

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

LOCAL BOARD UPDATE

- Pet tips & advice
- Food & beverage
- Home & garden
- Property market report

MUZZLING DOG BITES

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Contact Sarah Brightwell on 021 250 7324 or sarahbrightwell022@gmail.com

April 2017

Intro

Welcome to our April edition – although Summer is officially over there are still plenty more sunshine hours to be enjoyed over the coming weeks. April brings Easter holidays and activities galore and of course Anzac day on the 25th April. Join Kaipara Cruises this Easter on a unique cruise departing from Port Albert and reliving the history of the early Albertlanders as they cruise through the sheltered inland waterways of the Oruawharo and Otamatea rivers, sight many bays and inlets accessible only by boat, historic remote settlements, early bush camps and mill towns including the historic 1860 Batley Hotel. Cruises depart daily this Easter from Port Albert wharf for more information visit their website www.kaiparacruises.co.nz or phone 09 420 8466. The regular monthly market in Kaukapakapa has some special Easter fun planned for Sunday 16 April - bring the kids along for an Easter scavenger hunt plus Easter craft table, pin the tail on the bunny and much more. Plenty of interesting stalls to peruse or just sit and enjoy live music from The Roselles. A great morning out for the family the market starts at 8.30am and finishes at 1pm. For those 'bigger kids' out there looking for something fun to do - Woodhill Forest's first big music festival Oro '17 by Ngati Whatua o Kaipara featuring Britain's Underworld will take place on April 8th. The electronic and hip hop event gates open at 10am with the show finishing at 11pm. The line-up includes DJ Phil Hartnoll (Orbital), Dave Seaman, Jeru The Damaja, Koven, Feint, Evil Needle, Greg Churchill, DJ Dubhead and SoccerPractise. Oro '17 is organised by promoter David Roper and is expected to attract close to 6000 people, with a wide range of food and drink available. Tickets for the R18 festival are from Ticketmaster. The cost includes buses in and out, with festival forest access roads closed to private vehicles and pedestrians during the event. Visit www.orofestival.co.nz or search Facebook for more. For those of you planning to have a few quiet ones at home over Easter I suggest you try some of the beautiful Herbalist Craft Beers created by local woman Rebecca Stenbeck, who has grown up and lived in Kumeu all of her life. Incorporating brewing and her experience as a qualified Herbalist and Naturopath has allowed Rebecca to create a range of tasty craft beers that are infused with herbs and brewed with GE-free New Zealand barley and hops. The range includes tipples such as Manuka Ale infused with Fennel Seeds and Burdock Root, Rosemary and Licorice Ale and Nettle & Bilberry Lager. All well balanced and layered with subtle interesting flavours these beauties are available at Fresh Choice Waimauku, The Bottle-O Huapai, Norwest Liquor, Boric Food Market, Soljans Estate, Hobsonville Kitchen and 4 Square Parakai. Visit www.theherbalist.co.nz; facebook.com/theherbalistcraftbeer.

As always, stay safe, be kind,
Sarah
Editor.



Disclaimer: Articles published are submitted by individual entities and should not be taken as reflecting the editorial views of this magazine or the publishers of The Kumeu Courier Limited.

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Cover photo: Cover photo: Darcy and Summer Martin, 2, have a close relationship. Photo: Kat Clo Photography.

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MUZZLING DOG BITES

By Geoff Dobson

Ever worried about getting bitten by a dog?

There's every reason to fear, with dog bites increasing.

But a Kumeu company is working to muzzle the problem – by training people.

Dog bites cost the country millions of dollars last year. ACC alone paid out more than \$5 million - around \$14,000 daily.

That's only reported bites, which jumped more than 1000 in a year to 14,024 in 2016, The Dog Safe Workplace's Jo Clough says. Many go unreported, like a real estate agent who told Jo they didn't report being bitten in case they lost the property listing. But medical bills, time off and replacement of bitten staff – or even those traumatised by an attack – can cost a huge amount. Only 38 per cent of dog bites are reported, European research shows.

Jo, a former vet nurse, and business partner Laura Purkis are making significant inroads into countering the increasing trend in dog bites nationally. They provide tailored training programmes for organisations whose employees, contractors or volunteers visit properties where dogs may be kept.

That includes meter readers, parole checkers, posties, security staff and the increasing number of home delivery people with online shopping.

New health and safety rules apply, so some businesses have turned to The Dog Safe Workplace for help.

The company has started a pilot scheme in five schools under their new charitable trust, Kids Safe with Dogs.

Another former vet nurse, Michelle Irwin of Westgate, is among 14 qualified instructors nationally going into schools and workplaces. Michelle, pictured left with Jo, takes along Chase a fox terrier/miniature schnauzer, one of several dogs trained and temperament tested for the job.

"I got him at eight weeks and he's been coming into work ever

since," she says.

Now online too, The Dog Safe Workplace began after Jo started Pet First Aid in April 2014, providing first aid kits and instruction on handling injured animals (applicable to humans).

That got Jo thinking. "I started researching dog bites, increasing across New Zealand and around the world."

She commissioned ACC reports on dog bites back to 2005.

"There's been a huge increase, but what's frightening about it is that these are only reported dog bites for which ACC has paid out."

Then Jo was asked by a gas bottle supplier about a delivery to her. "They didn't even ask if I had a dog." She does – a big "bully



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PEOPLE & PLACES

breed" rescue dog called Darcy.

"That's when I wondered how many people had been bitten visiting properties, so with Laura we created The Dog Safe Workplace in August 2014, registering it last year."

Despite searching the internet, Jo couldn't find any similar organisation. "So we're probably a first internationally."

Michelle and Chase have already visited Taupaki School, and the programme has caught on elsewhere.

One of the largest meter reading firms in New Zealand, Wells Instrument and Electrical Services, sings their praises. "We have had a dramatic decrease in dog bites in the past two years," operations manager Mark Benson says. Staff are trained in awareness and safety both in classes and online.

Jo says awareness involves knowing the signs a dog is around when visiting a property. Then there are steps in minimising the risk of attack. If all else fails there are also ways to stop a dog biting, such as thrusting a bag or device in its mouth.

Laura is doing a degree in canine psychology and behaviour through a British university to add a further string to their bow. Jo says their work helps companies and their workers, helps the community and helps dogs.

"There are only winners."

Visit www.dogsafeworkplace.com for more.

VINEYARDS TO HOUSES

Growth around Kumeu-Huapai is becoming more obvious by the day.

Wineries are making way for homes, and commercial sites are underway along State Highway 16.

More than 6600 new homes are planned in Kumeu-Huapai and Riverhead.

About 600 of them will be in the Cabra Land & Property Development project included in the 65 hectare Huapai Triangle.

Cabra is doing most of the work in the Special Housing Area between Nobilo Rd and Station Rd, the earthworks expected to take three to four years.

Other developers in the same area will add many more homes. James Law Realty has 102 lots in an area dubbed Western Garden out of a possible 1200 development sites. It sold 53 sections last year and has about 30 more coming on the market from

361 square metres to 395sqm, ready to settle in September. Land and house packages are offered for \$1.1 million to \$1.25m. Terraced housing will be significantly less depending on size.

A main road off Station Rd will link most of the development, to be connected to the existing water and wastewater network. Traffic increases from such developments are considered, with lights to be installed at a reconfigured Station Rd/Tapu Rd/SH16 intersection beside a western gateway commercial centre. Access Rd improvements are planned too.

Road names in the Cabra subdivision reflect the previous owners and land use. These include Papa Orchard Drive, Nellie Drive (Nellie Papa) and Podgora Ave – the Croatian village where Nellie and David Papa's fathers came from).

Several parks will be established, such as Dida Park (Croatian for grandfather).

Later development of the Nobilo land could see similar recognition of that winemaking family.

It's the same story for the 13 roads and a shared access in the 233 residential lot Oraha Rd subdivision by Arborfields Group Holdings Ltd. Another Special Housing Area, the road names here also reflect the wine-making history.

Back at the Cabra site, the company's project sales manager Will Stone says land is zoned for neighbourhood shops in the Huapai Triangle, along with a footbridge over SH16 to the Huapai retail area.

Houses range from 120sqm plus garaging to "super lots" of six to eight terraced houses with affordable housing included.

The first homes could be starting this month.

The average section size is just over 400sqm.

Existing buildings will be removed or demolished, including the old Nobilo winery. Antrim House, the distinctive Station Rd villa, has its original building for resale at Craig Walker Building Removal's SH16 site, where a new Z service station is opening.

Cabra is involved in other developments, including the 65 lot Deacon Point subdivision at Riverhead. It was also associated with the Matua Estate project.

Work along SH16 includes the establishment of a medical cen-



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tre The Doctors with 11 rooms and a pharmacy plus eight shops on the Benjamin Bowring Printing site. The printing business has moved to nearby 10B Shamrock Lane.

A two building, two storey commercial centre, pictured, underway at the Tapu Rd intersection includes GJ Gardner Homes as anchor tenant, a day care centre for up to 65 children, a cafe, offices, retail space and 66 car parks.

It's expected to be completed late this year.

A permanent film studio is planned in the former Access Rd particle board factory and 27 hectare grounds where shark film Meg was made.

Meanwhile, the addition of thousands of residents looks to be on hold in Kumeu-Huapai and Riverhead's proposed future urban zoning. The Auckland Council is considering waiting for traffic upgrades and a major storm water link, pushing out a start to 2028.

Visit www.cabra.co.nz and aucklandcouncil.govt.nz for more.

TIME TO REFLECT

John Key's last day in Parliament is April 14, then he's overseas on speaking engagements while deciding his future.

The Helensville MP of 15 years and former Prime Minister won't be quitting New Zealand or the National Party though.

He intends keeping in touch with the electorate, handing the reins to new National candidate Chris Penk of Glen Eden, pictured right. Chris, 37, a lawyer and former Navy man, was aide-de-camp in 2003 to then Governor-General Dame Silvia Cartwright.

The Huapai office obtained by John could remain the electorate base.

During his time as MP John has seen "dramatic" changes associated with the area's growth.

Highlights of this time there include helping get infrastructure like water and wastewater services sorted, and to some extent roading. He's still confident electric rail could get to the area, although it may not be soon enough for most.

"In the next 15 years there will be more development here," John says, foreseeing better services to meet it.

One disappointment is not having a high school established in the Kumeu district during his time.

On the electorate Special Housing Areas, John says most people accept the extra housing, provided it's backed up with infrastructure.

He says the Government has invested heavily in infrastructure, which is always going to take time to complete.

The April opening of the Waterview interchange on the Western Ring Route, for instance, will free up some aspects of traffic.

But John believes change is coming in car ownership. "Many people in big cities don't own cars and use taxis or public transport."

He'd like to see more police here too.

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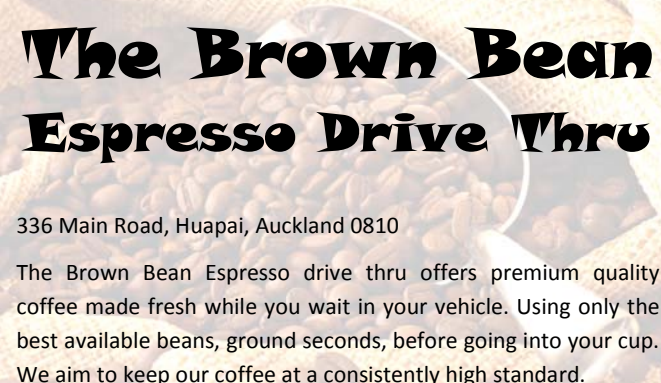
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"The main gripes from people here are about transport and road safety."

John will remain a National Party member in the area and stay in touch.

"A lot of amazing things have happened, like the Muriwai Surf Club's new building and Treaty settlements, and the community feel is still here."

Short term, John aims to take a more relaxed approach, with speaking engagements in the US and Australia.

He'd like to work on a few company boards there too, but intends staying in Parnell. "I don't want to go back overseas."

Being Prime Minister saw a "hell of a lot of challenges", mainly because his time was beset with national disasters like the Pike River mine explosion and the Christchurch earthquakes.

He says the quakes and the possibility of tsunamis has prompted the Government to review warnings, particularly around the use of mobile phone technology, but care is needed in how it is used.

The Global Financial Crisis was another disaster, but John's had international praise for his guidance, the country touted as an economic success story.

John says that as PM he had less time to devote to his electorate, something he expects Chris Penk will rectify. "Chris will go back to where I was in 2007."

What about a return to politics? "Definitely not," John says, although he intends remaining a National Party member "until I die".

Any thoughts on President Trump? "We're in for an interesting four years," John says diplomatically.

He still intends playing golf with Barack Obama while in Hawaii though.

Would his children Max and Stephie like to enter politics?

John doubts it, and says Max, 21, is more popular as a DJ than himself, particularly among the younger generation.

Signing off shortly, John thanks the people of his electorate and says meeting constituents face-to-face kept him in touch, especially with how people reacted to changes.



HUAPAI HUB IDEAS

Five-year-old Lauren Parker, pictured, of Huapai wants a tree house with swings, monkey bars and a slide at the planned Huapai Hub.

The daughter of one of the community space convenors, Kyle Parker, Lauren presented her colourful design at a public workshop attended by more than 100 people.

In excess of 60 suggestions came for use of the public space around the Kumeu Library and Kumeu Art Centre. These are now being refined.

They ranged from an all-weather area for theatre, arts and music to a community garden and rock climbing wall.

A bike track, skate park, volley ball net, flying fox, sculpture display, heritage plantings, a war memorial, museum, picnic area with barbecues, water and shade area, markets, book swap, information centre, mini-golf, and an area for relaxing and enjoying nature were among them.

One suggestion of a dog walking area was countered by another advocating a dog-free area.

But, as meeting facilitator Gail Fotheringham explains, it's early days in the Huapai Hub process and she called on people at the meeting to be creative and open minded.

A convening group of 17 residents and Auckland Council staff is seeking public engagement, with the Rodney Local Board already earmarking about \$100,000 for the project.

The aim is to provide a community space suitable for all ages, with a range of activities.

