Riverhead Residents and Ratepayers Association, a group formed in March 2015 to start developing the ideas behind cleaning up and developing the many paper roads in Riverhead.

The group aims to slowly transform the unused paper roads – adding walkways, community orchards, and environmental plantings whilst removing weeds, rubbish and other hazards.

The first project is the Alexander Street paper road. We had a well-attended working bee to slash weeds and remove rubbish. We soon discovered we needed more help due to a large unsightly pile of soil left over from the 1970's. Contract Landscapes Ltd came to our aid, removing huge volumes of soil from the site. Bryson Middleton – Area Manager Northern Utilities of Treescape kindly donated their resources to remove a large weed tree adjacent the power lines (not something community working bees can attempt!) More recently a local Riverhead landscape firm Virtuoso Landscapes came to the party with path formation and topsoil spreading for the grass planting planned for April. We couldn't have done it without the help of our local contractors.

We will be holding another community working bee shortly to establish the garden areas and form the metal footpath. Let's hope the kids bring some more homemade lemonade to share! For more details contact the secretary of the Riverhead Residents and Ratepayers Association: georgedebbieclarke@gmail.com.

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ZAC'S PIZZA KUMEU

You may have noticed that there have been a few changes at Zac's (Pizzeria Venezia) in the Kumeu Village over the past few months. Wayne and Glenn took over the iconic pizzeria in June last year and have been working hard on delivering exceptional pizza and pasta. Along with a few small changes, you'll notice some new pizzas on the menu including Meat Lovers, Apricot Chicken and Hot Mexican. These new flavours are proving a huge hit alongside the traditional Zac's favourites. Zac's is also offering the same delicious pastas and mains, made with the same traditional recipes - although you might see a few new mains to tempt your taste buds too! Zac's is offering a Tuesday/Wednesday special - 2 standard pizzas for \$15 (save \$5) and 2 large pizzas for \$30 (save \$10). Zac's has been serving the Kumeu and surrounding community for over 20 years and Wayne and Glenn look forward to continuing and extending that hospitality in the coming years.

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PETS

TIPS & ADVICE

CAN YOUR DOG SEE WHAT'S ON TV?

Most people's answer would be 'No, dogs can't see 2D' or 'They can't see what's on the screen because it's flat' or possibly 'No, dogs can't see colour'.

Having two dogs who react very differently to watching TV: Kai who reacts to animals on the TV (he even reacts when the TV is on mute so I know it's not the noises!) and Keira who has no time for TV at all. I decided to do some research to get some answers... The answer I found wasn't what I was expecting! Funnily enough it's not a question of whether they can see what's on the TV but why they choose to ignore it...basically their eyesight is too good!

To explain this we're going to have to get a bit scientific; it is all to do with something called flicker fusion threshold (more commonly termed 'flicker rate')

Flicker rate is the speed at which a light pulses. For example with a TV the flicker rate is the speed the image on the screen is replaced by the next image.

Another example is a fluorescent light. Although it seems to be glowing continuously it is actually flashing at a rate of 120 times per second (120Hz) but that is too fast for our eyes to see so we just see it as permanently on.

For us humans to be able to see the light flicker it would have to be slowed to around 55 times per second (55Hz). Dogs how-



ever are much better at detecting movement than we are so their eyes detect the flicker much easier and it only needs to be slowed down to around 75Hz. (That's nearly 50% faster than us!)

Now here is the important part: average TV screens flicker at about 60Hz. As this is faster than the average human's detectability it means that to us the images blend smoothly together and appear as one continuous movement. However, as 60Hz is still below the dog's detectability the television image no longer appears continuous, rather: image, black, image, black, image... making the movement on screen much less realistic and therefore not really worthy of attention. It would be the equivalent of us trying to watch our favourite movie on a flipchart... very tedious after a while!

Now I had found out why Keira paid no attention to the TV, but that still left the question: why did Kai watch TV?

The next answer was HDTV. With the development of technology HDTVs have been created that have a flicker rate of 120Hz+, the increased flicker rate that is now above the dog's detectability means that the images on the screen appear as one fluid movement. Therefore the screen is much more realistic and the animals on it much more lifelike.

This is probably what has resulted in many more dogs paying attention to the TV. In the United States there is already a TV channel 'Dog TV' which is specifically designed for canine viewers and online there are a series of programmes and movies you can purchase for dogs. I haven't tried any on my two yet but think I should!

The next problem/question I then had was if Kai could see the images on the TV that meant Keira could too...but she was ignoring it. It started to feel like I was going round in circles!

