

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES
LATE SUMMER FISHING
OPPORTUNITIES

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

LEAKY CHURCH HAS PRAYERS ANSWERED

Circulation is 10,500 print copies and 3371 opened and read email copies.

Editorial contributions are free from cost. Advertising starts at \$85 plus gst for a business card size.

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

April 2018

Intro

Welcome to Autumn and our April edition! The second annual Turning The Tide Fundraising Walk will be held on Sunday 27 May with participants walking around 17 kilometres from Rimmer Road end of Muriwai Beach to the Muriwai Surf Club. Organised by Kia Timata Ano Trust, the women's refuge serving northwest Auckland, the walk aims to Turn The Tide against family violence. Trust Chairperson Harry Hillebrand says, "the more people who take part, the louder our collective voice is. This is very public declaration that we will not tolerate family violence in our neighbourhood." Last year's event, with 80 walkers, raised \$11,000. That money allowed the Trust to employ a new part time advocate who works in the community helping people make the changes needed to live in safety. Event organisers are excited to be building on that successful first year, with the number of people already registered not far off the total number of walkers in 2017. Sponsorship packages are also available and business owners who are interested in learning more about this worthy cause are invited to email turningthetidewalk@gmail.com. All funds raised this year will go towards family violence prevention and education programmes in our community. Registrations are available online now at turningthetidewalk.eventbrite.co.nz. This year, Mother's Day will be celebrated at the Kumeu Community Hall with a "FREE" gold-coin-donation concert. Our very own Kumeu Brass Inc. comprises three bands: Kumeu Brass (70 years established this year), Kumeu Evolution Brass (talented beginners) and Kumeu Vintage Brass. Fresh from another highly successful performance in the Bruce Mason Centre, KVB has established an enviable reputation as one of the most popular Brass Bands in New Zealand. They don't play out-dated brass music but have developed a fresh tradition of playing evocative, popular melodies from the '30s through to the present day with a focus on engaging audiences and exciting the senses. All three bands will combine for their annual community concert with a very distinctive emphasis on mothers. Pamper your mother with a mystery afternoon. Exactly what happens to mothers will be revealed on: Sunday, May 13, the Kumeu Community Hall, 2.00 pm, Access Road, Kumeu.

Deborah Dunsford, the author of 'Doing It Themselves', a history of Kumeu-Huapai and Taupaki, is the guest speaker at the Norwest Heritage Society meeting on May 16. Deborah is an independent historian, researcher and writer, with experience in the history of health and medicine, oral histories and Auckland social history. All are welcome at the 2pm meeting upstairs in the Kumeu Cricket Club at the Huapai Reserve, with refreshments available.

As always, stay safe, be kind,
Sarah

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. Articles are not to be re-published unless consent is granted from the publisher.



kumeu Courier

Feature Stories

3	People & places
7	Safer communities
8	Community notices
10	Fundraising walk
12	In brief - updates
14	Property news & advice
16	Property statistics
17	Rural news
24	Home & garden
26	Health & safety
28	Central's Tips
30	Pets
32	Food & beverage
34	Health & beauty
36	iHunch
38	Area columnists
40	Councillors corner
42	Local board update
44	School maths
46	The great outdoors
46	Muriwai tide chart

Questions and feedback:

Sarah Brightwell
P 021 250 7324
E sarahbrightwell022@gmail.com
W kumeucourier.co.nz

Cover photo: Carolyn and Colin Newel at St Chad's.

Print run is 10,500 copies through Treehouse Print
Email database is managed by Sublime NZ

Kiwi SPANNZ

NEW GENERATION BUILDINGS

- Locally Owned and Operated
- Designed and Engineered in NZ for NZ Conditions
- Quality & Honesty with Zero Limits
- Any Building to Suit your Height/Length/Inclusions
- Your Entire Consent Process Looked after for You
- Up to 30m Clear Span & up to 7m Stud Height

SHEDS, FARM & LIFESTYLE BUILDINGS
COMMERCIAL & INDUSTRIAL BUILDINGS



Body Builders Ltd
329 Main Rd
Huapai
Auckland 0810

PO Box 5 Kumeu
Auckland 0841
T: 09 412 8455
F: 09 412 8458

FREEPHONE: 0800 870 078

E: rodney@kiwispannz.co.nz



0800 870 078

www.kiwispannz.co.nz

PEOPLE & PLACES

LEAKY CHURCH HAS PRAYERS ANSWERED

Stories by Geoff Dobson.

It seems prayers have been answered to help Saint Chad's Anglican-Methodist Church in Huapai after it was discovered to be a leaky building.

An anonymous donor has provided about \$500,000 of the \$700,000 needed for a nearly complete rebuild (roof and cladding).

And parishioners have been given a temporary place for worship just down the road at St Patrick's Catholic Church during the expected six-month rebuild.

A silver lining will be that at last the church can use its mezzanine floor once the rebuild is completed. Access to the mezzanine was never completed because of a shortage of funds, so St Chad's Church Council chairman Colin Newel says a staircase will be added this time. "There's a set of windows into that room that no-one has ever looked out of."

He says the anonymous donation is "very exciting".

"After we had received the initial donation an approach was made to Auckland Anglican Diocese to see if they might be able to help towards the balance and we were delighted that they were willing and able to do so," Colin says.

The diocese chipped in and work on the church was expected to start in March.

The offer from St Patrick's to host services was also gratefully

accepted.

But many of the groups which use St Chad's may have to find temporary homes as well.

For many years St Chad's has been more than a church, hosting community groups and events.

That includes the Kumeu Blend Choir, SeniorNet Kumeu, Girl Guides, a yoga group, a mums' keep fit class, craft group and various church-related organisations such as a women's fellowship group.

It also caters for many parishioners and events, including funerals, baptisms and other gatherings.

The popular church opportunity shop has temporarily closed until the church reopens with at least one big event planned to mark the occasion.

Colin says fixing the leaky church building will be a "massive" job, with recladding and reroofing required, so the structure will be shrink-wrapped for the work.

"We're hoping the church will look a lot nicer when finished," Colin says.

He says extended guttering will be added, as the internal gutters will be removed. Colin's wife the Reverend Carolyn Newel is also grateful for the tremendous support received.

The extent of the damage from the leaks were picked up when a painter was brought in to spruce up the church.

"He looked at it and identified all sorts of issues," Carolyn says.

The painter said he could seal any cracks to tide them over, but Colin and Carolyn had already had experience with a leaky building - their own Huapai home.

"So we got an expert to have a look at the church," Carolyn says.

Their fears were confirmed when testing revealed dampness in some of the church's wooden framework. The church will be extensively altered as a result, although Colin hopes to retain the brick cladding on parts of the church.

St Chad's has had issues in the past too.

The present church was finished 18 years ago, replacing the



Come and join us at Nature's Explorers Kindergarten - the best kindy ever!

Your child will thrive at Nature's Explorers. Here are a few reasons why:

- Our warm and caring nature based learning environment
- Specialist early education and low teacher/child ratio
- Gorgeous home-like environment

8 weeks half price fees
On all new enrolments

Visitors welcome at our beautiful kindergarten, visit or call us today

09 412 8800

www.naturesexplorers.co.nz

1 Maude St, Riverhead



original 1925 building which burned down in 1990.

Services were also temporarily held elsewhere while work began on the present church. The bell tower was saved and housed in a nearby paddock, later returned to a spot outside the church.

Fire damaged the op shop about three years ago as well.

In 2008 the parishioners opted to become a local shared ministry church, meaning functions traditionally carried out by a vicar are now shared by members of the congregation led by a ministry support team.

An Anglican priest (called an enabler) trains and guides the team and provides a conduit to the Auckland Diocese.

The church council, elected annually by the congregation, meets monthly and is responsible for overseeing policy, property capital works, maintenance and financial management.

St Chad's has always been an integral part of the local community, and will continue to be so.

Visit www.saintchadshuapai.wordpress.com/ for more information.

THE LAND VAULT SPECIALISES IN TRANSFERRABLE TITLE RIGHTS

Unlocking the value in transferrable title rights (TTRs) is The Land Vault's objective.

Denis Massey, pictured left, set up the service sourcing and placing TTRs following his own experience in rural contracting and subdivision.

Patrick Bisch, right, a former Huapai resident, joined The Land Vault this year to help, particularly with demystifying the process for many people. Patrick says many people don't fully understand the new Auckland Unitary Plan subdivision rules and how they provide for TTRs.

He says it helps encourage people to preserve bush lots, wetlands and areas needing protection, while providing some benefit for their efforts to do so.

Denis started up The Land Vault about eight years ago based on his own experiences. He has completed a number of lifestyle block and rural subdivision developments, including a large block near Bombay which he bought and developed as a farm.

"There was a lot of bush, so we could do some subdivision utilising the rights from the protection of the bush.

Planning changes in Franklin allowed him to on-sell the rights – "and it evolved from there".

"People were coming to me because they knew what I'd done and were asking for advice. I would manage their project for



them."

Denis would get planners involved, find buyers and set up agreements.

"It's like a marriage," he says.

"We find a buyer who wants to acquire a TTR to subdivide their land and match them with a seller – someone who owns a TTR that is surplus to their requirements."

The Auckland Unitary Plan now allows for better TTR use in many rural parts of Rodney, such as Taupaki, Kumeu-Huapai, Riverhead, Coatesville and Waimauku.

While the plan introduced five rural zones, TTRs can only be transferred into specific Countryside Living Zones (CLZs), which have now been clearly defined.

The majority of the CLZ rules took effect in October following consultation, hearings and the resolution of some appeals.

"By the middle of this year all the decisions on any outstanding appeals should have been made completing the new subdivision framework for all rural Auckland," Denis says.

He says about eight or nine CLZ areas are eligible as Receiver zones for TTRs. Within these zones people are able to subdivide down to an average of one hectare utilising the TTR mechanism. Much of The Land Vault's work is around the Auckland and North Waikato regions.

"We actively assist rural land holders to unlock the full subdivision potential of their property," Denis says.

He says some market gardeners, like those around Pukekohe, don't want neighbours because of reverse sensitivity issues (spraying, machinery noise and the like). Owners of properties containing these high-quality soils are able to generate TTR's through amalgamation and consolidation of their various land holdings into larger blocks.

While the unitary plan recognises valuable fertile areas for growing, it also lists Significant Ecological Areas (SEAs) of natural value for protection.

"There are incentives for farmers to fence and legally protect such areas in perpetuity. It may give the option of allowing some subdivision on the farm involved or generating TTRs which can be on-sold and transferred to a CLZ," Denis says.

Both Denis and Patrick see considerable potential in the Kumeu district and other Rodney CLZ areas to trade in TTRs.

Exchanging titles can take several months.

Denis says there are some misconceptions about using TTRs. "You can't just buy them and bank them."

He says once a TTR becomes available a recipient has to be found. TTR rules vary from district to district and are subject to ongoing plan changes too.

Denis has found people who have tried to subdivide before and become frustrated with the processes.

He's keen to help in such cases. Patrick says it's usually a matter of finding a workable solution.

"You never know when the phone will ring and you can say to that person 'you have a good opportunity here.'"



wallflowers

wallpaper installation

Amy Howell INSTALLER | DIRECTOR

027 882 7300 amy@wallflowers.nz www.wallflowers.nz

Kumeu Produce Market

Produce Retail & Wholesale Specialist

p. (09) 412 9998
f. (09) 412 9398

407 State Highway 16 Kumeu
PO Box 104100 Lincoln North



Denis says he can usually tell someone very quickly whether such an opportunity is feasible.

And a property visit will often determine whether there are any "show-stoppers".

In the main, Denis and Patrick say it's an opportunity for a number of land owners to benefit.

Visit www.thelandvault.co.nz for more information.

MURIWAI BEACH UPBRINGING SPARKED AN OCEAN LIFE

Growing up at Muriwai Beach put the sea in Richard Mason's veins.

The die was cast for the future sailor when Sir Peter Blake hoisted the young man over the rails onto Ceramco in the 1981=82 Whitbread Round the World Race during the Auckland stop-over.



Richard went on to learn about sailing through the Royal New Zealand Yacht Squadron and, after completing an environmental science degree, set his sights on the sea's horizon.

He got a break with another sailing legend, joining Ross Field who has sailed in numerous round the world races.

Since then, Richard's been a professional sailor more than 20 years, and has been with the Whitbread's successor the Volvo Ocean Race since 1999, also spending time involved in the Swedish Victory Challenge America's Cup 2007 entry.

He sailed on Assa Abloy (2001-02), Ericsson 1 (2005-06), Ericsson 3 (2008-09) and Team Sanya (2011-12) in the round the world race.

A highlight for Richard was Assa Abloy winning the leg into Auckland.

A more land-based role developed when Richard became shore manager for the all-women team SCA (2014-15) then event organiser with Volvo Ocean Race SLU.

He's now the leadership team executive director, which includes not only overseeing the race but particularly looking ahead to organise the next two or three round the world events.

Now based in Sweden, with wife and former sailor Caroline and their two children, and sometimes in Spain, the job still involves travelling the world, except not so much by boat.

Richard has to sort out stop-overs, sponsors, partners and the many other machinations associated with round the world sailing.

"The beauty of this race is there's a real mix of cultures," he says. Political issues in some countries could get in the way, but Richard finds the sport great for removing any political barricades. Stopping in Auckland during March, the Volvo Ocean Race

The Picture Framing Company LTD.

We will frame anything!



- ✓ Competitive prices
- ✓ Professional Framers
- ✓ Knowledgeable Team
- ✓ Friendly Service
- ✓ Integrity
- ✓ Quality

Established in Kumeu for 20 years

Ph 412-6224 · www.pictureframing.co.nz · 14A Shamrock Drive, Kumeu



FreshChoice Waimauku
A-2 Waimauku Retail Centre
5-19 Factory Road
Waimauku, Auckland
Phone: (09) 411 7890/411 9495
Fax: (09) 411 8050
Mobile: 021 048 3355
Email: waimauku.fc@xtra.co.nz

KUMEU TYRES LTD Main Road, Kumeu

New Tyres
Truck Retreads
Used tyres

Wheel Alignments
Great Service
Fleet service

Phone Neil 09 412 9856

WATER TANK CLEANING & REPAIRS

Call 027 410 8404

BUMPER REPAIRS - Without the Hassle

- * Bumper Repairs
- * Stone Chips
- * Scratches
- * Cut & Polish

Owner / Operator

Tom Williamson
021 406 618



tom.williamson@touchupguys.co.nz

www.touchupguys.co.nz

PROFESSIONAL RELIABLE COST EFFECTIVE CONVENIENT SHOWROOM FINISH



SERVICE CENTRE

E O I N S T U A R T

Phone 09 412 5900 | Mob 022 639 0274
338 Main Road Huapai - Kumeu, Auckland 0810
autoworxnz@outlook.com

carried a universal message in supporting the United Nations Environment 'Clean Seas' project and offering key sustainability themes around ocean health and plastic pollution.

Race villages and the race itself focused on reducing plastic use, visitors invited to sign the Clean Seas pledge to minimise plastic use. Water refill points and no bottled water sold onsite discourage single-use disposable plastic bottles. All other beverages and food are also not served in plastic.

About 300 000 single use zip ties are avoided through reusable bungees to attach to banners and branding. Up to five million straws can also be avoided through not using them in the villages.

Children are invited to become "Champions for the Sea" in their local communities and continue their action into the future in their communities and also in association with the Volvo Ocean Race.

School programmes, Ocean Summits, education, science and online programmes also promote the messages.

During the race, all the boats send data to a race headquarters in Spain to help with weather forecast accuracy and climate models, particularly to better understand climate change.

Floating sensors also provide information, while selected boats such as Turn the Tide on Plastic test the sea water and determine the amount of micro-plastics in the ocean.

Even the boats themselves are "recycled", having been refitted after the last race.

Early data from Turn the Tide on Plastic identified more than three million micro-plastic particles for every square kilometre of ocean.

Richard himself is no stranger to beach clean-ups. Parents Anna and the late Brian Mason were heavily involved in their Muriwai Beach community, including sand mining issues and regular beach patrols to remove plastic and other polluting items.

Visit www.volvoceanrace.com for more information.

KUMEU SHOW TURNS IT ON

The sun came out and so did the crowds for the 96th Kumeu Show, boosting confidence in the lead-up to its centennial in 2022.

The two-day March show was washed out last year, but this time the weather played its part.

One of the biggest hits for the more than 25,000 visitors was Chelsea Marriner and her 12 performing Dog Stars. Her two shows on the Saturday saw spectators four or five deep around the performance venue.

The Stihl Kumeu International Timber Sports, sheep shearing,



a giant pumpkin contest, a vintage tractor display and parade, and the chance to get up close to a wide variety of farm animals proved popular too.

Visitors wandered around some of the 500 trade stalls, checked out the poultry display and inspected arts, crafts, baking and home produce exhibits. A show scavenger hunt for children 12 and under for prizes brought in plenty of entries.

Dancing displays and competitions, bands, clowns, women parading in traditional Chinese dress, carnival rides, equestrian events, a fire brigade demonstration, archery, pony rides and more, kept visitors entertained.

Kumeu Show organisers are thrilled with the result and say it's given them a lift in preparations for future shows building up to the show centenary.

HISTORIAN DEBORAH DUNSFORD TO SPEAK AT PUBLIC MEETING

Deborah Dunsford, the author of 'Doing It Themselves', a history of Kumeu-Huapai and Taupaki, is the guest speaker at the Norwest Heritage Society meeting on May 16.

All are welcome at the 2pm meeting upstairs in the Kumeu Cricket Club at the Huapai Reserve, with refreshments available.

Deborah is an independent historian, researcher and writer, with experience in the history of health and medicine, oral histories and Auckland social history.

The 2002 book on Kumeu-Huapai and Taupaki was a joint winner of the J R Sherrard Award for regional history.

Norwest Heritage Society member Brian Bracey, who featured in the October 2017 Kumeu Courier, was instrumental in helping Deborah with research and historical information for the book.

Her current projects include a commissioned history of Mount Albert for the Mount Albert Historical Society, and oral history interviews about the first years of the School of Medicine at The University of Auckland.

She teaches a course on health, medicine and society in the university's Medical Humanities programme.

As interviewer and project manager for the Nursing Education & Research Foundation (NERF) oral history project, Deborah interviewed 60 nurses who trained in New Zealand during the 1950s and 1960s.

Her PhD was a social history of tuberculosis in New Zealand.

Personal interests include the history of the beach suburb of Milford.



Geoff Dobson MEDIA

P 027 757 8251

E geoffdobson2017@gmail.com



SAFER COMMUNITIES

Hi, for those of you who are new to the area or who don't know me I'm Senior Constable Melissa Haven your local Community Constable based here in Kumeu. If you would like the opportunity to chat about anything Crime related in our area, or if you would just like to say "Hi" then you can join me for "Coffee with a cop" on Thursday the 5th of April, between 10am-12pm at the Food Vault café in Kumeu.