Gail says community input will be used to determine the Huapai Hub's design and development, with feedback later sought and further discussion around how the hub will be implemented, its financing, consents, compliance and more.

"This not about bringing a kit set from Germany and plonking it there," she says.

Pleased with the meeting outcome, particularly the input from many young people in attendance, Gail says similar meetings about the project are planned nearly every fortnight in the Kumeu Community Centre.

A name for the area, other than the Huapai Hub, has yet to be decided.

People were asked to think of others unable to attend the first public meeting and see what input they could offer.

Further workshops included establishing a design group to work with the chosen contractor, and to begin researching materials, equipment, consents and time lines.

Email huapaihub@gmail.com or search for Huapai Hub on Facebook for more.



SAFER COMMUNITIES

Waitakere fire led another team of Auckland firefighters down to the Port Hills fire in Christchurch. The fire covered 2,000 hectare's which for New Zealand is a large fire. The team included volunteers from Kaukapakapa, Puhoi, Kawau Island and Piha Brigades and involved long days working in tough conditions using dry firefighting methods, another words no water.

2017 is a good year to assist a local community group. If you or your family are not presently volunteering in your community then make a call to donate some time to help yourself through your community. The benefits include:

- meeting new people with similar interests
- developing new skills and experiences
- getting a greater sense of personal achievement
- a feeling of involvement and participation in the community
- having a number of buddies to do things with
- engaging on a business, social and personal level

If you have a few spare hours a week and want to volunteer some time on a part time or regular basis it starts with a phone call to the group. Community fire Brigades always need a hand.

With Easter just around the corner and a nice 4 day weekend if you are going away then please turn off any appliances at the wall. Take care on the roads and allow for extra travel time. This is also a good time to start thinking about winter preparations such as fire wood, chimney swept, stock fenced off from water ways and check your smoke alarms.

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COMMUNITY NEWS

CAN SINGING IMPROVE HEALTH?

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SENIORNET KUMEU

It's a great feeling to receive an e-mail from a distant relative or friend, especially if they attach a photo of their new grandchild or some special event in their lives. It's also nice to be able to keep in touch with them, through e-mail or one of the many social network sites on the internet. If you would like to do these things but feel "It's too late for me to start learning about this stuff" Think again. SeniorNet Kumeu Inc is dedicated to helping people who want to keep up with today's technology, who either don't know how to use a computer or simply want to improve their skills. We are a friendly and informal club with tutors who teach at a pace that suits our "seniors". So join in the fun and learn how to do the things that you would like to do. In our small, friendly and stress-free classes, you'll gain the

skills and confidence you need to get the most out of information technology. Membership is now open to anyone who has an interest in meeting like-minded people and want to have fun learning how to get the most from their computers, smartphones, iPads, Samsung (or any other make of tablet) etc. If you would like to join our club, we meet at 10am on the first Wednesday of each month at St Chads Church Hall Huapai, just come along to our next meeting on April 5th or contact: Brian Lacey on 022 183 1811 brian@lacey.nz or Nigel Dempster at nigel@outlook.com.



CRUISE MASTER AT HELLOWORLD

Carolyn Hedley, also pictured, holding her Masters of Cruise Consulting Certificate awarded by CLIA (Cruise Lines International Association Australasia). The Masters Certificate is the highest level that can be achieved after significant training to provide professional cruise information and reservations. However helloworld Hobsonville doesn't just do cruising, we do all flights, tours, accom-

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EVENTERS BACK AT WOODHILL SANDS FOR APRIL

Auckland Equestrian sports will run a weekend encompassing cross country, show jumping and dressage as a lead up to the pinnacle of eventing in New Zealand, the Taupo National three day event. April 22nd will see an express event (short format) held over four levels and Sunday 23rd will be training dressage and show jumping. There will also be a dedicated arena just for eventers to practise their three day event tests. This event will be open to all riders, even if they just want to practise dressage or show jumping, all levels will be catered for. As always at Woodhill Sands no dogs please and cafe open all weekend. Photo credit AC Photography.



JUSTICE OF THE PEACE AVAILABLE AT LOCAL LIBRARIES

A Justice of the Peace service is available

every Saturday morning at the Kumeu Library in Huapai between 10am and 12 noon. There is no charge nor appointment needed for this Saturday morning service. Whilst JP's are not legal advisers, there are some legal processes that a JP can assist with and save people having to visit a lawyer. A JP can witness signatures on documents and certify copies of documents as true copies of originals or images viewable on a computer or smartphone screen. They also take declarations for documents requiring a Statutory Declaration and oaths or affirmations on court related documents requiring an affidavit. Some of the documents commonly presented requiring Statutory Declarations relate to immigration matters such as sponsorship, bank documents, change of name, Kiwisaver withdrawals, insurance claims, 18+ applications, rates rebate applications, etc. Certification of photos as being a true likeness are common as is certifying that people receiving overseas pensions are still alive! There are some things people needing a JP need to note. If they want a printed copy of an original to be certified, they must bring that original with them, or be able to show it on their smartphone screen. For Affidavits or Statutory Declarations, the person making the declaration must be present. You can't do this for someone else! Bring your drivers Licence or passport with you so the JP can confirm you are the person making the declaration. Avoid signing the form before you come, and do this in front of the JP. There are about 20 JP's in the Riverhead, Taupaki, Kumeu, Huapai and Muriwai areas and they are happy to help at their homes, providing you telephone first and make an appointment. Names and addresses of JP's can be found in the Telephone book yellow pages, the local Lions phone directory and on the website www.jpfed.org.nz.

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GYM ZONE

Gym Zone is the latest offering from Gym Kids Ltd. This month we would like to let you know about our holiday programmes and birthday parties. Our popular Gym Kids holiday programme will be running at Gym Zone



Hobsonville for the April holidays. Children from 4.5 - 11 yrs will have a fantastic time with us learning new gymnastics skills and having fun with great games, art and craft activities and making new friends. Do you have a birthday coming up soon? Gym Zone is a fantastic location to host your next party. Enjoy an action packed hour of gymnastics and games before heading into our party room for some birthday treats with your friends. Please follow the link to make an enquiry. Gym Zone – Where movement begins. Read more at www.gymzone.co.nz.

GT MARINE SERVICE CENTRE NOW OPEN

Having provided a mobile outboard repair service for the past 18 months, we're thrilled to open our newly fitted out premises at Unit 2, 156 Main Road, Kumeu - the only marine service centre in the area. At our centre we can cater to all jobs big and small. As well as outboard servicing we're now better equipped to take on engine rebuilds and electrical rewires. We also stock engine oil and spark plugs so you can conveniently stock up on supplies. Don't worry if you prefer us to come to you, we still provide a mobile service. So call in and let's chat about getting the best out of your engine. We hope to see you soon. Unit 2, 156 Main Road, Kumeu (just behind Fit Factory). 9am – 5.30pm weekdays and 9am – 12pm Saturdays. Contact: George on 027 297 4832.



LIONS BOOK FAIR IN APRIL

Huapai-Kumeu Lions will be running another Book Fair at the Kumeu Community Centre over the weekend of 8th and 9th of April. There will be the usual wide range of good quality books for sale, hardcoverd books at \$2 and softcovers \$1. There will be stacks of children's books and tables full of novels, non-fiction titles with books covering all ranges of human endeavour. Sports, gardening and cooking are three popular categories.

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People wishing to cull their book shelves or down-sizing and needing more space are invited to donate their unwanted books. They can be left at the Lions' depot located at Kiwispan, 329 Main Road in Huapai. As magazines do not sell these are not suitable for the Fair. Support in the form of donating books is very much appreciated by members of the Huapai-Kumeu Lions club. Supporting partner for the April fair will be Riverhead School PTA, members of which will work with Lions' members preparing for the event. Part of the profit from the fair will be donated to Riverhead school to assist in the funding of a bike track on the school grounds. The Book Fair is a great community event for all the family and the community is encouraged to support this Lions fund-raising initiative which starts each day at 9a.m. on Saturday 8th and Sunday 9th April 2017.

KUMEU ARTS CENTRE

There are some fun holiday classes as well as two interesting exhibitions on at Kumeu Arts Centre in April. Firstly, a show by Christine Wylie, a multi-discipline artist who works with media that explore line, form and space. More recently focusing on printmaking, the artist folds white paper into geometric shapes, which are



photographed on a white background under bright sunlight to cast shadows in some areas and reduce form in others. The image is then processed into a solar plate etching (photogravure), which imbues the final etching with subtlety and softness. Her exhibition is on until April the 12th. After Christine, a group of talented ex-students from Kaipara College will display some photographs and drawings. Their work showcases personal viewpoints on their environment and explores their interpretations of the world around them. Their exhibition is on until the end of April, throughout the school holidays. Image by Christine Wylie – Title- Slant IV.

THE FLAGSHIP EASTER PARTY

Bring your little pirates down to The Flagship on Sunday 9th April for an Easter Party. There will be face painting, an Easter egg hunt and a colouring in competition. Plus you can enjoy our new brunch menu while your little ones are entertained. The fun starts at 10.30am. Give us a call to RSVP 09 416 6173.

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IN BRIEF

UPDATES:EVENTS

EASTER CRUISING

An hour north along State Highway 16 will bring you to one of the earliest settlements on the Kaipara Harbour, the historic settlement of Port Albert. Intended by the early settlers to be a major township, Port Albert was once purported to be the future capital city of the young colony. Join Kaipara Cruises this Easter on a unique cruise departing from Port Albert and reliving the history of the early Albertlanders as we cruise through the sheltered inland waterways of the Oruawharo and Otamatea rivers, sight many bays and inlets accessible only by boat, historic remote settlements, early bush camps and mill towns including the historic 1860 Batley Hotel. Cruises depart daily this Easter from Port Albert wharf for more information visit our website www.kaiparacruises.co.nz or phone 09 420 8466.



STAY SAFE ON THE ROAD

We see the effects of the increase in local population on the road every day. We hear the sirens from the emergency services going to the accidents and see the

car wrecks passing on the tow trucks. We hold our breath every time, hoping that the accident hasn't been a serious one however every accident takes its toll: injuries, time off work, the shock, and the loss of the car. So here are some of our tips: Minimise distractions – it is so tempting to check the text, read the advertising signs (or one of the biggest distractions – little children) but any momentary distraction can have life changing repercussions – we just really never know what is around the corner or what another driver is about to do. Minimising distractions isn't easy but keeping eyes on the road will minimise the chance of an accident. Follow at safe distance – by driving at the recommended 2 second distance from the vehicle in front you will ensure you are far enough away to take evasive action in case the driver ahead has to brake sharply. Tyres - tyres in good condition and properly inflated can be the difference between being in an accident or avoiding an accident. The time/distance it takes a car to stop once the brakes have been applied is affected by the condition of the tyres: tyres with bald spots and uneven wear are a known road hazard. We offer a free tyre check service to all, Johnny and the Team are only too happy to check your tyres, inflate the tyres to the proper psi and give you honest tyre advice. Avoid driving tired – a long drive to work, a full day's work and a long drive home can lead to tired drivers out there! If you start yawning, drifting into the other lane try to stop as soon as is safe. It is not always easy to stop to have a 15 minute power nap but having a supply of good snacks and water can have a pos-

itive short term effect. So stay safe out there, call to us at Bridgestone Kumeu, 43 Main Road, Kumeu, Phone 09 412 9111, we take our job very seriously.

KAUKAPAKAPA LIBRARY

Sunday April 16th. 10am to 1pm. The historic Kaukapakapa Library is displaying the information available from Auckland Museum's Online Cenotaph about Kaukapakapa's commemorated WW1 servicemen. Come along and see details of their embarkation, rank, where they served and in some cases a photo. The library will also be open following the Kaukapakapa Anzac service at 9.30am, Tuesday 25th April. For more information phone Megan Paterson on 021 959 017 or email threehorses@xtra.co.nz.



FOREST FURNITURE

To see a full range of Entertainment Units (ETU's) come and visit your Forest Furniture Store, Shop D9 Westgate Lifestyle on Maki Street, phone 09-216-7674 or visit our website www.forestfurniture.co.NZ. We have a range of designs from traditional through to more modern styles. Each design has a full range of sizes from 1100mm to 2000mm to accommodate those who have a small space, to those with larger rooms. There are corner units with several footprint plans for those who wish to optimize room space. Or why not consider an ETU with a TV lift for a safe & tidy TV storage option. The TV won't be a distraction of your living room again.

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Personalize your ETU or match existing furniture with a choice of Kauri, Rimu or Oak. There are stain variants in each timber, as well as a range of handles and door fronts. Come talk to us today.

KAUKAPAKAPA VILLAGE MARKET EASTER FUN

The regular monthly market has some special Easter fun planned for Sunday 16 April - bring the kids along for an Easter scavenger hunt plus Easter craft table, pin the tail on the bunny and much more. Plenty of interesting stalls to peruse or just sit and enjoy live music from The Roselles. A great morning out for the family the market starts at 8.30am and finishes at 1pm.

For more information contact Sarah 027 483 1542 or email sarah1@maxnet.co.nz
 Kaukapakapa Village Market - 947 Kaipara Coast Highway, SH 16, Kaukapakapa.
www.facebook.com/kaukapakapavillagemarket.



HEART SAVER

It's been a big month at the Heart Saver offices, with our MD Mike Mander appearing on TV One's Breakfast show to talk about our new videos starring comedian Paul Ego - if you haven't seen them yet, check them out on our website: www.heartsaver.co.nz. We think they're hilarious and hopefully they teach you a thing or two about AEDs and sudden cardiac arrest.

Did you know sudden cardiac arrest is the leading cause of death in NZ adults? It's often confused with a heart attack but they are completely different things. If we were to describe your body as a house, a heart attack is a problem with your plumbing, whereas a sudden cardiac arrest is a problem with your electrics. We are dedicated to getting more awareness around how to spot a sudden cardiac arrest and how to help a patient suffering from one. If you're keen to know more, please find more information on our website: www.heartsaver.co.nz.
 Image: Helen and Mike Mander with Paul Ego on filming day.