After thinking on it a while I came to the conclusion that Keira has learnt to ignore it. She is 9 years old so when she was younger we didn't have a HDTV (hey, the TV probably wasn't even flat screen!) so she never paid any attention to it, so why would she start now? Whereas Kai being the young'un he is has grown up with HDTV and the ability to see the images so he has learnt to watch it.

Although he does seem to think the TV is some sort of window and when he sees something interesting he will run outside to check that's its not behind the TV in the garden...especially bears...bears are not allowed in his garden!

Do your dogs at home watch TV? Any particular programme their favourite? Laura (With help from Keira & Kai).

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So we really can keep it simple!

Vet nurse, Amanda, and her team at Raw Essentials Kumeu can help your pet discover the joys of a real food diet.

250D Main Road, Kumeu. Phone 09 281 055, email info@rawessentials.co.nz or visit www.rawessentials.co.nz.



ANIMAL AVENUE

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Not sure how he would do with cats and other small furry animals. Probably he would learn to coexist. Our vet Elsa Flint will work with whoever adopts him to help settle him in.

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HUAPAI & KUMEU

NORTH WEST DISTRICT BUSINESS ASSOCIATION

The North West District Business Association has three business representatives for Kumeu-Huapai who are working hard to advocate for the interests of local businesses. Craig Walker from Craig Walker Removals, Matthew Burt from Metalmen and Tony Forlong from Kumeu Taxation Services are actively involved in their business community.

Transport is a major issue for the business association, and how we manage growth, grow our businesses, and make our area accessible while withstanding unprecedented growth.

"We communicate regularly with NZTA to ensure that roading improvements in our business area are kept on a priority list, and that we are offered opportunities to provide feedback," says Chair Danielle Hancock. "We are now being offered an individual workshop with NZTA to specifically communicate our concerns and needs. NZTA also sends us updates of their roading improvements and we distribute these to our members in our regular communications."

In our inaugural meeting, Tony Forlong was instrumental in pressuring the Rodney Local Board and Auckland Transport to get the Lions garden in Kumeu mown ahead of the Christmas Parade and regularly managed since then.

Check out <http://www.northwestcountry.co.nz/about/nwdba> to find the contact details of your local business representatives. Danielle Hancock - Chair, North West District Business Association.

EXTREME EXERCISE EVENT TO BUILD COMMUNITY RESOURCE

Our Huapai District school community is about to engage in an extreme 20 hour exercise event. Parents, families and community members are being invited to join and support students to get outside and get active. There will be 20 hours of fun exercise happening over two days and the students are being encouraged to get up from their couches, and away from their screens to enjoy outdoor activity for up to the full 20 hours.

The students will be inviting sponsors to donate funds according to their effort. The outcome they hope is to raise enough money to support a massive new and exhilarating adventure playground for the students and community alike to use.

With the growing population in Huapai it is critical that outdoor environments are planned for our children to enjoy. Huapai District School is taking a lead on this and with today's focus on digital devices, they feel it is important that time away from screens and enjoying community facilities, like an exciting playground is important.

The children will be asking community businesses to help them raise money. A fit, healthy and active community is of benefit to everyone so they ask the community to boost their efforts by either sponsoring a child or giving your business support by

donating \$100 or more. For every business that supports the event, a child will promote their business around the course over the two days. All business names will also feature on event displays, marketing material and school newsletters. Finally, the community will be invited to the grand opening of the playground where further marketing opportunities will be provided.

So come on Kumeu/ Huapai, support our school and community and help secure a fantastic resource for our children. The event runs over two days (Thursday, April 7th 9am to 10pm and then on Friday, April 8th from 8am to 3pm) at Huapai District School.

Thank you, any questions can come to me - Kevin Cronin, Principal of Huapai District School, email: kc@huapaidistrict.school.nz.

KUMEU IS NOT READY FOR ONGOING GROWTH

We already have appalling traffic congestion. However, this is not the only issue. There are other infrastructure problems to also be aware of.

Having infrastructure built in advance of population growth is what good planning is all about. So what exactly is "infrastructure"?

The first infrastructure item is fresh water supply. This infrastructure component will be fine. There is a brand new water reservoir on Old North Road that can supply all of Kumeu's needs. So that's great news.

The sewage system will also be fine. It will, however, be put under strain and require upgrading as time goes by.

Our roads are not ready. Surprisingly, the solutions for SH16, which is Government's responsibility, and a bypass to the west of town, which is Auckland Council's responsibility, are still only in the planning stages. These must be fast tracked with the utmost urgency.

