

kumeu

# Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

KUMEU ARTS CENTRE EXPANDS

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

HUAPAI DISTRICT SCHOOL CELEBRATES CENTENARY

Circulation is 10,000 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](mailto:sarahbrightwell022@gmail.com)

April 2019

# Intro

Welcome to our April edition. Although Autumn in here there is definitely still a summer feel in the air and long balmy evenings to spend seaside. There will be plenty of feet pounding the sand of Muriwai Beach on Sunday 28 April for the third annual Turning the Tide fundraising walk. The walk, which aims to Turn the Tide on family violence, raises money for the Kia Timata Ano Trust, a local women's refuge serving the area from Taupaki through to Woodhill, including Muriwai and Waimauku. The event sees participants walk 17-kilometres down Muriwai Beach, with a shorter 4-kilometre option also available for those who still want to support the cause but who aren't up to the full distance. The \$16,000 raised at last year's walk combined with a grant from SKYCITY Auckland Community Trust allowed the refuge to employ its first male advocate. Organisers are hoping for an even bigger and better event this year with more locals prepared to join the walk and make a public show of solidarity for a community that's free of family violence. Tickets are available now at [www.turningthetide-walk2019.eventbrite.co.nz](http://www.turningthetide-walk2019.eventbrite.co.nz) April brings both Easter and Anzac Day and Kumeu Library will be closed on the following public holidays: Friday 19 April, Sunday 21 April and Monday 22 April (for Easter) and Thursday 25 April (for Anzac Day). Regular hours are 9.00am to 5.00pm Monday to Saturday. The April school holidays are upon us, and Kumeu Library has lots of free fun for children planned. Their theme for the holidays is "Weird, Wild and Wonderful", and all the activities will be just that! As well as the popular in-library scavenger hunt, these holidays they have a special 'guess how many eggs in the jar' competition – you could win a jar full of yummy chocolate Easter eggs. Every day, there will be an activity at 10.30am (with the exception of Tuesday 23 April), and the programme includes storytimes, optical illusions, magical water blossoms, a Kahoot quiz, coloured rice pictures, and weird and wacky monster art – follow them on Facebook ([www.facebook.com/kumeulibrary](http://www.facebook.com/kumeulibrary)) to keep up with when each activity takes place.

I would like to take the opportunity to acknowledge the shock, grief and utter disbelief that our country is feeling following the events in Christchurch last week. I urge all of you to stand against evil and embrace your neighbours, wherever they may be from. Auckland is one of the most ethnically diverse cities in New Zealand, so it is even more important for us to stick together and look after one another in times like this. Although this was an isolated incident by a deranged extremist, I can't help but think that all he really achieved was increased solidarity amongst our people. He is not NZ. We will never be like him, remember that.

As always, Stay safe – Be Kind  
Sarah, Editor.

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# kumeu Courier

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### Questions and feedback:

Sarah Brightwell

P 021 250 7324

E [sarahbrightwell022@gmail.com](mailto:sarahbrightwell022@gmail.com)

W [kumeucourier.co.nz](http://kumeucourier.co.nz)

Cover photo: Mayer Barton cuts the cake.

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

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# PEOPLE & PLACES

## HUAPAI DISTRICT SCHOOL CELEBRATES CENTENARY IN STYLE

Stories by Geoff Dobson.  
Principals past and present,  
from left, John Petrie, Tim  
Armstrong and Kevin Cronin.  
Photo: Lesley Whyte Photog-  
raphy.



The Chicks were there as for-  
mer pupils and staff in their hundreds came from far and wide  
to the Huapai District School centennial on March 15 and 16.

The Donaldson sisters Suzanne Lynch and Judy Hindman, who  
rocketed to fame in 1960s as Kiwi pop duo The Chicks on televi-  
sion series C'mon attended nearly all the events.

They watching as pupils doing a "Dance Through the Decades"  
even included a tribute to them with a brief version of "The  
Hucklebuck", a song The Chicks adapted from 1949.

Suzanne and her band went on to perform at the centennial  
gala dinner and dance in the Kumeu

Community Centre the same evening, briefly joined on stage  
by Judy.

"It's wonderful," Suzanne says of the centennial. She was sur-  
prised an impressed with changes at the school and in the area  
after growing up on a farm there in the 1950s and early 1960s.

"The whole area has changed amazingly."

About 300 people watched as four generations of the Robert-  
stein family helped cut the school's centennial cake – the hon-  
our done by youngest member Mayer Barton, 5.

Welcoming people to the Saturday event, principal John Petrie  
said past pupils and staff had created a legacy which had sown  
the seeds for years to come.

He led a minute's silence for those involved in the previous day's  
"massive tragedy" in Christchurch, the school also contributing  
its help through a fundraising barbecue.

Former pupil Neil Calder spoke about his grandfather Richard  
Arthur Barnes being a foundation pupil in 1919 after arriving  
with family on the ship "The England".

Neil was a pupil at Huapai District School from 1967 to 1975 and  
says about 19 family members had attended. "I remembered  
the Governor-General (Sir Arthur Porritt) arriving in 1969 and  
was most impressed with his uniform and braid – but that



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turned out to be his aide."

He recalls the moon landing the same year was also a big event. Neil returned to visit the school occasionally while serving with the Kumeu police, continuing that service in the South Island. He says the school was "a great place to be and it as a great area to grow up in".

The oldest past pupil at the event, Roger Garry, 94, of Tauranga, was acknowledged.

Former junior teacher from 1964 to 1977 Joan Parker rang the school bell to signal an end to the day's formalities and a start to photographs of those present by the decade.