It's been a busy start to the year and recently Kumeu Police have noticed an increase in rural burglaries. Sheds, garages and construction sites are the main targets. I would like to reiterate the importance of reporting any suspicious vehicles or persons you may see. Don't be afraid to phone Police if in doubt on 111 and we will make the decision on how to respond. Some useful information to obtain includes any vehicle descriptions, things such as registration numbers, colour, make, how many occupants are in the vehicle and their description etc are all important, as is the vehicles direction of travel, as we may be able to cut it off before it leaves the area. If you see anything, don't delay, make the call. Please be extra vigilant by making sure your premises and vehicles are secure. Now is also a good time to check what security features may need updating, such as gates on rural properties, locks on farm sheds, and alarm systems.

Melissa Haven
Community Constable
Kumeu Police

If you are in a mixed rural area it is an open fire season and no fire permit is needed to light a dry wood or dry matter herb-age fire in open air. However you still need to exercise caution, check the weather and be well prepared before lighting. Before you set your fire go to www.Checkitsalright.nz. Fire permits are required for all fires on public conservation land other than for an approved campground fire or a fire lit for cooking or for warmth. Apply for a fire permit [1] it is illegal to light any open fires or discharge any fireworks in public places in the Auckland region. This applies to all beaches, foreshores, parks, reserves, and forests. Contact firepermit.auckland@fireandemergency.nz. Waitakere Fire Station will be open to the public between 2 and 4pm on Saturday April 21. On display will be the two new appliances and equipment that services the community, also the state-of-the-art pumps and technology that has been fitted to these response vehicles. Waitakere Fire Station members represent a diversity of age groups and life-stages offering the Waitakere community (within a 5km radius) the opportunity to become a member for active firefighting or in a support capacity to a growing number of medical and weather event call outs. If you have an interest or would like to look around an active volunteer fire station please diary note the date and time. April 21st at 2 till 4pm at 10 Township Road, Waitakere Township, or call Station Officer Denis Cooper on 027 562 6942.

Denis Cooper
Station Officer
Waitakere Volunteer Fire Brigade



Jojo's
ChildCare Ltd

Warm and nurturing environment
Large play spaces for all ages
Healthy, hearty, home style meals
High quality curriculum
Exceptional resources for play and learning
3 Days free for 3 - 5yr olds* *conditions apply*
Nappies provided for Under 2's

Contact Sarah or Jo
www.jojoschildcare.co.nz
09 412 5325

Corner Oraha Rd & State Highway 16, Huapai

COMMUNITY NEWS

SENIORNET KUMEU INC.

On the 7th March the club held its first meeting at the Norwest Soccer Club in the Huapai Domain. This will be our new "home" while St Chad's Church is undergoing building repair works. The soccer club made us very welcome and we were delighted with all of the excellent facilities, which include extensive parking space. Presentations were made on "Internet Security" and "Pinterest", with an explanation of what this fascinating site is about and the benefits it could have for the members. Both presentations were followed by lively question and answer sessions. The meeting ended with another successful raffle organised by Judy Heck, with some happy winners going home with their prizes. Membership is now open to people of all ages, who have 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 pad) etc. We have a number of knowledgeable tutors plus our members share their skills and knowledge with each other. We have planned "Drop In" times when members can have one-on-one sessions with tutors to help resolve specific technical problems. We also run informal Training Courses at a pace that suits our members. A monthly Newsletter is emailed to all members giving full details of future activities plus other items of interest. If you would like to join our friendly and informal club, just come along to our next meeting on April 4th at 10am at the Norwest Soccer Club Huapai or contact: Brian Lacey on 022

183 1811 brian@lacey.nz or Nigel Dempster at nigeldem@outlook.com.

GUIDED TOURS TO FRANCE WITH TWO FRENCH/KIWI LOCALS



Have you always dreamed of a trip to France? Experience authentic French culture, eat and cook fabulous French food? Boutique Tours France, the venture of French/Kiwi locals Catherine and Patsy, organises amazing guided tours for small groups (max. 8 people) to France in 2018. Catherine and Patsy are both French and take you to those special places. Your guides know France inside out and know what Kiwis want to experience. The tours are fully organised so your travel is care-free: your guides leave NZ with you, speak the language and look after you. You just happily join the trip with no planning at all. In September 2018 we take you to the picturesque coastlines of Normandy and Brittany in the North-West of France. We visit picturesque villages like Honfleur, St Malo, and Mont St Michel and encounter regional crafts, food and antique markets to get a true insight into French culture. Good Food – Good Company – Good Times. Book now www.boutiquetours-france.co.nz.

KAUKAPAKAPA VILLAGE MARKET



Sunday 15 April 8.30am to 1pm. There is always something fresh to experience with different musicians, entertainment and new stall holders joining the market each month - a great morning out for the family with free face painting for the kids, plus a craft table where they can make Mum a card for Mother's Day. Plus a great selection of quality stalls with everything from locally hand-made crafts, fresh fruit & vegetables to pre-loved treasures and collectibles, books, plants, freshly made coffee and freshly ground coffee beans, great food, sausage sizzle, fresh artisan bread and much more. This month our live music is from duo Mike & Gillian performing between 10am and 12pm. For more information contact Sarah 027 483 1542 or email sarah1@maxnet.co.nz.

BUGS, BUGS, BUGS

Since the beginning of the year, the children have been watching the abundance of butterflies that have been sighted outside. This has developed into drawing and painting butterfly pictures. Some children have extended their search into finding other insects. Lots of our children have been getting containers, and catching lady bugs and other beetles that they have found in the playground. One of our children then brought in a special torch to show for news. He told us about it; "this is a mountain thing, it's for hunting at night and during the day". We

Inspiration. Encouragement Experience.

Davis Funerals will create a funeral ceremony with the style and service that celebrates the life of your loved one.


Davis Funerals

Call John Schipper today for a free consultation or a friendly chat on the type of service you would like.

Henderson 09 835 3557 www.davisfunerals.co.nz

VODANOVICH
LAW

SALES & PURCHASE OF REAL ESTATE

RELATIONSHIP PROPERTY | BUSINESS STRUCTURES

POWERS OF ATTORNEY | WILLS & TRUSTS

COMPANY & EMPLOYMENT LAW

PLEASE CONTACT IVAN

ivan@vlaw.co.nz 09 412 8000
4a Shamrock Drive Kumeu, Auckland

then asked him what you do hunt with it; "bugs, deer, birds. All sorts of things, even snakes and spiders". This has then encouraged more hunting for insects outside in the playground, using his special torch. This month our Kindy will be going to visit the bug lab at the Zoo to extend our children's learning and interest in bugs. Nature's Explorers.

IS YOUR CHILD SETTLING INTO THE NEW YEAR OK?



How is your child settling into kindy, day care, school or even university this year? My Miss 8 has found settling in to school a little hard so far. With no real close friends in her class she struggles to find someone to play with and complains of a sore tummy every morning. So I decided to create a special bracelet set for her and me. One morning before school we sat down, read through the card and popped our bracelets on. She thoroughly loved the idea of knowing that we now share this connection throughout the day. So anytime she's feeling a little down she can look at her bracelet and know that I'm there for her and thinking of her which therefore gives her confidence and strength to get through the day. Stay

connected with your children with one of our "Connected" bracelet sets available at www.preciousimprints.co.nz.

EXPANSION FUNDRAISING ART AUCTION & EXHIBITION



7th – 21st of April. Some may know of our plans to expand and improve our facilities. While the Rodney Local Board are currently reviewing the project, we anticipate that an expansion would enable us to offer more of our services, including exhibitions, classes, workshops and performances. We'd love to see this dream become a reality. By purchasing artworks from this auction people can help our cause while acquiring quality art works by prominent and local artists such as; James Ormsby, Flox, Gavin Chai, Amber Emm, Kirsten Reid and many more. You can come to Kumeu Arts Centre (behind the library) to view these superb works in our gallery during the exhibition and place bids on the works displayed. Alternatively, you will be able to view and bid on the artworks available at: www.32auctions.com/KAClexpansion.

KUMEU BRASS

This year, Mother's Day will be celebrated at the Kumeu Community Hall with a "free" gold-coin-donation concert. Our very own Kumeu Brass Inc. comprises three bands: Kumeu Brass (70 years established this year), Kumeu Evolution Brass (talented beginners) and Kumeu Vintage Brass. Fresh from another high-

ly successful performance in the Bruce Mason Centre, KVB has established an enviable reputation as one of the most popular Brass Bands in New Zealand. They don't play outdated brass music but have developed a fresh tradition of playing evocative, popular melodies from the '30s through to the present day with a focus on engaging audiences and exciting the senses. All three bands will combine for their annual community concert with a very distinctive emphasis on mothers. Pamper your mother with a mystery afternoon. Exactly what happens will be revealed on: Sunday, May 13, the Kumeu Community Hall, 2.00 pm, Access Road, Kumeu.

NEW MOTHER AND DAUGHTER PAMPERING PACKAGES



Go down the Rabbit Hole to our unique and amazing Wonderland Spa Party room with scented candles and decorated in a magnificent Wonderland theme, where you can enjoy some lovely pampering from our hostesses using delicious products with coconut milk, rose hip and shea butter foot soaks and berry scrubs, manicures, pedicures, Wonderland facials using New Zealand's very own The Bon Bon Factory. Delicious, vegan and PETA approved cruelty free products. Starting with an Orange and vanilla face cleanse, then choose from a mocha or pineapple crush face scrub to polish your skin, followed by a Lush chocolate mud mask with Patchouli, Cinnamon, Sweet Orange, Ylang Ylang & Lavender massage oil and finished off with hot chocolate moisturiser, milkshakes and nibbles. Enjoy some

SPARKN
Electrical Solutions

Tony Boyd
MANAGING DIRECTOR

P 09 411 8526
M 021 772 756 (021 SPARKN)
E sparkn@hotmail.co.nz www.sparkn.co.nz

CASTLE
PANELBEATING

Grant Castle

P (09) 412 8239 | 106 Main Road, Kumeu
M 027 299 7054 | E castlepanelbeating@orcon.net.nz

Logos for mfa ASSURED and CRASH Repair are also present.

pampering time with your Little Miss. Or treat nana, aunty, god mother, great grandma, au pair, sister or brother to a pamper session with them.

BUSH SAND AND SEA BED AND BREAKFAST

Bush Sand and Sea Bed and Breakfast is a self-contained and elegant accommodation at Bethells Beach. We are 40 minutes from Auckland Central, on a private 10 acre block of land, nestled in native bush of the Waitakere Ranges of Auckland's Wild West Coast. The single bedroomed bungalow is fully air-conditioned and heated, flanked with 2 decks, which allow private views of bush, sand dunes and the sea. We offer an environmentally-conscious yet luxurious escape, and a unique opportunity to enjoy the peace, tranquility and seclusion of this retreat. Explore the bush walk with its bridges, board walk and stream. Walk or take the 10 minute drive to the beach or Lake Wainamu. Enjoy our late departure policy after visiting the glow worms in the evening. For further information, please contact Lyn and Alan 09 8109 584, 021 1557 443, bushsandandsea@gmail.com or www.bushsandandsea.co.nz.

CURIOUS CLAY PLAY

Most children, when given a piece of ordinary soft pottery clay, are instinctively motivated to explore its inviting soft and responsive sensory qualities. They poke it, squeeze it, hit it, pick it up and pound it down, and so on. Each time they act on the clay, the clay adjusts and responds. These changes mean very little to us as adults, but for a child these changes in the clay are magical. The child is naturally fascinated, motivated, and empowered to keep experimenting. Every child needs experiences that match his or her develop-



mental level. Clay stimulates the child's curiosity. Intelligence, imagination, and creativity are engaged and fostered. Many new neurons and synapses in the brain are being generated when a child is engaged by the immediate tactile and visual feedback provided by clay.

Here our children recreate through clay their own version of the "Ginger Bread Man" story that we read together in our centre. Emily Standen is Centre Manager at Kereru Kindy, 10 Oraha Road, Huapai. Kereru Kindy has very limited spaces – maximum 23 children aged –2-5 years. Hours 7.30-5.30 daily. All welcome. www.kererukindy.co.nz/huapai.

BTHELLS BEACH COTTAGES

Bethells Beach Cottages celebrates 30 years in hospitality with Trude Bethells' great grandfather starting in the year 1906 on this property. "Love dances in the beauty of nature" when you stay at Bethells Beach Cottages, you become one with the elements. The sights and sounds of nature will awaken your passionate spirit and time will cease to exist. Whether walking the beach, relaxing in your cottage or sitting in the hot tub watching the sun set you will know that love is everywhere but here it flows a little more easily. Bethells Beach Cottages, phone: 09 810 9581.



TURNING THE TIDE FUNDRAISING WALK

The organisers of a fundraising walk the length of Muriwai Beach are thrilled with the number of people who have already signed up for the event, and are looking forward to a large show of solidarity for a family violence free northwest Auckland.



The second annual Turning the Tide fundraising walk will be held on Sunday 27 May with participants walking around 17 kilometres from Rimmer Road end of Muriwai Beach to the Muriwai Surf Club.

Organised by Kia Timata Ano Trust, the women's refuge serving northwest Auckland, the walk aims to Turn the Tide against family violence.

Trust Chairperson Harry Hillebrand says, "The more people who take part, the louder our collective voice is. This is very public declaration that we will not tolerate family violence in our neighbourhood."

Last year's event, with 80 walkers, raised \$11,000. That money



**SPECIALISING IN ALL TYPES OF
PLUMBING & DRAINAGE**



PLUMBING



DRAINAGE




GAS



PUMPS



WATER TANKS




FILTRATION

LOCAL, RELIABLE & REASONABLE

New housing,
alterations & repairs

Domestic & Commercial



Master Plumbers
Supervising Craftsperson

P 09 412 6322
E sales@waterfx.co.nz

Come and check out our new
Delicatessen, Coffee, Juice & Ice Cream Bar

BORIĆ Food Market

1404 Coatesville - Riverhead Highway, Auckland
www.boricfoodmarket.co.nz





allowed the Trust to employ a new part-time advocate who works in the community helping people make the changes needed to live in safety.

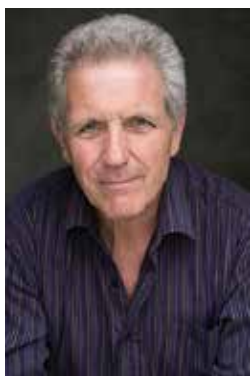
Event organisers are excited to be building on that successful first year, with the number of people already registered not far off the total number of walkers in 2017.

Sponsorship packages are also available and business owners who are interested in learning more about this worthy cause are invited to email turningthetidewalk@gmail.com.

All funds raised this year will go towards family violence prevention and education programmes in our community. Registrations are available online now at urningthetidewalk.eventbrite.co.nz.

ACTING CLASSES AT KUMEU ARTS CENTRE

Local actor Edward Newborn will be starting acting classes, running for ten weeks, at the Kumeu Arts Centre starting on the first Wednesday in May. The course is designed for people with all levels of experience. Learn the difference between acting for stage, TV and film. Have fun exploring scripts and watching yourself on camera. Build your self-confidence at performing in front of people and camera. Also learn simple relaxation techniques to get rid of those nerves.



Edward arrived in NZ in the early 1980s, having worked extensively throughout the UK at the Royal National Theatre, The Old Vic, the West End and regional repertory companies. Since arriving in Auckland he has performed at Theatre Corporate, Mercu-

ry Theatre, Auckland Theatre Company and many independent companies.

He has been performing in Shakespeare plays at the Pop-Up Globe in 2016 and 2017. He has recently returned from performing with them in Melbourne for five months. TV and Film credits include Brokenwood Mysteries, Westside, When We Go to War, Go Girls, Xena, Hercules, The Water Horse and Predicament. For further information please contact Edward on 021 118 7405 or Kumeu Arts Centre 09 412 9480.

KUMEU CHILDREN'S ART CLUB

This year, the Kumeu Children's Art Club celebrates its twentieth birthday, which will be marked by a celebration and cake at 2pm on Saturday April 7 at the Kumeu Arts Centre. All current and past students, parents, and those with an interest in the



Art Club are invited to attend. The Kumeu Children's Art Club aims to foster a culture of peace, based on the philosophy 'creative children ensure creative communities', and there are only two rules, 'Be kind, and love art'. Children learn a range of creative and social skills at the club, using a suite of media including painting, print making, construction, pottery and more. Themes change each term based on the world around us, local influences and art styles. The Art Club currently runs at the Kumeu Arts Centre on Tuesday and Thursday nights from after school to 5.30pm. Reservations are open for next term.

Our online shopping app is here

I shop

Kumeu



Download now



IN BRIEF

UPDATES:EVENTS

AUCKLAND LIBRARIES



School holidays are here again, and Kumeu Library is here to help you entertain the kids. We have a huge range of books, audiobooks, eBooks, eAudio-books, CDs, puzzles and DVDs for both children and teens in the library – bring in the kids and explore our collection. There is a special holiday scavenger hunt – complete it and enter to win a prize! You can do the scavenger hunt and other fun puzzles any day or time that you are in the library over the holidays – it's a great way to while away an afternoon. Our theme for the holidays is "Up, Up and Away" – think all kinds of flying machines, space travel and flying creatures. Kumeu Library will be holding storytimes or activities every day at 10.30am (except Anzac Day on Wednesday 25 April). Come and create, learn and play with us as we make flying objects and explore the universe. Full details of each day's activity will be posted on our Facebook page (www.facebook.com/kumeulibrary).

YOU TRAVEL TOGETHER

Paula at YOU Travel Westgate has launched a new group, specifically for solo travellers, those who love to travel,

but are not only fed up with the single supplement charges associated with travelling alone. Also those who would love to meet a like-minded person and become travelling companions. Check out our Facebook page "YOU Travel Together: Email me paula@youtravel.co.nz and be added to the group data base to stay informed and updated of the latest travel requests within the group. Or pop in/call, Paula, YOU Travel Westgate, 18 Westgate Drive, Westgate – 09 831 00018.

WALLFLOWERS



Wallpaper has exploded back on the decorating scene with more choice and style than ever. Are you are thinking about a feature wall, mural or even a neutral colour or texture throughout the home? Maybe you already have your perfect paper and just need an installer? Wallflowers is bringing back the art of wallpaper installation, adding colour, life and texture to homes or workspaces. Friendly and professional wallpaper installation service. Installer, Amy Howell, is passionate about excellent communication with

clients, also taking that extra care and time to ensure your walls look outstanding. Residential & commercial feature walls, murals, new builds, refurbishments and commercial interiors. Plus, wallpaper removal and wall preparation. Wallflowers is based in North West Auckland, but also services the wider region. Call or email Amy at Wallflowers (amy@wallflowers.nz / 027 882 7300) for a free quote or search @wallflowers.nz on Facebook and Instagram.

THE MOBILE CAR SPECIALISTS



Got sunscreen marks on your car's paint? Chances are we can remove them using our high-end cut and polishing services. Summer was awesome wasn't it? However, the longer that sunscreen prints are left on your car's paint, the harder it can be to remove permanently – devaluing your vehicle. Call us today on 0800 20 30 20 for a free quote, or visit our website below. Our other services include: Dent removal – small to large. Yellow / foggy headlight restoration. Deep clear coat scratch removal. Ceramic coating paint protection. Signwriting removal. We are a fully mobile operation, meaning we come to you to make your life easier. Contact us on 0800 20 30 20 for a quote, or visit www.TMCS.co.nz to see our work and 5 star reviews.