What is required is for central Government to construct a four lane highway from Kumeu to Brigham Creek. Complementing this, to prevent terrible bottlenecks through Kumeu, a new bypass road running west of the town is needed to handle the four lane traffic flow. This bypass is unlikely to affect local business because there will be significantly more local housing and presumably more customers than ever before.

Public transport is the next infrastructure item. This is the responsibility of Auckland Council through Auckland Transport. The current limited bus service can be improved. The most cost-effective public transport solution is to restart the rail service given the fact the infrastructure already exists.

Rail must happen now. There are spare diesel railcars sitting idle just waiting to be used. Driving to Swanson is adding to the morning traffic congestion.

Parks and reserves are another infrastructure component. They serve different purposes providing for either aesthetic or recreational and sporting uses. Common sense tells us more parks will be required.

Public facilities such as libraries and halls can cope for a while but our public cemetery is full. Purchasing land to expand the Kumeu cemetery is required now.

Education infrastructure is vitally important and the locations of our future schools are not yet planned. They should be via a Structure Plan.

Structure Plans are pivotal official documents. They are used to outline where every one of the key infrastructure items mentioned above should be physically located. From it all other Council controlled organisations can plan their infrastructure

investment with certainty.

The Kumeu/ Huapai Residents & Ratepayers Association has been at the forefront of pressuring Auckland Council to have this crucial document drafted and want the community to be able to be directly involved. Without such a document Kumeu is rudderless in the face of growth.

Auckland Council promises to have this in place next year. This is far too late. This overdue document is of such vital importance for steering Kumeu forward.

REAL ESTATE IN KUMEU - HUAPAI

Over the last 24 months we have seen a rapid change in the landscape in Kumeu and Huapai. Historically the village was a small gathering of railway cottages and working-men's cottages which populated State Highway 16, (Main Road). In the 1960's a smattering of relocated homes populated a cross section of roads including Riverhead, Oraha, Trigg and Matua. As demand increased in the area due to industry the area had further expansion that was a mix of exclusive homes with specific covenants and smaller land lots. In 2014 the area had main water and reticulated sewerage connected allowing smaller land lots down to 600sqm to be developed. Subsequently we have three diverse markets operating, older covenanted homes on larger lots (1500sqm), older homes on smaller sections and new homes on 600 - 800sqm. Within this smorgasbord prices can range from \$750,000 to \$1,200,000 offering a diverse choice to home buyers and investors.

Sections are seldom available as most are absorbed by house and land companies offering turn key housing solutions. Those sections that are available come to market around \$450,000 which in turn drive house and land packages around the \$900,000 price range.

Demand in the area is strong, in part to an overflow of buyers moving out from West Auckland and North Shore markets looking for better value and a semi-rural setting. Comparable properties in Riverhead and Hobsonville Point sell between \$1,100,000 to \$1,300,000 therefore allowing a better value outcome. Infrastructure is still the leading issue for Kumeu and Huapai residents with high volumes of transit traffic through to Auckland's popular recreational areas, South Head, Parakai and Helensville. Traffic counts indicating 15,000 to 25,000 vehicle movements a day are being recorded and a roading surface that is plagued with extensive sub-surface subsidence and pot-holes. We would encourage Transit and Auckland Council to co-ordinate resources to ensure traffic flow and public transport links are a top priority in the area.

If you are seeking a semi-rural living environment, close to rugged coastline, beautiful native walks and adventure thrills, there is no better environment. For a list of recent sales within the area on a monthly basis simply email kumeu@mikepero.com (with the words "sales statistics"). Likewise for advice on houses available in Kumeu-Huapai phone Graham on 0800 900 700, email graham.mcintyre@mikepero.com, Licensed REAA (2008).

IS RODNEY GETTING A FAIR GO?

We pay \$70 million a year in rates and about another \$87 million is collected via development contributions, inflated fees and user charges. The transport tax gathers a further \$3M a year. So that's \$160 million a year we pay to Auckland Council.

Using what information Council is prepared to give the public, we know about \$20 million is spent back via the Local Board budget, and \$40 million via regional services and Auckland

Transport's road maintenance (\$25M).

If we add in a further \$4 million a year to account for paying off the debt and depreciation for \$40 million of capital investments (land purchases, storm-water, building upgrades, etc) that adds up to \$60 million in rates returning to the district.

So where is the outstanding \$100 million, or 60% of our rates, a year that's unaccounted for?

Watercare projects can be excluded because it has its own Treasury and self-funds itself via a separate water rate charge.