Joan showed a rose she'd been given by a pupil 50 years ago which she had propagated and planned to bring back to the school to plant.

She says the flower's colour matches the red stripes on the school uniform, so it would be perhaps fitting to call the rose the "Huapai School rose".

"I'd like to know who the girl was who brought it to school for me," says Joan, adding that pupils often brought flowers to school for their teachers in those days.

After the ceremony, visitors were treated to a tour of the school led by senior pupils.

All who attended enjoyed catching up with friends and recalling their time there.

The Chicks - Judy and Suzanne.



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## KUMEU ARTS CENTRE EXPANDS

Two relocatable 'pods' have been added to the Kumeu Arts Centre, providing a second gallery and a third workroom for community hire.

The extra rooms have been built by Eco Pod Concepts in Dairy Flat, with \$379,000 allocated by the Rodney Local Board for the project.

The centre also raised funds through donations and an art auction – and will use the money to finish off and furnish the rooms, Kumeu Arts Centre manager Jago Neal, pictured, says.

He expects the rooms will be well used, with many inquiries already received for use of space at the centre.

"Along with many regular art classes and groups in creative areas, we also have ABC language school here, life coaching and a new creative writing group starting soon, as well as various health and social development organisations," Jago says.

"People are lined up to go into them, and there's a growing demand for venue hire."

Jago says the centre's pods are in the area at the rear and will include decking, while further car parking and landscaping is planned as well.

He believes the project sits well with the Huapai Hub development and landscaping.

During two years working at the centre, Jago says he's seen considerable growth.

"The pods give us more options and can be used for many purposes."

Jago hopes to see the extensions completed and ready to use by about May.



**Pete Sinton**  
Managing Director

**09 412 2016 | 021 637 772**

49 Beach Street, RD 2, Sandspit, Auckland 0982

[petesinton@townplanner.co.nz](mailto:petesinton@townplanner.co.nz)

## KUMEU "MESSY CHURCH" STARTS

The new look St Chad's Anglican-Methodist Church in Huapai has barely finished reopening celebrations when it's about to get "Messy".



Working in conjunction with the Kumeu Baptist Church, St Chad's starts a new venture called a "Messy Church" on April 13, 4pm-6pm.

Messy Church is a church for everyone who may not feel comfortable attending a 'normal' church service and who maybe doesn't yet belong to a church, St Chad's Church Council chairman Colin Newel explains.

"It is run in many locations around New Zealand and typically includes a meal, hands-on activities such as arts and crafts and more, suitable for all ages."

Colin says the logic behind the name is that "we're all messy, our lives aren't perfect, our families and children aren't perfect and we believe the best space for God to deal with us in our messiness and disorder is in church. Come and join us."

It goes one stage further in that the craft and games element allows everyone to come along and get messy in a relaxed atmosphere, Colin adds.

St Chad's has just completed a month of celebrations in March following a 10-month rebuild costing nearly \$1 million, after it was discovered to be a leaky building.

It was reopened just in time for Christmas worship, with some minor work and landscaping completed later.

The Auckland Anglican Diocese contributed much towards the rebuild cost, so the church reopened without any debt.

"The celebrations were wonderful with well attended concerts on February 24 and March 9 and a fantastic service of dedication and blessing of the 'new' church led by Right Reverend Ross Bay, Bishop of Auckland," Colin says.

He welcomes all to check out the Messy Church from April 13. Visit [www.saintchadshuapai.com](http://www.saintchadshuapai.com) for more information.



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## WARM WELCOME AT THE FIREPLACE BAR & RESTAURANT

The Fireplace Bar & Restaurant in Kumeu is renowned as a great place to go to catch up for a meal or just a casual drink.

Owner Mike Singh of Kumeu has been in the area 15 years and has been running The Fireplace at 64 Main Road for 10 years.

"So we have seen what works," he says.

A good range of excellent food is provided with top service. Some of the favourites include pork ribs, pork belly, steaks and Cajun chicken. The bar menu has a big selection of finger food and sharing plates.

"At The Fireplace we have a special every day of the week, so just pick your favourite," Mike says.

Monday is "Curry Nite", while the popular "Pasta and Wine" is on Tuesday, followed by gourmet burgers on Wednesday and pork ribs on Thursday – all for \$18. Plus there's Happy Hour (or two) Friday 4pm-6pm, with \$10 desserts Saturday and kids dining free on Sundays.

Gold card specials are provided early in the week as well.

In fact, Mike – a former real estate agent – is very community minded. He offers use of a functions/meeting room at the rear to community groups such as the Kumeu Club and other community-based organisations.

Mike is also a big supporter of local schools and organisations, having some involvement in Taupaki School's fundraising cookbook 'gather', for instance.

Wedding receptions and many other functions are also catered for at The Fireplace, able to provide for 80 to 100 people at a time. It has plenty of room with seating for about 80 inside and provision for a further 40-50 outside.

The Fireplace is a great place for a catch up with friends and work colleagues.

It's fully licensed, has a delicious lunch, brunch and dinner menu, and serves coffee from local roasters Altura coffee.

The Fireplace is open seven days, noon to 10pm.

Visit [www.thefireplace.net.nz](http://www.thefireplace.net.nz) or phone 09 412 6447 for more information.



## STIHL SHOP KUMEU STOCKS ALL YOU NEED FOR THE JOB

Any tools needed for the home, garden, lifestyle block, farm or business can generally be found at the Stihl Shop at 54 Main Road in Kumeu.