HUAPAI GOLF CLUB

We welcome all golfers and visitors to the Huapai Golf Club to experience the joy and passion of playing golf and relaxing in our Lounge Bar and Café. Steeped in history and in the heart of the Kumeu/Huapai wine growing district, Huapai

EARTH MOVING CONTRACTOR

BOLER

CONSTRUCTION LTD



Driveways, All Drainage, Site Cuts,
Property Maintenance, Subdivisions,
Horse Arenas, Footings & Drilling,
All earth work requirements.
Laser Equipped.

Steve PH 0274 971 154
A/H : 411 7177
E: bolercorstruction@xtra.co.nz
www.bolercorstruction.co.nz
Reg Drainlayer: Over 20 yrs Experience

LIFESTYLE DRAINAGE

Registered Drain Layers

Rob Owen

M: 021 413 199 P: 09 411 9224

E: lifestyledrainage@xtra.co.nz

- Commercial drainage systems
- Water tank supply and install
- Drainage on lifestyle blocks
- Biolytix wastewater systems
- New water waste systems
- Sewer/storm water drainage
- Truck & digger hire
- Eco flow grinder pump installation for the PWC system

boasts a championship course around 6000 metres, pristine, easy contour fairways, majestic mature trees, captivating water views and magnificent greens. For the purist, Huapai offers a fair test of skills with holes that are challenging but not too punishing. Huapai's rural setting on the upper reaches of the Waitemata Harbour makes it an enjoyable spot for a round of golf. A mainly flat easy walking course with narrow tree lined fairways and moderate bunkering guarding 14 of the 18 greens, will impress golfers of all levels. The Lounge Bar and Café at Huapai Golf Club is open every day and offers a variety of refreshments, snacks and meals at very competitive prices. The clubhouse has floor to ceiling windows that provide stunning views of the course. The lounge is an ideal environment for members and visitors to relax either after a great game of golf or as a walk-in. Please come on in, our Club is a friendly place and you are most welcome to participate. 1261 Coatesville-Riverhead Highway Phone: 09 412 8809.

WAIMAUKU VAULTING CLUB



Autumn weather has provided some stunning clear days for getting out to Muriwai Beach. Waimauku Vaulting finished their first term of 2018 lessons with a vaulting session at Muriwai on our seasoned horse Hugo. Our club has participated in several demonstrations and

run offsite clinics over the summer period. Two of our vaulters spent 5 weeks in Colombia and had the opportunity to train with Luca Short, who is the former trainer of the current Junior World Equestrian Vaulting Champion. We have also been visited recently by Karen Schmidt, a vaulting coach and horse trainer from Michigan, USA. Karin will be taking vaulting horses to the 2018 World Equestrian Games in Tryon, North Carolina. Equestrian Vaulting is not yet a highly competitive sport in New Zealand, whereas it is gaining popularity as a sport worldwide. New Zealand vaulters face big challenges entering the competitive arena since competitions are overseas and vaulters must compete on unfamiliar horses. Vaulters must also raise all their own funds, even to represent New Zealand at world events. Waimauku Vaulting Club trains regularly with the Kapiti Vaulting Club, the most established vaulting club in New Zealand. This club has competed with a team representing New Zealand at the last World Equestrian Games and achieved an outstanding place of 9th overall. Our vaulters are training hard and we would love to see more opportunities for New Zealand vaulters to compete. We need support with fundraising and sponsorship. If you can help please email us at waimauku.vaulting@gmail.com.

HOME BASED CHILDCARE IS COMING TO WAIMAUKU

Qualified early childhood teacher, specialised in Montessori education, providing high quality in-home childcare. A passionate and nurturing teacher who believes in the importance of building confidence, independence, self discipline and social skills. Low teacher/child ratio of 1:4. Small group sizes enables learning to be catered to your child's needs. Children learn in a peaceful & calm environment. Nutritious meals provided. If you would like to discuss in-home childcare for your child please contact: Kerie Lew-

isham, Tall Poppies Waimauku educator, phone 021 775 502 or email kerie@tall-poppies.org.nz.



KAUKAPAKAPA LIBRARY

Sunday 15th April 10am to 1pm. Meet Jo Dixey, author of "Stitch People" and a Royal School of Needlework trained professional embroiderer. Notable for not being in her dotage and surrounded by doilies, Jo applies traditional embroidery techniques to imaginative and contemporary works. As well as exhibiting her own pieces, Jo has been commissioned to work on large altar cloths, university banners and items for the fashion industry. Working as a freelance embroiderer and stitch artist, Jo also teaches embroiderers' guilds and small private groups a variety of techniques, and holds design-based workshops around the country. Come along to the Library, view her work, talk technique and be inspired. The Library is open in conjunction with the Kaukapaka Village Market every third Sunday of the month. Contact Megan Paterson, 021 959 017, threehorses@xtra.co.nz.



QUALITY WATER



SUPPLIES

7 DAYS
PHONE NOW!

Dave, Bev &
Andrew Speedy

Registered by Ministry of
Health & Auckland Council

Fresh Water Supplies

Ph. **411.8116**

Mob **021.265.2389**

ANYTIME PEST CONTROL

FLIES, ANTS, COCKROACHES, FLEAS

RATS, MICE, SPIDERS, WASPS ETC.

WEEDSPRAYING

KEVIN MORRIS REGISTERED TECHNICIAN

PHONE: 09 411 7400 MOBILE: 027 277 7143

PROPERTY

NEWS & ADVICE

MARKET REPORT

If you took a snap shot of the annual median price changes throughout the country you would feel confident that residential property prices are stable. It does highlight growth in provincial centres but this is based on two leading factors: 1/ People move out of Auckland for lifestyle reasons 2/ A value correction where buyers see capital gains. At present one in every three vendors are moving out of Auckland, this may increase in some suburbs but highlights peoples frustration at the lack of progress made by Council and Transit NZ in solving Auckland's infrastructure grid-lock. We have listed some of the annual median price changes in the North Island: Northland up 8.4% year on year, Greater Auckland up 3.7% year on year, Waikato up 10.5% year on year, Bay of Plenty up 10.1% year on year, King Country up 13.3% year on year, Palmerston to Gisborne up 18.4% year on year, while Wellington came in up 3.5% year on year. It highlights the stability within our residential property market that can retain value in the face of some significant restrictions being implemented by the banking sector on deposit and loan to income ratios. This month's sales: Coatesville lifestyle \$1,200,000 to \$5,650,000. Helensville residential \$522,000 to \$779,000. Helensville lifestyle \$952,000 to \$1,100,000. Huapai residential \$720,000 to \$1,210,000. Kumeu lifestyle \$1,425,000 to \$2,850,000. Riverhead residential \$1,250,000 to \$1,300,000. Taupaki lifestyle \$1,600,000 to \$2,150,000. Waimauku residential \$880,000 to \$1,150,000. Waitakere resi-

dential \$675,000. Upsizing or downsizing or liquidating, there are a number of things that will be important to you; a) the agent needs to be experienced and highly qualified; b) the process must attract a volume of buyers; c) the advertising plan must attract the right buyers to view the property; and d) you must feel part of the journey and involved in the success of the sale. At Mike Pero Real Estate, we provide a logical and easy solution that delivers peace-of-mind to buyers and sellers considering a property change. For more information go to www.grahammcintyre.co.nz or phone 0800 900 700. Mike Pero Real Estate Ltd Licensed REAA (2008).

LOOKING TO REFINANCE TO GET A BETTER DEAL? THINGS TO CONSIDER

When looking to refinance to another bank to get "a better deal" there are a number of logistical considerations that you need to take into account. (Especially when rates are moving). 1) A lot of banks are requiring full assessment of your application, before they will provide a formal rate and legal contribution quote. These assessments can take 5-7 working days before any offer is presented. If the offer is conditional then more time will be added to the process. 2) If you are self-employed the new bank will need your last two years of finished accounts prepared by the accountant, or submitted to the IRD. 3) When you approach a bank for a competitive offer, try and

have an idea on what you want. Do you want to fix your new loan for 12, 24, 36 months? This allows the new bank to apply their discount to the relevant term that you are interest in. It saves a lot of time, which is essential when rates are increasing. 4) Due to Reserve Bank requirements, some banks have higher interest rates for rental properties, so keep this in mind. 5) A bank verbal offer of rates is worth the paper it's written on. 6) The banks will put an expiry date on their interest rate offers. This is usually 2-3 working days after the initial offer was made. If you go past this expiry date, then the offer can be rolled over, or it can be taken off the table, the rates could have gone up or the legal contribution reduced. 7) Once you agree to take an unconditional offer from a new bank, you generally have up to 60 days to settle. 8) There will be lawyer costs, and potential loan break fees for you to consider. Due to the time it takes to organise a refinance, you need to weigh up the risks of moving your lending in a rising market. Please note lending criteria will apply when you apply, and is subject to change. For further details or feedback feel free to contact Ivan on 09 427 5870 or 027 577 5995 or email ivan.urlich@mikepero.co.nz. Ivan Urlich is a registered financial adviser specialising in mortgages, his disclosure statement is available free of charge on request.

HOW DOES FLOODING IMPACT MY OPTIONS FOR DEVELOPMENT?



Do you want to develop your site but concerned about the amount of water that flows across your site during big storms?



Henderson Reeves
creating smart legal solutions

P 09 281 3723 F 09 438 6420
E auckland@hendersonreeves.co.nz
PO Box 217, Waimauku 0881
www.hendersonreevesauckland.co.nz

Friendly Legal Experts

- Property Law
- Business Law
- Employment Law
- Debt Collection
- Family Law
- Family Trusts
- Estates
- Wills

smith AND PARTNERS LAWYERS

293 Lincoln Road
Henderson, Auckland
PH: 09 836 0939
smithpartners.co.nz

Have you checked the Unitary Plan maps and see that your site is covered by a bright blue overlay called Overland Flow Paths or Flood Plains? Thomas Consultants can help you to understand what this all means for the development potential of your site. We can undertake site specific assessment to understand flooding as it relates to your site and provide best practice development approaches to avoid these areas and minimise the risks to your development. Whether you are looking to subdivide your site, extend your existing dwelling or simply want to know what your options are, give the friendly resource consents team a call on 09 836 1804. We are here to help. Thomas Consultants – phone 09 836 1804. Photo: Taylor Road Flooding credit Cathy Voultaire.

IS YOUR ROOF LEAKING?



Rust holes? Now is the perfect time to get work done on your roof, 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. Precision Roofing pursues providing high quality work at

a reasonable price. We use the highest quality materials to meet your home or businesses requirements as we understand that Auckland is prone to variable weather conditions. Our team pays attention to detail, so all our work is Precision quality. Our services include; colour steel roofing, tile restoration, gutter and downpipe replacements, and repairs. We can also install insulation while re-roofing, saving you time and money and ensuring your home stays dry and warm. All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years. Precision Roofing and Spouting - phone 0800 002 222, email roofingprecision@gmail.com or visit www.precisionroofing.co.nz.

ANTI-MONEY LAUNDERING AND COUNTERTERRORISM FINANCING

Most New Zealanders are perplexed that they are counted amongst potential money launderers or terrorism financiers. However, on 1 July 2018 all lawyers are required to report on such issues. Part of the lawyer's duty thereafter is to identify their client by reference to a driving licence, passport and evidence of a home address in New Zealand. Secondly, the lawyer is required to report on transactions carried out by their client which may be suspicious activities. Suspicious activities may involve assisting with the movement of money where the source of the money is not easily ascertainable. Unexplained wealth, hurried transactions or the use of cash are also categories that may be suspicious. Given that New Zealanders usually own their own money or borrow it from a New Zealand registered bank, there should be no cause for concern. Also, one would expect the bank to have already carried out some verification of their own banking customers.

In any event, expect your lawyer to ask questions about your identity and source of money much more than they used to. This seems to be the price for joining the international community. Luke Kemp - Kemp Solicitors, phone 09 412 6000 or email luke@kiempsolicitors.co.nz.

WHAT IS A "CASH OUT" CLAUSE?

By Jennifer Edwards, Smith and Partners Lawyers. A "cash out" or "escape clause" is inserted in an agreement for sale



and purchase to enable the vendor to give notice to the purchaser that they have another signed contract, this second contract is called a back-up contract. When notice is given to the first purchaser they then have a required amount of days (usually 3 or 5 working days) to declare the contract unconditional or it will be cancelled after the expiry of the time period. If you are selling and the purchaser requires long condition times, for example they need to sell their existing home first; we recommend an escape clause (cash out clause) be inserted into the agreement. If you accept a back-up offer you can give the first purchaser notice to go unconditional without having to wait until the conditions are due under the first contract, which could be some time.

\$85 = EXPOSURE FOR A MONTH

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at sarah-brightwell022@gmail.com.



Precision Roofing

And Spouting Solutions

Think Roofing, Think Precision

Free No Obligation Quotes

0800 00 22 22

Atlan Norman
Managing Director
021 044 3093

www.precisionroofing.co.nz
info@precisionroofing.co.nz

terra nova

PLANNING

Planners and Resource
Management Specialists

p: 09 426 7007
e: tnp@tnp.co.nz
w: www.tnp.co.nz

Orewa
Mangawhai

AREA PROPERTY STATS

Every month Mike Pero Real Estate 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	1,125,000	1419M2	182M2	1,200,000
	1,200,000	1.1HA	170M2	1,233,000
	3,375,000	1.5HA	455M2	5,650,000
Helensville	1,225,000	6212M2	200M2	1,060,000
	600,000	314M2	70M2	522,500
	650,000	652M2	143M2	685,000
	640,000	655M2	134M2	630,000
	490,000	455M2	154M2	688,000
	860,000	628M2	196M2	779,000
	1,025,000	1.9HA	266M2	1,100,000
Huapai	960,000	1.1HA	170M2	952,000
	805,000	608M2	211M2	1,000,000
	1,100,000	827M2	207M2	1,049,000
	1,175,000	727M2	254M2	1,170,000
	1,175,000	719M2	251M2	1,180,000
	590,000	760M2	256M2	1,210,000
	790,000	663M2	98M2	720,000
Kumeu	550,000	591M2	201M2	930,000
	1,050,000	759M2	220M2	1,080,000
	1,775,000	1.7HA	293M2	1,790,000
	1,575,000	1.9HA	110M2	1,460,000
	2,200,000	4HA	306M2	2,850,000
Riverhead	1,400,000	1.1HA	215M2	1,425,000
	1,525,000	677M2	319M2	1,300,000
	1,250,000	804M2	255M2	1,250,000
Taupaki	2,400,000	1HA	287M2	3,050,000
	2,225,000	2.2HA	130M2	1,600,000
Waimauku	1,700,000	2.9HA	330M2	2,150,000
	880,000	2330M2	240M2	880,000
	1,050,000	1262M2	201M2	1,082,500
Waitakere	1,175,000	1160M2	278M2	1,150,000
	675,000	857M2	110M2	675,000

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.

“we charge
2.95% to
390,000
then 1.95%
thereafter”
* plus \$490 base fee and gst

“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

Graham McIntyre
Brand & Territory Owner

Mike Pero | REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)



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.

TURN UP THE HEAT THIS WINTER

Masport R5000 Pedestal Wood Fire

Heats areas up to 190m².
Clean air approved.
Flue kit, shield and kettle not included. 19.6kW output.
15 year warranty on firebox.



\$2599

192231

EXCLUSIVE

Woodsman Brunner MK11 Wood Fire

Heats areas up to 190m².
Clean air approved.
Flue kit, shield and kettle not included. 19.6kW output.
15 year warranty on firebox.



LOW PRICE \$1999

229210

FREE FLUE & SHIELD KIT
on selected Masport, Metrofires & Woodsman Wood Fires

Offer valid 15th March - 30th April 2018.
See in store for full terms and conditions. (Installation not included).

Woodsman ECR Novo Wood Fire

Heats areas up to 150m².
Includes cook top.
Durable 6mm Steel Fire Box. Flue kit not included.
15.7kW output.
15 year warranty on firebox.



\$1599

243264

Dimplex Ceramic Tower Heater

Movement sensor mode.
Safety tip over switch and power saving. Includes remote.
2.4kW. 2 year warranty.



\$169

297064

EXCLUSIVE

Nouveau Glass Panel Heater

2 heat settings. Tempered glass.
Free standing or wall mount. LED display with touchpad control and remote control. 2kW.



\$168

297094

Nouveau Flame Effect Heater

2 heat settings with adjustable thermostat.
1.85kW.



LOW PRICE \$159

317687

EXCLUSIVE

Nouveau Oval Rattan Log Basket



\$89⁹⁵

317642

The team at Mitre 10 MEGA Westgate are here to help you find the right wood fire. We can make sure you get the best solution by providing you with everything from fire boxes, fuel to burn, accessories to use and parts to maintain your wood fire.

Our team will ask you about your home's heating requirements: is this a large home newly built with insulation and double glazing, or a small draughty villa undergoing renovation? Once we've found your wood fire, we'll talk you through the installation process and ventilation. We can also help point you in the right direction to sort out building consent, and talk about site delivery.

Mitre 10 MEGA Westgate has everything you need for regular maintenance checks to keep your wood fire burning year after year. For extra advice and information in Auckland, you might want to check out the local council website www.auckland.govt.nz

Products shown are available at Mitre 10 MEGA Westgate. Subject to availability and while stocks last.

Mitre 10 MEGA Westgate
Northside Drive
Monday to Friday: 7am to 7pm
Weekends: 8am to 6pm

megawestgate

MITRE 10 MEGA

WESTGATE



BRICK AND TILE ON ¼ ACRE - KUMEU

3 1 1

By Negotiation

18 Trigg Road, Huapai

By Negotiation

Picturesque brick bungalow boasting three rooms, bathroom, open plan kitchen, lounge, dining with decking to the front and back delivering excellent indoor-outdoor flow. A stand-alone single garage and workshop for storage or mowing. 1019sqm section, fully fenced and peppered with fruit trees and a chicken run for the good-life. A stone throw from Huapai Primary School and bus stop and a short walk to convenience shopping and park and sports field. Secure a real slice of Kiwiana, the way it used to be. The CV on this property is \$830,000. 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/RX1417919



Graham McIntyre
027 632 0421



NATURE'S PLAYGROUND, BEACHES, WALKS

3 2

By Negotiation

111 Ananwhata Road, Anawhata

By Negotiation

Set on 971 square metres of lawn. The property has an open plan, entertainers' home, offering alfresco to a wrap around deck and space to enjoy opening up for summer. Three generous bedrooms, bathroom and an ensuite off the master bedroom. A home that enjoys easy living, good flow and generous sunshine. A garage area and workshop under the home offers options for tinkering or storage.

www.mikepero.com/RX1362040



Graham McIntyre
027 632 0421

SELLING, SELLING..... WAITAKERE TOWNSHIP

2 2 1

By Negotiation

57 Waitakere Road, Waitakere

By Negotiation

Set on 876sqm this private home enjoys generous sunshine and privacy, while the elevated position allows for extensive views to the west over farm land and native bush backdrop. A light and open layout combining cathedral ceiling with open plan living linking to a central hallway with two bedrooms, bathroom, toilet and laundry upstairs and an office downstairs. Independent double garage.

www.mikepero.com/RX1154898



Graham McIntyre
027 632 0421



RIVERHEAD LIFESTYLE HOME & MINOR DWELLING 1.6HA 6 3 3

Tender

301 Riverhead Road, Riverhead

For sale by Tender - 5pm, Tuesday 10th April 2018 (unless sold prior).