KUMEU VINTAGE BRASS

Napier's Art Deco week is a long way from home but Kumeu Vintage Brass, for the second year running, received multiple standing ovations from a full house in Napier's MTG Century Theatre. "Stunning" World Class. Refreshing to see and enjoy real musicianship. No electronics - additives - just a musician and his instrument. The balance and dynamics were truly inspiring - honest sounds. Thank you for the pleasure you brought." John Pryce. With an average age of 73, this highly regarded group did Kumeu proud. The show was repeated a few days later in the Bruce Mason Centre Takapuna to an audience of over 700. They received the same audience reaction with prolonged ovation and, "more, more" and shouted accolades of "bravo band" and "bloody marvellous". If you ever have the opportunity of hearing this band in concert,

seize it, you won't be disappointed. www.kumeubrass.org.nz/vintage_brass.php

THE RIVERHEAD GALLERY

Now that summer is on the way out I'm really pleased I managed to get a couple of photo taking trips out and about in our beautiful country. New paintings from Great Barrier and the Coromandel are on my easel at present. The gallery is also full of beautiful works by some of NZ top artists including talented locals such as Amber Emm. Many of you will know Amber from her classes at the Kumeu Arts Centre. I'm lucky enough to have #1 of two beautiful limited edition prints. Come and visit me in my studio/gallery at 1044 Coatesville-Riverhead highway (opposite the new shops!) on Wednesday to Saturday 11-5pm or Sunday from 2-5pm. Happy to view by appointment too on 027 227 8450 or check out my artists on www.theriverheadgallery.nz.



FANCY FROCKS

Don't you deserve a fancy frock? Andrea is reluctantly selling her stock of over 400 gorgeous dresses and dreamy wedding gowns. You don't have to spend a fortune to look like a million dollars! Andrea has a selection of ball gowns, party frocks, cocktail dresses, flower girl dresses, page-boy outfits, beautiful designer wedding gowns, off-the-rack wedding gowns and bridesmaid dresses, at a range of prices to suit any budget. Hurry before they disappear! Contact Andrea at www.fancyfrocks.co.nz.

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PROPERTY

NEWS & ADVICE

MARKET REPORT WITH GRAHAM

A flood of new listings to market has increased supply, the reserve bank has continued to put pressure on banks to reduce risk, and reduce offshore lending. Likewise the restriction on investors to borrow on properties in the market continues to slow demand from lower value home owners keen to migrate to bigger houses or new homes. Reduced competition is reflected in some prices softening. Similar to 2008 we are seeing an easing in values but only by a small percentage at this time. We expect buyers to continue to be cautious while the election looms, with less competition and increased time on market.

At Mike Pero Real Estate we have moved most of our vendors to an "offer over" pricing to more clearly showcase the indicative value and to provide confidence and clarity in price guidance. We believe this is vital to drive demand based on good value. Let's have a look at the market sales this month: Coatesville lifestyle \$2,330,000 to \$2,550,000. Helensville residential \$579,000 to \$1,250,000. Parakai lifestyle \$485,000 to \$639,000. Huapai - Kumeu residential \$790,000 to \$1,050,000. Kumeu lifestyle \$2,790,000 to \$4,200,000. Riverhead residential \$904,000 to \$1,375,000. Taupaki lifestyle \$1,680,000. Waimauku residential \$940,000 to \$1,415,000. Waitakere residential \$992,500 to \$1,400,000. Whenuapai residential \$785,000 to \$1,225,000. If you are considering buying or selling in this market, give me a quick call on 0800900700 and tell me what you are looking for, what is your wish list and time

frame? It costs nothing to ask some fundamental questions that give you an advantage. With Mike Pero Real Estate you will receive some solid unbiased advice, a multimedia marketing kick start including TV Advertising, Magazine showcase and online presence. Further with Mike Pero Real Estate you will save thousands on commission with our more sensible commission rate. Contact me on 0800 900 700 or view more on www.graham-mcintyre.co.nz. Licensed REAA (2008).

MONEY MATTERS

Are you self-employed and need a small cash-flow injection or looking to update plant or equipment? If so, I have access a finance provider who specialises in unsecured business loans up to \$50,000. We can also assist with the funding of any "start-up" business you're planning. Applying for this type of finance shouldn't be complicated nor should you have to jump through hoops. My bank contact makes it easy and affordable, so call me for a no obligation and confidential discussion about your business needs. 09 411 9251 / 027 411 9255 or david@davidlloydmortgages.co.nz

COMPULSORY BUYOUT ARRANGEMENTS AND OWNING LAND

It is not uncommon for a group of owners to have different ideas about the sale of a property or their share in the property.

However, the property Law act allows for a sale of part or all of a property if there is no agreement regarding the ongoing ownership of the property. An order, for example could require the purchase of one owner's interest in the property by valuation by a certain date. Variations on this theme included getting an order to approve a subdivision of a property so that each owner can have separate land. However, such subdivision would only be ordered if it was something allowable under the resource Management act.

We recommend that co-owners of land such as flatmates or even extended family members enter into a property sharing agreement which sets out the sharing of the costs of owning the land or house including maintaining, improving and insuring it. Such agreements can include an agreed arrangement about the outright sale of the property if one of the parties no longer wants to be a co-owner. This saves the bother and expense of going to court.

Luke Kemp - Kemp Solicitors, phone 09 412 6000 or email luke@kempssolicitors.co.nz.

IS YOUR ROOF LEAKING?

Is your roof leaking? Rust holes? Now is the perfect time to get work done on your roof before winter, ensuring your home or business stays dry over the winter months. If you've been thinking about getting work done on your home or business why not give us a call to arrange a free quote.

The Precision Roofing team are specialists in all aspects of roofing, meaning you only need one company to cover all of your roofing needs. 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.

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For the month of April we are offering a free complimentary gutter clean with every re-roof booked in.

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THE IMPORTANCE OF MARKETING YOUR PROPERTY — FOR SALE

Your marketing campaign will spring-board your property into the spotlight, so it's imperative that you and the real estate company you choose gets it right. An effectively marketed home will often sell in a shorter amount of time and often for a higher price!

Here are some of the things you need to know when marketing your property for

sale.

The most important part of selling your property is ensuring that the market knows it is for sale. The greater the exposure a property has in the market, the greater the number of buyers who will be aware of the listing.

To achieve a premium price for your property, you need to create, a perception that your property is fairly priced, a degree of urgency, competition amongst prospective buyers and emotional attachment to the purchasing of your home.

If you want your property to stand out from other properties in the local area or within the same price range, it needs to be in the limelight – you need to go the extra mile and go to the market with trumpets, flags and the bells ringing!

Advertising is an investment and it will only increase the value of your home. Consider that \$1,000 might return an extra \$2,000 to your final sale price, or it could mean an extra \$5,000 or a quicker sale.

Professional photography, attractive signage, and well written copy all have the ability to alter the way a buyer perceives the property and the value of the property.

As a rule of thumb, most agents in New Zealand are of the view that you should consider investing between 0.5% and 1% of the asking price for your property in your marketing campaign. Views vary here and your agent will advise you on what Marketing best fits within your budget and what Marketing will benefit you the most.

There are many marketing options that will be presented to you, such as:

- Professional photos
- For Sale signs
- Property publications
- Local or community newspapers

You need a real estate company that not only uses all of the traditional marketing mediums that you would expect, but some innovative ways as well. Marketing online, on social networks or on TV are all great ways to reach extra potential buyers.

Listen carefully to the marketing options that your agent will present to you, and don't think that advertising is just another cost.

You'll get one chance to make a first impression, so do it once and do it well. An under-investment in marketing can end up costing you more in the long run. The right marketing campaign will both save and make you money.

Mike Pero Real Estate phone 0800 900 700. Licensed REAA (2008).



LIFESTYLE PROPERTY/FARM SUPPLIES

Western ITM in Kumeu specialise in the stock and supply of Lifestyle Block/ Farm supplies. Fencing materials. Metal & wooden farm gates & gate hardware. Electric fencing & Strainrite fencing tools. Water troughs (round/rectangular). Zilco horse rug range & PurePine Shavings. Visit www.westernitm.co.nz today for a free online quotation. Try us, you'll be impressed. Western ITM - 154 Main Road Kumeu. Phone 09 412 8148 - open 7 days.

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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	1,175,000	2.1HA	260M2	2,550,000
	1,450,000	1.5HA	273M2	2,330,000
Helensville	355,000	845M2	90M2	579,000
	350,000	674M2	120M2	675,000
	390,000	1608M2	130M2	1,000,000
	330,000	748M2	85M2	599,000
	500,000	731M2	160M2	712,000
	355,000	0M2	98M2	570,000
	730,000	6733M2	240M2	1,250,000
Huapai	780,000	650M2	189M2	1,050,000
	1,300,000	5.1HA	74M2	3,000,000
Kumeu	1,550,000	6HA	140M2	4,200,000
	1,495,000	1HA	336M2	2,760,000
	1,975,000	4HA	500M2	3,399,000
Parakai	250,000	337M2	70M2	485,000
	325,000	1012M2	90M2	530,000
	345,000	1002M2	90M2	639,000
Riverhead	660,000	812M2	120M2	904,000
	970,000	1998M2	210M2	1,375,000
	620,000	809M2	110M2	952,500
Taupaki	1,050,000	1HA	2930M2	1,680,000
Waimauku	780,000	1307M2	250M2	1,050,000
	610,000	1012M2	130M2	940,000
	920,000	1949M2	256M2	1,415,000
	3,200,000	32HA	589M2	6,400,000
	770,000	1.1HA	120M2	1,250,000
Waitakere	800,000	3862M2	209M2	992,500
Whenuapai	65,000	787M2	0M2	175,000
	575,000	880M2	93M2	785,000
	780,000	827M2	186M2	1,225,000

"We charge 2.95% not 4% that others may charge" "We also provide statistical data, free from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a free summary of a property and surrounding sales, at no cost, no questions asked" Phone 0800 900 700.

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Graham McIntyre
Brand & Territory Owner

Mike Pero | REAL ESTATE

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List today for a
\$6,000 multi-media
marketing kick start.

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.



HUAPAI NEAR NEW HOME AND INCOME

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Offers Over \$1,397,000

3 Maple Lane, Huapai Offers Over \$1,397,000

Designed to enjoy spacious open plan living, alfresco to covered patio and raised bed gardens on fully fenced yard. So much is packed into this 801 sqm section including three bedroom and a office/ study with two bathrooms and a guest w/c. Well planned through to a attached but very separate one bedroom flat with kitchen, bathroom and alfresco patio to the west. If you are seeking a high quality build with options for family, friends or income this two level G.J. Gardner home delivers great value. Close to Huapai School, Sports fields, convenience shopping and transport links. The CV on this property is \$1,150,000. 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/RX1037755



Steve Cotter
021 171 3941
09 412 9602

steve.cotter@mikepero.com

Graham McIntyre
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5 Awhiorangi Promenade, Swanson Offers Over \$949,000

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www.mikepero.com/RX1020776



Graham McIntyre
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Offers Over \$599,000

13 / 18 Williams Road, Hobsonville Offers Over \$599,000

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Steve Cotter
021 171 3941
09 412 9602

steve.cotter@mikepero.com

Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

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Offers Over \$899,000

14 Fresil Lane, Massey Offers Over \$899,000

This home offers a high quality brick and tile build, elevated land of 574sqm overlooking Council Parks Reserve. Single level, the layout provides open plan entertainers kitchen, dining and living which extends off a central hallway to four rooms, bathroom and ensuite. A double garage and a garden shed provides good storage options while the fully fenced yard with cantilevered electric gate offers security and pet containment. Close to convenience shopping, Primary schools, Parks and reserves and transport links. A short drive to NorthWest Shopping Centre. The CV on this property is \$610,000. 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.



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

www.mikepero.com/RX1037754

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www.mikepero.com



MODERN - MASONRY OVER BRICK IN WAIMAUKU

3 2 2

By Negotiation

25 Buttercup Place, Waimauku By Negotiation

Open plan living, with expansive decking and alfresco leading on to partially fenced lawn areas, perfect for the pets or children. The home has a formal entrance opening to two lounges, dining and kitchen. Three generous bedrooms and a study nook with complementary bathroom and ensuite. The home has the added benefit of internal accessed double garage with exclusive drive off a quite cul-de-sac street. Close to Waimauku School, convenience shopping, parks and transport links. The CV on this property is \$780,000. 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/RX952890



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027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



ULTIMATE LIFESTYLE PROPERTY

6 2 4

Offers Over \$1,600,000

45 Ararimu Valley Road, Waimauku Offers Over \$1,600,000

This lifestyle property ticks all the boxes. Set well off the road amidst beautiful grounds just 5 minutes from Kumeu you will enjoy the peace and serenity this unique property has to offer. There are two centrally heated homes, the main house is 210m2 with a uniquely large, second dwelling of 170m2. If you wish to renovate you can live next door. The gardens which back onto the Ararimu Stream are very mature with stunning specimen trees and a wide variety of fruit and nuts just waiting to be harvested. There is a planting plan available. Ducks wandering around the pond add to the rural charm this home provides. An unlimited crystal clear water supply is provided by an artesian bore. This water is bottled under a number of brands further down the valley. You can swim in it in the large heated pool.

www.mikepero.com/RX892144



Lyndsay Kerr
027 554 4240
09 412 9602

lyndsay.kerr@mikepero.com



HILLTOP RETREAT - VIEWS OVER CASCADE FALLS 3 2 2

Offers Over \$1,147,000

45 Jonkers Road, Waitakere
Offers Over \$1,147,000

This beautiful home has been positioned to complement its surroundings and make the most of the expansive Valley Views over Cascade Falls and through the Bethells Valley. High on the ridge line where Tui's and Kereru's swoop and play. Amongst this delightful bush habitat is a wonderfully designed home over three levels, including double garage and workshop, three generous bedrooms, bathroom and ensuite and open plan entertainers kitchen, living and dining area delivering alfresco living and expansive views. Set on a hectare you have the ultimate in privacy, tranquillity and peace. As this home is best served in private, we welcome your interest and are happy to open it exclusively for you by appointment, but be warned you will not want to leave.