The family-run business has thousands of items from chainsaws and mowers to water blasters and drills available, including battery and petrol options in many cases.

And there's a huge range of accessories too.

In fact, there's little you cannot get – and that's across a range of brands other than Stihl.

The Stihl Shop only stocks brands and tools staff know and trust, and they can match tools for the job and provide expert advice.

They'll even loan items while a customer is getting a product serviced or repaired.

The Stihl Shop Kumeu provides services to many people in the surrounding district and has recently expanded to Helensville where people can drop off and pick up items for repairs and service on Tuesdays and Fridays at Farm Source, 9 Commercial Road.

That close involvement with the local community extends to supporting various groups and causes, such as the Kumeu Rugby Club and the Kumeu Volunteer Fire Brigade.

"Last year we ran a women's night to provide safety tips on garden equipment and other tools women might use," says marketing and administration representative Rae Deakin whose family, Craig and Margaret Walker, have run the business since 2015.

That's not the same Craig Walker who operates the nearby Craig Walker Building Removals, although that Craig speaks very highly of the Stihl Shop Kumeu.

"We're often working out the back of nowhere and the last thing you need is equipment failure," says Craig, adding that nearly every tool for his business comes from the Stihl Shop Kumeu or is serviced there. "Stihl doesn't let us down."

Just like Craig's close involvement with Massey High School, the Stihl Shop Kumeu also takes on some of the school's students for work experience and training. In fact, two students have joined the Stihl Shop's eight staff.

The Stihl Shop Kumeu is open 8.30am-5.30pm Monday to Friday and 9am-4pm Saturdays.

As seen in the Kumeu Courier April 2019



# SAFER COMMUNITIES

February and March have been a busy time for the Waitakere Fire Brigade with members attending the usual calls as well as being deployed to assist with controlling the fires in Victoria and Tasmania in Australia.

On top of this, three station members were sent to Nelson to assist with crews from all over New Zealand. The Nelson wider community were fantastic in supporting the emergency services and were very hospitable.

These deployments are a great way to use your skills in a different environment and an ideal time to pick up new ones while working with like-minded people trying to make a difference.

2019 is a good year to assist a local community group. If you or your family are not presently volunteering in your community then make a call to donate some time to help yourself through your community. The benefits include:

- Meeting new people with similar interests
- Developing new skills and experiences
- Getting a greater sense of personal achievement
- A feeling of involvement and participation in the community
- Having a number of buddies to do things with
- Engaging on a business, social and personal level

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

Dennis Cooper  
Station Officer  
Waitakere Volunteer Fire Brigade





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# COMMUNITY NEWS

## SENIORNET KUMEU INC.

The first signs of autumn are showing and it won't be long before the nights are drawing in. What will you be doing during the cooler weather when the beaches and gardens stop beckoning? Why not finally get around to learning a bit more about your computer or iPad or even your new mobile phone.

SeniorNet Kumeu Inc. is dedicated to helping people who want to keep up with today's technology, who either don't how to use a computer, smartphone, or tablet or simply want to improve their skills. We are a relaxed and informal club with tutors who teach at a pace that suits our members.

Technology is here, not to ruin our lives, nor to make our lives more complicated. In fact, it's the other way around. Technology can help us become more informed so we can make better, sound decisions. All seniors should embrace it. Keeping up with tech is fun and easy. Just get started!

If you would like to join our club, we meet at 10am on the first Wednesday of each month at St Chads Church Hall Huapai, just come along to our next meeting on April 3rd or contact: Brian Lacey on 022 1831811 [brian@lacey.nz](mailto:brian@lacey.nz) or Nigel Dempster at [nigeldem@outlook.com](mailto:nigeldem@outlook.com).

## BUSH SAND AND SEA

Are you needing accommodation while working in the area on short term contract, in between house moves or relocating? Our tenants will be given unique

terms and conditions, subject to negotiation, and depending on the length of stay and time of year.

Bush Sand and Sea Bed and Breakfast is a self-contained and elegant accommodation at Bethells Beach and is on a private 10 acre block of land, nestled in the native bush of the Waitakere Ranges of Auckland's wild West Coast. It is suitable for a single person or a couple, no children or pets. We are 40 minutes from Auckland Central or Akl Airport, 25 minutes from Kumeu (avoiding SH16), 12 minutes from the Swanson train station, 10 minute drive to the beach or Lake Wainamu, or the local golf course.

The single bedroomed bungalow is fully air-conditioned and heated, flanked with 2 decks, allowing private views of bush, sand dunes and the sea. We have upgraded the sofa in the lounge with a luxurious Queen-size tilt down bed. Easy to access and tilt away when you want to sit on the sofa.

We offer an environmentally-conscious yet luxurious escape, and a unique opportunity to enjoy the peace, tranquility and seclusion of this retreat, away from the office or workplace.

For further information, please contact Lyn and Alan 09 8109 584, 021 1557 443, [bushsandandsea@gmail.com](mailto:bushsandandsea@gmail.com). We can be viewed on [www.bushsandandsea.co.nz](http://www.bushsandandsea.co.nz).

## LEARN FRENCH AND SPANISH IN KUMEU

ABC Language Tuition offers adult French and Spanish language classes during the day or evening.

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ABC Language Tuition also offer after school language classes at Waimauku, Waitakere, Riverhead, Taupaki School and HPPS.

Book your spot now [www.abclanguage.co.nz](http://www.abclanguage.co.nz) or 027 490 4321.