Tucked away from the hustle and bustle of Riverhead and Kumeu with over 50 mature fruit trees, chickens and grazing. A unique family environment with space for the family to grow, tranquility to enjoy the sounds and smells of semi-rural life, and privacy to sit back and watch the day unfold with green fields, established plantings and the wow factor. This lifestyle property provides options, with enough land to enjoy but not to be overburdened. The home of four bedrooms and two bathrooms has been sensibly developed. It boasts extensive open plan living and entertaining out to a wrap-around patio and pool area. Options around office/study/bedroom and storage through to the double garage.

www.mikepero.com/RX1359567



Graham McIntyre
027 632 0421



FAMILY ON 4,295SQM IN WAIMAUKU 3 2 2

By Negotiation

21 Buttercup Place, Waimauku

By Negotiation

This majestic Queenslander style character brick home stands in easy care grounds, down a private right of way in the heart of Waimauku. Featuring a wide formal entrance, office, 3 double bedrooms (master with ensuite), a formal lounge plus a combined family room/dining adjacent to the kitchen. Open plan living area, spacious and light with access to an extended wrap around verandah.

www.mikepero.com/RX1286702



Graham McIntyre
027 632 0421

PICTURE THIS, A NEW HOME ON 48 HECTARE

By Negotiation

1295 Old North Road, Waimauku

By Negotiation

Elevated land, no power lines, rural outlook. Seldom found - amazing rolling grazing land with bush glades, multiple house sites, and an uncompromised rural valley view. If you are searching for tranquillity and an environment to create your very own ponderosa, with a mixed compliment of around 24 hectares of grazing and the same in covenanted bush including tea tree.

www.mikepero.com/RX1326808



Graham McIntyre
027 632 0421



EXTENSIVE VIEWS, ART DECO REFURBISHMENT, SWANSON

4 4

By Negotiation

1084 Scenic Drive, Swanson

By Negotiation

A beautifully refurbished home with extensive bush valley views with four rooms, two lounges, four bedrooms and study/office. Options here for a family or a working from home buyer that is seeking a funky and fun environment with excellent offstreet parking. Easy access to one of the rooms directly with walk in wardrobe and ensuite without accessing directly into the home. Extensive alfresco to wrap around decking to integrate with plentiful uncluttered views. A short drive to Swanson train station, school and convenience shopping and close to Beach and Bush walks.

www.mikepero.com/RX1363436



Graham McIntyre
027 632 0421



BRICK AND CEDAR OVERLOOKING RESERVE

6 2 3

By Negotiation

11 San Pedro Place, Henderson

By Negotiation

The home boasts six bedrooms, two lounges and three bathrooms over two levels with an internal access double garage linking through to the kitchen area. You will be genuinely impressed with the thought that has gone into the layout that separates the bedrooms and maximises the open style alfresco linking inside with outside, clever, fun and very functional.

www.mikepero.com/RX1360146



Graham McIntyre
027 632 0421

EXTENSIVE PANORAMIC VIEWS

By Negotiation

731A Ridge Road, Riverhead

By Negotiation

Elevated mixed pasture and bush in an upmarket and established development. Options here to capture the view, create a little paradise and enjoy. 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.

www.mikepero.com/RX1055369



Graham McIntyre
027 632 0421



RENOVATE - REBUILD - DIY - WAIMAUKU

4 1

By Negotiation

236 Kiwitahi Road, Helensville

By Negotiation

An unparalleled opportunity to have your cake and eat it too. This character filled open plan bungalow with wrap around decking enjoying expansive views through the Waimauku valley. The home has four general rooms that can be developed further with a functional kitchen and bathroom. Whilst private and tranquil the home has extensive small glass-houses for tomatoes, capsicums and cucumbers. Large lawn areas with established plantings for shelter and shade covering an impressive 6109sqm (1.5 acres). The home has a consultants safe and sanitary report regarding its condition and a current registered valuation is available at \$780,000.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1369936



THE PERFECT LIFESTYLE PROPERTY

4 2 2

\$1,298,000

87 Zanders Road, Waimauku

\$1,298,000

Spacious four bedroom, two bathroom brick home with internal access to a large double garage. A double bi-fold door opens onto a concrete courtyard, from the large kitchen/family room area. Pasture is divided into 4 paddocks of improved pasture. The fencing is to a good standard. A small dam is at the bottom corner of the block.



Lyndsay Kerr
027 554 4240

www.mikepero.com/RX1323109

THE KIWI DREAM

4 2 1

\$995,000

289 Motutara Road, Muriwai

\$995,000

Four bedroom home on quarter of an acre (1037m²) with the beach a ten minute stroll down the road. A modern kitchen is complimented by a pristine Shacklock range with a wetback. The formal lounge overlooks the lovely gardens. The master bedroom is a spacious light filled room.



Lyndsay Kerr
027 554 4240

www.mikepero.com/RX1332459



A ROYAL OPPORTUNITY. BEAUTIFUL BONES, LAND, VIEWS 4 2 1 **By Negotiation**

77 Royal Road, Massey

By Negotiation

A real opportunity here for Families, Investors and Developers. Positioned on a massive 1092m² of land stands a solid four bedroom 1960's weatherboard home on concrete block, with tandem garage, rumpus, storage and oodles of extra parking. Enjoy the amazing views from the spacious open plan kitchen, dining and master bedroom deck. A relaxing lounge with wood fire and french doors leads to a peaceful leafy oasis, where you can relax and unwind on the extensive outdoor decks, enjoying the garden and afternoon sun. Options here abound! Bring your own decorating vision to this private and spacious home with room for all the family. Enhance your investment with a future proof conversion of the downstairs (subject to the necessary consents) or develop the land, zoned mixed urban.

www.mikepero.com/RX1399738



Cherry Kingsley-Smith
021 888 824



SIMPLY THE BEST - SUNSHINE AND VIEWS! 2 2 2 **By Negotiation**

203D/160 Hobsonville Point Road, Hobsonville

By Negotiation

A modern and immaculate North-facing two bedroom, two bathroom Brickworks apartment with views over the park, all day sunshine and alfresco dining. Whether you want a lock and leave lifestyle or the simplicity and convenience of Hobsonville Point life, this property certainly delivers! Low maintenance, energy efficient, solid brick construction, two car-parks, a storage locker and bike room.

www.mikepero.com/RX1362337



Cherry Kingsley-Smith
021 888 824

BRICK AND TILE 3 2 2 **By Negotiation**

2/17 Deanna Drive, West Harbour

By Negotiation

Elevated two level home up a private right-o-way, the home delivers three generous bedrooms upstairs and an office downstairs, two bathrooms, double garage and extended kitchen, dining and lounge. A no-nonsense sensible two level family home which uses the space well providing a small patio and grassed area attracting afternoon sun.

www.mikepero.com/RX1289500



Cherry Kingsley-Smith
021 888 824

RURAL NEWS

SUPPLEMENTARY FEEDING IN WINTER ON LIFESTYLE BLOCKS

Hopefully this year you will not need to supplement your livestock as much as other years due to the great growing seasons we have experienced lately, let's hope these conditions continue.

When there is insufficient pasture for livestock, alternative feeds must be provided. The most common of these is hay. Other common supplements include concentrate pellets and grain.

How much hay should I feed? When it comes to feeding hay, there is a useful rule of thumb. Most grazing animals require the equivalent of about 2% of their body weight in good quality hay daily, eg a 250 kg cattle-beast or pony requires at least 5 kg or a quarter of a small bale of good quality meadow hay daily. A horse weighing 500 kg will require 10 kg or about half a bale of hay a day.

However some types of livestock (see next paragraph) require more than this basic maintenance ration. If the hay is of poor quality or if some is lost by being trampled, then more should be given accordingly.

Feeding concentrates - Young growing animals and old animals require extra feed such as concentrates as well as hay in order to provide the energy and protein they need. So too do animals which are lactating or pregnant. Animals that are in poor body condition also benefit from supplementary concentrate feed, and horses in work need extra rations to maintain their body weight.

Good quality feed is important - Mould and fungus growing in hay, silage or grain can cause a range of problems. The feed becomes unpalatable, and if stock are forced to eat it they may abort, or develop diarrhoea or ill-thrift.

Introduce new feed gradually - Silage, concentrates and more unusual types of feed should be introduced to the diet over a period of time. This is especially true of silage because of its acidity, and of concentrates because of their high carbohydrate content.

Any new foods should at first be offered in small daily amounts, gradually increasing to the full ration over a period of one to three weeks. This is called preconditioning. Feed must be spread out so that shy feeders get a chance to eat and greedy individuals don't gorge.

Apples, potatoes, corn waste and other chunky foods can be hazardous because hungry stock may choke. Too much of any new food too soon can result in bloat, rumen overload or some other type of indigestion. Some vegetable waste is simply not sufficiently nutritious on its own and it should be fed in conjunction with more nutritious feeds.

Grain feeding - Grain should be fed with roughage such as pasture, stubble hay or straw and not as the sole diet. For sheep, only about 50 gm grain should be offered for each of the first 10 days, spreading it out in a long line to give all the sheep the chance to eat it. Oats are probably less likely to cause problems

than wheat, which requires a more prolonged period of preconditioning.

Water - It is important to remember that water must always be available to help keep the digestive system healthy, even in winter. This is particularly important if dry foods like hay or concentrates are being fed.

If you have any queries on lifestyle block management or maintenance please contact me. If I don't know the answer I will know somebody who does. Lyndsay Kerr your local lifestyle block specialist, 027 554 4240 or 411 7854.

LIVESTOCK REPORT

Saturday's cattle auction at Pukekohe saw a strong market continue along similar lines to recent weeks. Good grass growth, combined with a reasonable cattle schedule, generally produces a good selling environment and this season is certainly no exception. Quality cattle, irrespective of age, continue to be in huge demand, which is normally the case at this time of the year and vendors, generally, are very pleased with the auction results. Best, plain sorts of steers sold well to \$1,730 and heifers made to \$1,660. Cows sold extra well to \$1,600.

Cattle	Lowest Price	Highest Price
Medium 2 year steers	\$1,165	\$1,730
Light 18 month steers	\$1,010	\$1,095
Very light 15 month steers	\$820	\$980
Small x bred weaner steers	\$475	\$810
Medium prime heifers	\$1,370	\$1,660
Light heifers	\$1,145	
Store 18 month heifers	\$1,000	\$1,080
Very small yearling heifers	\$640	\$885
Medium x bred weaner heifers	\$540	\$690
Boner cows	\$920	\$1,600
Bulls	\$1,290	\$1,335
Sheep		
Fat lambs	\$113	\$47
Store lambs	\$73	\$110
Ewes	\$71	\$136
Rams	\$50	\$136
Pigs		
Weaners	\$100	\$120

RURAL/LIFESTYLE BLOCK, CONSTRUCTION AND TRADE SUPPLIES SPECIALISTS

Whether you have a weekend project underway, building and maintaining farm fencing/sheds or constructing your dream home, no job is too big or too small for the team at Western ITM in Kumeu. Visit westernitm.co.nz today for a free online quotation. Western ITM - 154 Main Road Kumeu. Phone 09 412 8148 - Open Mon-Sat.



HOME & GARDEN

LASER PLUMBING & ROOFING WHENUAPAI HAS MOVED

Your local plumbing, roofing & drainage experts have moved to newer offices - now located at Unit 4, 3 Northside Drive, Whenuapai - only a few minutes away from our old premises. Laser Plumbing & Roofing Whenuapai are your local specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations. We also offer a state of the art drainage unblocking service. In addition to these services, we have a 24 hour service available for any plumbing emergencies. We are committed to offering all our services to our local community families and businesses at reasonable rates. No job is too big or too small for Laser Plumbing & Roofing Whenuapai. We're happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage or gas systems. We can provide a full solution to any plumbing, roofing or drainage issues. So why choose Laser Whenuapai? We have been trading since 1985 - so choosing us means choosing a solid, reliable and experienced company that you can depend on. As part of our 'Totally Dependable Guarantee', we stand by all our jobs by offering warranties, and always use quality New Zealand made



Ever had mess
left behind?



No mess, no dodgy products &
no run around. We guarantee it.

Ph: 09 417 0110

Roofing | Plumbing | Drainage | Gas fitting
Drain Un-blocking | 24 Hr Service



"Totally Dependable"

Laser Plumbing
Whenuapai

whenuapai@laserplumbing.co.nz

www.whenuapai.laserplumbing.co.nz

products. To contact Laser Whenuapai, phone 09 417 0110. We are open five days a week from 7am-5pm and are located at Unit 4, 3 Northside Drive, Whenuapai. www.whenuapai.laserplumbing.co.nz.

KUMEU GARDEN HUB

Autumn is the best time for planting and transplanting trees and shrubs. Soil temperatures are still warm, promoting root growth and cooler air temperatures cause less stress on the foliage. Hedging gets away well planted in autumn.



Smaller hedges can frame and tidy a garden (See picture of a teucrium hedge outside the garden center) buxus, euonymus, lavender, even star jasmine can be used for the same effect. Medium hedges can divide garden areas without blocking the view choose Westringia, pittosporum Midget or corokia. Or for larger hedges creating privacy and boundary planting choose Photinia Red Robin, Michelia and camellia, there are more options than griselinias. Prepare the ground well with compost and slow release fertiliser, dug in to existing soil. Make sure the area is well drained or create a mound. Stake trees if it's a windy spot. Check labels for planting distances or chat to the girls at the Garden Center for other ideas and recommendations. Happy gardening. Check our Facebook page for regular updates, specials and competitions.

ATTRACTING BIRDS TO YOUR GARDEN

Many a gardener is a nature lover as well, and one of life's pleasures is seeing your garden provide food and shelter for native wildlife year-round. Whether you have a large garden or small, there are plenty of plants to attract and feed the birds especially during winter and spring when birds such as tuis and our native wood pigeon will travel long distances in search of food. Food sources are scarce during the winter, so even if you plants a couple of different varieties of plants for the birds, and your neighbour plants a couple more, soon you will have birds visiting throughout the year. Awa Nursery has a range of plants to help you on your way to creating a food haven for the birds. Kowhai, titoki, karaka, flaxes, corokia, cabbage trees, Fuchsia procumbens, putaputaweta, coprosmas, griselinias, rewarewa, pittosporum, pseudopanax, puriri,



- HEAT PUMPS & AIR CONDITIONING
- DUCTED & HOME VENTILATION SYSTEMS
- SERVICING & REPAIR
- FREE ASSESSMENT & QUOTE

Office 09 912 0553,
admin@clarksonaircon.co.nz,
www.clarksonaircon.co.nz

lacebark, mapou, and Muehlenbeckia are some popular natives to encourage the birds, providing nectar, fruit or seeds. You can also encourage insects for birds to feed on by providing a good layer of mulch or leaf litter on your garden. Large or small, there is bound to be something that will fit in your garden to help feed the birds. Now is the time to plant. Come and see us at Awa Nursery to add your garden to the many who enjoy the birdlife.

IMPROVE YOUR FARM ACCOUNTING USING XERO AND FIGURED TOGETHER

There is good news for farmers looking to improve their management of farm performance and profitability. Xero accounting software has the ability to manage livestock tracking with the help of the farm accounting software Figured. Figured integrates with Xero for all livestock reporting and tracking. It tracks actual numbers of livestock simply by inputting sales, purchases, births and deaths, so there is no need to manually reconcile your closing numbers. It can forecast profit position to the end of the year by taking into account forecasted sales and purchases. It also enables the sharing of actual performance information with your accountant. Using Xero and Figured together results in better tax planning and payments. For more advice on farm accounting, contact your local specialist Mark Foster and the UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email kumeu@



uhyhn.co.nz.

MADDREN HOMES TRADIE OF THE MONTH

Keeping a business online 24/7 is a big responsibility, but for Richard Downer from the PC Zone in Helensville it's all part of the service, even if it's Christmas. Which is why he's the latest Maddren Home's Tradie of the Month. Instead of enjoying some festive eggnog with his family, he was dutifully upgrading Maddren's server. So it was a welcome relief when everyone logged on in the New Year to a working system and a friendly note explaining the upgrade changes. It's people like Richard who can make a big difference to a business and who deserves recognition. Richard's positive can-do attitude has earned himself a voucher from proud sponsor Western ITM. Nice work Richard.



HAVE YOU GOT A PLAN?

So most of the time nothing happens. But what if there is a problem? Supposed you can't get home? Suppose you can't get hold of a member of the household? Perhaps the power might go off in a cyclone? It does no harm to think about being prepared for an unexpected and difficult situation. We rely on our mobile and iPhones for so much, but it could be

Waimauku
Landscape
Supplies

A DIVISION OF WYATT LANDSCAPE SUPPLIES

Call: 09 411 9604
948 State Highway 16, Waimauku
(just after the Muriwai turn off)

Locally owned & operated www.landscapesupplies.net.nz

For all your landscaping needs

stock up now for summer and autumn

Free
loan trailers
for use

Trade
Metal
supplies

OPEN 7 DAYS! Mon-Fri: 7.30am-5pm Sat: 8am-4pm Sun: 9am-3pm

WE CAN DELIVER

- Sand
- Metal
- Shell
- Pebble
- Scoria
- Mulch
- Garden Mix
- Topsoil
- Compost
- Tirau Gold
- Pine Bark
- Cambian Bark

good to look at how else we can communicate. In the words of Lance-Corporal Jones in Dad's Army, "Don't panic" but now might be a time to look at the Auckland Emergency Management website (aucklandcivildefence.org.nz) and find "Make a plan" under Community Resources. Here you can list contact details for all the members of the household, plan where to meet, who to leave a message with, and other issues to plan for. You might even think about Getaway Kits!

HEALTH AND SAFETY HISTORY

Early health and safety probably saw its birth in 1833 when the Factories Act in England led to the creation of the first factory inspectors. Back then the inspectors were charged with preventing injury amongst child labourers and they came to exercise considerable legislative influence. By the 1960s and 70s the inspectors used their knowledge to represent all workers in factories. Was it though the industrial disasters, for example the Halifax disaster in December 1917 in Canada when a ship loaded with 9000 tons of high explosives destined for France caught fire as a result of a collision and killed 2000 men and injured 9000 that started people thinking about health and safety? Or was the confined space industrial accident in June 1988 in Auburn in Indiana when chemicals were mixed improperly killing four workers that started the world thinking about health and safety? In NZ the Ballantynes department store inferno of November 1947 in Christchurch when 41 people were killed is the reason why we practice emergency drills at work and school every six months. The Health and Safety at Work Act has its foundations in the Pike River Mine disaster when 29 men were killed in November of 2010. However the Health and Safety in Employment Act of 1992 probably was a result of the Roben's Report of

1972 in England when Lord Roben in his report to the English Parliament found that the primary responsibility for accidents and incidents in the workplace lay with those who created risks and those who worked with them. Last year 49 people died at work and in January of this year one person died as a result of an accident at work. The NZ Safety at Work Act of 2015 requires PCBUs to have a functioning health and safety system. In other words, you cannot just have a manual sitting on the shelf. If you would like to ensure that your system is functioning or even if you would like a health and safety system then contact John Riddell at securo4@securo.co.nz or by contacting Securo at www.securo.co.nz for help in establishing a health and safety system for your workplace.