www.mikepero.com/RX1006917



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09 412 9602

graham.mcintyre@mikepero.com



AFFORDABLE CLASSIC VILLA 4 1

Offers Over \$799,000

82 View Road, Henderson
Offers Over \$799,000

Discover warm native timbers, a soaring eleven foot stud delivering a huge sense of space and open plan living, dining and kitchen complete with a log-burner for cosy winters. You'll also find three generous bedrooms and a very useful second living area/fourth bedroom that flows onto a very private rear deck, with a delightful weatherproof outdoor lounge and rear yard - with its own grove of mature hand-planted native bush. Move in and enjoy the full 678m2 site now, and restore as your budget and schedule allows. Zoned 'residential mixed housing - urban' on a full 678m2 site. The CV on this property is \$510,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email steve.cotter@mikepero.com.

www.mikepero.com/RX1016320



Steve Cotter
021 171 3941
09 412 9602
steve.cotter@mikepero.com



Graham McIntyre
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09 412 9602
graham.mcintyre@mikepero.com



AMAZING LARGE EXECUTIVE HOME IN WAIMAUKU

4 2 2

Offers Over \$1,295,000

81 Freshfields Road, Waimauku
Offers Over \$1,295,000

Enter through the formal entrance to the heart of the home featuring a designer kitchen with granite bench tops, open plan dining and family room with spectacular views lead to a separate formal lounge area. The house is warmed by a wood burning fireplace for those cozy winter nights. This executive property features four double bedrooms, master with en-suite, walk in wardrobe, balcony and separate office or nursery attached. A large family bathroom with spa bath, separate laundry with more than enough storage plus a built in vacuum system really makes make this house the all-encompassing perfect family home. There is an extra-large carpeted double internal access garage, with off street parking for a further two more vehicles plus a boat.

www.mikepero.com/RX1085707



Ian Sneddon
027 209 0789

ian.sneddon@mikepero.com



ELEVATED STATELY BUNGALOW - WAIMAUKU

4 4 2

Offers Over \$1,095,000

132 Hinau Road, Waimauku
Offers Over \$1,095,000

This hilltop bungalow offers generous space from the large high stud shed through to almost 1/2 an acre of lawn and bush. The home is split over two levels offering four generous rooms, open plan kitchen and dining opening onto extensive decking to the west. Carport and Office, Study or workshop in addition to fenced section. Located in a quiet street, away from crowds and congestion, yet a short drive to Muriwai Beach, Waimauku School and Waimauku Shops. The CV on this property is \$630,000. 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/RX1034803



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



HILLTOP LOCATION OVERLOOKING HELENSVILLE AND PARAKAI

3 2 2

Offers Over \$997,000

525 Kiwitahi Road, Helensville
Offers Over \$997,000

High on the ridgeline, a harmony home which delivers commanding 180 degree views over rolling landscape through to the Kaipara Harbour. The views will certainly impress while the grounds have been developed to be easy care and hold character in large stone and driftwood. Set over 1.9 hectares of pasture suitable for horse, cow or sheep, the home looks down over the land. The home has two lounges and dining room opening onto alfresco decking to the north and south, three bedrooms off a central hallway and two bathrooms. An internal access double garage for the tools and toys compliments this outstanding lifestyle home. Opportunity here for some improvements, while the view and the aspect doesn't look like changing any time soon.

www.mikepero.com/RX1065529



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ELEVATED LAND IN RIVERHEAD - COATESVILLE

Offers Over \$839,000

731A Ridge Road, Riverhead
Offers Over \$839,000

2.3943 ha (approx 5.6 acres) of land in an established country lane, a short distance to Riverhead shops and school. The land is semi fenced post and rail and has a house cut in place. From this cutting the views are plentiful through the valley and afar. Additional information is available to purchasers keen to put the dream home on a great land holding. Services at the lane side close to the proposed house site. Motivated Vendor looking to finance a new project. Call 027 632 0421 today to view or for more information. The CV on this property is \$510,000. 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/RX1055369



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09 412 9602

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COUNTRY RETREAT IN WAITAKERE

2 2 1

By Negotiation

423B Wairere Road, Waitakere By Negotiation

Fantail Ridge is set in a private glade amongst Kereru, Fantail 's, Tui 's and Morepork 's. The home is a large 150sqm with a contemporary style delivering open plan space, two upstairs rooms offering real options to add your own style to this character home, that has attention to detail, with the craft of a boat builders touch. Set in 4 hectares of bush, a real must see for nature lovers, this lovely child and pet friendly property links naturally to parks and conservation lands aligned to the Waitakere Foothills. Coming home to this property every night is really going to unwind you before you reach the door, delivering ease of living quaint and quiet, it really is a magical setting. A small drive to Waitakere and Swanson Villages, Train and Bus Services, Waitakere Primary School and Bethells Beach.

www.mikepero.com/RX939232



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BARE LAND IN WAIMAUKU / MURIWAI VALLEY - 1.2 HECTARES

Offers Over \$849,000

School Road, Waimauku Offers Over \$849,000 Viewing by appointment

Rolling hills with wire and baton boundary fencing, a pocket of established trees and multiple building platform options. The land has a commanding rural outlook to the west and is genuinely usable for grazing. Water is tank and waste is septic at purchasers care. The land is located close to a rural school bus route, close to convenience shopping and to Muriwai Beach and Coastal Reserve. Schooling is Waimauku Primary in Muriwai Road. Make the move to a better environment, make your home your way.

www.mikepero.com/RX1085246



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HOME & GARDEN

FRAGRANCE IN THE GARDEN

There is something about walking past a gorgeous flower and smelling the heady fragrance wafting through the still evening air. We at Awa Nursery marvel at the beautiful smells from our plants on many an occasion. Planting a specific garden for scent is very popular nowadays and we have plenty of options for you to choose from. Different plants flower at different times of the year so you can have scent all year round, with the added bonus of cut flowers to bring the fragrance inside as well. Gardenias are high on the list, and we have several varieties in stock. The lovely white flowers bear a heavenly scent and can take you straight to the tropics. Port wine magnolias, star jasmine, daphne, Mexican orange blossom, some camellias, lavender, rhododendrons, roses, and who can resist that smell of citrus blossoms. The list just goes on. Plant taller plants or standards down pathways so you can enjoy them as you walk by, or dedicate one area perhaps under a window where you spend time reading. Perhaps by the front entrance to your house or around the barbeque area where friends and family gather. Plant in containers so you can move them around to suit the occasion. Come and see us at Awa Nursery. Phone 09 411 8712 or visit www.awanursery.co.nz.



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Whether it's a smaller residential job for repainting or re-roofing a house, or a large scale commercial job, due to the new Health and Safety Legislation, scaffolding is now a requirement for many projects. Roman Scaffolding Limited is a family owned local scaffolding business based in Kumeu. The owner Tony Deda and his team have had many years' experience within the industry, and are dedicated to providing customers with reliable and safe access solutions. Aside from their high safety standards, Roman Scaffolding Limited have also built up a strong reputation within Auckland for their professionalism, excellent customer service and competitive prices. Whatever upcoming projects you may have, small or large, feel free to contact Tony at Roman Scaffolding Limited on 0800 ROMAN 1 for a no obligation Free Quote. You can also visit our website www.romanscaffolding.co.nz or send us an e-mail scaffold@romanscaffolding.co.nz.



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STEALING SPACES IN KUMEU

When you're shopping at those North West stores every weekend and coming home with carloads of gear it doesn't take too many trips before your garage is full of 'stuff' and the car is relegated to the driveway. We've solved



the problem by installing garage ceiling racks and this month are super-excited to introduce them to NZ from right here in Kumeu. Ceiling mounted racks create storage areas in space you already own, with more convenience and at a significantly lower cost than off-site storage. Store bulky sports equipment, seasonal items like tents, outdoor furniture and Christmas decorations and you can easily suspend bikes, surfboards, ladders and gardening equipment underneath the racks. Order a set this month using code 'KumeuFriends' for free shipping, get one of our partners to install them for you and send us a picture of your racks installed! Check out www.stealingspaces.co.nz.

ENTRANCE AND DRIVEWAY TRANSFORMED INTO A BEAUTIFUL ENTRANCEWAY

As everyone knows, first impressions count. This starts, not at the front door, but at the entrance to the property. When clients asked for a



makeover of their entrance and driveway of 120 metres, they had 'low maintenance' as a prerequisite. The driveway had been kept under control mainly with a weedeater, however it still presented as a high maintenance job and it always looked messy. We used the crane truck to remove dead or ugly trees. The digger was used to shape the bank, to remove waste and to create a swale. Stone and mulch was brought in using the crane truck and bin system for efficiency. Interest pieces of drift wood and large boulders were placed to create the look of a natural river bed flowing downhill. The entrance reconstruction involved replacing the old fence and gates and continuing the river boulder theme. The result; happy clients with a permanent attractive entrance and driveway they love. To view more on this project www.sustainablelandscapes.co.nz/low-maintenance-country-drive-2/ or talk to us, 027 543 0288.

INDEPENDENT PRE-PURCHASE HOUSE INSPECTIONS

There is a great deal of variation in the types of houses available in New Zealand, many different types of cladding and roofing, concrete or wooden floors, different foundation types, tilt slab houses, etc. Experience has taught me that different types of houses present different problems, all of which I need to be aware of in order to present a realistic picture of the condition of a property to the perspective purchaser. A complete and thorough visual inspection of the entire building includes: The roof and gutters and valley trays, Cladding and all joinery, Foundations, floor and sub floor framing (including for insect infestation), Floor to ground differentials, Inside the roof space checking the roof, roof framing, insulation and ducting etc, Moisture

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meter readings taken on the inside of all exterior walls (leaky building), Moisture meter readings taken around showers baths toilets etc. (plumbing leaks). Our promise to you: Your inspection will be carried out in a thorough and professional manner by a very experienced and competent builder. We will provide a verbal report by phone, and via e-mail a detailed written report clearly outlining all findings. A certification is given with each report that the inspection has been carried out according to NZ Standards 4036:2005. We are totally independent and work only in the interest of the perspective purchaser. We cover the entire Auckland area, from Wellsford to Pukekohe and beyond. Reports are promised within 24 hours but are usually sent on the same day as the inspection. Competitive prices – from \$350 (single level, verbal only). Decks and pergolas. Fences, retaining walls, separate garages and carports etc. Impending maintenance or repairs needed. Our inspectors Kevin and Keith have over 100 years building experience between them. There is a lifetime of experience behind their eyes. To speak to Kevin please call: 021 288 0101.

KUMEU LIBRARY

Kumeu Library has a friendly, knowledgeable staff and a wide range of free services available - and we love to help our customers! At Kumeu Library you can: - Book-a-Librarian: Make an appointment to spend up to an hour with a knowledgeable librarian. You can learn all about the Library's free Genealogy databases (including Ancestry and Find My Past), learn how to download eBooks, eAudio books and eMagazines 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; and get help writing your CV. - Use our free WiFi, either on your own device or one of the public computers, to surf the internet, scan and email documents, and print documents (printing charges apply). - Use the services of a Justice of the Peace. A JP is available from 10.00am to 12 noon on Saturdays at Kumeu Library. Keep up to date with all the news and events at Kumeu Library on our Facebook page (www.facebook.com/kumeulibrary).

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NEW

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The Tasman Tempest didn't stop our New Home Consultant, Lloyd Hallett enjoying his time at the Kumeu Show. The rain and flooding might have kept people away, but the bidding on the pumpkins was still a lot of fun. The weekend of wild weather also heralded the end of the Signature Homes Show Home at Riverhead. We have two new show homes in the development stage. One will be in the newly developed Scott Point, Hobsonville subdivision which offers easy care sections with sea views, great school zones and convenient access to motorways. The other show home will be in the Huapai Triangle. This subdivision is a more rural development that offers various housing opportunities from terrace housing to large single dwelling sites. This development is close to the west coast beaches, vineyards and shopping complexes. If you are interested in either of these developments come and see me in our showroom which is open 7 days a week at our offices at 80 Main Road, Kumeu.



House and Land Package Kauri Grove, Huapai - Cabra's Kauri Grove subdivision is adjacent to the Matua Residential Estate, within 2 minutes' drive from the Huapai Township and 10 minutes from the new Westgate development and Western motorway. We have one of the last lots available in this subdivision. Follow the link to check out our house and land package. Or talk to Lloyd today 021 175 1670. www.signature.co.nz/house-and-land/rodney-west-north-west-auckland/seacrest-kauri-grove.

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Now is the time to start thinking about what you need in a new home versus what you want. Put your dreams and wishes onto paper and start forming an idea of what's important to you in your new home. Our 'Home Prep' brochure has great cut-out pages in the back which can help; request your own copy from our website or call into our show home at 171 Matua Road, Huapai. Bring your plans, scribbles, or just a mind full of ideas and meet our team. We have lots of experience in helping to turn your best ideas into something that's workable and cost effective. Current land availability provides a fantastic opportunity to get in now before current stocks are snapped up. Visit our website to view available House and Land Packages www.gjgardner.co.nz/english/locations/rodney-west/listings - we have land secured in Huapai Triangle, Orah Estate, and new exclusive development in Riverhead - Deacon Point. One of our friendly new home consultants can show you the possibilities for your new home, we can even help you arrange finance with our in-house financial experts - Onion Home Loans. Let us help you secure your dream of owning your own home.



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SCOTT POINT, HOBSONVILLE
HOUSE: 182m² | SECTION: 225m²
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Are you looking to build a new home and need finance? Want to talk to a specialised construction lending company who provide competitive deals? NewBuild can help. Specialists in residential construction lending, the team at NewBuild are passionate, knowledgeable and provide great financial support and advice. Compass Homes is a preferred builder with NewBuild working successfully with them on numerous new home build projects. NewBuild can offer Compass Homes clients lower de-

posits and very competitive bank interest rates (not second tier lending rates). If you own your home and don't want to move twice, NewBuild offers Turn-Key solutions. To find out if you are eligible for a low deposit, new home construction loan visit www.compasshomes.co.nz/BuildingFinance.aspx and fill in the simple online calculator. For more information contact Scott.gordon@compasshomes.co.nz, or visit our showhome - 3 Lamer Drive, Huapai, www.compasshomes.co.nz.