## KAUKAPAKAPA LIBRARY

Sunday 21st April, 10am to 1pm - Inspirational fiction

Author of "Missing on Kawau", "When Hope went South" and "Unshakable", Christian writer Patricia Snelling pens inspirational romantic suspense and light mysteries. Her stories are based on faith, hope and love and in particular the ability to rise above circumstances and overcome setbacks. For emotional page turners of love, forgiveness and redemption, come along to the library, meet Patricia and feel inspired. For more info contact Megan Paterson, [threehorses@xtra.co.nz](mailto:threehorses@xtra.co.nz), 021 959 017.

## KAUKAPAKAPA VILLAGE MARKET



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his mind to anything - and succeed! His latest school report is the best he's ever had." Mrs M.

Call today for a free assessment. 09 831 0272 or email westgate@kipmcgrath.co.nz.

## TURNING THE TIDE FUNDRAISING WALK



There will be plenty of feet pounding the sand of Muriwai Beach on Sunday 28 April for the third annual Turning the Tide fundraising walk.

The walk, which aims to Turn the Tide on family violence, raises money for the Kia Timata Ano Trust, a local women's refuge serving the area from Taupaki through to Woodhill, including Muriwai and Waimauku.

The event sees participants walk 17-kilometres down Muriwai Beach, with a shorter 4-kilometre option also available for those who still want to support the cause but who aren't up to the full distance.

The \$16,000 raised at last year's walk combined with a grant from SKYCITY Auckland Community Trust allowed the refuge to employ its first male advocate. Organisers are hoping for an even bigger and better event this year with more locals prepared to join the walk and make a public show of solidarity for a community that's free of family violence.

Tickets are available now at [www.turningthetidewalk2019.eventbrite.co.nz](http://www.turningthetidewalk2019.eventbrite.co.nz).

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and Kumeu Library will be closed on the following public holidays: Friday 19 April, Sunday 21 April and Monday 22 April (for Easter) and Thursday 25 April (for Anzac Day). Our regular hours are 9.00am to 5.00pm Monday to Saturday.

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And don't forget to check out our bright and colourful new display, "Don't Judge a Book by its Colour" – you're sure to find something to interest you there!

## KUMEU BLEND CHOIR

Singers wanted - Rehearsals Monday evenings 7:30 – 9:00pm.

We are back at our 'home'- St Chad's Church, Huapai and getting to grips with the new music for our next concerts. We will once again be joining with Auckland Youth Symphonic Band and Waitakere Voices in two concerts at the end of June. Then we will take part in a French Night' at the Clef Music Club in the Fickling Centre, Auckland on 16 July.

So there is plenty of time to learn new music and we welcome new singers to join us. All are welcome – basses, tenors, altos and sopranos, as we look forward to another busy, exciting year. We are a friendly group and enjoy a wide variety of music. Previous choral experience and ability to read music is helpful but not es-

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Enquiries Margaret Lindsay on 021 042 8855 or 09 849 8070; email Margaret@lindsays.co.nz.

## WAIMAUKU PLAYCENTRE'S PLAYDOUGH RECIPE

Want to make a tried and tested playdough recipe? Here is the one we love to make a few times a week at Waimauku Playcentre.

Ingredients:

- 2 cups plain flour
- 1 cup salt
- 1 tablespoon oil
- 1 cup cold water
- 2 drops liquid food colouring

Method

- Step one: combine flour and salt
- Step two: add oil, water and food colouring
- Step three: mix together and then knead well

Feel free to pop in for a cuppa & three free visits. Sessions on Tuesday, Thursday and Friday mornings.

For more information email [info@waimauku.teakoranga.org.nz](mailto:info@waimauku.teakoranga.org.nz).



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pollutants break down the lens coating causing them to deteriorate to the point that road lighting is impaired at night, and your local garage will fail a W.O.F.

Headlight units on a typical modern car tend to cost around \$1000 to replace – ouch! Or... for between \$99 - \$159 +gst you can have us come to you, restore the lens clarity on both lights, and apply a UV protective coating to prevent any erosion setting in too quickly. This brings back the lens to like-new condition – without the huge cost!

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Couples can select one of our pre-booked dates or alternatively choose to have the pop-up wedding/elopement at your choice location. Packages start from \$3500 and we will tailor make a package just for you! Get in touch with me today for a no obligations meeting to discuss your special day 027 200 4312 / [heather@pinkapple.co.nz](mailto:heather@pinkapple.co.nz).

## THE WAITORU ZONE SCOUTING MEMBERS HAVE BEEN VERY BUSY OVER THE LAST FEW MONTHS

We have had Scouts from the Waitoru Zone travel to Australia to attend the Australian Jamboree. This involved approximately 10,000 other Scouts from around Australia and the rest of the world where they experienced 10 days of adventure, making new friends as well as lifelong memories.



The Venturers attended Illuminate 2019 which brought together around 1,000 youth members from New Zealand, Australia and further afield, this was held at Kaiwaka in Northland.

Recently we had the National mud slide and water slide events for all members, brilliant weather and lots of fun had by all.

We have seen groups camp at our camping ground in Makarau and several other Scout camping sites in our local area.

The Te Atatu Sea Scouts have taken part in the Auckland regatta



**Andrew Jackson**  
General Manager

Mobile: 021 2253907 Ph: 09 4118454  
[muriwai.manager@golf.co.nz](mailto:muriwai.manager@golf.co.nz) [www.muriwaigolfclub.co.nz](http://www.muriwaigolfclub.co.nz)  
P O Box 45 Waimauku 0842, Auckland, New Zealand

which pitted them against hundreds of other Sea Scouts in the region in sailing events. I'm looking forward to more stories of their adventures on the high seas.