It's now almost six years of waiting for Council to open the books. However, Council refuses their public duty to do so. It's scandalous and completely unacceptable.

Firstly, we must fight to have the books opened. That means clear transparency for any ratepayer about the amount of rates paid versus the amount spent back into Rodney. If Council needs to take a bit more than it can give back, then be above-board about it.

Secondly, Rodney knows we're being siphoned to fund the City Rail Link and other huge central projects. Hence the secrecy. Cost savings must instead be found within Council to help fund the debt of CBD projects. I suggest start with reducing the \$720 million wage bill.

Regrettably, financial mismanagement is now rife within Council. The \$1.2 billion blowout of the IT system, against a budget of \$157 million, is astonishing.

The Finance and Performance Committee meeting minutes show just how badly our leaders failed us.

In 2015, the same information on the IT system was regurgitated four times when updating those Councillors. There were warning bells ringing at them from every quarter. They ignored it. Those Councillors must be held to account these elections.

It hurts Rodney - badly. That lost \$1.2 billion would have easily sealed the roads, built the Kumeu bypass, fixed the SH16 issues, built all the footpaths needed, purchased more land for the cemetery and for sports parks, built all the housing infrastructure needs for the next 30 years, helped our halls and got a rail service to Kumeu/ Huapai.

Next thing - Council should stop being involved in social and economic issues for which central government is responsible. In other words, Council needs to get back to its core business.

The Norwest of Rodney needs core Council projects delivered before money gets spent on the nice-to-haves in Auckland. Our unsealed roads, non-linking footpaths, traffic congestion, lack of a structure planning, round-a-bouts, better bus services and a rail service must be done first.

Finally, announce new policy allowing local contractors, community volunteers and community groups to deliver those projects. This is guaranteed to lower the costs while also delivering them faster. Norwest's communities would jump at the chance. The towns of the Norwest deserve a lot better than what they have been getting.



HUAPAI DISTRICT SCHOOL

Meeting with Kevin is like catching up with a long time friend, engaging and fun, much like the standards and ideals that populate Huapai District School. An environment that drives community values, prepares young minds for great journeys and a place to find your passion.

One of the major drives is to ensure that year 8's are at or above national benchmarks and well prepared for secondary schools. 100% of year 8s achieved this last year in reading. There are also many opportunities for students to be extended in academia, culture, sport and the arts.

Huapai District School is about to embark on an extreme exercise extravaganza to help fund a playground like no other, novel and fresh, different and exciting. The school is seeking funding support from the community and local businesses, encouraging them to share their journey.

The school has a specialist physical education teacher, music teacher, and a ferocious Kapahaka team.

Staff work incredibly hard and every class has a learning assistant in their environment to help promote accelerated learning and provide small group support to enhance learning. In addition there is a Montessori unit within the school offering a point of difference for parents and allowing children to thrive in this community.

Huapai District School is an active school with bikes, scooters, skateboards and many other sporting, cultural and arts options to ensure that the playground is busy with happy children enjoying themselves.

In relation to our growing community, we are aware of the concerns around infrastructure and we are working with ministry with a view to better traffic and pedestrian management. We have planned for increased growth and are very excited to work with the ministry to design 16 new learning environments which are due to be finished in December this year.

Collaboration will be a key focus for the school this year as they explore how to best manage staff, environments, resources, technology and the timetable in these new spaces.



"We want to produce great citizens at this school and every child knows they can lead the way by living the school values. We organise the school so that senior students can work beside juniors, appreciating the differences, working together, encouraging a healthy respect for everyone and a community feel. With a growing community we are working hard to ensure this is not watered down" says Kevin

Huapai District School embraces the change of increasing its size from 450 students and enjoying the challenge to enhance the facilities, more specialists, more community engagement and ultimately better learning opportunities for children.

TALKING WITH CRAIG WALKER ABOUT KUMEU

Proximity to east and west coast beaches, rural ambiance, local community, proximity to Auckland - close but just far enough away. It has a rural backdrop.

We don't have a lot of service here, clubs, hotels, motels, and this will change.

Kumeu is losing some of its charm and notoriety, it's identity is being eroded and it is becoming part of Auckland. Some of the key points of identity are, Kumeu Showgrounds and A & H. Right of access to the west coast beaches, forestry and adventure.

Wineries could develop better offerings to local and international tourists.

Kumeu is a place where people live. What we need to retain in Kumeu is that it is a good area for people to live. Development needs to engage in this philosophy as the Minister of Housing seems to be only interested in filling paddocks with houses. What we need in local and national government is people that care about this place. This has happened before in Henderson and Lincoln Road when the infrastructure was an afterthought and communities are still paying the cost.