TRADIE OF THE MONTH

Maddren homes would like to congratulate Drewe Pyke of Custom Fascia and Spouting for being our March Tradie of the month. We feel very fortunate to have Drewe and his team as one of our key partners and his team consistently provide top quality service and finishes for all our jobs.



The feeling is mutual too

"Custom Fascia and Spouting is proud to be associated with a multi award winning company like Maddren Homes. It is a pleasure to work with such a reputable company that works to the highest of standard with each house they complete" says Pyke. On behalf of all the team at Maddren Homes we would like to thank you and your team for all the hard work and effort you put in to meet our clients expectations. It's really appreciated by us all.

"Old hands at building award winning new homes"

- R.S.



PETS

TIPS & ADVICE

HOW WELL DO YOU KNOW YOUR DOG'S VITALS?

It's a good idea to learn your dog's resting heartbeat, their usual gum colour, their normal temperature. Get in the habit of carrying out a weekly snout to tail assessment; knowledge of your dog's vitals will help you quickly identify something out of the ordinary requiring veterinary treatment. Talk to your vet, attend a pet first aid course, and research on-line to up-skill. PetTech have a useful application to purchase for android and Apple called PetSaver. If you and your dog enjoy adventure walks through bush, forestry and beaches put together a basic first aid kit to carry. We all hope to never come across them, though potential hazards are all around. At the beach grey side-gilled sea slugs, if eaten pose a life threatening effect. Beware of possum and rat baiting, and during summer months karaka berries, highly toxic to dogs, are found all over the North Island.



Country Pets, based in Muriwai (previously Paws to Hooves Pet Care) are trained and certified in Pet First Aid and CPR and carry a full first aid kit during adventure walks. To register your dog on one of our small group adventure walks please contact lisa@countrypets.co.nz 027 380 0265 or find us on Facebook countrypetslimited.

HUNTING FOR THE VERY BEST IN PET NUTRITION?

Our nutritional philosophy is simple: A species-appropriate diet promotes optimal health.

Dogs and cats are carnivores. Their digestive systems (starting with the teeth) have adapted to thousands of years of eating raw prey diets. Only in very recent evolutionary history have our pets made the dramatic shift to highly processed, carbohydrate-loaded diets. Raw meat, bones, organs,



and tripe - from high quality prey sources - is a species-appropriate diet for dogs and cats.

How does feeding a raw diet work?

It is simple, and rewarding. Keep your freezer stocked up with a mix of meat, bone, organs, and tripe from a variety of prey sources (we suggest three or more sources over a week, to ensure a wide range of nutrients). These products will be in minced cubes, or in pieces of bone with plenty of soft tissue attached. We will help you choose the best products, and most appropriate meaty bones for your pet.

Defrost some product each day (never in the microwave or oven), following standard good meat hygiene rules - and enjoy watching your pet relish their real-food diet.

There are a few guidelines to follow in order to feed safely and effectively, so we offer ongoing support and advice to all our clients. Our friendly staff are on hand to answer all your raw-feeding questions - please don't hesitate to ask. Visit www.rawessentials.co.nz for lots of great articles and information.

KARAKA BERRY TOXICITY IN DOGS

A happy ending to a potentially lethal story by Michelle Irwin (PET First Aid and Training).

This summer has seen an alarming rise in the cases of karaka Berry poisonings in dogs, with increasing cases reported by vets in January around New Zealand, including multiple deaths.

The karaka tree is widespread in the North Island and top of the South Island. It produces a fruit during the months of January to April which turns from green to orange when ripe and contains the alkaloid poison karakin within its kernel. The poison levels are variable and can remain active within the fruit for long periods of time after it has dropped from the tree and turned black. Dogs have been known to have been poisoned from eating last season's fruit.

The karaka berry is a major source of food for the wood pigeon, so it is easy for pet owners to assume that it is safe, however when consumed by dogs and other animals it is very toxic and causes initial signs such as vomiting, diarrhoea and pacing, followed by neurological problems, including limb stiffness, weakness, paralysis and seizures, often leading to death. There is no antidote for the toxin so the only treatment is hospitalisation to provide supportive care for the symptoms and use of activated charcoal to absorb the toxins.

Lulu the 4 month old black Labrador puppy recently survived a karaka berry poisoning due to the quick thinking of her owner Kayla Cumiskey and a timely Facebook post. The pair were stay-





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ing with a friend on Auckland's North Shore when Lulu came inside with a paste like substance around her mouth, and then a few minutes later with a cracked kernel husk. Kayla had been tagged in a Facebook post just the day before about the dangers of karaka berries and thinking she had seen overhanging branches of a karaka in the backyard she went outside to investigate to find that she was correct. A short while later Lulu began vomiting, so Kayla rushed her to the Emergency Vet where she was made to vomit further, placed on a fluid drip and given activated charcoal. By morning her condition had improved and she was able to go home. Other dogs this year around NZ have not been so lucky. Kayla now remains extra vigilant when walking Lulu, especially around Devonport where the trees are especially prevalent.

Lulu the Labrador puppy

For reasons unknown the toxicity levels seem to be much higher this year, prompting veterinarians across New Zealand to issue warnings to dog owners. Dogs are opportunistic foragers by nature and are known to scavenge for the berries, so owners are warned to keep their dog on a lead when being walked in areas where the trees are known to be.

Dr Graeme Ashby from Vets North Kumeu says "Humans and dogs are particularly sensitive to karaka berry toxins and bees can be poisoned by the blossom. Pigs and cattle however, seem to be relatively impervious to the toxins. If you see your dog eat some berries and/or seeds, contact your vet as soon as possible."

KANIKA PARK COUNTRY CAT RETREAT

Finally, the wait is nearly over and we want to thank everyone for their patience and understanding. Kanika Park Country Cat Retreat is due to open April 2017.

Kanika Park is a new boutique cat retreat, run by a family of passionate animal lovers, nestled in the heart of our 10 acre Waimauku property.

Kanika Park is a cattery like no other, where you can treat your cat to a relaxing holiday in one of our eight luxury spacious private suites.

It is our mission not only to provide each guest with a personalised, warm fun place to enjoy, but also to allow owners to be comfortable in the knowledge that their furbabies are safe in a loving and caring environment. Call us to arrange a viewing time or to make a booking on 09 411 5326.

GENEROUS NEW ZEALANDERS BOOST FUNDRAISING FOR ANIMALS AND PEOPLE IN NEED

Mobility Dogs Assistance Trust and SPCA receive significant donations through Animates' Giving Tree initiative. New Zealand pet lovers have donated a record breaking



\$118,000 through Animates' Giving Tree Initiative for Mobility Dogs Assistance Trust and the SPCA. The funds raised will allow the Mobility Dogs Assistance Trust to help more Kiwis with physical disabilities get the support they need, and the SPCA to rescue more animals.

Jacqui Baigent, Animates' National Manager of Brands and Partnerships is grateful for the continued support from pet lovers nationwide. The overall total raised this year nationwide increased by 59% totalling \$118,000.

"Mobility Dogs Assistance Trust and the SPCA work tirelessly to support both people and animals in need. We're so thankful to our customers who, for another year, got behind our fundraising efforts for both charities that are so close to our hearts," says Baigent.

Mobility Dogs are trained to provide functional assistance with everyday tasks for New Zealanders living with long-term physical disabilities including Muscular Dystrophy; Stroke; Parkinson's; Spinal Cord injuries and Cerebral Palsy.

Jody Wilson, General Manager of Mobility Dogs says Mobility Dogs provide invaluable support for New Zealanders living with long-term physical disabilities.

"With the donations from the Animates Giving Tree initiative, we are now able to raise and train an additional Mobility Dog this year. It costs \$50,000 to raise and train every puppy. We'd like to thank everyone who donated, it's made a significant difference," says Wilson.

SPCA New Zealand Acting CEO Andrea Midgen is grateful for the generosity of New Zealanders whose donations will go towards rescuing, rehoming and rehabilitating animals in need and helping the SPCA in often over-stretched centres.

Since 2010, nearly 15,000 SPCA pets have been adopted through Animates to help the SPCA with their mission to find a forever home for all pets.

"We're grateful for the support from Animates and pet lovers nationwide. The generous donations will help us continue our work within the community," says Midgen.




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FOOD & BEVERAGE

THE HUNTING LODGE

The new Cellar Door is now officially open, complete with a fresh new Mediterranean inspired deli style café that features a menu designed by award winning consulting Chef, Des Harris (well-known from Clooney restaurant). With a focus on locally sourced, high quality ingredients, The Hunting Lodge cellar door deli perfectly complements the seasonal flavour of the eight wines on offer. Create your own personal platter from the selection of cured meats, salumi, beetroot salad, fresh figs, burrata, pâté and golden-baked focaccia. Then grab a picnic blanket and basket from the table, and enjoy some down time with friends on the lawn, alongside the vines in the Kids Zone or get cozy inside the vibey Cellar Door itself. Open Monday to Sunday, 11am-5pm.



BERBA CROATIAN HARVEST FESTIVAL AT SOLJANS ESTATE WINERY

Easter Weekend: Sat 15th, Sun 16th & Mon 17th April 2017 (no surcharge applies). The annual BERBA Croatian Harvest Celebration

tion is just around the corner. Grape stomping will be available for those who love to squish grapes between their toes. We have scheduled comprehensive winery tours from the vineyard to the finished wine and Novo Vino (new fermenting wine) for tasting. Come and indulge yourself in our new seasonal menu and Croatian delicacies at the Winery Café. The Cellar door and gift shop will be stocked up with award-winning wine and kiwiana gifts. Also, do not miss out the Dalmatian Kolo dance and live music performance. Keep an eye on our website and Facebook page for updates. Winery Café opens from 9am - 4pm. Booking essential, please contact us on 09 412 2680.

PEKO PEKO JAPANESE TAKEAWAY

Time flies and we can't believe it's already April. Daylight saving finishes now and autumn will soon be here. We are starting winter hours now (we do not wish for winter but it will be coming soon enough), Our hours are lunch Tuesday - Thursday 11:30-1:30pm, dinner Tuesday - Sunday 4:30pm-8pm or earlier if food sold out.



Our new look Teriyaki chicken bowl is an always option for your hearty meal. Try our original Teriyaki sauce, you will taste the difference. Located at Passion Produce car park 92 Hobsonville Road. Phone order recommended. 022 431 3462.

MADE THE OLD-FASHIONED WAY

When you love good, honest and wholesome food, traditional methods and ingredients always produce the best result - and the 'NoShortcuts' range of artisan relishes and chutneys is no exception. Mary Brons, the brains behind 'NoShortcuts' quite literally takes no shortcuts when creating her beautiful products; cooking the old-fashioned way, in small batches with fresh, quality produce and no nasty additives - just like Mum made. The cooking and preparation process may be time consuming, but this labour of love achieves great flavour and a taste that takes us back to the good old days. Mary's 'NoShortcuts' range is proudly Hand Made locally and can be used as a garnish, topping or side dressing and also blended into your cooking as a flavour enhancer. The NoShortcuts chutneys, relishes and pickles can be found at Farro Fresh



and Nosh food markets or on line at www.noshortcuts.co.nz.

THE FIREPLACE - PLACE TO WINE & DINE

2017 is well under way and we have some great new specials for the year – the season's new promotions are getting great feedback from the diners. We have something of added value for you every day of the week. Brunch/lunch special: Mon – Sunday 10.am – 3pm. All meals \$12.99 plus 2.50 for coffee or \$5.00 for pint of beer or Glass of house wine. Monday: Kids dine free (one kid's meal with every main). Hungry Tuesday: Ever popular all mains for \$21.90. Sweet Wednesday: All desserts \$8.00 when dining in. Porky's Thursday – Pork ribs or pork belly with pint of beer or house wine: \$25. Friday: Happy Hour 4 - 6pm great specials on beer, wine & spirits plus ALL bar snacks half price. So come along and take advantage of our value added specials as there is something for everyone. Bookings on 09 412 6447 or info@thefireplace.net.nz www.thefireplace.net.nz.

LEFT OR RIGHT? ALWAYS END UP AT THE RIVERHEAD...

I went to a meeting last night with about 16 other people from around this area. As people filled up the spaces on the long table every new comer entered the room and went left to the crowded end of the table. I am sure that there was nothing wrong or unpleasant about the other end of the table, but they all squashed in at the left-hand end of the table. This reminded me of a little-known fact about us Kiwis...we will always go left; Americans always go right...it's our conditioning from the road

rules. Take note next time you enter a room, or look to cross a road (be extra careful overseas because you will automatically look left and step out!). It's also a very good tip if you're visiting Disneyland! Always take the left-hand queue it's always shorter! Whether you turn left or right, just make sure you end up at The Riverhead!

COFFEE CLUB HOBSON CENTRE

Let Greg and Rebecca Bauarschi make you feel welcome as you enjoy their Good Food, Great Service and Excellent Coffee at The Coffee Club Hobson Centre, Hobsonville. As Greg says, "I'm half-Lebanese and half-Armenian – both cultures that have a massive tradition of hospitality - and Rebecca is from Invercargill, so good hospitality and good food are in our genes!" The Coffee Club Hobson Centre, Hobsonville is open daily for breakfast, lunch, coffee and cake. They're also now serving a new Dinner Menu after 5pm daily with delicious meals such as Eye Fillet with Red Wine Jus, Grilled Fish of the Day with Béarnaise Sauce, Chilli Prawn & Chorizo Linguine plus more. There are also exciting Fresh Salads such as Chicken, Spinach and Quinoa Salad and Grilled Haloumi Salad to name a few. Now open until 9pm Thurs-Sat, 124 Hobsonville Road (near the new Countdown). For more info visit www.thecoffeeclub.co.nz or phone 09 416 0126.