WAIMAUKU GARDEN CLUB

A monthly day out, no dirty hands, no gardening ... appeal! I'm sure you'd like to hear what we do on the 3rd Thursday of the month from February to December each year, having parked our cars and hopped aboard the bus, all ready for an enjoyable day out. Ours is a friendly group started many years ago, visiting local gardens, gardens further afield, garden festivals, garden shows, garden safaris, rambles and visiting growers. We usually stop somewhere for morning tea and we take our own lunches or sometimes we eat out. Wherever we go, the gardens we visit and the owners we meet are an inspiration. Their love of plants and knowledge of different varieties lets us see their creative side with their wonderful gardens often started from modest and humble beginnings and then lots of hard work. Your garden may be one we could visit too. It's good to get out and about. We have fun, we make new friends, we chat, we laugh and enjoy each day, all for \$25 pp per year sub and a monthly

CHOOSE A HOUSE & LAND PACKAGE

MODERN LIFESTYLE WITH MODERN BUILDING MATERIALS



Our House & Land packages are constructed to suit the modern lifestyle with modern building materials, in new suburbs that are designed with lots of shared green space and parks.

If you are looking to buy a new home, there are many great reasons to consider a house and land package:

- Lower Deposit required
- Customised and adaptable design – designs can be altered to meet specific needs
- Suburban Planning – new homes are often built in new developments within close proximity to public transport, schools and community facilities
- Insulation – dry, quiet and comfortable homes
- Peace of Mind – Signature Homes offer robust guarantees

Give us a call or visit our website for more information

SHOWROOM/OFFICE:

80 Main Rd, Kumeu, Auckland
Open Mon-Fri 8:30am-5pm | Sat-Sun 10am-2pm

signature.co.nz
0800 020 600

Signature
HOMES EST. 1983
YOUR HOME. YOUR WAY.

amount to cover costs. We'd love to have you and your friends join us. You can contact Judy 027 272 9994, Diana 027 478 8928, Althea 021 123 6448, Jan 021 108 7925, Bette 021 145 1854 for more information.

JAKE BAILEY TEAMS UP WITH YOUTHLINE

Big-hearted, adventure seekers invited to take part in world-first charity rescue race. Fifteen rugged kilometres, five gruelling obstacle disaster zones and more than 100 teams, sets the scene for a world-first fund-



raising platform that aims to raise an ambitious \$500,000 for five life-saving emergency service charity organisations and the youth-led volunteer service, Youthline. Now in year two, Rescue Run is calling for strong-willed teams of six to navigate their way through simulated earthquakes, floods and car pileups to support New Zealand emergency services and land race-win bragging rights. This September will also mark the first Rescue Run Youthline Division for school students, with cancer survivor and Cisco Youthline Ambassador, Jake Bailey, asking schools and businesses to join him and get behind this unique, lifesaving event. The Youthline Division will challenge around 20 secondary school teams with a passion for social impact, testing their fitness prowess whilst teaching them what to do when times get tough. Each school team (years 11-13) will pledge to raise \$5,000 for Youthline to ensure they can continue to provide critical peer-to-peer support through its 0800 number, free text and online chat services. "This event provides an incredible opportunity for students to learn how to support your mates, gain skills to look after yourself when times get tough and be leaders of positive change in your school and community," Jake said. "The abhorrent statistics around mental health in New Zealand, and those of our young people in particular, are something which we all have a responsibility to change. I'm really keen to embrace this opportunity to continue the public conversation about how we can help our youth and save lives together," he added. Schools will be sponsored by a local business, with an emergency service professional working with each team to ensure they're physically and mentally fit, focused and ready to race. The school team with the highest score (a combination of most funds raised, points and course time), will receive a Cisco Technology Package worth \$10,000, plus heaps of other school prizes. Rescue Run will descend on Woodhill Forest on September 8th with each team entered pledging to raise \$5,000 for either Coastguard Northern Region, Auckland Land Search & Rescue, Fire and Emergency NZ, Surf Lifesaving Northern Region or St John. Launch year (2016) saw 42 teams raise over \$185,000 which is equivalent to an impressive 37 lives saved.

Rescue Run is the brainchild of Mark Cathro who, through personal experience with the Auckland Rescue Helicopter Trust, learnt just how important their service is and as a result was motivated to create an event that would raise both awareness and funds for these vital services. "It's a real privilege to be able to bring so many amazing organisations together on a single project," Mark said. "New Zealand is a truly generous nation, we look after one another and always rally behind a good cause, and when it comes to saving lives we owe a lot to the men and women of our emergency services that dedicate their lives to saving others." More than just a physical challenge, teams will need to engage their minds and their wit to navigate across the 15km high-intensity obstacle course and through gruelling disaster zones. The obstacle disaster zones, designed by disaster relief and emergency service professionals, will be constructed to simulate real world rescue scenarios. Each team of six will be equipped with matching helmets, a gurney, a first aid kit, race bibs and specially designed event equipment. Teams will also have on-going support and resources from the Rescue Run team to help them reach, and exceed, their fundraising target.

KELLY HUTS

Space for people is at such a premium in the area that extra building for teenagers, sleepouts, offices and other activities are becoming very popular. The problem is buying one, in a reasonable timeframe, of good quality. Everything on the market is the brainchild of a shed maker that converted a shed to a sleepout and it shows. They often suffer from single glazed windows, leaking joinery, minimal insulation, cheap cladding options (inside and out!) or poor construction. Those things aren't that important in a shed but that all changes when people start spending time there. Kelly Huts are the opposite. We wanted space for our kids that is habitable, comfortable and attractive. A small version of a house, not a glorified version of a shed. We build spaces for people, not things. Contact Nigel on 022 061 3234 or info@kellyhuts.co.nz for more information.



\$85 = EXPOSURE FOR A MONTH

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at sarahbrightwell022@gmail.com.

YOUR BUILDING SUPPLIES SPECIALIST

<p>Prenail Truss Cladding Linings Insulation</p>	<p>Posts Poles Retaining Gates Fencing</p>	<p>Power Tools Hand Tools Hardware Safety and much, more</p>
---	---	---

2 Airport Road WHENUAPAI 416 8164 **OPEN MON-SAT**
 154 Main Road KUMEU 412 8148 **OPEN MON-SAT**
 2 O'Neills Road SWANSON 832 0209 **OPEN MON-SAT**

WESTERN
westernitm.co.nz

KELLYHUTS
made for living

P: 022 061 3234
E: info@kellyhuts.co.nz
www.kellyhuts.co.nz

Superior Small Buildings - made for living

CENTRAL'S TIPS

APRIL 2018



Sow broad beans and cut back globe artichokes. It's also an ideal month to dig compost into your vege gardens and sow lawns.

Plus don't forget to add colour into your winter garden and start planting spring bulbs!



Get colour into your garden for Winter and Spring

Now's the time to plant some colour in the garden - cornflower, dianthus, nigella and snowpeas for winter, and bulbs like tulips, narcissi and hyacinths to pop up for spring.

IN THE VEGGIE PATCH

- Seasoned vegetable gardeners like to have their **broad beans sown by ANZAC Day**.
- **Save seeds** of heirloom tomatoes by rubbing tomato flesh through a sieve. Allow the seeds collected to dry, then package in a paper bag or envelope and store in a cool dry area.
- **Cut back globe artichokes** and divide plants if necessary.
- **Dig compost** through finished vegetable beds to condition soil.

LAWNS

- **Autumn is Nature's time for sowing lawns.** Our range of seed blends from Prolawn, will give you the best lawn strike for your soil and situation.
- The Prolawn range of lawn fertilisers will help you start a new lawn or fertilise your existing grass and we've got a handy lawn spreader to help you distribute seeds and lawn food evenly.



Autumn is the best time to get your lawn back to health.

Now's the time to sow, fill in any bald patches and fertilise your lawn.

THE REST OF THE GARDEN

- **Garden pretties:** Sow cornflower, dianthus, nigella seeds and sweet peas.
- **Plant a hedge of sasanqua camellias** - these early-flowering varieties avoid the petal blight of late season ones.
- **Planting time for all** - ideal soil temperatures to dig in and get plants big and small into the ground. Use Living Earth Compost in the planting hole and water around the plants. Finally mulch with Reharvest Enviromulch and your plants are ready to grow!
- **Spring flowering bulbs:** tulips, narcissi and hyacinths in pots and garden beds. Place pots in semi-shaded areas until the bulbs shoot.



Save seeds of Heirloom tomatoes

Save your prized tomato seeds by rubbing them through a sieve and drying them then store them in a cool, dry area



CENTRAL
LANDSCAPE SUPPLIES

GOT A LANDSCAPE PROJECT ON?

Central Landscape Supplies Swanson can help - we have a wide range of landscape supplies from pebbles, soils and barks to pavers, sleepers and grass seed.

Now's the time to get that job done!

Talk to our friendly Central Landscape Supplies team at Swanson about the best products for your landscape project.

Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm
www.centrallandscapes.co.nz • 09 833 4093 • 598 Swanson Road, Swanson

PETS

TIPS & ADVICE

KEEP ON GIVING TO HELP ANIMALS AND PEOPLE IN NEED

Mobility Assistance Dogs Trust and SPCA grateful to public after receiving significant donations through Animates' Tree of Hope initiative. Despite the hardships faced around Christmas for many New Zealanders; generous North Auckland pet



lovers have donated over \$37.6k through Animates' Tree of Hope Initiative which ran over the festive season raising much needed funds for Mobility Assistance Dogs Trust and the SPCA. The funds raised will allow the Mobility Assistance Dogs Trust to help more Kiwis with physical disabilities get the support they need, and the SPCA to rescue, rehome and rehabilitate animals in need in often over-stretched centres. North Auckland stores include; Albany, Glenfield, Lincoln Road, New Lynn, Richmond Road, Silverdale & Westgate.

DOGS CAN LEARN AND MODEL BEHAVIOURS FROM CANINE MENTORS

It's often overlooked as a training method; however the presence of a well-trained older dog is a great way to teach your dog behaviours and responses to commands through mimicry.



My clients have discovered that their own dogs have become more trainable and better behaved since coming out with me and my pack on small group Country Pets dog walking adventures. Behaviors like coming when called, responding more positively to other dogs when out and about, getting in vehicles, sitting, and walking to heel are just some of the feedback I get about how my client's dogs have changed and blossomed

since joining Country Pets walks. The pack instills confidence. Some dogs that previously didn't go in water now swim at every opportunity, and previously shy dogs are now well socialised, confident creatures. If your dog is in need of socialisation and quality daily exercise while you work there are currently spaces available on Friday and limited space the rest of the week. Discounts for multiple walks, price includes pick up, drop off and a fun filled outing off leash enjoying forestry and beaches with a small, safe pack. For more details contact Lisa on 027 380 0265 find us on Facebook Countrypetslimited.

HERBAL SUPPORT FOR YOUR PETS

Is your pet struggling with a health condition that just hasn't improved? Pain? Inflammation in joints? Digestive issues? Issues with their coats, skin? Herbal medicine can offer huge benefits to rebalance your pet's health. We offer customised herbal



formulas tailored to your pet's specific needs. Contact us today to start getting your pets health back on track naturally. After selling out of our first batch we now have Iggy Wriggly back in stock- A blend of herbs with traditional and modern day uses of supporting the reduction of worms in the GI tract. A great natural option for a healthy digestive system for cats, dogs and other animals- \$27 + \$5 postage. Contact us on Facebook @herbal-paw or 027 448 7096.

WEST HARBOUR CATTERY

For many cat owners, boarding their cats in a cattery while they travel is the best solution. Here are some tips to help your cats to enjoy their holiday at the West Harbour Cattery. The best time



to get your cats used to a cattery is while they are young. Kittens accept new situations readily and will cope well with change. Book your kittens in to our cattery for a long weekend. This will ensure your cats accept their holiday location throughout life. If you haven't done this and your cat is now an adult, no worries, your cat can still accept their new holiday locations later in life. A test of a long weekend stay, prior to leaving them for a longer vacation period, may help ease your cat into their holiday and may assure you too, that your pet is safe and comfortable. Bringing items that belong to your cat may help make them feel more secure, such as their favourite toys, blankets, beds

JET WASTE AND WATER SYSTEMS
JET HOME
 Sewage Treatment Plant
 Sewage Treatment Systems
 Concrete or Fibreglass Tanks
 Full Installation & Servicing
 Council Approved
 Drainlaying & Excavation
 Water Tanks, Pumps, Filters
 Ph 09 415 1538 email info@jetwaste.co.nz

Tax Returns Payroll GST Returns
 Annual Accounts Rental Returns

SMALL BUSINESS SOLUTIONS

Jeanette Graves 021 853 769
 Sharon Stewart 027 241 6345

www.smallbusinesssolutions.co.nz
info@smallbusinesssolutions.co.nz

or treats. Food provided in their own bowl or sleeping on their blanket may ensure continuity of care when away from home. Need more advices? Please feel free to contact us on 09 416 5586 or email us on info@cathotel.co.nz. Cat joke of this month: Q: What do you call a pile of kittens? A: A Meowntain.

THE SECRET OF THE PERFECT KISS...WITH YOUR DOG

What!?! Kiss my dog? You must be joking! Too far Salome! But wait, hear me out. I want you to go even further... I want you to grab your phone and snap a pic of "the kiss". Guaranteed it will be one of the best pictures you've taken with your pup. All you need to do is get your phone ready and ask your dog nicely...you don't speak dog?...no problem, use the universal word for "kiss here" by dabbing your finger in peanut butter (just a little) and putting some on your cheek. Get ready to laugh, snap and have a bit of fun! How to setup the shot: Make sure you are not sitting in sunlight. Find some shade under trees, a building or a great spot is at one of the benches at the covered wharf at Catalina Bay. (Another good excuse to visit the Farmer's market.) This will give you even lighting for your photo. Make sure your camera is a little higher than your eye level. This angle is more flattering. Chin forward and down. Yup, look like a tortoise from the side. What this does is strengthens your jawline - practise in the mirror. Master these three techniques with a touch of peanut butter and you've got the perfect kiss! Make sure to share your pictures on the Westerly Facebook page. Love Salome. Salome is a pet portrait photographer that stays in Hobsonville Point. Follow on Instagram and Facebook @yellowlabpetphoto for fun photo shoots & see more of her magazine style photo sessions at yellowlab.co.nz.



KANIKA PARK CAT RETREAT

Should I feed my cat wet or dry food? Food expert Nicole Paley says: Some cat owners swear by wet food, others insist on dry. Both have benefits. Dry cat food - Dry complete diets have some specific plus points - convenient, easy to measure and use, store easier, a longer shelf-life once opened. Some may help to remove plaque. Wet cat food - Some cats prefer wet food's aro-



ma and texture; it is convenient with single-serve sachets. Cats eating wet food will eat more in one sitting, drinking less due to the higher water content in wet food. Serve wet food at room temperature so your cat can taste and smell it properly. Mix it up! When given a choice, many cats seem to prefer a mixture of both wet and dry foods. Water is a must. For the full article go to our Facebook page. Kanika Park feeds wet food with premium biscuits and bottled water. To contact phone 09 411 5326 or 027 550 1406.

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 customers. 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.



Resource Planning Applications & Reports
Subdivision & Engineering Design
Advocacy & Mediation Service

09 412 2016 | 021 637 772
 288 Old North Road, RD 2, Kumeu 0892, Auckland

petesinton@townplanner.co.nz



Atom Services Ltd

Commercial Cleaning Solutions



Atom Services Ltd
 For the very best in
 Internal and External
 Cleaning

Let us take care of all your cleaning needs:

- Spring Cleans
- Windows
- Weekly cleans
- Carpets and Upholstery
- One-off cleans
- Exterior House Cleaning

Call Kath or Ian today to discuss your requirements.

Kath- 021 2690 790

Ian- 021 0264 3227

FOOD & BEVERAGE

APPLE JAM MUFFINS WITH CINNAMON CREAM

3 cups plain flour
4 tsp baking powder
½ tsp cinnamon
1 cup sugar
125 gms melted butter
1 ½ cups milk
2 eggs
2 large peeled apples – grated

Topping:

1/3 cup Demerara sugar
1 tsp Cinnamon

Filling:

Strawberry jam

Cinnamon cream:

Whip together -

300mls cream

1 Tb icing sugar

½ tsp cinnamon

Melt butter and add milk and beaten eggs. In a separate bowl sieve the dry ingredients.

Stir in the grated apple and pour in the wet ingredients. Stir until just combined.

Place a spoonful of mixture into base of lined muffin tins. Then place a spoonful of jam and then top with remaining mixture so muffin tins are ¾ full.



Sprinkle cinnamon /sugar mixture on top and bake at 185 for 20 mins until slightly golden.

Serve warm with cinnamon cream.

Recipes supplied by Wedding and Birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021 273 6139, email info@paulajane cakes.co.nz or visit www.paulajane cakes.co.nz.

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, pickles and jam can be found at Farro Fresh and other stockists. Check the website for details at www.noshortcuts.co.nz, or visit Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.



THE HERBALIST CRAFT BEER

With winter almost upon us again, this tasty and easy-to-make Beer Soda Bread recipe from the book "Cooking With Beer" by Mark Dredge will be a great addition to soup and stew meals, perfect for weekend sandwiches or as a bruschetta snack served with your favourite beer.

Ingredients: 2 cups wholemeal flour, 1 teaspoon salt, 1 teaspoon baking soda, 1 tablespoon honey, 2/3 cup of The Herbalist Nettle & Bilberry Lager or Manuka Ale, 1/3 cup natural yoghurt, ¾ cup grated cheese plus your choice of fresh herbs, onion slices or caraway/fennel/dill seeds which can be added into the bread and used as a decoration for the top of the loaf.

Method: Pre-heat the oven to 200C. Mix all of the dry ingredi-



SOLJANS
ESTATE WINERY

366 State Highway 16
Kumeu, Auckland P| 09 412 5858

CONFERENCES/SEMINARS

CORPORATE EVENTS

Unique
Functions & Events
VENUE

To ensure you get your preferred date
BOOK your Event NOW!

Exclusive
WINERY VENUE

Soljans Estate Winery is a special place as it is Kumeu Wine Country's premier Winery Venue. So add a little Mediterranean magic into your next event or function!

We have great facility options to add character and be the perfect venue for your next event, function, wedding or product launch.

WEDDINGS/SPECIAL OCCASIONS

the Bottle-O

301 Main Road, Huapai, Auckland
Phone: (09) 412 9614
www.thebottle-o.co.nz

Never drink and drive
Smart Fuel
SAVE
ON FUEL HERE

Real Locals, Real Value.

ents together in one bowl and all of the wet ingredients together in a separate bowl, reserving a third of the grated cheese to decorate the top of the loaf. Pour the wet ingredients into the dry ingredients and mix well. Using a little extra flour, shape the dough into a ball with your hands. Place the loaf onto an oven tray lined with parchment paper. Decorate the top with the grated cheese, a few finely sliced red onion rings and some finely chopped herbs or seeds. Bake for approximately 45 minutes. To check if the loaf is ready, turn it over and tap the base. If it sounds hollow, it is ready.