Consider Hobsonville Point (3,000 homes) which has new schools, new transport, new parks, new roads and infrastructure and Huapai (5,000) we don't even get a new bus shelter. Something is wrong with how Auckland Council and the developers are going about their business.

Kumeu could be the most amazing place to live with good planning but without that planning this whole area is a dog's breakfast, it amazes me. We need a plan to build a house but no plan to put up 5,000 of them in a small village, something is wrong here.

We can't halt progress, it is happening and people need a place



to live but it needs to continue to be a great place to live. When people in the street are asked about change, most people accept it but many would highlight that planning and structure needs to happen first.

The New Zealand Transport agency get its act together and get the planning and design underway. It is unbelievable that no thought and consultation has been undertaken.

THE GROWTH OF HUAPAI AND KUMEU

The development of this area will happen over the next 20 years, and many of the questions will be answered by the Unitary Plan. The current growth is expected to be around 3,000 houses including SHA's and existing consented development. Much of the SHA activity will have a roll out period of five years plus along with an Auckland Transport construction program of roadways and better transport links. A big impact on our district will be the development from Massey, Whenuapai to Hobsonville which could see more people visiting to use amenities and visit parks and beaches. Much of the planning will start being publicly consulted this year. Funding for public facilities will follow this growth and I think the outcomes out of this growth and investment will be end up being positive for the area. It does change the landscape into an urban area and people need to understand this change. Locals need to continue to lobby for high quality developments both residential and commercial in the area.

Housing New Zealand indicate that Auckland requires 280,000 new dwellings in the (including apartments) to satisfy growth projections over the next twenty five years, this is going to place huge pressures on infrastructure and funding for this across Auckland - currently one of the fastest growing cities in

the OECD.

Everyone needs to get involved in having a say in what happens when the opportunities arise this year to participate in council planning to ensure that the area is developed in consultation with the community. The community need to get in the ear of their local MP to highlight issues around highway links and infrastructure to make things work. People in the community need to understand that it will take time to get the public transport system right to support change and it starts with consultation, discussion and priorities that will be done through Auckland Council and NZTA over the coming months. Phelan Pirrie

INCREASING TRASH DISCARDED THROUGH KUMEU

In an innovative planning initiative Huapai District School, Mike Pero Real Estate and Kumeu Courier have launched Kumeu Trash Pick Up. We are seeking thirty local businesses to sponsor a day through the year to get staff to clean up the berms and verges of the roads in and around Kumeu.

We are astonished by the increasing volume of paper and plastics ending up in the grass around our great community. I respect that it is unlikely to be local trash however if we all put our names forward and contribute one day in the year to keep our village beautiful, it would seem a small price to pay for a cleaner, brighter and uncluttered Kumeu.

To register your organisation for one day in the year for trash pick-up, please phone 0800 900 700 or email glms@xtra.co.nz and we will work with you accordingly.



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BACK INTO THE GARDEN, AS AUTUMN BEGINS

- Vegetable Heaven – once you've dug your soil over, applying fresh compost or Garden Mix as you go, then it's full steam ahead with sowing seeds and planting – cabbages, Chinese vegetables, carrots, radishes and all the colourful types of cauliflowers and broccoli.
- Parsley, the unfashionable 'curly-leaf' type – Makes a wonderful edging plant for the garden and the colour looks great in the winter. Still tastes as good as its smart Italian counterpart!
- Feijoa time – Harvesting is definitely from now on – feijoas do tend to drop gently to the ground when ripe, so make a daily trip to collect them while they're perfect.
- Liquid feeding – Giving all new seedlings and plants a liquid feed establishes healthy roots. Central Landscapes recommends Living Earth organic certified Liq-

uid Compost for the job.

Tips for the autumn garden

- BEST planting time - start by digging Living Earth organic certified Compost through your soil. The plant into it, making sure you water regularly in the event that it doesn't rain.
- BEST lawn sowing time – Central landscapes have Living Earth Ultra Lawn – a premium weed-free mix, ideal for sowing lawn seed into.
- Rake up fallen leaves – leaving them on the lawn will stifle the grass and cause it to collapse.
- Camellias, azaleas and other evergreen shrubs are planted now – there's a great range appearing in your local garden centre from now on.
- Hedges & Edges a great month to trim and mulch the 'sharp outline' plants in your garden - nice and crisp for winter. Apply BLACKGOLD Mulch around the base to feed and make them look special!
- ANZAC DAY POPPIES – sadly, the red poppies tend not to flower in New Zealand on Anzac Day, but they can be sown now for a beautiful reminder in spring.