Thank you to everyone who popped in to say hello at our display at the Kumeu show in March. We met some wonderful people and some were even brave enough to give the stilts a go.

It's been a very adventure packed start to the year, but there is lots more to come.

In the next few months Scouts will be attending ANZAC parades, taking part in more camps and learning lots of new skills. If you want to come along and see if Scouting is for you, as a youth member or a leader, feel free to contact me at the email address below.

Want to know more, then head to [www.scouts.org.nz](http://www.scouts.org.nz) or email me [zl.waitoru@zone.scouts.nz](mailto:zl.waitoru@zone.scouts.nz). Craig Paltridge - Waitoru Zone Leader.

## FIRST RETAILERS IN MULTI-MILLION DOLLAR WEST AUCKLAND DEVELOPMENT OPEN

A new gastro restaurant and bar which is part of a new multi-million dollar retail development is among the first businesses to open at The Point in West Auckland's Te Atatu Peninsula.

CEO of The Trusts Simon Wickham says the growth in demand for premium food and beverage hospitality offerings in the local area presents an opportunity for the design of a new style of facility.

"Te Atatu Peninsula has seen a significant evolution in its demographic make-up in the past two decades but until now the retail mix hasn't caught up," he says.

The 1,100 sqm architecturally designed development at The Point will see eight new retailers opening including a new state of the art, off license liquor store, also run by The Trusts. Leases have been signed for a restaurant, real estate agent, cafe, barber and a bottle store with a further three sites remaining.

Wickham says the new restaurant and bar will provide employment for 18 locals as well as a further eight at their neighbouring liquor outlet. He says The Trusts operate as a social enterprise and have donated millions of dollars to local charities in the past year alone.



## KUMEU BOUNCY CASTLES

\*The Summer sun is slowing down but the weather is awesome

here so why not book one of our fantastic, bright, colourful castles for a fun filled day. Keep the children entertained at that magical party!

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## KUMEU GYM SMART PERSONAL TRAINING FOR KIDS AGED 10 - 14

Kumeu Gym SMART Personal Training for Kids aged 10 - 14 is starting Tuesday 2 April 4.00pm - 4.45pm

Our SMART Kids Training programme has been adapted from our SMART Shared Personal Training System but tailored for children.

The sessions will be run in a class format initially teaching kids to exercise in a safe yet fun manner, eventually progressing to supervised sessions in the gym. We have designed this system so that when our kids hit 14 and are able to exercise in the gym with their friends, they understand how to exercise and the importance of safe technique.

Our programmes will change daily and will be designed to keep kids engaged with exercises and activities utilising a variety of movement patterns that all levels can tap into. We will challenge their cardiovascular system, speed, agility, balance and muscle strength while keeping it fun.

Classes will be run on Tuesdays and Thursdays from 4.00pm - 4.45pm. Costs of the sessions will be \$12 per session paid up front for the term or \$15 per session on a casual basis. Bookings are essential as class spaces are limited.

**\*\*FIRST CLASS IS FREE\*\***

Go to [www.kumeugym.co.nz/smart-kids](http://www.kumeugym.co.nz/smart-kids) to register or call 09 412 8932.

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# IN BRIEF

## UPDATES:EVENTS

### WANT TO TRY LINE DANCING?



Want to have fun, exercise your body and brain and make some new friends? Sue Wellesley-Davies from Country Heartbeat Dance Company is ready to help! Come along to one of Sue's classes in Kumeu, Riverhead or Hobsonville. There is a class to suit all levels. Sue's students range in age from 9 right through to people in their 80's, line dancing is for everybody. Sue is also holding two special classes for anyone who is going to the Kumeu Volunteer Fire Brigade Hoe Down and wants to learn a few line dances to do on the night. The class cost is \$10 and \$5 of that is donated to the Fire Brigade. For more details you can contact Sue on 021 99 1717 or go to the Country Heartbeat Dance Co page on Facebook.

### BOOK FAIR IN KUMEU

Huapai-Kumeu Lions next Book Fair is on 25 and 26 May and people wishing to donate books can leave them at KiwiSpan, 329 Main Road, Huapai from the 13th of May (not before that day please). The fair provides a good opportunity for people who want to reduce the number of books on their shelves and for

book-lovers to view a wide selection of good quality books sold at very good prices -\$1 for soft covers. The books are set out on tables according to genre. Children's books, books on gardening, health, travel, cooking, and crafts are but a few of the subjects that supplement the thousands of novels and biographies on offer.

The Huapai-Kumeu Lions Book Fair provides for all the family making a visit an enlightening and enjoyable family experience. Lions are assisted by the local Scouts who benefit from a share in the profit.

The Fair is on 9 to 2pm Saturday 25 and Sunday 26 May in the Kumeu Community Centre in Access Road, Kumeu.

### MURIWAI ARTS WEEKEND



If you love the idea of dropping into art studios to meet the artists, learn about their creative process and see their work you will be excited.

The Muriwai Arts Group Connect Show at the Surf Club showing the work of over 40 artists (including open studio artists) and The Muriwai Arts Trail weekend is on Saturday 6 and Sunday 7 April.

Most artist studios will be open from 10am - 5pm offering a unique opportu-

nity to discover the wealth of artistic talent located in the vibrant coastal village, Muriwai. The studios include painters, ceramicists, photographers, sculptors, poets, illustrators, jewellery and embroidery. Artists include Amanda Kemp, Emma Farry, Joss Hong, Judy Stokes, Laird McKechnie, Liz Smith, Matt Sinclair, Nat Van Halle, Pat Henley, Samantha Stokes and Tanya Blong.