The Riverhead's Rituals

Monday Night **Local Pool Comp** \$5 to enter, cash prizes to be won! | from 7pm in
A fun way to meet other locals | The Portage Bar

Tuesday Night **The Riv's Ribs** All you can eat \$32pp | from 5pm

Wednesday Night **Quiz Night** A great night for friends, family, young & young at heart with prizes to be won! Bookings Essential. | from 7.30pm in
The Portage Bar

Thursday Night **Two for One Pizza's** Dine in only | from 5pm in
The Portage Bar

Friday Night **Cocktail Night** Why go all the way to town? | from 5pm

Saturday Night **Rugby on the BIG screen** | from kick off time in
The Portage Bar

Sunday Afternoon **Sunday Live** Live music from 1-5pm. Free entry most Sundays. Bring the family | gates open at 12 -5pm
in The Boat House

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HEALTH AND BEAUTY

ADENT DENTAL JUST OPENED ITS DOORS IN HUAPAI

After looking all over Auckland for a place to settle with his family, Dr. Alejandro Aubone (Alex) chose Huapai to live and work in. With 17 years in dental care, Alex is an experienced dentist with a special interest in restorative dentistry and implants.



His curiosity and creativity served him well as a product design consultant for an innovative New Zealand dental manufacturing company, Triodent. Two of the dental instruments the company currently markets worldwide were designed by him. Currently he acts as a consultant and clinical director for the dental manufacturing company, Rhondium. Alex's great passion for dentistry is well acknowledged by his patients. With a warm and empathic attitude, he endears himself to everyone. A preventative approach and attention to detail brings peace of mind to his patients who clearly see that Alex cares. Phone 09 281 5005, email info@adent.co.nz.

IS YOUR CHILD GETTING HEADACHES?

Squinting? Closing or covering one eye? Holding books closer to their face? Losing his/her place while reading? Short attention span especially in the classroom? It's important to look out for the signs that it's time to get your child's eyes tested. With



Westgate Optometrists

the first school term nearing a close and holidays just around the corner there's no better time. Contact our friendly team on 09 831 0202 to make your small fry an appointment. Don't forget - if you have a valid community services card, bring it along. These will generally subsidise the eye exam and contribute to the cost of new glasses. Visit www.westopt.nz or Facebook

www.facebook.com/westgateoptometrists.

DENTURE AND ORAL HYGIENE ROUTINE

Nightly before bed using warm soapy water and a tooth brush, thoroughly brush the denture, focusing on the fitting surface. Use a soft-bristled toothbrush with toothpaste on natural teeth and to clean your tongue, cheeks and roof of your mouth. Try not to sleep with your dentures in. Place the dentures in water or a mild denture-soaking solution overnight. If you tend to get a hard yellowy build-up or some heavy staining that you struggle to remove, you can use a specialised denture cleaner, Caldent or Tats Denture Cleaner both available through DT Denture Clinic. Things to avoid on your dentures:

Abrasive cleaning materials. Avoid stiff-bristled brushes, strong cleansers, toothpaste, these are too abrasive and will damage your dentures.

Bleach-containing products. Do not use any bleaching products because these will weaken dentures and change their colour.

Avoid hot or boiling water that could warp your dentures.

DT Denture Clinic offer a specialised denture cleaning service where we can put the shine back into your dentures in an hour. We are offering half price denture cleaning in April 2017. Call to make an appointment with DT Denture Clinic on 09 416 5072.

DRINK WATER AFTER MASSAGE

If you have ever had a massage from me, you will have heard me say "Make sure you drink plenty of water." Most people aren't sure of the reason why. Regardless of having a massage, you should be drinking water as water is involved in every type of cellular process in your body, and when you're dehydrated, they all run less efficiently. Plain old, pure water is what is needed - none of this "well, there is water in my coffee..." How much should you be drinking? The 8 glasses a day rule is good for a lot of people, although it depends on your size/body weight and activity. I usually tell people to drink 1 glass of water per 10kg, so if you weigh 80kg's drink 8 glasses of water. How does it relate to massage? Well, looking at hydrated tissues vs dehydrated tissues - hydrated tissues feel soft, almost spongy and allows blood to flow freely throughout the vessels. Dehydrated tissues feel tight, restricted and cause pain and discomfort. It also restricts the amount of blood flow and lymphatic drainage through the tissues by constricting the capillaries. Without a good amount of blood flow through an area, oxygen and nutrient exchange is compromised, allowing metabolic waste to build up and become stuck within the tissues. During a deep tissue massage, the areas of tension and restriction are usually the areas of focus. The therapist works to break up the adhesions in the dehydrated tissues to improve blood flow, increase

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movement, and to restore the tissues to a more healthy state. Metabolic waste, released from the tissues, passes out through the lymphatic system whilst nutrients and oxygen are being delivered to the tissues, this process uses water from your blood stream, which may leave you feeling dehydrated. If you have ever experienced a feeling of nausea, headache, or flu-like symptoms after a massage, this is due to the increased amount of metabolic waste being transported out. Drinking more water after your massage can help reduce those symptoms, or even stop it from happening. Call Debbie at Body-Balance Massage & Neuromuscular Therapy to help take care of the issues in your tissues, 021 120 2175.

REMOVING YOUR GEL POLISH AT HOME

Clients love gel-polish because it lasts for weeks with chip-free, high-shine beauty. But once you get a break and it starts to chip it is hard not to resist the temptation to pick it off. However, improper removal of gel-polish can damage your nail plate and is the cause of most nail damage that I see. If you cannot get to the salon regularly to have your gel polish removed safely, get yourself a removal kit to keep at home. Then you can safely remove it when it is convenient, without damaging your nails. Removal kits with full instructions are available in store at The Polish Room, along with the tools required to remove your gel polish safely. For further information message Larissa on 027 407 2264 or facebook.com/thepolishroom.



WHAT IS THE BEST WAY TO FIX A SORE BACK?

Recently the American College of Physicians issued updated guidelines for people suffering with lower back pain. In the guidelines, they suggested missing medication as a first-line treatment and recommended non-drug therapies instead. If you are suffering with back pain, maybe a non-drug therapy like chiropractic care can help. Call the clinic on 09 4135312 to book an assessment. As part of our care, we also give you home help rehab exercises and stretches tailored to your con-



dition to help get you faster results. We are ACC registered with no referral required. Visit our website www.elevatechiropractic.co.nz to find out more. Whilst you are there, check out our blog to learn lots of interesting information and tips and tricks to help you feel great. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.

\$10 OFF YOUR FIRST MASSAGE WITH TOP NOTCH

At Top Notch Massage Therapy, we understand the stress that is placed on the modern life; whether that is from a hard training session, the pressure of work and a busy lifestyle, or the impact that pregnancy has on the body. Our professionally trained therapists are ready to work with you towards better health, ensuring you get more out of life. So if you want to get better results in the sporting arena, re-balance yourself or make that pregnancy more manageable, then you need to get in touch with Top Notch today. Clinics are located in Massey and Hobsonville. We are currently offering \$10 off all massages for new clients, so take advantage of this deal today! You can book online at www.topnotchmassage.co.nz or call 021 181 8380.

ARTHRITIS AND CHIROPRACTIC

Arthritis means joint inflammation. Arthritis is not a single disease, it refers to a group of more than 100 rheumatic diseases and other conditions that can cause pain, stiffness and swelling in the joints. Any part of the body can become inflamed or painful from arthritis and can be very common, however this does not mean that arthritis can only affect the elderly. Some forms of arthritis can appear in childhood and early adulthood.



Symptoms: Arthritis is a disease that causes the joints to swell, resulting in pain, stiffness and loss of function particularly in the hands, knees, feet, hips and spine. Symptoms depend of the type of arthritis and can range from benign to severe. It could be caused by cartilage that is wearing away, a lack of fluid, infection, or a combination of many factors.

Chiropractic Care and Arthritis: Many arthritis sufferers assume that nothing can be done to reverse the degeneration or relieve their pain. Chiropractic Care addresses the practical issue of getting the body to move more freely and maintaining as much normal function as possible, so that arthritis need not be a crippling. Once the body is free from *subluxations, the need for pain-relieving medications often times lessens or disappears altogether. Before resorting to drastic options for your arthritis,

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Mens and Womens Footwear that fits the Kiwi foot, including wide widths! Everything from flats to heels, sandals to casual styles, even wide-calf boots. Stockists of the uber-comfortable Propét Walking Shoes and the fashionable Walking Cradles range. Specialist footwear is also available and footwear for troublesome feet issues too!

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Gillian Wiltshire D.O.

Registered Osteopath
ACC Accredited

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Kumeu
Auckland 0810
Ph/Fax (09) 412 5977
0212330413
gill.wiltshire@gmail.com

such as surgery and replacing the affected joints with synthetic devices, give the team at Kumeu Chiropractic a call.

*Subluxation; a subluxation is the result of spinal bones with improper motion or position affecting nerve communications between your brain and your body. Kumeu Chiropractic - 8 Shamrock Drive, Kumeu - Phone 09 412 5536.

HOW TO PREVENT RUGBY INJURIES THIS SEASON

Rugby is one of the most common causes of muscle strains and ligament sprains we see in clinic. New injuries, but more often than not it's the old lingering injuries that hang around for years that are the trouble makers and the problems prone to re-injury. Whatever the cause of your problem, or if want to improve your recovery/ performance in sport we can help you. Our Specialist in Sports injuries and Rehabilitation Osteopath Matiu is ACC registered which means the treatment of any injuries caused by rugby or other sports can be subsidised through ACC.

Some tips to keep your muscles and joints in good health over the season:

1 Warming up properly- we have all been running late and so forsake warming up so we can get on the field quicker. Warming up is important to get your muscles ready for action.

2 If you injure yourself and it doesn't come right within 24-48hours you should get it looked at. As a rule, generally, if you hurt yourself playing any sports and it is still sore after 2 days, you may have done more damage than you initially thought and to avoid it becoming a problem later on, get it seen to at the time.

3 Stretch, stretch, stretch- before and after games

4 Book in for your annual 'body WOF'/tune up to get on top of any potentially problematic areas. Injury prevention is key if you want a long life enjoying the sport you love!

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

HAVE A FUN EASTER BREAK!

No chocolate this year - just an amazing selection of happy chooks from Mexico and gifts sourced from distant shores. New stock has just been put on our shelves. It is very different and quite upmarket without expensive price tags. Look in our windows and come in to browse Monday to Saturday at Hob-




sonville Optometrists-Glasses and Gifts, 413A Hobsonville Road.

BENEFITS OF A HAPPY AND HEALTHY GUT

The understanding of the importance of a healthy/happy gut has grown exponentially. We are more bacteria than we are human. In fact our bacteria outnumber us 100-1. Believe it or not our bacteria especially our gut bacteria can control how we think and feel. We need to have a balance of good and bad bacteria. However, due to our typical western diet most of us have an imbalance (dysbiosis). Simple things we can add to our daily life are foods that feed our 'good gut bugs' like fibre and fermented foods such as kimchi, sauerkraut, kefir, kombucha and pickles. And to starve our "bad gut bugs" by avoiding artificial sugars and sugar, refined processed foods, too much alcohol and coffee. Recent studies have shown that our gut bugs are very responsive to what we eat and have shown within three or four days of changing the diet a more balanced gut microbiome. Gut bugs even have influence over our genes, with good bugs being able to silence or down regulate detrimental genes. For more information or a private consultation with myself: Call the Kumeu Village Medical Centre 09 412 8446. Tamara O'Dwyer RGN, NT, ND Integrative Nutritionist.

WHAT'S IN MY FOOT?

Feel like you have glass or a thorn in your foot but don't remember standing on anything? You may well have a corn or a verruca! While these two lesions produce similar symptoms in the foot, they are quite different from each other and therefore their treatments differ. A corn is a densely packed cylindrical mass of dead tissue, with the tip pointing into you. They generally form over areas of high pressure such as bony prominences or scar tissue. Corns are generally found on the toes and forefoot but can also be on the heel or midfoot. They can be easily and painlessly removed by a Podiatrist. The difficulty with corns is that if the pressure that caused them is still present, they will return, your Podiatrist should discuss with you ways in which you can reduce the chance of them returning. Verrucae are viral lesions that have a cauliflower like appearance. Like all viruses, they are contagious so can be picked up from other family members or at communal bathing or changing facilities. The virus takes over the skin cells and starts growing larger. The body is always working to clear viruses, and sometimes verrucae clear on their own. If they don't it tends to be either because the immune system is unaware the verruca is there (because they are on the skin it is harder to detect the presence of a virus), or because the immune system is focusing on other more pressing matters e.g. growing, keeping you well etc. If you are continually sick, the body will not prioritise clearing the verruca, it will instead



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focus on getting you well. Treatment of verrucae therefore is dual sided - supporting the immune system to do what it does well - clear viruses, and applying a topical treatment to treat the verruca from the outside. Generally topical treatments work effectively if the verruca is young, however if it has been there for longer than a few years surgical and laser treatments are the next options. Both of these work well, provided the immune system is strong! For corn and verruca treatment (and other lower limb queries) call Lauren at Hobsonville Podiatry on 09 390 4184.

BLONDOR FREELIGHTS

The Wella Professionals Blondor Freelights treatment is an innovative colour range designed to 'unleash the summer' and provide each client with their very own personalised lightened look. Stylists can use a freehand technique (no foils) to create up to seven levels of 'sun-kissed lift' as well as a tailored effect, depending on the desired result. So no more time spent sitting while foils are correctly placed in the hair. When the colour is mixed together, the polymers in the formula activate and connect together to create what's called the Actifuse Network. This network makes the formula flexible and adhesive, meaning the colour spreads easily and doesn't blend onto other strands of hair once applied. It can be used to create all sorts of new looks for summer, sun-kissed hair without the rawness of bleaching. Perfect for ombre colouring or for adding a lightness throughout the hair that is softer and more natural looking. Phone or text Carla at Zash Hair 021 814 663 for your next appointment.