Stockists: The Bottle-O Huapai, Black Bull Kumeu, Fresh Choice Waimauku, Boric Food Market, Soljans Estate Winery, Riverhead Fine Wines, Hobsonville Kitchen Cafe and select West Liquor stores.

JOIN THE ZERO-WASTE SHOPPING REVOLUTION

There's no way around it: life is getting faster. And with each passing year, the pace quickens, the pressure intensifies, and we rely increasingly on convenient solutions to complete our daily tasks. Our shopping habits of today reflect this growing urgency, hastily appealing to our need for the quick and easy: pre-chopped this, ready-to-cook



that, bags of things, packets of stuff. Largely due to our drive for convenience, research suggests Kiwis use an estimated total of 1.29 billion plastic bags per year which can take up to 100 years to finally break down. This is a plastic pandemic.

But what can we do about it? Start making small change. Everyone can make a difference, just small lifestyle changes like buying in bulk, filling your containers and shopping without plastic bags can help change the future of our planet, oceans, wildlife and children. The Source Bulk Foods, is a franchise with sustainable zero-waste shopping at its heart. Their mission is to reduce waste and plastic. The second New Zealand store recently opened its doors at 49 Main Road Kumeu and has made shopping sustainably a lot easier and more accessible for the wider community. Brother and sister duo Robert and Andrea Watt are the driving force behind The Source Bulk Foods New Zealand operation. Robert explains "It's less stressful as there aren't 15 different packets of chia seeds to choose from, just one." Also, "You buy only as much as you need. If you come across a recipe that has say spelt flour, you just need to buy the amount you need and not the entire packet of a product that you may not use again. If you also bring your own containers and fill them in store, you can just take them home and put them straight into the pantry and so saves you time as well." Thus, the Source helps

exceed
we fix windows & doors
DOORS : WINDOWS : LOCKS : HINGES : HANDLES

Call us today to arrange a free assessment of your home **0800 25 25 00**
www.exceed.co.nz

guide us all back to basics: buy what you need, only what you need and leave no trace of it.

We all need to take small and manageable steps to improve the sustainability of our lifestyles. Reusable coffee cups and water bottles, home-made cleaning products and avoiding plastic at the supermarket are all great ways to begin consuming more consciously. If you are starting a zero-waste lifestyle, Robert suggests to tackle one thing until it becomes a habit and then tackle the next.

The Source Bulk Foods, 49 Main Road Kumeu. Phone 09 412 2492, Website: www.thesourcebulkfoods.co.nz, Instagram: thesourcekumeu, Facebook: thesourcebulkfoodskumeu. Opening Hours: Mon-Sat 9-6pm, Sun 10-4pm.

GGs WOOD FIRED PIZZA

Kumeu's most well-known wood fired pizzeria has been under a few guises in its time and now new owners Scott and Abby Limbrick are keeping the fire stoked as GGs wood fired pizza.



Using a local supply of 100% manuka and kanuka wood to fire the oven, ensures these are some of the tastiest pizzas around and can become, as a few of the locals have found out, quite addictive.

GGs use only high quality local and imported salamis and meats, quality New Zealand cheese and veg and have a surprisingly extensive menu to please every taste, items like Smokey BBQ wings, hand cut wedges with smoked garlic aioli, salads, deserts and drinks. GGs will also sell you dough balls or precooked bases for those who love to make pizzas at home.

GGs wood fired pizzas - 316 Main Road Kumeu, phone 09 412 5060.

THE GALLERY
JAPANESE & CAFE

Dine in & Takeaway
(10 complimentary dumplings when you spend over \$40)

Tues & Sun: 8:30 - 5pm | Wed - Sat: 8:30 - 8:30pm
Ph: 09 412 8983 | 329a Main Rd, Huapai
www.facebook.com/thegalleryjapaneseandcafe

HEALTH AND BEAUTY

5 BENEFITS OF FLOTATION THERAPY

Float therapy is a simple, effective way to invest in your own health and wellness. Improve sleep: Insomnia comes in many forms, begin a once-a-week float habit, and start sleeping better.



Reduce blood pressure: Even if you're young and healthy, everyone can benefit from lowering their blood pressure. Stress and Anxiety: Numerous studies have shown floating to be an incredibly effective way to reduce many symptoms of stress, anxiety and depression. Speed up muscle recovery: Floating has been shown to reduce lactic acid and perceived pain levels after athletic training. Self-Care: In one hour, you can re-set your mind, soothe your soul, and emerge energised and renewed. What's not to love about that? Come float with us today. Mention the Kumeu Courier and get \$10.00 off your float session. www.black-lotus.co.nz.

WHAT IS BIODYNAMIC CRANIOSACRAL THERAPY (BCST)?

Craniosacral therapy is a gentle hands-on, non-manipulative, powerful natural therapeutic technique. The therapy has its roots in the discoveries made by Osteopath Dr William Garner Sutherland. Through touch, a variety of waves and sensations in the body become apparent to the practitioner (and client) whilst the nervous system of the client relaxes, releasing deeply embedded patterns of stress (the precursor to many diseases) and finally returns to its natural rhythm, expressing health again and communicating it through the whole body. The body is an extraordinarily intelligent system that is always seeking to organise itself back to health and equilibrium (homeostasis), but due to everyday emotional, physical and mental strains we can form stress patterns within the body's physiology. Craniosacral therapy frees these patterns, allowing the flow of blood, lymph and nerve energy within the body to be unencumbered

thereby facilitating the return of the nervous system to its natural state of health, growth and restoration. To experience this therapy and what it can do for you contact us on 027 485 72 72 or mandy@innerbeing.co.nz. Offices in Waitakere and Mt Eden.

RELIEVING NECK AND SHOULDER TENSION

For all those people hunched over their computers, laptops and phones all day, and let's face it, that is just about all of us, Spa Di Vine offers wellness treatments which are deeply relaxing. For the month of April the focus is on relieving tension in face, scalp, neck and shoulders. A very special offer was put together by the team, so why not treat yourself – book now. 30 minute face, head (oil-free, so you can get back to work), neck and shoulder massage \$69 incl GST. * Phone Spa Di Vine for your appointment. Spa Di Vine Phone 09 411 5290 or send an email to relax@spadivine.co.nz Website spadivine.co.nz. *Subject to availability in the month of April, bookings required, instant purchase only, no vouchers issued or vouchers accepted.



SHOE TALK'S THOUGHTS ON - SHOULD YOU WEAR THE SAME SHOES EVERY DAY?

So is it fact or fiction than wearing the same pair of shoes every day is not the best idea for both your body and the shoes? As much as all like to pretend we don't sweat, it's not true and what absorbs this sweat? Our shoes. Sweat contains salt



and this will break down the insides of your footwear a lot faster if it is not getting a chance to dry out properly between wears. Wearing the same shoes everyday will also increase your chance of a fungal infection. Shoes will last longer if they are not being used every day, not only do they have a chance to dry out between wears it also gives a chance for the padded foot beds and other comfort features to revert. Different shoes hit on different pressure points. So not wearing the same shoes everyday means different pressure points are activated and also different muscles used in the body. For the ladies - don't wear the same heel height everyday this will stop things like your tendons and calf muscles shortening. So yes it's true, don't wear the same pair of shoes every day and the shoes will last longer and your

Kumeu Chiropractic
adjust ♦ adapt ♦ thrive

Dr. Chris McMaster ♦ Dr. Nolene McMaster & Associates

412 5536
www.kumeuchiropractic.co.nz

8 Shamrock Drive, Kumeu

Spa Di Vine

Country Spa
Retreat

Ph. 09-4115290
relax@spadivine.co.nz
www.spadivine.co.nz

feet and body will also be happier.

ENCHANTED BEAUTY

Welcome to Enchanted Beauty. We are based at Lavender Hill in Riverhead and set in a gorgeous shop surrounded by lavender and orchids, where you and your friends can relax and be pampered. Get a group of ladies together whether it be for a special occasion for a birthday, hen's party, baby shower, book club or just to have some girly time. Chat, laugh, drink bubbles, have some delicious nibbles and be pampered in our stunning beauty salon and the amazing gardens of Lavender Hill. We are also open as a beauty salon so why not come in and book an appointment and enjoy some pampering by yourself or with a friend. Finish your pampering off with a walk around the stunning orchids, and pat the friendly alpacas.



WHAT YOUR EYES CAN TELL YOU ABOUT YOUR HEALTH

Our series continues as Natasha Herz, M.D.*, clinical spokesperson for the American Academy of Ophthalmology, explains what your eyes reveal about your health, and how you know it's time to visit your optometrist. Today's tip: Your cholesterol is too high. If you notice a white ring forming around your corneal arcus (that's medical speak for iris), it might be time to visit your optometrist as well as your GP for a check-up. While this change is most commonly a sign of aging, Herz says it can also be an indication of high cholesterol and triglycerides—which might mean an increased risk of heart attack or stroke. Visit Matthew and Molly Whittington at For Eyes in the Kumeu Village phone 09 412 8172 for top quality eye examinations and spectacles, and treatment of colour-blindness, headaches and reading difficulties. (*Acknowledgement: M. Bonner, Marie Claire).



FINGER INJURIES

Sport loving Kiwis don't ignore that finger injury. Have you hurt your finger playing sport? It's the start of the winter sports and

often our fingers get knocked with a ball or bent by another player. Don't leave them to get better by themselves. We can help at the Hand Institute. At the Hand Institute we accept ACC referrals (and can initiate the claim) and provide a comprehensive assessment for all finger, thumb and elbow injuries. We can send for x-rays if required and then manage the injury with splinting, strapping and important early motion exercises to prevent ongoing finger stiffness and weakness. Call us now to get that finger back to normal for a quicker return to sport. 09 412 8558.

NORTHWEST PHYSIO+

PINC Cancer Rehab Physiotherapists assess each patient for physical impairments and the effects of their treatment. They work with each patient to create a rehabilitation program to suit their particular stage in recovery. The sessions can include a combination of services including; Manual physiotherapy, graduated resistance training, individualised clinical Pilates, fatigue management and exercise prescription. There is now an overwhelming body of research showing the benefits of physical activity and rehabilitation during and after cancer treatments in reducing side effects of treatments, improving quality survivorship and prognosis. At NorthWest Physio+ we are delighted to now offer cancer rehabilitation services to women in our community at all stages during their cancer journey. We will be introducing STEEL for men from June 2018. For more information please contact Laura at: laura@nwphysioplus.co.nz and visit pincandsteel.com to register your interest in the programme.

THE BENEFITS OF FREQUENT MASSAGE

So, tell me, how often do YOU have a massage? Do you have a massage after you have been gifted with a massage voucher? Do you try to get in every so often for a stress-relieving, muscle relaxing tune-up? Or do you see your therapist on a regular ba-

Adent
dental

Alex Aubone

BDS

☎ 09 281 5005

📍 3 B Matua Rd. Huapai

✉ info@adent.co.nz

🌐 www.adent.co.nz



Take Your Eyes to For Eyes!

- Advanced scanning equipment for early detection of cataract, glaucoma and macular degeneration
- Specialty assessment of child and adult reading difficulties
- Specific-tint lenses for Irlen Syndrome
- Lenses to correct red-green colour-blindness



Phone: 09 412 8172
email: foreyes@foreyes.co.nz
website: www.foreyes.net.nz

Matthew and Molly Whittington, optometrists in the Kumeu Village since 1993
Open 9-5 weekdays, Kumeu Village, 90 SH16 Kumeu

sis – once a week, every three weeks or once a month? Getting a massage, regardless of how often – is incredibly beneficial to your mind and body. Getting frequent massage is even more powerful as the benefits of regular massage are compounded with each treatment. It is an effective therapeutic tool for health and well-being from easing pain and inflammation to soothing stress and anxiety. People who get regular massage display greater improvement and notice a reduction in pain and muscular tension, as well as an improvement in posture. Frequent massage can improve our quality of life by alleviating stress. Research has shown that 90% of disease is stress related, and nothing ages us faster, inside or out, than the effects of stress. Massage interrupts stress-inducing patterns and helps nudge the body back into a natural state of balance – this being the case, it makes sense that those aches and pains you see your massage therapist for might disappear sooner, stay away longer, or eventually go away altogether with more frequent visits. Stress may never reach those detrimental levels where the immune system is suppressed, or the nervous system is sent into an alarm state if you are able to receive stress-relieving bodywork with some consistency. With less stress your body and mind can learn to live more calmly, more efficiently and more healthfully. Call Debbie from Realign Massage & NMT on 021 120 2175 for a stress-relieving massage.

THE IHUNCH

If you're reading this on your iPhone, chances are you're not sitting up straight. In fact, you're probably in what Kiwi based physio-therapist Steve August calls the "iHunch" position (also known as "text neck"). This position is detrimental to our body because when we lean forward 60 degrees or more to scroll through Facebook or Snapchat, our necks are forced to support the additional 5-6kg that



our heads weigh, which increases the strain on our necks to a whopping 25kg. This may explain why physios are seeing more teenagers with "dowagers" humps that were once only seen in elderly women. The problem: It turns out that your smartphone addiction isn't just taking a toll on your physical wellbeing. It's also bad for your emotional health. A study on the correlation between slouching and self esteem found that people who answered interview questions in a slouched position compared to an upright position gave more negative answers and had significantly lower self-esteem and mood, and much greater fear factor than those sitting up right. The "iHunch" may also affect our memory, based on a study from the Clinical Psychology and Psychotherapy that also divided participants — this time who were clinically depressed — into a slouching group and an upright group. Both groups were shown a list of positive and negative words and then asked to recall them. Those who sat upright recalled about the same amount of negative and positive words, but those that slouched recalled significantly more negative words than positive ones. The Fix: To protect both your physical body and mental health, keep your shoulders back and head up when using your iPhone. Regular back massage and gentle stretching can also help maintain elasticity and movement of the muscles. Lastly, yet most simply, become more aware of the toil that the "iHunch" takes on your mood, memory, and behaviour. Your physical posture sculpts your psychological posture, and therefore could be the key to a happier mood and greater self-confidence.

FEELING BLUE NOW SUMMER'S OVER?

Come into Hobsonville Optometrists - Glasses and Gifts and be cheered up by all our new glasses. The new ranges are very elegant. Our new tableware has arrived and features beautiful bowls and petite condiment dishes. We have a new range of fabulous scarves and some fun jewellery including a sparkling poop emoji keyring.



More to come but not more of the same - we change our stock and suppliers regularly. Come and browse Monday to Friday 9 am to 5.30 pm and Saturdays.

DO YOU NEED A NEW PILLOW?

Having a good pillow is essential to having a good night's sleep. When it comes to choosing a pillow it can be daunting as there are so many different types available. We have recently released

KUMEU GYM

GET FIT IN YOUR COMMUNITY

- Fully Equipped Gym
- Designated Cardio Area
- Group Fitness Classes
- Smart Training
- Personal Training
- Indoor Netball Leagues 4 Nights a Week
- Pita Pit Onsite

Providing fitness in Kumeu for 30 years

Ph. 412 8932 | www.kumeugym.co.nz

HOBSONVILLE OPTOMETRISTS

Glasses & Gifts

Frank G Snell B Sc., B Optom
Optometrist

Unit A, 413 Hobsonville Road, Hobsonville 0618
Ph: 09 4163937. E: hobsonville@eyeteam.co.nz

a free eBook called 'Your how-to guide to choosing the right pillow'. In this short book we go through 6 steps to choosing the right pillow for YOU. Everyone is different and what is good for one person will not necessarily be good for another. There is also a bonus section giving you tips on how to improve your sleep. If you would like to read the eBook, simply head over to our website, click on the link, enter your details and you can download the book. We hope you find it useful. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312. www.elevatechiropractic.co.nz.


PILLOWTALK

One of the more common questions we get asked at Hobby Chiro is "what type of pillow should I buy?" And the answer is really simple - it depends on your body. The best type of pillow for you is one that allows your neck to remain in a neutral position, not pushing your head too far up, or letting it drop down below the level of your spine. This prevents you waking up with a sore and stiff neck, so you can start your day off right. We spend 1/3 of our lives asleep, so a supportive pillow, along with regular chiropractic care, give you the best chance of waking up on the right side of the bed each morning. This month we want to help someone get a good night's sleep, so we're giving away a FREE Peace Pillow on our Facebook page. Winner will be announced on the 30th of April!



GETTING THE BEST OUT OF LIFE

A brand new, purpose designed studio operates near you in Greenhithe. It is climate controlled, sound proof and spacious. Stepping in to the oasis of calm you will be welcomed by a slight auburn-haired lady with a sunshine smile. Phillipa has over 20 years' experience teaching classical Pilates. As a former competitive swimmer and ballet dancer she understands the physical and mental discipline required to stay at the top of your game. She has taught in the USA, Asia and NZ. Classical Pilates awakens the unused, stabilising muscles deep within your core and extremities. It reintroduces to those muscles the brain's connections that have been lost over many years of sporting or occupational repetition - movement and conditions that very often manifest in unexplained

Gillian Wiltshire D.O.
 Registered Osteopath
 ACC Accredited
 36 Sunny Crescent
 Kumeu
 Auckland 0810
 Ph/Fax (09) 412 5977
 0212330413
gill.wiltshire@gmail.com

chronic injuries, aches and pains such as bad hips, back pain, dodgy knees. People leave refreshed, clear-headed and, with all the loosening ... feeling 10 feet tall. The lifestyle benefit of doing classical Pilates is that the mind-body-soul awareness it creates means you spend your waking hours moving fluidly, breathing efficiently and in the correct posture. People find that they have more stamina, are calmer, stronger, more supple and are less prone to injuring themselves performing mundane tasks. Classical Pilates is for everyone. You can contact Phillipa at pilates.nz@gmail.com Phone 09 413 8238.

CLEAR VISION: NO SURGERY, NO GLASSES, NO DAYTIME CONTACT LENSES

Wishing you could correct your eyesight and reduce your dependence on glasses or contact lenses — without having to undergo eye surgery? It might sound far-fetched, but it's a reality for many people. It's called Orthokeratology, or Ortho-K. Orthokeratology (Ortho-K) is the fitting of specially designed contact lenses that you wear overnight. While you are asleep, the lenses gently reshape the front surface of your eye (cornea). Upon waking, your corneas will be the correct shape to accurately focus light enabling you to see clearly, leaving you free to enjoy your day without the hassles of glasses or contact lenses. Phone our friendly team at Westgate Optometrists and make an appointment for a FREE consult to see if Ortho-K is right for you: 09 831 0202 or visit our website for more information: www.westopt.nz/orthokeratology.




Attention Denture Wearers
Expert Treatment,
Individual Needs

We offer:

- Full Dentures
- Partial Dentures
- Same Day Relines, Repairs and Tooth Additions
- Mouthguards
- WINZ Quotes

Make a booking to discuss your FREE treatment plan.