For more information please visit [www.muriwaiarts.co.nz](http://www.muriwaiarts.co.nz) follow MuriwaiOpenStudios on FB, IG or email [muriwaiopenstudios@gmail.com](mailto:muriwaiopenstudios@gmail.com) Help make our community the creative place to be.

### IS YOUR CHILD SETTLING IN TO THE NEW YEAR OK?



How is your child settling into kindy, day care, school or even university this year? My Miss 9 found settling in to school a little hard again this year. Spending so much family time together over the summer, she really missed that connection to us when she returned to school. Within the first week of school she was complaining of a sore tummy and not wanting to go to school. So we pulled out our special "Connected" bracelet set, that I had made for her and I last year. We sat down together, read through the card and popped our bracelets back on. She thoroughly loved the idea of knowing that we 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

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of her which 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](http://www.preciousimprints.co.nz).

## RAISING HAPPY, RESILIENT KIDS



We at Natures Explorers believe in teaching our children how to become more resilient, to problem solve, to do things for themselves, so that they feel comfortable and capable in their environment. So following on from last month where we talked about promoting independence, we are extremely lucky to have Nicky Cleary from Framework for Family, coming to our centre to talk to our parents about how to raise happy, resilient children. Nicky will be at Natures Explorers, 1 Maude St, Riverhead on WEDNESDAY 10th APRIL. We would like to open this evening up to the local community for a small donation of \$5. If you are interested in attending this event please register your interest to [nerys.natures@gmail.com](mailto:nerys.natures@gmail.com). You are also welcome to email any questions that you might want Nicky to cover on the evening. Any queries please call Nerys on 09 412 8800.

## BUYING A SECOND-HAND POWERBOAT?

If you're in the market for a second-hand powerboat or outboard only, it's a good idea to arrange a pre-purchase inspection from a qualified mechanic. But before you do, there are some checks you can do first.

1. Make sure you can start the motor and it idles smoothly.
  2. Check the controls aren't seized. Likewise, check steering isn't seized by turning lock to lock.
  3. Inspect battery and cables; test all electronics.
  4. Inspect fuel lines and fittings, squeeze primer bulb till firm, while checking for leaks.
  5. Check under the cover of motor, looking for fire damage inside cowling.
  6. Inspect all gaskets around cylinder head and exhaust plates for corrosion.
  7. Tilt motor up to inspect engine mounts, swivel points and propeller for wear.
  8. Run motor and place your hand on the cylinder head and exhaust plates. They should feel very warm, not hot to touch.
- Contact GT Marine on 09 412 8348 to book a pre-purchase check, or for more tips go to [gtmarine.co.nz](http://gtmarine.co.nz).

## SUNDAY 21 APRIL 9AM TO 3PM

We're holding our annual Easter egg hunt again so time to pack up the kids and a picnic and head to Kaipara Coast Sculpture Gardens this Easter Sunday. You may want to just pop out for an hour or you're more than welcome to stay all day. The Easter Bunny will be continually replenishing the egg stash and the sausage sizzle will run for the duration of the event so just choose the time to best suit your schedule.

If you want to come along in your bunny suit or other seasonal dress you won't be alone.

Apart from the kids play ground, picnic and Petanque areas you will also be able to stroll around the beautiful 1Km nature trail which has over 40 marvellous new sculptures on display created by local and international artists for our 2019 exhibition. \*

We also have our cute little coffee shop on site plus of course the Plant Centre for you to browse through.

A wonderful way to spend Easter Sunday and we're only a few minutes' drive North

of Kaukapakapa (and around 35 minutes from downtown Auckland).

Our knowledgeable and friendly staff will also be on hand to help with any garden related questions.\* Trail not suitable for wheelchairs or walking frames.

1481 Kaipara Coast Highway, 4km north of Kaukapakapa. \$15 per person, \$354 per family (up to 3 children) or seniors \$10. Email [info@kaiparacoast.co.nz](mailto:info@kaiparacoast.co.nz) or phone 09 420 5655.

## BAY AUDIOLOGY



Hearing loss can occur at any age and can affect your family life, social life, career, and more. If you've noticed the TV volume has crept up recently or you've been saying "Pardon?" more often, Bay Audiology can help.

Bay Audiology Henderson Clinic Manager, Ryan Johnson-Hunt says, "Many people with hearing loss put off taking action because they don't know what to expect or think it will cost too much. The first step is to book a basic hearing check which is FREE for everyone aged 18 years and over. Our friendly team will work with you to find a personalised solution for your lifestyle and budget."

Hearing aids from Bay Audiology start at \$495 with the Government subsidy (all NZ citizens or permanent residents aged 16 years and over). We also offer custom hearing protection, access to additional funding (ACC, Veterans' Affairs), and hearing aid maintenance and support.

Bay Audiology has clinics in Henderson, Kumeu, New Lynn, and Titirangi. Call 0800 600 130 today to book your appointment!

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Contact Grant 021 455 748 [grant.sewell@wetandforget.co.nz](mailto:grant.sewell@wetandforget.co.nz)

# PROPERTY

## NEWS & ADVICE

### PROPERTY MARKET REPORT

"There is a chance we could see a slight market correction as buyers' dictate market prices and market terms. Days on market is lengthening and more sales are conditional on attaining mortgage finance.