SPA DI VINE OFFER FOR APRIL – THE KUMEU WINE COUNTRY SPA BODY RITUAL

This is a spa treatment designed to restore body and mind. Your skin is prepared with a re-mineralizing, exfoliating Citrus Salt Body Polish that softens and cleanses the skin. The next step is the application of warm, smooth bentonite (NZ) and honey clay with grape extract, before you are wrapped in a warm cocoon to encourage the detoxifying process. Soothing music promotes relaxation, along with the gentle rhythm of a face, neck and shoulder massage with a vinotherapy moisturising oil. After compressing off the clay mask, you will receive an application of Citrus Body Lotion, leaving your skin hydrated, soothed and super soft to the touch. Enjoy a complimentary refreshment on the terrace or in our relaxation lounge. 80 minutes of bliss, \$149



(RRP \$189). Spa Di Vine Waimauku, spadivine.co.nz - Phone 09 411 5290 or email us relax@spadivine.co.nz.

LIFE COACHING/HYPNOTHERAPY

Nature is the best stress release. We often take it for granted as it is all around us. Sometimes we need to get off the rollercoaster of life, and slow down for a while. Our bodies and minds need to refuel. Nature is a wonderful way to relieve stress. Stop and look around, what makes you feel happier and calmer? The sound of the birds, the sound of the wind in the trees, a walk on the beach, a bush walk, relaxing with friends and family? Whatever it is, make sure you factor some of that into your life. If you feel too busy, then shuffle things around a bit, and blank out some time for yourself. If we don't refuel ourselves, it is not long before we feel we are running on empty. Make time to do something that makes you happy. Kim McNamara - Life Coach/Hypnotherapist/NLP Master Practitioner, www.lifesuccesscoach.co.nz.

EVER WONDERED ABOUT CONTACT LENSES?

For Eyes in Kumeu have partnered with manufacturers Bausch and Lomb to bring quality product to NZ at super-low prices. To celebrate, B + L are offering FREE TRIALS of contact lenses through For Eyes Optometrists located in Kumeu Village, and you will receive a free Invisible Zinc sunscreen when you trial the lenses - with no obligation to purchase! Plus, receive up to 2 boxes of contact lenses free with your first order. Contact lenses for astigmatism, multifocal and more. Phone 09 412 8172 for your appointment.



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AREA COLUMNISTS

NEW TO THE AREA?

Many new and existing small businesses run a lean, mean operation. They focus on necessities and urgent matters, only spending money when they need to. So, it's easy to see why some business owners might think a website is a luxury item they can afford to live without. They might even believe a Facebook page is enough for an online presence, or that a sign with their phone number will generate calls, or that a traditional mailer will help them sell products. But the truth is, the only way to start promoting a business is by building a professional website. Have you just moved in to the area and are setting up a new business? Perhaps you have moved here to escape the city and run your existing business from here. As a proud Kumeu based business we would like to assist in your online marketing - from Facebook to a full ecommerce solution. Utopia can provide a large range of website options to satisfy your business requirements. This includes basic one page sites, Wordpress template sites, and full ecommerce. We also develop mobile apps and specialised web applications to meet your business requirements. If you would like a free consultation of how Utopia can build a website for your business please phone us on 09 412



2473 or email 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.

THE TRAVEL BROKER - ACHIEVES TOP FIJI SALES

I am very pleased to announce that I was awarded with a prize pack from Tourism Fiji for the highest sales of all Matai Fiji Specialists for the month of February!

Thanks to all the families that booked with me in February, the \$ 199 Take a Kid to



Fiji deal certainly spurred on the activity as the majority of my bookings were families with children 11 & under who wisely took advantage of this amazing special, and are looking forward to escaping the winter for a lovely holiday in the sun creating some wonderful family memories. This great NZD \$199 deal covers return Fiji Airways airfares, all taxes, and most deals also include complimentary return transfers for children 11 & under. A lot of family friendly resorts also allow the children to "stay, play & eat for free". (Staying in the same room as the adults, using existing bedding, free kids club, and free kids menu meals when dining with a paying adult)

One of these bookings was my own for August Family holidays for 2 adults & 2 kids 11 & under were achieved for as little as \$3500 for a week away in the sun!

Certainly a deal to keep an eye out for again in future!

Having holidayed in Fiji 9 times now, I have stayed at upwards of 20 different resorts - as a Travel Agent I love to move around and I usually stay at 2 or 3 different resorts when I go on holiday - and I always visit more nearby - for a walk-about site inspection - so I would have seen another dozen or so resorts this way as well. There is nothing like first hand experience to be able to pass on to my clients.

Family holidays are of special interest to me, with my 2 primary school aged children, I am always keeping an eye out for great family deals, and will happily talk through all the pros and cons of the varying resort options for you to compare, with my first hand experience.

Located in Denarau, Coral Coast or the outer islands, 3 star to 5 stars. 'Room only', just Tropical Breakfasts included, or "All-inclusive", there are so many great deals on offer!

February was also a very busy month for me for those locking in their flights for travel to the UK & Europe, there were some fantastic Early bird deals out - and there are still quite a few available are with some airlines - but seats are getting limited with the peak June-August as well as December travel time, please enquire if you are interested!!



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Viking River cruises are still on sale – 2nd person 50% off! Limited cruises.

And what about this special of just \$ 999 return to UK/Europe on Emirates Airlines - these airfares are only available in conjunction with a selected Insight Coach Tours of 8 days or longer – be quick.

Please take a moment to check out my website below to find out what the current deals are, and click on the link to be added to my newsletter database.

I only send out one newsletter a month, so I will not clutter your inbox!

Please contact me: Tanya Franklin, your local Travel Broker, a member of helloworld, on 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.

AA DRIVER'S TOWN IS READY TO ROLL

Rainbow's End puts kids in the driving seat with the launch of a new ride that combines fun with education. The cars are gleaming, and the roads are ready. After months of anticipation, AA Driver's Town, an innovative new attraction at Rainbow's End, is set to open to the public on 11 March.



AA Driver's Town, which has been created in partnership with AA and Suzuki, enables children up to 12 years to experience driving a miniature Suzuki Swift around a colourful, tiny town featuring traffic lights, two-way roads, roundabouts, parking spaces, a fire station, café and restaurants, and other landmarks. The ride was officially opened by Mayor of Auckland, Phil Goff, on 9 March.

"We all know how important road safety is, and that our younger generation is overrepresented in road traffic accidents," said Phil Goff, at the launch event. "AA Driver's Town combines the fun of Rainbow's End, with a valuable, real life learning experience for our kids."

Chris Deere, CEO of Rainbow's End explained that the ride is another exciting step in the development of the park, and what it can offer children in the younger age group.

"Kids love to be independent, they love to emulate Mum and Dad and they love to drive! In an age where gadgets, devices and technology are prominent in our children's lives, it is wonderful to step away from this trend and offer an attraction that is real, practical and provides children with the opportunity to use their imagination in a themed environment. It's edutainment at its best.

"AA Driver's Town will also be a fantastic educational tool for

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schools through modules that have been developed specifically to align with the school curriculum."

General Manager AA Membership and Brand, Dougal Swift hopes the attraction will encourage positive attitudes to driving.

"AA Driver's Town moves beyond entertainment into educational play in a fun and engaging way. It provides a great opportunity for kids to learn basic road rules, patience and healthy attitudes to driving safely," he said.

AA Driver's Town joins a family of other fun and exciting rides at Rainbow's End, New Zealand's premier theme park, and iconic tourist destination. Visit www.rainbowsend.co.nz for more information.

UNDERWORLD UNDER THE TREES

Woodhill Forest's first big music festival Oro '17 by Ngati Whatua o Kaipara on April 8 features Britain's Underworld, pictured.

The electronic and hip hop event gates open at 10am with the show finishing at 11pm.

The line-up includes DJ Phil Hartnoll (Orbital), Dave Seaman, Jeru The Damaja, Koven, Feint, Evil Needle, Greg Churchill, DJ Dubhead and SoccerPractise.

An international DJ, Dave Seaman has done remixing and producing for a host of music legends ranging from David Bowie to New Order and Kylie Minogue to the Pet Shop Boys.



It could be the first event of many to come, Ngati Whatua o Kaipara project manager Tuhi Leef says.

Oro '17 is organised by promoter David Roper and is expected to attract close to 6000 people, with a wide range of food and drink available.

Tickets for the R18 festival are from Ticketmaster. The cost includes buses in and out, with festival forest access roads closed to private vehicles and pedestrians during the event.

Woodhill Forest also hosts the 2017 World Masters Games orienteering from April 26-29.

Hundreds of orienteers are among about 25,000 athletes competing in 28 sports across Auckland from April 21-30.

Visit www.orofestival.co.nz and www.worldmastersgames2017.co.nz or search Facebook for more.

BIKE DAY AT HAPPY HEARTS

This month we held a bike day at Happy Hearts, to commence our new learning focus of Transportation. We blocked off the car park and set up a track for the toddlers to bike around in the morning, and the pre-schoolers in the afternoon. Some of the teachers joined in too.

In the week leading up to bike day many children were excitedly sharing stories of fixing their bikes with their parents and going on family bike rides to practise before our big day. It was lovely to hear the impact of this day on families.

It was pleasing to see the more experienced riders encouraging



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and helping out the more nervous ones. It was also lovely to see many children lending their bike or scooter to a friend, without any adult initiation. We were very impressed to see such kind, caring qualities in the children at Happy Hearts.

Bike day was a great catalyst for discussion on all sorts of topics to cover: helmets and safety, road rules, colours of traffic lights, symbols on road signs, health and fitness, following rules - just to name a few. Bike Day was a great time of sharing knowledge, improving confidence, fine tuning physical ability and creating memories, and was fun for everyone.

TRANSPARENCY KILLS CORRUPTION

By Greg Sayers, Rodney ward Councillor, Auckland Council Transparency is the key to preventing corruption. Believing this, I have asked the Mayor to appoint me as the senior politician on a new Audit & Risk Committee.

This Committee's job includes ensuring Auckland Council finds out about any fraud or corruption and that any culprits are held to account, prosecuted and that heads roll.

Regrettably, the Rodney District Council was ineffectual at this. As a consequence, the price we have had to pay has been heavy. Investment that should have gone into our roads was stolen. We are behind the eight ball with much ground to make up.

Without transparency we end up with what we saw with the Borlase and Noone corruption case.

In her 227-page judgement Justice Fitzgerald's definition for corruption was all that needs to take place is for someone to offer "a benefit" to a public official or civil servant with the intention of influencing them.

Whether the official is actually influenced is irrelevant, if they "knowingly accept" the benefit they become guilty along with the person offering the bribe.

The Judge also stated this occurred "within a culture of collaboration that was being encouraged at Rodney District Council and Auckland Transport."

So it seems many more people were lucky to escape the scrutiny of the Serious Fraud Office. I find this is extremely disappointing.

However, I am assured new cases will be opened if strong enough evidence of bribery or corruption can be provided to the Police, or the Press.

The Judge did say there was no evidence presented to her of corruption in other areas of Rodney District Council or Auckland Transport.

Transparency is about shedding light on Council's actions for the public. It is about the public knowing why, how, what, and how much. Transparency ensures public officials and civil servants act visibly and report on their activities.

It means that the general public are well informed. It is the surest way of guarding against corruption and it helps increase trust in our local government institution.

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To this end, and with the growing support of other Councillors, I am championing empowering Local Boards, ratepayer groups and communities to receive far greater financial detail about how our rates and development contributions are being spent. Also the "Preferred Supplier" arrangements Auckland Council currently operate need to change to allow local contractors a fair go and fair access to tender for work. This will also develop greater transparency about where local rate money is being spent.

I will continue to follow the mandate clearly given to me at the elections - to work hard to get more increased transparency for Rodney about where our rates are being spent.

Rodney ward Councillor Mr Greg Sayers.

HOW TO FAST TRACK ANY GOAL

How are you leading your life at the moment? What is satisfying? What is your relationship with self? How deliberate are your thoughts, emotions and actions? The answer to all of these questions has got to do with what you have in your life and what you don't. Part of our journey and being a human is stepping to the next thing. Moving forward. But let's be clear here - I think we can get confused with going on the hunt for the next thing and the next thing and the next thing and the things that create true happiness. (Any TV, radio or online ad only exists because of our need for the next thing).

So when you have your goal/s- how is your goal calling you? What is it about it that's so appealing? What is it about it that is amazing? How comfortable and relaxed will you be? How big will your smile be? How will your relationship with self be? Write this all down. The answers to these questions can be called a mindset. Or alignment or vibration or focus. Most of us don't stay with these ideas and feelings long enough.

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In comparison, how are you generally feeling now? When we observe our life we will talk, communicate and think equal to the things in it. Our normal everyday conversations over a beer will all be affirming what is right now. Your current 'what is' can stop the single most important factor to achieving anything – you're thinking. Familiar old feelings are not allowing us to manifest what we want very easily.

Fear plays a role too. Feeling fear is like saying 'I don't feel ready for what I want'. If you don't have something in your life it's because you're not ready for it. If you were ready for it, you would have already received it. To receive means you are ready. So get in alignment with what you want. Start being it now. Don't wait until you have that thing to feel joy and comfort and ease and momentum. You can start feeling and thinking this way now. Come for a session. This is what I do! We quickly discover any thoughts and emotions that are getting in the way of what you want and create the new. Our whole lives are lived via a perspective. To change does require a shift. I fast track this for people anna@thinkyourbest.co.nz 021 555 658.

EXCITING THINGS ARE HAPPENING AT JOJO'S CHILDCARE

We are really excited to share with our community that Jojo's Childcare will be getting a new learning space.

Over the last 18 months we have been reviewing our transitions throughout the centre between our learning spaces and discovered that although we provide high quality care and learning opportunities throughout our 4 current learning spaces, there may be more we can do. Research in child de-



velopment has always told us that children develop most of their neurological connections and pathways in the first 3 years and by the age of 3 the foundations for thinking, language, aptitudes and attitudes have been laid down and the structure and design of the brain is almost complete. But for some reason early childhood education in New Zealand has always labelled children as under or over 2's. Educational theory is now catching up and we are beginning to make the change to children being seen as under 3yr olds not the current under 2's and over 2's that most early childhood settings are arranged for. So at Jojo's we want to use historical and current theory, what we know about our centre and philosophy and the review of the transition process we have done to look at what we can do for our children to give them the benefits of this new learning.