67 Brigham Creek Road,
 Whenuapai
www.dtdentureclinic.co.nz
 P: (09) 416 5072

Made in NZ with imported materials

AREA COLUMNISTS

MAKE A DIFFERENCE IN THE LIVES OF OLDER PEOPLE

St Chads Church, Huapai are seeking an engaging Selwyn Centre Coordinator to create and supervise our Selwyn Centre programme, while promoting a caring and supportive environment for our guests. Selwyn Centres provide companionship, exercise, activities, and support for older people living in the community. Our Selwyn Centre works in partnership with The Selwyn Foundation.

As a Selwyn Centre Coordinator you will be responsible for organising the activities of the Selwyn Centre and coordinating the volunteer helpers. This is a part-time, paid position working 6 hours per week, including the Tuesday morning session which runs between 9.30am and 12 noon.

We are looking for someone who has an empathy and understanding of older people and finds working with them rewarding. Good communication and organisational skills would also be required.

If you are a caring and understanding person, wanting to make a difference for older people living in our community and feel that this role would suit you, please contact Barbara Hadfield on 09 416 7298 or 021 134 1849.

MARKETING MEANS BUSINESS

For all businesses, but especially smaller businesses, staying

competitive really is 'the prime directive'. It's the main mission because it directly affects Sales and the viability of your business. Staying competitive is dependent on two main areas: innovation and differentiation. The Oxford dictionary defines this as 'the action or process of becoming different or distinguishing between two or more things'. While innovation can be an expensive strategy, differentiation is accessible to everyone. It is achieved through branding and brand management; standing out from your competitors, creating an authentic brand story and being memorable. It is achieved through marketing strategies which 'position' your products/services in a unique way and that you adhere to consistently and conscientiously. It is achieved through service delivery which is aligned to your business/brand values. Every day, with every customer or potential client your points of difference need to be understood and embraced by your whole team. Acknowledge your staff for great performance in these areas, it shows that you value them; so will they.

If your Sales are stalling or if you've become a clone of your competitors (where your competitiveness = 0) give me a call, it's all fixable. I am locally based to work with west Auckland businesses. Andrea at MOXY Marketing 022 327 4758, email andrea.moxy@gmail.com, www.moxymarketing.co.nz.

GENERAL CRUISE SPECIALS

Hawaiian islands with Norwegian cruise line - 7 night cruise from NZD \$3099 per person share twin (Price based on 19 May 2018 departure in an Inside Stateroom, Cat 1C). Highlights: Cruise roundtrip from Honolulu to Kahului (Maui - overnight in port), Hilo (The Big Island), Kona (The Big Island) & Nawiliwili (Kaua'i - overnight in port). Cruise Departs: Every Saturday, year round. Cruise includes: • 7 night cruise onboard Pride of America • Main meals & entertainment onboard • Port charges, government fees & gratuities. Bonus: Receive a free Specialty Dining package. Sydney to Auckland with celebrity cruises - 12 night cruise FROM \$2749* per person twin share (Price based on an Oceanview Stateroom, Cat 8). Highlights: Cruise from Sydney to Melbourne, Fjordland National Park (scenic cruising), Dunedin, Christchurch, Wellington, Tauranga, Bay of Islands, ending in Auckland Cruise Departs: 20 Nov 2018. Cruise includes: • 9 night cruise onboard Celebrity Solstice® • Main meals & entertainment onboard • Port charges, government fees & gratuities. BONUS: Receive a USD\$400 onboard credit PLUS a Classic Beverage Package. All cruise specials are quote subject to availability & subject to change - this is just a small selection of the hundreds on offer. Earlybird Airfare deals to Europe for 2018 are out now - get in quick! Airfare credits in conjunction with tours are also available, great discounts for early bookings - if you see anything advertised 'out there' please just ask, as I should be able to match. Please contact me: Tanya Franklin, your local Travel Bro-



SEPTIC & WATER TANK CLEANING

YOUR SEPTIC TANK SHOULD BE CLEANED EVERY 3 YEARS (AVERAGE FAMILY OF 4)

WE SERVICE ALL AREAS

PROMPT, PROFESSIONAL SERVICE WITH 30 YEARS EXPERIENCE

PHONE: 09 412 9210 OR 027 492 4494




Tanya Franklin
Travel Broker

T +64 9 411 9105
M +64 21 254 9169
tanya.franklin@ttb.co.nz

Waimauku, Auckland
New Zealand

thetravelbrokers.co.nz/tanyafranklin

ker, 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.

THE IMPORTANCE OF NATURE FOR ALL CHILDREN

The Country Bears Elements of Life programme runs all year round, sunshine or rain. We are so fortunate to have a variety of spaces that we can utilise according to the elements; large open fields, spacious playgrounds, our own treehouse in the forest, our native fairy garden and access to a neighbouring farm. For babies and young children being outside has so many benefits. Not only health benefits, but magical learning opportunities as well. The children engage in natural and meaningful learning on a daily basis. With our own separate outdoor spaces for the different age groups, we can design the spaces to the needs and learning of our small age groups. The Elements of Life Programme is based around the creation of the Tree House classroom in the Country Bears forest. Our ideas have initiated from this to expand our learning environment for the children, which is constantly changing according to the natural elements and the interests of the children. By having the children exposed to a classroom in the forest, the teachers can provide quality learning that gives children the opportunity to discover what nature has to offer, with hands on experiences "When children come into contact with nature, they reveal their strength" – Maria Montessori. Throughout the entire centre, we encourage and role model respect and empathy to all living creatures, including the tiniest of ants. If the children



(even young infants) can learn respect for insects and animals, we believe this will be transferred on to other relationships as they grow up and enter various aspects of their life journey. With over 20 years' experience as preschool educators and carers within our community, we are proud to provide the Country Bears children an educational programme with a difference. We provide specific, intentionally designed areas for child development, in a rural and natural setting, alongside our educational Elements of Life programme. As in the past, all our children are well received in the local schools as being confident and knowledgeable children, with the lifelong tools to take on their next journey through life. Please feel free to come and have a look at our beautifully placed centre and our professional and caring team of teachers. Alternatively you can see what the children have been experiencing by visiting our Facebook Page: www.facebook.com/cbearsecc.

COUNCILLOR'S CORNER

By Rodney councillor Greg Sayers - councillor for Rodney. Auckland Council's planners are desperately wanting more housing. There are all manner of rules and regulations that make building new homes problematic and which impose huge costs on our city and our citizens. However, at the same time we need to be mindful that Auckland has some of the best growing conditions for vegetables, fruits and herbs in New Zealand. Our relatively frost-free climate and perfect growing soils mean that Auckland is one of the few places in New Zealand that can produce many food crops. Pockets of land around Kumeu, Huapai and surrounding areas have particularly elite soils. In the south, Pukekohe's market gardeners have already felt the



Remember adventuring everyday in a diverse natural environment, immersed in nature; playing confidently amongst the trees, paddocks, vege gardens & treehuts?
..It IS all still possible for your child at Country Bears
 Join us in providing the best wholesome beginning for your child








Locally owned and operated with 20+ Years experience

Contact Angela: 09 4128055
www.countrybears.co.nz
www.facebook.com/cbearsecc



Perfectly located on the best detour route during SH16 peak hours! Nestled amongst the trees at 79 Oraha Road, Kumeu



Zash Hair
77 Waitakere Road
Phone: 021 814 663




**NOR-WEST & KUMEU
GLASS SERVICES**

Specialists in Windscreens & Glazing



46 Main Road
Kumeu
PO Box 626
Kumeu 0841
Darren Hakesley

Phone: 412 9914
420 7818
838 1499
Fax: 412 7875
Mobile: 0274 965 596
nwkgs@xtra.co.nz



Luke Kemp
LL.B., B.COM., DIP. HORT

KEMP BARRISTERS & SOLICITORS

Property
Business
Wills & Estates
Litigation

25
Orana Rd
PH: 412 6000
Email: luke@kempsolicitors.co.nz
www.kempsolicitors.co.nz

Anna Jeffs
Licensed Private Investigator

Fox Private Investigators Ltd is a highly professional and experienced team of ex NZ and UK Police, ex-Army and legal personnel with over 20 years of experience.

*Licensed by
The Ministry of Justice: 13-008198*

- Surveillance
- Infidelity
- Criminal Defence Support
- Family Law & Civil Litigation Support
- Missing Persons
- GPS Vehicle Tracking
- Computer Forensics & Bug Sweeping
- Document Process Serving
- Investigations
- Undercover agents



Anna Jeffs
Director
Fox Private Investigators Limited
anna@foxprivateinvestigators.co.nz
021 036 8417
0800 4 FOX PI (0800 4 369 74)
www.foxprivateinvestigators.co.nz




impact of Auckland's rampant population growth. In the past 10 years, about 16 per cent of Pukekohe's dark brown, volcanic soil has been taken over for houses, and more is under threat from the city's new planning rulebook.

Industry bodies have been warning of an impending food supply shortage if we continue to put houses on growing land. We need to be pragmatic and prioritise food security over housing, and prevent New Zealand's best growing land from being turned into houses.

Failure to provide protection for prime growing land will see increasing fresh produce prices, and increasing produce imports. This would not be in the best interests of both Aucklanders and New Zealanders.

The council should work with the produce industry to ensure that growing land has blanket protection and we have affordable fresh vegetables produced on the land that is best suited to growing food. Reverse sensitivities of sudden urban development potentially disrupting established growing operations need regulation to protect businesses through the buyer agreements and covenants, such as for crop spraying or the use of farming-related machinery.

Recently, I had a public stand for people to meet me at the Kumeu Agricultural and Horticultural Society Show, one of the largest annual shows in the Southern Hemisphere. It was very noticeable how keen the locals are to be caretakers of the land and want to guard prime agricultural land.

"I wonder how long businesses will be able to cope with the pressures of reverse sensitivity with new residential neighbours complaining about the smell of spray, noise and dirt on the road," one local resident said to me. "We are losing the right to farm because of the pressures of urbanisation."

I agree with him. If the Auckland Council is not more careful we will run out of soil to feed the city and will have to import our vegetables.

TOP SALESPERSON AT HELLOWORLD

Lesley Johns has just been recognised from Globus and Cosmos coach tours and Avalon River Cruising as one of their most successful consultants in New Zealand. Lesley has been in the travel industry around 30 years (no-one's counting!) so she has a



wealth of knowledge and experience across all destinations, having previously won awards with Viking and Scenic Cruises. She is popular with our clients, regularly receiving flowers and gifts, who love her attention to detail and ideas she comes up with for them, but make an appointment if you want to see her, she is busy. Lesley started her career with Wings Travel in

Kumeu Huapai

PANELBEATERS



PHILIP GRIMMER
Ph/Fax: 09-412 8054
Mobile: 027-498 7727
Email: khp@xtra.co.nz
PO Box 737 Kumeu
280 Main Road, Kumeu, SH 16



Discover our *new* *show* *home*

OPENS 8 APRIL

11AM-4PM – 7 DAYS

248 MAIN ROAD

KUMEU



maddrenhomes.co.nz

Grey Lynn, before moving to Budget Travel, Holiday Shoppe, AA Travel and United Travel/Harvey World for 20 years at Westgate before moving to helloworld in Hobsonville. She still loves the travel industry and providing great service to her clients. Lesley is supported in the office by Carolyn Hedley Owner and Manager, herself being in the travel industry 30 years, Neil Harkin who has returned to travel after a spell running his own business but many of you will remember him from United Travel Westgate. Hayley Miles is our young person having attended Massey High School and is our whiz with all the latest fares and packages. We have all lived in the area many years and are committed to providing great service and love our clients popping back in to let us know about their trip. If you would like to experience the best travel can offer, come and see us, call or phone hobsonville@helloworld.co.nz or 09 416 1799.

PHELAN'S LOCAL BOARD UPDATE

As any long suffering resident of the North West knows, the results of green field housing development without infrastructure are plain to see.

Back in 2013 the Government felt it had to do something about the 'housing crisis' filling up the front pages of the newspapers. Its solution was to override Council's pesky planning rules that were apparently stopping houses being built and force development on areas such as Huapai. Don't worry, we were told, we will make sure all the infrastructure is fast tracked. History speaks for itself, despite the thousands of homes promised across Auckland, a fraction have been built, and where they have, like Huapai, much of promised infrastructure has yet to appear. Meanwhile the housing market remained virtually unchanged.

Fast forward to 2018 and we have a new Government with new plans to solve the crisis. Unsurprisingly it seems that once again, it's all about that pesky Council and its planning rules. The solution appears to be more housing in green fields. To do this, Government will apparently biff the Auckland Unitary Plan out the window and remove the 'Rural Urban Boundary' (RUB),

a notional boundary council has put in place based on its ability to provide the infrastructure needed for new housing. But don't worry, Government will make sure infrastructure is provided... sound familiar?

Currently green field development is cheaper, for developers, the problem is these don't bear the full cost of infrastructure (as we've seen with the traffic in Kumeu) and because ratepayers are effectively subsidising development in green fields it has skewed the incentives towards this activity. Brown field developments where the infrastructure is in place have higher land costs because the investment in infrastructure is built in to the value of the property. The difference between the two types of development are the mess we see in the area around Kumeu. Council has estimated the real cost of green field infrastructure per dwelling is \$140,000. Development Contributions pay for a small fraction of this cost, you and I are subsidising the rest through rates and living with the external effects. It's great for land-bankers, developers and purchasers, convenient for a Government wanting a quick fix, but hopeless if you have to deal with the traffic each day.

There is currently enough land available in both green and brown field areas to build the houses Government says are required. The question is, why aren't these being built? I would hazard a guess that if all those houses suddenly came onto the market at once developers would go bust, there's no incentive for landowners or developers to bring the market price down. Blaming Council for the issues is a great diversion from the complicated market forces at work.

I can imagine land bankers will be agitating the Housing Minister and MP's to have the RUB removed, they won't be losing any sleep over the traffic mess, lack of schools, or the unfair cross subsidisation we have to pay for their developments.

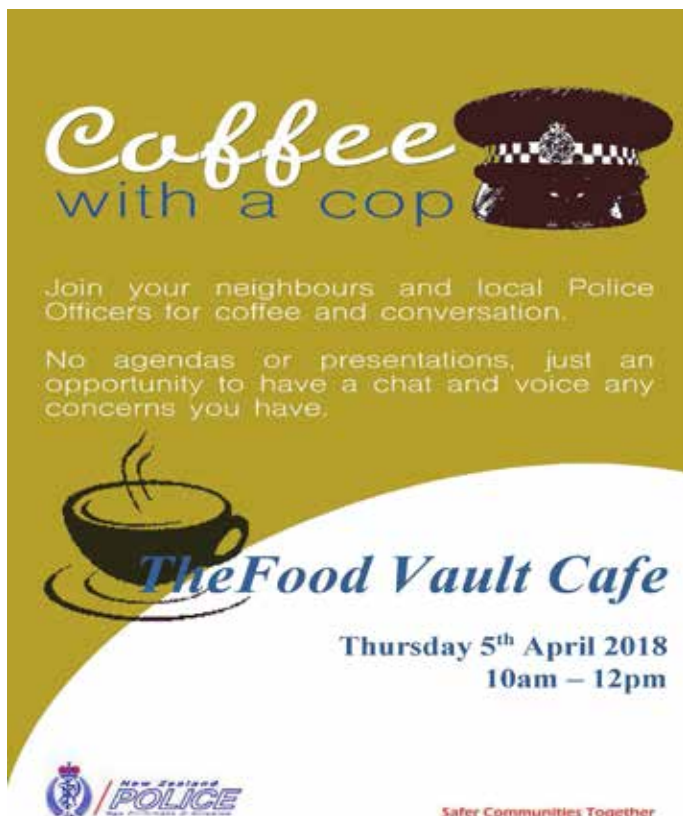
The Housing Minister shouldn't be seduced by the simplicity of the idea that removing the RUB will magically unlock more land for housing, bring prices down, and solve the 'housing crisis'.

Council put the RUB in place to ensure it could roll out all the services needed for new development. It didn't come up with this idea overnight, it took years of planning to work out what was going to be needed and where. The Special Housing Area fiasco has starkly shown what happens when this process is ignored.

We have a plan in place for Auckland. If Government wants to work within that to encourage housing in the land currently zoned for development there are plenty of ways it can do this – Hobsonville being a great example. It doesn't need to foist poorly executed quick fixes with vague promises of infrastructure on rural areas and then turn a blind eye to the resulting chaos.

Let's hope we aren't about to see history repeating itself, because if the RUB is going to go, your commute to work is about to get even worse!

You can read the Council report on this by googling 'Brown




Coffee with a cop

Join your neighbours and local Police Officers for coffee and conversation.

No agendas or presentations, just an opportunity to have a chat and voice any concerns you have.

The Food Vault Cafe

Thursday 5th April 2018
10am – 12pm

 **NEW ZEALAND POLICE**
Safer Communities Together



Kirstyn Campbell

Mum of 2 and Mums' Fitness Specialist

Founder/Trainer of KC Fit and 'Tight Mummy Tummy & Bits'

022 637 5410

kirstyn@kcfit.co.nz

fb.com/KCFITNZ

Field Bounce Auckland Council.

If you need assistance with council matters or want to discuss community projects, please email me at; phelan.pirrie@aucklandcouncil.govt.nz or phone 021 837 167.

WATCHING OVER THOUSANDS TAKES MIGHTY MURIWAI WORK

More than a lick of paint is needed to get the watch tower at Muriwai up to scratch. The facility has overseen thousands of swimmers and board riders since it was built in 1996 and now needs a complete refurbishment. Muriwai Volunteer Lifeguard Service surf life saver Tim Jago and life member Neil Reid say infrastructure, particularly for Wi Fi and communication systems, decking and the building itself has to be upgraded. This will bring it up to health and safety standards and also give the life guards better working conditions. Summer's hot and humid conditions have continued to draw record numbers of crowds from around Auckland and afar. "Muriwai has been the busiest club in the country by about one-third in the last decade," says Jago. "Especially in the last few years with the motorway extension and being the easiest west coast beach to access." Waimauku Lions will be fundraising for the tower upgrading at its annual gala on April 28 from 9am to 3pm at Waimauku Village. The event features stalls, a garage sale, children's activities, a raffle and food and refreshments. Gala organisers offer free stalls for stall-holders but just ask for a donation. They are also wanting items for the garage sale and need entertainers. Email Cherie at lionswaimauku@gmail.com or Grahame at grahame.edmonds@4x4cartage.co.nz or phone 09 411 7043 for more information. *Meanwhile, Waimauku Lions is preparing contact

details for its next community directory. Grahame says mobile phone numbers will be added as many residents don't use land-lines. "We've been getting people calling us wondering why they haven't got a number in the directory- that's because maybe they've changed their telephone supplier." Email Grahame at grahame.edmonds@4x4cartage.co.nz for anyone interested in going into the directory or changing their existing details.

CHIROPRACTIC AND HEADACHES: WHAT'S THE CONNECTION?