In an economic report in late November, ASB said New Zealand residential property price movements tend to broadly track those in Australia. Australian house prices are around 3 per cent lower than their October 2017 peak.

Yet Sydney prices more than 7 per cent below the June 2017 peaks, while Melbourne prices are around 5 per cent lower according to ASB economists.

"Given the falls evident in Australia, the concern is that similar weakness could be evident across this side of the Tasman and that overall NZ house prices fall," ASB noted.

The Reserve Bank appears far less concerned about our housing market now than it has been in recent years. Although house prices remain high compared to incomes and rents, escalation has waned since early 2017, it says.

Credit growth to households has returned to more sustainable levels. Banks are also more rigorously assessing customers' ability to service their loans. This means a gradual reduction in the risks which the LVR restrictions were designed to mitigate. And housing market pressures are expected to remain subdued, which will further reduce risks over time, the Reserve Bank says.

Market figures:

Coatesville \$3,513,000. Helensville

\$549,000 to \$1,520,000. Huapai \$975,000 to \$1,048,000. Kumeu \$870,000 to \$1,700,000. Muriwai \$832,500 to \$1,710,000. Parakai \$755,000. Riverhead \$1,130,000 to \$1,238,000. Taupaki \$840,000 to \$2,400,000. Swanson \$925,000. Waimauku \$965,000 to \$1,900,000. Waitakere \$860,000 to \$1,500,000. Whenuapai \$1,050,000.

Reasons to be bullish today:

- Historically low interest rates, which might stay for two years;
- Low unemployment giving job security, and mortgage repayment confidence;
- LVR restrictions easing after five years, resulting in more buyers;
- Prices have not been more stable.

Reasons to be bearish today:

- Foreign buyer ban potentially removes buyers from market;
- Tax changes for landlords, removing ring-fencing, could mean fewer sales to investors and them dumping properties onto the market;
- Current 5 year bright-line test and future capital gains tax potentially on the horizon could depress prices;
- House prices are still high compared to incomes and rents.

Call 0800 900 700, Text 027 632 0421 or email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) or for more information go to [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz) - Mike Pero Real Estate Ltd Licensed REAA (2008).

### ASBESTOS AND LANDLORDS

In unit title property, a landlord must identify and manage asbestos risk. In addition a landlord of other property appears to now have a general respon-

sibility to protect their tenants from asbestos hazards (and by analogy any other similar hazards). In a recent tribunal decision a landlord served notice that a garage would be tested for asbestos. The asbestos test was positive. However the landlord then carried out asbestos removal work while the tenant's chattels remained in the garage and while the tenants continued in the landlord's house. For this reason the tribunal found the landlord in breach of health and safety regulations and fined the landlord \$2000 as exemplary damages.

The upshot is that landlords should get specialist advice from experts about the state of their rental property including an evaluation of any hazardous material such as asbestos, insulation on the property and the tenant's ability to heat the property. Luke Kemp – 09 412 6000 or [luke@kempsolitors.co.nz](mailto:luke@kempsolitors.co.nz).

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## WHEN IS EQUAL SHARING NOT FAIR?



In November last year, the Law Commission released some proposals which it argues will better meet Kiwi expectations of fairness when a relationship ends. One key proposal is that if one partner owned the house before they became a couple, only the increase in value of the home from the start of the relationship would be shared 50:50. The house-owning party would, if the proposal goes ahead, keep the equity from the start of the relationship.

As the law currently stands, the Property (Relationships) Act 1976 provides for equal sharing of relationship property (including particularly the family home, whenever acquired). Once two people have been in a de facto relationship, married or in a civil union for 3 years or more equal sharing of relationship property will normally apply regardless of your respective financial contributions to it. That normally excludes separate property. This all seems fair in the context of a long term relationship, or where one

partner takes a break from earning to care for children, but what about where one partner already owned the home due to a previous relationship, the situation for blended families or where there are no children of the relationship?

The only way to avoid equal sharing at present is a 'contracting out agreement' requiring independent legal advice for both parties – at a cost both financially and perhaps to the relationship. Given the substantial value of Auckland property and increasing propensity for multiple relationships and blended families, this can pose a serious hurdle to romance when a 'pre-nup' is proposed by the property-owning party.

The Law Commission's proposal may not be adopted into law. It is working through the feedback with final recommendations to the Government due sometime this year. In the meantime, and that will probably be the case for several years, the current law stands.

So if you want some sound relationship property advice, get in touch with Henderson Reeves Lawyers on 09 4304350 or email Shelley Funnell [shelleyfunnell@hendersonreeves.co.nz](mailto:shelleyfunnell@hendersonreeves.co.nz) or Taina Henderson [tainahenderson@hendersonreeves.co.nz](mailto:tainahenderson@hendersonreeves.co.nz).

## PAYE - STAYING OUT OF TROUBLE

Under the Income Tax Act 2004, responsibility for the deduction and payment of PAYE to IRD rests with the employer. Under a series of provisions in the Tax Administration Act 1994 (TAA), if net wages are paid to the employee, but PAYE is not paid to IRD by the due date, then PAYE is deemed to have been deducted and deemed to have been misapplied. A person thus commits an offence if he/she "knowingly applies or permits the application of the amount of a deduction ...made or deemed made under a tax law for any purpose other than in payment to the CIR". If net wages are paid, but the PAYE is not paid onto IRD by the due date, then the physical elements are deemed to have been committed.