The result . . . a new learning space that will cater for our 2 year olds, bridging the development gap and creating a space that can cater to the children as they make that transition to independence and grow their personalities and give them opportunities to be 2 years old and met at their stage for their needs. This space will cater for 20 children and have a sleep space and nappy change room with a toilet, an indoor play space and outdoor play space.

This is a something that we are really looking forward to providing for the children in our community and something that has taken a long time to get right. Over the next few months you will see the building change shape as the extension is added to the front of the building where the big grass patch is. The build will not have any impact on the day to day running of the centre as it currently is and will not compromise the care and education we provide currently.

As our centre is currently full we would encourage anyone interested in enrolling their children with us at any stage during 2017 to get in touch and come and have a look through and meet the team so that you can book your space or go on our waiting list. Please do not hesitate to pop in at any time that works for you there is no need for an appointment as someone will always be happy to help. Alternatively you can call us on 09 412 5325 if you would like to chat. Visit our website www.jojoschildcare.co.nz or find us on Facebook.

SHIP AND WIN WITH E-PACK

Sending gifts to relatives across NZ? Stuff to your kids at Uni? Sold something on trade me? During April e-pack are running a promotion to promote their services and the destinations they ship to across NZ. With every shipment sent in April you are in the draw for return flights for 2 people to wherever you ship to in NZ. Whether it is Golf clubs to Gisborne, a quilt to Queenstown an engine to Eketahuna or a rope to Rangiora ship with e-pack and you automatically go into the draw to win the flights. Prices Start from a little as \$4.00 for a tracked pack and


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THE HERBALIST CRAFT BEER

The Herbalist craft beer has been created by local woman Rebecca Stenbeck, who has grown up and lived in Kumeu all of her life. Rebecca was exposed to brewing from a very young age by her grandmother and has carried on this ancient tradition of women brewing for their menfolk.

Incorporating brewing and her experience as a qualified Herbalist and Naturopath has allowed Rebecca to create a range of tasty craft beers that are infused with herbs and brewed with GE-free New Zealand barley and hops.

Manuka Ale, 5.4%: This highly refreshing ale is finely infused with manuka leaves, fennel seeds and burdock root.
 Rosemary and Liquorice Ale, 5.4%: Infused with a hint of rosemary and liquorice to excite the taste buds and pairs to lots of foods.

Nettle & Bilberry Lager, 5.3%: Well balanced and layered with subtle interesting flavours.

Local stockists: Fresh Choice Waimauku, The Bottle-O Huapai, Norwest Liquor, Boric Food Market, Soljans Estate, Hobsonville Kitchen and 4 Square Parakai. Visit www.theherbalist.co.nz; facebook.com/theherbalistcraftbeer.



JESTERS PIES WESTGATE TURNS 10

Since 2007 your local Jesters store at Westgate Shopping Centre has been making great pies. With our 10th birthday our store has now been relaunched with a completely fresh look. New colours, new design and new branding. We have also added some new side products such as our world famous chips, BBQ Chicken Roll, Free Range Chicken Nuggets and the new Kransky BBQ frankie "the Krankie". We are, of course, famous for our pies. From our ultra-thin-puff pastry, to our chef's obsession with using only the freshest, local ingredients – a Jesters pie is a damn good pie. Baked fresh at our store throughout the day.



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To celebrate our birthday, visit our Westgate store during April, become a ViPie loyalty customer, buy a pie and get a side for free. Jesters Pies Westgate, Westgate Shopping Centre, next to Countdown – phone 09 832 6060.

PHELAN'S LOCAL BOARD UPDATE

Council has spent last year carrying out high level planning work on what infrastructure is going to be needed to enable the development of the Auckland Unitary Plan 'Future Urban' zones in Huapai, Kumeu and Riverhead.

These Future Urban areas will eventually enable roughly another 9,000 houses to be built in Huapai & Riverhead. This requires a huge amount of infrastructure from underground work we don't usually notice; sewerage and stormwater, through to roads, schools, community facilities, public transport and the rest.

Two plans were developed across Auckland; 'Transport for Future Urban Growth' a joint government and council study which received over 300 submissions from our area alone, and the 'Future Urban Land Supply Strategy'. As I talked about in my last column the transport study identified the types of roads needed, very roughly where they might go, and public transport amenities that would be required to service the new residents. What this work demonstrated was the massive scale of infrastructure required for green field developments, over \$17 billion across Auckland over 30 years, \$3.6 billion in the North West.

One significant factor in Council's planning was the failure of an appeal by the 'Character Coalition' and 'Auckland 2040' against the 'up-zoning' (planner-speak for intensification) of inner city areas proposed in the Unitary Plan. Suddenly, almost 300,000 or the 400,000 houses needed in Auckland could be built in the city where infrastructure exists rather than green fields where it doesn't.

The upshot of this is that the Council has announced that in-

NEW BEER MAKES RED WINE & MEAT PAIRING A THING OF THE PAST

Kumeu News

In breaking news, a new herbal-infused craft beer has been hailed as the new favourite when it comes to pairing red meat at dinner time. THE HERBALIST has formulated a Rosemary & Liquorice Ale using real Rosemary leaves and Liquorice Root (not to be confused with the confectionary form we are used to), along with New Zealand-grown hops and malt, and made in the style of a pale ale. The Rosemary & Liquorice Ale enhances the diner's experience of enjoying their favourite roast lamb or beef, herbed sausages and even Asian-style stir fries. One country woman reports the Rosemary & Liquorice Ale even pairs well with cakes and desserts (good heavens, what next!). Get yours today and join the beer and meat pairing revolution.



The alleged beer making waves in dinner circles. Available at: Fresh Choice Waimauku, The Bottle-O Huapai, Norwest Liquor, Boric Food Market, Soljans Estate & Hobsonville Kitchen.

stead of the Future Urban land in Huapai, Kumeu and Riverhead being released in 2022, it will now not be released for development until 2028 at the earliest.

The decision is a pragmatic acknowledgment that the funding simply wasn't there to build the infrastructure that was required, which ran into the many \$100's of millions.

What we now get is a bit of breathing space. Currently consented developments like the Special Housing Areas will be completed in about five years, and the remaining land that can be developed for urban housing is either underway or shortly will be. Work needs to continue to address the current issues we face while the next 11 years will enable Council to work with the various agencies and community to develop a comprehensive plan well before the next wave of development takes place. NZTA (government) and AT (council) are going to spend the next five years working on the detail of the high level transport plans released late last year. A huge amount of work will have to be done on determining whether the proposed bypass routes are viable, geotechnical and engineering reports will have to be completed well before any route designation can take place. Once the planning and consenting has been done budgets and building of infrastructure will take place before the land is 'live zoned' from 2028.

The Local Board is focused on not only preparing for 2028 but also dealing with the current issues. We are engaging with the community on developing a Centre Plan that will provide us with a list of improvement projects for the town centre for the next five years and a street level template for Future Urban areas. We will continue to work closely with agencies like NZTA and Auckland Transport to ensure the current issues are addressed like poor roads, traffic and insufficient public transport. We have a more realistic time span to achieve the work required, but the pressure will need to be kept up to ensure both Council and just as importantly, Government, continue to apply money

to dealing with the issues we face as a result of the rapid growth we have experienced over the last few years.

Phelan Pirrie. Deputy Chair, Rodney Local Board. phelan.pirrie@aucklandcouncil.govt.nz

WHY ARE FEELINGS SO IMPORTANT?

At Country Bears we are always researching up to date theory and new practices from around the world, as we feel it is important to be aware of new findings that maybe important to consider in our teaching practices. There has been some interesting research and findings that we feel is of interest to all parents of children. We would like to share a small snip it with you.



Feelings - Feelings are so crucial. Why? Because it is our feelings that lead to our behaviours. Feelings motivate us. Feelings result in actions.

Our society frequently overlooks the importance of feelings. We focus on behaviour rather than on the feelings which cause the behaviours. We are often still blind to feelings.

When exploring the embryology of feelings from our childhood, we find that our earliest feelings, combined with our experiences (and how these early feelings combine with each other), help to form our adult emotional life.

So how do we help our youngest members of our community deal with these emotions? Just by being there, side by side, may be enough for most children during these early years. It is how children learn to deal with feelings and emotions that will determine how they experience them in their adult life.

Intelligence - Over the past decade, studies have shown how



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bright infants and young children really are. It turns out they are much smarter than we used to think.

This creates a tremendous opportunity to get their cognitive development off to a good start. But just as important, intelligence also allows us to give the emotional development of children a huge head start. An emotional problem can rarely be solved by a logical solution.

Language - Young children usually begin to talk somewhere between the ages of one and three, however, long before this, they have an understanding of what is being said. As they begin to talk, their psychological world changes dramatically.

We use the term translation for the process of linking children's words to their feelings. Translation exponentially enhances the child's capacity for self-soothing, tension-regulation, and character-building. We can help them to identify and put a name to their feelings, allow them to have those feelings, and be there with them through those feelings.

Summary - These three elements – feelings, intelligence, and language – comprise the foundation of human development. They interact in important ways, giving us a remarkable opportunity to enhance development.

However, too often these elements are presented individually, as if each one is an answer unto itself. This is unfortunate – for the whole truly is greater than the sum of the parts.

The interaction of feelings, intelligence, and language presents us with a remarkable opportunity. It is the interaction of these processes which is creating the Revolution in Infant and Child Development and helping us understand the embryology of human motivation.

Infant/Child Development and the Importance of Children's Feelings by Paul C. Holinger, M.D.

Country Bears Early Childhood Centre hopes that you found this of interest.

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/cbearscc. Country Bears Early Childhood Centre, 79 Orah Road, Kumeu 09 412 8055.

SHOE TALK'S TIPS ON HOW TO FIT SHOES

Try both shoes on, you really want to have the footwear on both feet as it will feel different and sit differently on each foot. Also have you ever tried on a high heel when you had a sneaker on the other foot and then done the "bob-hop" around the shop? Buy the shoes that fit your larger foot. You can always make a



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shoe fit better with heel grips and insoles. I love high heels but ladies if you are going to be walking a long distance, wear a pair of flats or sneakers and change over at your destination. There needs to be room for your toes, they should not feel cramped and in sports shoes you should be able to wiggle them up and down and side to side. Try to select footwear that is shaped like your foot, if you have bunions, select footwear that has a nice supple or soft leather upper, so that it will stretch over this area. Your heel should fit comfortably in the shoe with a minimum amount of slipping - the shoes should not ride up and down excessively on your heel when you walk. Buy shoes with padded insoles and good out soles. These take the impact away from your joints. Your foot bed should not be wider than the shoe, there should be no spill out, spill over, or ballet flats that do not cover the tops of your feet at all. If you are selecting footwear and the ones you "love" don't fit correctly and the ones you "like" do, buy the ones you "like" your feet will "love" you forever!

FLEXIBLE, PERSONAL, FRIENDLY

Kereru Kindy is Huapai's newest early childhood centre. It is located centrally, in Orah Road. It is licenced for just 23 children aged over 2 years, and it's operational every week day from 7.30am to 5.30pm.



"Our fees are charged on a per hour basis, and there is no set session time that a child must be booked in. We offer flexibility to families that many large centres cannot," says owner Jennifer Dahl. "Eligible children receive 20 hours free with no top up charges." And what other advantages are offered in a small centre like Kereru Kindy? "Well, because we are small, children and parents get to know our staff and feel at home very quickly. Happy, settled children learn better – and that's a proven fact," comments Jennifer. "We surveyed our parents recently, and that's exactly the feedback we received." "Our families are really lovely, and we are thrilled to be part of the grow-

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ing Huapai community. We also have Kereru Kindy in Wellsford and Whangarei, and they are small too," says Jennifer, "That's our point of difference. Our size - it makes the whole experience much richer for children, parents and our staff. That's our other strength - amazing teachers!" Kereru Kindy is enrolling now. To book a visit, call 09 412 2624 or call in at 10 Oraha Road.

MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Sat 1 Apr		01:44	08:06	14:04	20:30
Sun 2 Apr	02:31	07:55	13:55	20:20	-
Mon 3 Apr	02:24	08:50	14:51	21:16	-
Tue 4 Apr	03:26	09:54	15:57	22:21	-
Wed 5 Apr	04:36	11:04	17:10	23:33	-
Thu 6 Apr	05:49	12:14	18:21	-	-
Fri 7 Apr -	00:42	06:55	13:17	19:25	
Sat 8 Apr	-	01:44	07:53	14:12	20:19
Sun 9 Apr	-	02:36	08:42	15:01	21:07
Mon 10 Apr	-	03:23	09:26	15:45	21:49
Tue 11 Apr	-	04:04	10:05	16:24	22:26
Wed 12 Apr	-	04:43	10:41	17:01	23:01
Thu 13 Apr	-	05:18	11:14	17:36	23:33
Fri 14 Apr	-	05:52	11:45	18:10	-
Sat 15 Apr	00:05	06:26	12:17	18:42	-
Sun 16 Apr	00:37	06:59	12:52	19:17	-
Mon 17 Apr	01:13	07:36	13:30	19:54	-
Tue 18 Apr	01:55	08:18	14:16	20:39	-
Wed 19 Apr	02:44	09:09	15:10	21:33	-
Thu 20 Apr	03:44	10:15	16:15	22:42	-
Fri 21 Apr	04:52	11:28	17:27	23:56	-
Sat 22 Apr	06:00	12:35	18:35	-	-
Sun 23 Apr	-	01:03	07:03	13:34	19:36
Mon 24 Apr	-	02:01	07:59	14:28	20:31
Tue 25 Apr	-	02:53	08:51	15:17	21:21
Wed 26 Apr	-	03:42	09:40	16:05	22:09
Thu 27 Apr	-	04:29	10:28	16:52	22:55
Fri 28 Apr	-	05:16	11:15	17:38	23:41
Sat 29 Apr	-	06:03	12:02	18:25	-
Sun 30 Apr	00:28	06:51	12:51	19:13	-

Source: LINZ

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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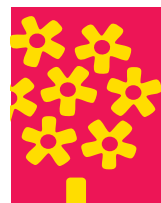
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