4 AUTUMN INTERIOR DESIGN TRICKS THAT WILL REFRESH YOUR HOME

Phew! I survived the month! It's been a busy one, with the Paul Henry show, an audition, the NZ House and Garden Tour (which oozed with inspiration) and finally the Autumn gift fair.

The gift fair is a massive trade only event where industry suppliers gather for several days to showcase their new season's products. I'll be sure to show you loads of sneaky pics in my newsletter next week– sign up for my monthly newsletter via my website www.





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Don't forget, my fabulous Colour Workshop is on Thursday 31st March at 6:30 pm. Don't miss out on this one ladies, I'll give you confidence in the notoriously difficult to navigate world of paint colours – oh the choices! You'll be a pro by the time I've finished with ya. Tickets are on sale now via my Facebook page. Yes! Autumn is just around the corner, so stop denying it and let me show you how to prepare for the cooler months with these simple tips. I know I shared a few of my tips on the Paul Henry show, but it's a bit hard to get a word in, so here goes the full hog.

I'm excited about the colours coming through this season. They are rich, luxurious and pack a punch! Moody deep blues, teal, dark green, grape purple, mustard yellow and burnt orange – yum yum yum. These colours are expressed with soft, sumptuous textures like velvet, fur and wool. For more on this season's colour trends visit the Dulux 2016 Colour Forecast on the Dulux website.

It's not about redoing your interior each season, just swap out a few items that will give you a fresh look. It might be a couple of velvet cushions, a fur throw on the end of your bed or sofa, or few textured wool rugs chucked around the place. Look for key items that will make a big impact.

Kiwi's love the outdoors and bringing in seasonal elements throughout the year helps us to connect with the exterior. This autumn, grab some leaves, pinecones, seed pods or twigs and pop them in three large vases for the centre of your table with some chunky black and white candles.

Another trick is to chuck a wood basket next to your fireplace, whether it's a wood burner or not. The smell and look of wood will inject cosiness into your interior – promise.

I love autumn/winter for two reasons; you can start pulling out all of your amazing wool jackets that have been cooped up in your wardrobe for the past 6 months, and the excuse to use rugs! Lots of rugs! Pop one in your undercover outdoor entertainment area, in your lounge, under the foot of your bed, under your dining table, down your hallway – you name it, rugs can go just about anywhere. Even layering rugs on top of rugs works! Candles create magic in a space! The gentle flickering of candles oozes comfort and cosiness. Cluster them in groups on a sideboard or your mantelpiece, dot a few lanterns around the floor and place a supersized candle on your coffee table. You might have a favourite bowl that you'd like to customise into a candle, Trenzseater in Parnell offer a service that will fill any vessel you like with wax and turn it into a candle. Brilliant!

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VIREYAS AT AWA NURSERY – GROWING TIPS

Awa Nursery currently has an abundance of Vireyas and the colour display is very eye catching. The Vireya is such a popular plant that will reward you with regular displays of exotic blooms in an array of colours. We thought we would pop a few tips on the general maintenance of these beauties.

Where to Plant - Vireyas need to be grown in a frost free location, with good light, preferably where they will receive full sunshine in the morning and dappled light in the afternoon.

They will need very free draining soil as they dislike becoming water logged. Ideally when planting the Vireya, make the hole shallow and mound the soil up above the ground just enough to cover the root ball. These plants are easily grown in pots, having the advantage of portability.

Pruning - When a plant is young, it is good practice to pinch out the new growing tip as it emerges at the end of each branch. This encourages the plant to put out more growth, making it more compact and bushy. Feed the plant before pinching helps with this new growth.

If your Vireya has become too leggy with many bare lower branches, this could be a result of too much shade, and it is worthwhile moving it to a sunnier site. This will often promote new growth on the stems. However if a large plant needs reducing in size, cut one third of the branches back to the desired height, cutting just above a set of leaves, leaving a few leaves on each stem. Once new growth has emerged and hardened, you can repeat the procedure.

LIVESTOCK REPORT

The cattle yarding at Pukekohe was surprisingly small, numbers wise, with very few yearling and weaner cattle coming forth despite fantastic prices over the last few weeks. However, good numbers of older cattle are still coming to market and prices continue very strong recent trends. Quality young stock is in huge demand and this will continue at least until the cold weather and rain set in!