A headache is the body's way of telling you something isn't right. But what you may not know is that the headache doesn't always originate in or near the area where you feel pain. When it comes to your body, everything is connected. For example, a wrist problem can actually be a spinal complication, whereas elbow trouble can actually result from a shoulder issue. Of course, headaches can also be directly related to the spine, being caused by a number of reasons including: Compensation for low back problems, Misalignment, Poor posture, Muscle spasm. Chiropractic care is a natural regime that promotes the body's own healing ability. At Kumeu Chiropractic, we see many practice members who come in seeking relief for headaches. To their surprise, Chiropractic isn't just about bringing relief—adjustments may actually help correct the underlying issue at hand to help prevent a relapse in the future, and other health issues can often resolve as well. Are you tired of taking painkillers for the pain in your head or neck? Whether you've exhausted traditional methods or are just starting to look for a more natural way to eliminate your headaches, contact Kumeu Chiropractic today to find out how we can help. Kumeu Chiropractic. 8 Shamrock

Proud to be
your local builder



RODNEY WEST OFFICE
3C Matua Road, Huapai.
(09) 412 5371

SHOWHOME
7 Grove Way, Riverhead
OPEN Everyday 12.00pm-4.00pm

G.J. Gardner. HOMES

0800 42 45 46 www.gjgardner.co.nz

Drive. Kumeu – phone 09 412 3356.

SCHOOL MATHS HAS CHANGED

Are you finding it more difficult to help your child with their maths homework? Do you find they do things differently in school now? National Standards in education now require students to demonstrate several strategies to solve problems - whereas, in the past, they could use just one - usually an algorithm. Now children develop their understanding of a concept by approaching it several ways. Greater thinking skills and an increased number of strategies are required. They not only have to find the answer to problems but also demonstrate their thinking in the process. At NCEA level, students may only achieve Excellence if they present a detailed explanation - both verbal and numerical - of how they reached their conclusion. The teachers at Kip McGrath Education Centres are all qualified teachers who follow the National Curriculum. They support current educational approaches to the teaching and learning of mathematics in the classroom but concentrate on the basics of Numeracy to ensure all essential skills are developed. They also communicate with teachers at the various schools to ensure consistency. If you are having problems helping your child with their homework, call Lynne or Roy at Westgate Kip McGrath – 09 831 0272.

MIND BODY CONNECTION – YOUR BODY IS LISTENING TO EVERYTHING YOU THINK AND FEEL

What I do is a different way of looking at your life - I teach that you are WHAT you are, you HAVE what you have, you are WHERE you are, you are WHO you are – BECAUSE of what you think and believe about yourself. The way our bodies are also fits into this. Our bodies can be looked at as an extension of our emotions and beliefs. The way our physical body presents itself can't be separate from our mind and emotions – they are one. Our bodies are teaching us, showing us how we have been being



Angela Little Licensed Agent / AREINZ
Residential Sales & Property Management
09 412 9890 / 021 421 967 / www.angelalittle.co.nz

Ray White Damerell Group Ltd., Licensed (REAA2008).

and what our next thing to learn is. If we are less than satisfied with our weight the first thing we do is hit the gym and change our diet – we work on the outside. But it doesn't often work or last. We go back to old ways; the fat comes back. Making those changes is hard and too much effort to keep up with. We measure ourselves and are defined by what we see on the outside – We try and fix our external state. But it's our internal state that we need to be paying attention as they are connected as one. We forget to look at the inner work and how important it is. Your body knows how to heal, it knows its healthy weight. Your body has a will, a love for life an intelligence. We are often getting in the way! When you cut yourself, your body knows exactly what to do mend itself, we just let it do its thing. But we can get in the way with our negative thinking, negative self-perceptions, negative emotions and beliefs about ourselves that don't serve us. Believe me if you have guilt or fear your not lovable enough, and you habitually think and live this way for 20 years – it is enough to wear a body down. We tend to focus on what we don't want to have happen rather than what we do want to have happen. We look in the mirror and our eyes go straight to the bit we think is the fattest – Yip, still fat. What do you think that does to our body? Every thought we think is chemical communicating with our body. Our mind and emotions are leading the way to health or illness. This goes for headaches, back pain the flu, that bung knee, a bloated stomach and even cancer. When we don't sort out our 'deep down' stuff then it starts to manifest itself physically. We all know we get headaches from stress or carry burdens in our shoulders – and that's the small stuff. When you have manifested a big illness then its really time to look at your inner world. Our bodies don't just happen to catch something out of the blue, our bodies and health are a result of something, and working out what that something is, is what I do. For a one off 2-hour session call Anna Wheeler 021 555 658 anna@thinkyourbest.co.nz.

HOW LONG IS A LONG TIME?

It depends on what you're talking about... If you're waiting to go on holiday sometimes a week can be too long... But how long have you lived in your home? 1 year? 2 years? 20 years? Some definitely would say "that's a long time!" Many have lived in the same space even longer than this and still don't see it as a long time. If you're being affected by Geopathic Stress it certainly would be a long time. Geopathic Stress is noxious earth energy that, if present where you like to spend time stationary like your bed/office/couch for example then 1 month will be too long. Firstly you would start off by feeling drained, not sleeping, and irritable, perhaps have skin issues, like psoriasis/eczema or have frequent headaches/migraines or gut issues. Then the longer you stay 'living' in this space, the more it will start to affect you. Then Crohns, arthritis, insomnia, depression, the list goes

YOUR LOCAL SCAFFOLDING COMPANY



ROMAN
SCAFFOLDING

safety · reliability · service

- ▶ Free Quotes
- ▶ Competitive Pricing
- ▶ Great service
- ▶ Small and big jobs

Freephone: 0800 ROMAN 1
E: scaffold@romanscaffolding.co.nz
W: www.romanscaffolding.co.nz

on and on. Read more about it on my website or give me a call and let's make sure you are not sleeping on Geopathic Stress? www.clearenergyhomes.com or Nicky 021 545 299.

SELLING YOUR HOME IN WINTER

Autumn is here and winter is not far away, so you may be thinking that it is better to wait until spring before you look to put your house on the market. Think again! There are some advantages to selling your home during winter. Your local Real Estate Agent will help guide you, but winter can be a great time to sell! Here are some reasons why. There are buyers, even in winter: There are always buyers in the market. Life changes that cause buyers to look for a new home occur all year-round, not just during spring and summer – a new job, growing family or downsizing, marital changes. Fewer homes on the market means less competition: There are usually fewer homes on the market in winter, which means less competition and a better chance of your home standing out. Motivated buyers: Buyers who are out looking during the winter months are extremely motivated. People willing to brave the cold and wet weather are serious about finding a home and are more likely to be qualified and pre-approved for a mortgage. Better price for your home: Because there are fewer homes for sale, if you market your home right you have the potential to get a better price for your home. Here are a few tips to help make your home look appealing during the winter season: Wash down the house exterior, including paths and driveways. All outdoor lighting must be working and on during viewings. Clean the garden and mow the lawns. Provide photos of what the garden looks like during the spring and summer months. Ensure your home feels warm and cosy. Put on all heating including fires, underfloor and bathroom heating. Turn on all lights in the house to create a bright and welcoming environment. Dehumidifiers and washing must be put away. Use essential oils to mask any winter smells. Mike Pero Real Estate Ltd Licensed REAA (2008) phone 0800 900 700.

HEALTH & WELLNESS CLINIC

Headaches, insomnia, stress, fatigue? Learning difficulties, concentration issues, bed wetting? Kids full of colds and flu all the time? Just not feeling great...? Consider an NIS treatment. The Neurological Integration System is a non-invasive treatment using muscle testing to help determine what is going on in your body, and causing the unwanted symptoms. This treatment has been life-changing for some people, and may help you achieve optimal wellness. For more information or to make an appointment, contact Celia Buckwell (qualified Naturopath & NIS Practitioner) on info@cuwellclinic.co.nz. The clinic is located inside the Massey Unichem Pharmacy, 396 Don Buck Road, Massey.



RIVERHEAD
PHOTOGRAPHY

FOR STUNNING NATURAL PHOTOS OF FAMILIES AND KIDS

P: 09 412 6350
M: 021 083 70700
E: [INFO@RIVERHEADPHOTOGRAPHY.CO.NZ](mailto:info@riverheadphotography.co.nz)

RIVERHEADPHOTOGRAPHY.CO.NZ

Easter Sale

Feijoas

30% OFF



Blueberries

30% OFF



Terracotta Pots

30% OFF



OPEN FOR
BREAKFAST & LUNCH

Muffin or Scone or Doughnut
PLUS Regular Coffee or Tea

\$6

CAFÉ  BOTANNIX

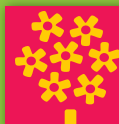
All offers valid until Mon 16 April inclusive. Valid at Palmers Westgate only.



GET A \$10 REWARD
WITH EVERY \$100 SPEND
JOIN IN STORE OR ONLINE



PALMERS.CO.NZ



Palmer's

Cnr Maki St & Northside Drive, Westgate. Ph: 09 810 8385

Open 7 days: 8.30am - 5.00pm.

THE GREAT OUTDOORS

LATE SUMMER FISHING OPPORTUNITIES

Auckland may well be a pretty easy place for the rest of the country to knock and I guess a fair amount of the ribbing can be justified, but we can genuinely hold our heads high when it comes fishing. The fact is that there are very few major metropolitan centres on the planet that can compare with the piscatorial opportunities that lie on our doorstep.



After summer's frenetic rush of boating activity has died away and we settle back into our daily work routines, the late summer, early autumn fishing around our shoreline can be nothing short of sensational. Snapper can be found almost anywhere at this time of year. All the inshore Hauraki Gulf channels such as the Rangitoto, the Motohuie, Sergeant, and Tamaki Straights ... are a sure thing at the moment. Boats are generally congregating in these areas for good reason.

If you are limited by the size of your boat or perhaps you don't have one, don't fret as the upper harbour is full of beautiful legal sized pannies at the moment and you can target them from any of the upper harbour wharfs or rocky outcrops where a short cast can place your bait on edges of any of the main channels. Focus on these channels where the fish funnel in and out with the tides. Particular attention should be given to the holes as fish will inevitably gather in them.

The shore lines of the East Coast Bays, Whangaparaoa, and the west coast beaches are all firing for the land based fish as well. In fact the entrances of both the Manukau and the Kaipara ought to be considered as seriously hot spots and if you take the opportunity to swim a tempting live bait or cast a tempting top water lure you will inevitably sooner rather than later be rewarded with kingfish as well.

So where to find the fish is taken care of, that's the easy part. Now you just need a game plan on how you want to target them. Typically, if you are a bait fisherman you'll be best off fishing at anchor and employing berley to attract the fish to you. It's not rocket science, just get your berley as close to the bottom as possible, preferably feeding back into a hole or some reeflike structure that will likely hold fish, then use a strayline rig with as little weight as possible to carry your bait down to where the fish are getting excited. Try using circle hooks as they are not only superb at hooking fish, they almost always set the hook into the corner of the fish's mouth, making handling and releasing fish easier and vastly improves its chances of survival if you are releasing it.

If you are lure fishing, be it soft plastics or slow jigs, then you'll need to be drifting to cover ground and essentially hunting for the fish. Berley is pointless but a sea anchor or drogue is essential if there is any wind blowing as it'll control your drift speed to manageable levels as well as keeping the boat sitting at a consistent angle. With soft plastics cast ahead of the boat, or in other words, the direction you are drifting allowing your vessel to drift over the top of your lure. The secret to soft baiting

is getting the amount of weight you use right. Jig head choice is imperative. You must have enough weight to enable you to get the soft plastic lure to the bottom, but only just! Too much weight and you'll end up getting snagged on the bottom and your lure won't work naturally. Not enough weight and you won't be getting down to where the fish are. If you are drifting the channels and you're in say 10-15m of water, try starting out with a half-ounce jig head and adjust as required. Deeper water with lots of current will likely demand a heavier jig head and the opposite is true if you are in shallow water where there is less movement. Give your lure enough time to sink and then work it back towards you imparting life in the lure and hang on for the predatory strike of a hungry snapper.

Come in and see us at either Westgate or the North Shore if you'd like more information. We're open 7 days and we'll happily steer you in the right direction.

MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Sun 1 Apr	-	04:31	10:34	16:54	22:56
Mon 2 Apr	-	05:12	11:13	17:34	23:34
Tue 3 Apr	-	05:52	11:49	18:12	-
Wed 4 Apr	00:09	06:29	12:24	18:49	-
Thu 5 Apr	00:44	07:06	12:58	19:25	-
Fri 6 Apr	01:19	07:43	13:34	20:02	-
Sat 7 Apr	01:57	08:24	14:16	20:44	-
Sun 8 Apr	02:44	09:13	15:08	21:35	-
Mon 9 Apr	03:44	10:19	16:15	22:44	-
Tue 10 Apr	05:00	11:35	17:36	-	-
Wed 11 Apr	-	00:01	06:13	12:42	18:46
Thu 12 Apr	-	01:07	07:12	13:37	19:42
Fri 13 Apr	-	02:00	08:01	14:25	20:29
Sat 14 Apr	-	02:46	08:45	15:08	21:11
Sun 15 Apr	-	03:29	09:27	15:50	21:52
Mon 16 Apr	-	04:11	10:07	16:32	22:33
Tue 17 Apr	-	04:52	10:49	17:14	23:14
Wed 18 Apr	-	05:35	11:30	17:56	23:55
Thu 19 Apr	-	06:18	12:14	18:40	-
Fri 20 Apr	00:39	07:04	13:00	19:26	-
Sat 21 Apr	01:26	07:54	13:50	20:17	-
Sun 22 Apr	02:20	08:50	14:48	21:14	-
Mon 23 Apr	03:23	09:54	15:57	22:20	-
Tue 24 Apr	04:35	11:04	17:10	23:31	-
Wed 25 Apr	05:46	12:12	18:20	-	-
Thu 26 Apr	-	00:40	06:51	13:14	19:23
Fri 27 Apr	-	01:41	07:49	14:10	20:18
Sat 28 Apr	-	02:35	08:40	15:00	21:07
Sun 29 Apr	-	03:23	09:26	15:46	21:50
Mon 30 Apr	-	04:07	10:08	16:28	22:30

Source: LINZ. 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.



— THE AUTEX —

MURIWAI OPEN

12TH- 15TH APRIL 2018
MURIWAI GOLF CLUB

The Jennian Homes Charles Tour is made up of six events and is named in honour of New Zealand's legendary Sir Bob Charles. It is designed to provide an opportunity for young, talented, local amateur golfers to play alongside New Zealand Golf's elite squad members, as well as seasoned New Zealand based professional golfers.

The Autex Muriwai Open is a high profile West Auckland event that gets national and local radio, TV and print media coverage.



BUILDING THE FUTURE OF
NEW ZEALAND'S EMERGING GOLFERS.

RIGHT ON YOUR DOORSTEP, ON THE BEAUTIFUL
MURIWAI GOLF LINKS, YOU CAN RUB SHOULDERS
WITH THE PRO'S.

SPECTATOR ENTRY IS FREE OF CHARGE, AND YOU
WILL GET THE CHANCE TO CHEER ON NZ'S BEST.
PAST WINNERS OF THIS EVENT INCLUDE LYDIA KO
AND RYAN FOX.

For more information contact Andrew Jackson on 09
411 8454 or muriwai.manager@golf.co.nz.



AUTEX





A GREAT CATCH

The best gear and advice to get you Out There Doing It!

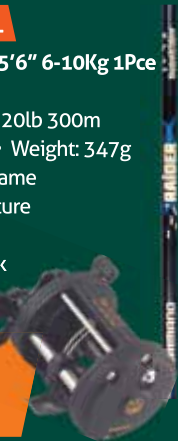
SHIMANO COMBOS

EXCLUSIVE TO
Hunting & Fishing
NEW ZEALAND

HOTDEAL

- TR200G / Raider 5'6" 6-10kg 1Pce**
- Ratio: 4.6:1
 - Mono Capacity: 20lb 300m
 - Max Drag: 6kg • Weight: 347g
 - XT7 Graphite Frame
 - Level Wind Feature
 - EVA Grips
 - Integrated Blank

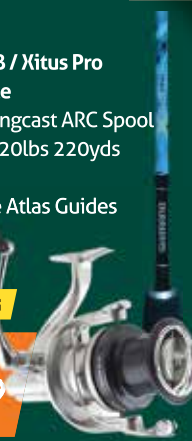
ONLY
\$99.99



- Aerlex 10000 XSB / Xitus Pro 13'6" 6-12kg 3Pce**
- Ratio: 4.6:1 • Longcast ARC Spool
 - Mono Capacity: 20lbs 220yds Aerowrap II
 - American Tackle Atlas Guides
 - EVA Grips

FREE TACHLE BAG

ONLY
\$249.99



- Sahara Fi C2500 / Xitus Pro 7' 4-7kg 2Pce**
- Ratio: 6.2:1 • Max Drag: 11kg
 - Power Pro Capacity: 20lb 220yds • ARC Spool
 - Sea Guides
 - Cork Grips

ONLY
\$199.99



- Baitrunner 12000 D Combo - 2 rod options**
- 4.6:1 • 30lb 245yds
 - Max Drag: 12kg
 - 850 grams
 - AeroWrap II
 - EVA Grips

Raider BTR 7' 10-15kg 1Pce

ONLY
\$299.99

Xitus Pro BTR 6'10" 10-15KG 1Pce

ONLY
\$349.99



- Sustain Fi C3000 XG / Shadow-X 7' 5-10kg 2Pce**
- Ratio: 6.0:1
 - Power Pro Capacity: 15lb 200yds
 - Max Drag: 7.5kg
 - HAGANE • X Protect
 - Nano Graphite Blank
 - Fuji MNOG Guides X-ship

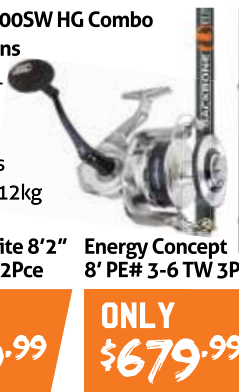
ONLY
\$549.99



- Saragosa 8000SW HG Combo - 2 rod options**
- Ratio: 5.6:1
 - Power Pro Capacity: 40lb 27yds
 - Max Drag: 12kg
 - X-Ship Backbone Elite 8'2" PE# 5-8 TW 2Pce
 - Energy Concept 8' PE# 3-6 TW 3Pce

ONLY
\$599.99

ONLY
\$679.99



- Twinpower 14000 / Energy Concept 8' PE# 3-6 TW 3Pce**
- Ratio: 6.2:1 • Weight: 650g
 - Max Drag: 25kg
 - Capacity: 300m 80lb
 - FUJI Components
 - SVX2 Carbon Blank

ONLY
\$999.99



Sabikis Lures

EXCLUSIVE TO
Hunting & Fishing
NEW ZEALAND

FROM
\$6.99 PER PHT



SALTY DOG
FROZEN & SALTED **BAIT**

Now available at both stores!

Hunting & Fishing
NEW ZEALAND

NORTH SHORE 1 Holder Place, Rosedale ☎ 09 869 3331

WESTGATE 7 Cabernet Cres, Massey ☎ 09 833 3019

Opening hours: Mon-Fri 8.30-5.30, Sat 9-5, Sun 9-4

OPEN 7 DAYS