CATTLE

Best prime steers	\$1,390 - \$1,920
Other good steers	\$1,130 - \$1,290
Very plain 20 month steers	\$920 - \$1,000
Medium 15 month steers	\$800 - \$1,050
Good weaner steers	\$770
Very small x bred steers	\$370 - \$625
Best prime heifers	\$1,210 - \$1,370
Other medium 20 month heifers	\$935 - \$1,080
Medium weaner heifers	\$610 - \$690
Very small x bred heifers	\$330 - \$475
Boner cows	\$760 - \$1,185

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Weaner	\$88

WANT TO LEARN MORE ABOUT PLANTS?

There are still a few places on Skills Update's Horticulture course, starting at the end of this month. It leads to the National Certificate in Horticulture, Level 3, which is a very good qualification if you want to work in horticulture but also provides you with a broad and thorough knowledge base if you just want to become a better gardener.

The course runs for 65 weeks (plus natural gaps like Christmas) and you study at home. However we have weekly tutorials in Kelston, plus numerous weekend field trips, practicals or workshops at various other sites of interest.

Subjects range from propagation to weed control, soil science to plant names, tree care to landscaping and involves presenting 18 assignments on these various topics.

And here's the punch line: THERE ARE NO FEES! Seriously. Fun and laughter are included. Email jim@hort.ac.nz for details.

GETTING YOUR HOUSE 'OPEN HOME' READY: TOP TIP NUMBER 2

The 'C' Word: Cleaning and clearing away the clutter
Rooms that are full of bits and pieces of 'stuff' (think stacks of papers, books, CDs, and the teaspoon collection that was passed down from Aunt Mary) tell buyers something you would rather they not know. In essence it says that there is not enough space in this room (or house!). That the house is too small and there is not enough storage.

I frequently get asked by vendor's what I most need to do to get the house ready for sale. The best advice I can give is to either hire a skip and have a big throw out or store your prized bits in a friend's house or a storage facility. Be ruthless, if you haven't used it, worn it or even noticed it in over a year then think seriously about recycling or selling it.

Approach every room in the house including the garage (this often becomes the dumping ground for items that have no clear home) and really look at how it is presented. Can you see the shelves and the back of the wardrobe or is it so crammed



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full of clothes and tennis rackets and suitcases and ski poles (you get the picture) that the space is struggling to look adequate for basic storage.

Bottom line is the less you have in an area the larger that space appears! It's the single most effective and cheap way to increase the size of a room.

The other part of the C word equation is cleaning.

Clean all walls, skirtings, ceilings, doors, light, power switches and make sure no spider webs are hanging from the ceilings or alarm sensors. Clean the windows inside and out and let the light shine in! Have carpets professionally cleaned and don't forget that buyers frequently open dishwashers and ovens so spic and span and odour free are key.

Don't forget to hide unsightly wires from computers, tv and stereo. Clean out the pantry to enhance storage ability. The same applies to kitchen and bathroom cupboards. A serious buyer will often open wardrobes, cupboards and storage spaces and no one wants to face a perilous tower of items at risk of avalanching.

I frequently am asked to walk around a client's property and advise on what they should focus on in preparing their home for open homes. After all a fresh pair of eyes from someone in the profession of marketing property is one of the best resources available to you, so please give me a call! Contact Susan Annett on 021 335 788. Or email: susan.annett@mikepero.com. Licensed REAA (2008).

DT DENTURE CLINIC

Don't wait days or even over night for relines, tooth additions and repairs. Here at DT Denture Clinic we offer a same day service. We are able to do this as we have an in-house laboratory. We don't need to send your denture across town or even overseas! It's all done on premises. The great news for you, is that you do not have to wait overnight or even longer for your dentures.

How the process works, is you have a morning appointment where our clinical technician will talk you through the process, take impressions if necessary, and prepare the denture for what is needed.

From your appointment the denture is given to our experienced dental technicians who will either repair, reline or add the tooth or teeth to the denture.



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You come back the same day in the afternoon where you will have another appointment with Mark our Clinical Technician who will fit the denture for you, ensuring a perfect fit. Some repairs are straight forward and do not require appointments and these dentures can generally be fixed in a few hours. We understand going without your dentures for a long period of time can be daunting, so if you require a repair, reline or tooth addition to an existing denture call the friendly team at DT Denture Clinic for a same day appointment 4165072 or email info@dt dentureclinic.co.nz

FACIAL ECZEMA - PART TWO

CAUSE

- Facial eczema is caused by a toxin (sporidesmin) produced by the spores of the fungus (*Pithomyces chartarum*) in pasture. Under the microscope, the spores are a very characteristic hand-grenade shape.
- The fungus grows in the dead litter at the base of the pasture in warm moist conditions and can also grow on the base of green plants.
- There is great variation in spore counts between paddocks and within the same paddock on the farm. For example, there can be high spore counts in the shaded lower sheltered areas, and no spores on open faces and high slopes.
- The young rapidly growing spores are most toxic. Old spores are not such a problem.
- The toxins from ingested spores are eaten and damage the liver which cannot get rid of phylloerythrin, a chlorophyll breakdown product, and this circulates in the blood.
- Phylloerythrin releases energy and when exposed to sunlight causes skin damage identical to severe sunburn.

PREVENTION

- Currently, there is no cure for FE so prevention is the best option.
- Don't wait until you or neighbours see the first clinical cases before acting. By the time 5% of a flock or herd show obvious clinical signs, up to 70% of them will have liver damage.
- Prevention is based on knowing when spores are multiplying and "spore counts" are high, and hence when pastures are "hot". This is done by spore monitoring (see below).
- The basis of all prevention is treatment with zinc salts. Zinc oxide is used as a drench, and zinc sulphate is put in water supplies. Make sure you get this right, as zinc sulphate is very toxic if drenched.
- It takes at least 3 weeks after the start of zinc treatment before enough reserves are built up in the liver to be effective. This is the major reason for failures as some people expect instant results after they see clinical cases.
- Zinc treatment can never be 100% effective, so in severe outbreaks expect problems. When pastures are really hot with high spore counts, then increase zinc dose rates. Consult your veter-

inarian about this.

- Remember to order your zinc early as stocks often run out in severe seasons.
- It's very important that only licensed animal remedies or approved medicines are used for FE prevention.
- Spraying pastures to kill fungi was one of the earliest ways to prevent outbreaks of FE, and it's still an effective option for small areas to make them safe.
- New products are always coming on the market so check with manufacturers about use and how long products last, as this will depend greatly on weather conditions. Keep checking spore counts on these sprayed pastures to make sure the product is still effective.
- Supplements e.g. Hay or silage can be fed on these safe areas..
- Growing a crop to feed out during the most dangerous FE period has been a recommended practice in the past. Costs need to be carefully worked out as there are risks in knowing how much crop to grow, how much it will yield (it's very rain dependent), and hence how long it will last. You will also have to factor in how long the paddock will be out of grass and the costs of re-seeding.

It took 30 years of dedicated research at Ruakura Research Centre in Hamilton to work all this out, but prevention methods have been known now for 40 years.

Lyndsay Kerr will publish a regular column focusing on issues that affect lifestyle block owners. Lyndsay has owned and operated a MAF approved animal quarantine and export facility in Waimauku. This series on Facial Eczema was first published on lifestyleblock.co.nz by Dr Clive Dalton who kindly agreed to allow us to reprint this article on this very serious condition.

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Follow our top tips to get the most out of your greenhouse as the temperatures drop.

An unheated greenhouse can keep overnight temperatures as much as 5°C warmer than outside, which will keep plants frost-free in all but the worst of winters. With a roof above and walls around them, a greenhouse also ensures that plants stay dry – which is a good thing because dry plants are much less likely to freeze than damp ones.

Placement of your greenhouse is super important so make sure it's going into a sun-soaked spot – you can always add shade in the warmer months, but you can't conjure up sunlight. Your plants need to be exposed to plenty of light, since natural sunlight is lower in winter. Shift any shading material out of the way and keep the glass clean.

CAFÉ BOTANNIX



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Hardy Herbs

Pot up chives, parsley and mint in autumn and bring them into the greenhouse, where they'll continue growing all winter. It's worth planting up several pots of each, so you can harvest them in succession for a continuous supply.

Forced Bulbs

If you'd like a little tulip, daffodil or hyacinth colour in your home over winter, your greenhouse can make it happen. Put your bulbs in the fridge for approximately six weeks, then plant in a pot and place in the greenhouse, to encourage early blooming. When buds start appearing, you can bring the pots into the house and enjoy your early spring blooms!

Tender Perennials

Many soft summer perennial plants can survive through winter in a greenhouse, including fuchsias, petunias, geraniums and pelargoniums. The extra protection provided will keep these plants alive – but take care not to overwater them.

Winter Colour

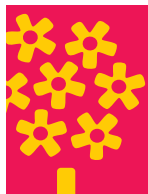
To get a head start with your winter colour, sow pansies, cineraria, polyanthus and primulas nice and early in the glasshouse. That way, when you are ready to fill in these gaps in the garden, or refresh your pots during early winter, you have the seedlings ready to brighten things up straight away.

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