Moreover, ignorance of the law is not a defence when it comes to the mental elements of the offence. Knowledge of the facts i.e. payment of net wages has been made and PAYE is not paid on to IRD, is sufficient. Employers can therefore get themselves into serious trouble by disregarding their legal obligations for PAYE deductions, especially during those times when cash-flow is tight, and trade creditors have a tendency to get paid first. PAYE deductions are regarded at law as "trust funds", with serious criminal sanctions for their misappropriation. IRD can criminally prosecute director(s) on multiple charges for each PAYE period, as well as take civil action to recover the PAYE when breaches occur. Given that under the TAA, criminal liability can potentially result in a taxpayer's imprisonment, especially where there is repeat offending, it is imperative that directors/employers are aware of their legal obligations, the civil and criminal penalties and get immediate legal advice. The legal team at Gina Jansen Lawyers are highly experienced tax and courtroom lawyers. We can advise and act for clients where criminal charges are laid, as well as provide support and guidance in this area to our client's professional representatives, such as accountants. Please call us 09 869 5820, or email [gina@gina-jansen.co.nz](mailto:gina@gina-jansen.co.nz) or visit our website at [www.ginajansen.co.nz](http://www.ginajansen.co.nz) for more information.



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Suburb	CV	Land Area	Floor Area	Sale Price
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Helensville	1,500,000	2.29HA	244M2	1,520,000
	960,000	3810M2	157M2	885,000
	890,000	7100M2	291M2	1,020,000
	600,000	503M2	120M2	549,000
	710,000	1012M2	115M2	735,000
	600,000	687M2	87M2	630,000
Huapai	1,250,000	2.39HA	222M2	1,240,000
	1,100,000	450M2	261M2	985,000
	1,075,000	627M2	219M2	975,000
	1,050,000	574M2	211M2	1,048,000
	1,100,000	671M2	222M2	1,035,000
Kumeu	890,000	630M2	150M2	720,000
	1,075,000	600M2	224M2	990,000
	550,000	480M2	214M2	870,000
	1,000,000	413M2	212M2	1,010,000
	870,000	357M2	174M2	870,000
	1,325,000	1.31HA	201M2	1,200,000
Muriwai	1,275,000	4850M2	172M2	1,700,000
	770,000	1386M2	78M2	835,000
Parakai	1,800,000	3HA	180M2	1,710,000
	810,000	1849M2	270M2	755,000
Riverhead	600,000	600M2	0M2	1,180,000
	1,275,000	608M2	236M2	1,238,000
	900,000	1135M2	110M2	1,130,000
	990,000	2067M2	130M2	1,215,000
Taupaki	2,400,000	4.5HA	300M2	840,000
	2,350,000	6.58HA	150M2	2,400,000
	970,000	2HA	148M2	1,025,000
Swanson	1,075,000	3.35HA	123M2	1,057,000
	830,000	532M2	213M2	850,000
Waimauku	970,000	2539M2	148M2	1,025,000
	1,175,000	1.65HA	70M2	1,171,000
	740,000	1240M2	200M2	965,000
	1,375,000	10000M2	294M2	1,550,750
	1,775,000	1.25HA	206M2	1,900,000
Waitakere	1,300,000	4.15HA	185M2	1,170,000
	1,125,000	4HA	110M2	1,150,000
	570,000	4884M2	28M2	500,000
Whenuapai	1,150,000	330M2	253M2	1,130,000

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390,000  
then 1.95%  
thereafter"**

**\* plus \$490 base fee and gst**

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Phone

**0800 900 700**

**Graham McIntyre**  
Brand & Territory Owner

**Mike Pero** | REAL ESTATE  
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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.





## FLAT SECTION, NO COVENANTS

Set Date of Sale

### 14A Tapu Road, Kumeu

4pm, Tuesday 23rd April 2019 (unless sold prior).

379 square meters of flat usable land with an established driveway. No covenants in place regarding this site providing options for use. The Vendor is motivated to move this site and welcomes your feedback on value and settlement to suit your individual situation. Close to cafes, park, transport links, new primary school and convenience shopping. Fantastic option for first time buyer looking to create equity.

[www.mikepero.com/RX1808261](http://www.mikepero.com/RX1808261)



**Graham McIntyre**  
027 632 0421



## NO COVENANTS 2 ACRES

Set Date of Sale

### Lot 2, Taupaki Road, Taupaki

4pm, Tuesday 23rd April 2019 (unless sold prior).

Well presented, North facing, elevated lifestyle section with boundary to a riparian strip. The land has an established access way off Taupaki Road. Gentle sloping with House site options that can make the most of the valley views and the sunshine. A short distance from Kumeu (city side) and North West Mall/ Westgate, the property is a short drive from the North Western Motorway.

[www.mikepero.com/RX1732517](http://www.mikepero.com/RX1732517)



**Graham McIntyre**  
027 632 0421



## FLAT LAND - NO COVENANTS

Set Date of Sale

### 908 Old North Road, Waimauku

4pm, Tuesday 23rd April 2019 (unless sold prior).

Often sought but seldom found, this flat easily accessed 1.7 hectare site ticks the boxes for the lifestyle buyer that seeks a flat no nonsense property to create a piece of magic. It features: 1.76 hectares. No building covenants. Down a private ROW. Fenced, Flat site, In a rural glade with shelter belt trees to the south west. A short drive to Kumeu and Waimauku shopping centres, transport links and schools.

[www.mikepero.com/RX1571757](http://www.mikepero.com/RX1571757)



**Graham McIntyre**  
027 632 0421



## 2050 SQM SITE

Set Date of Sale

### 351 Main Road, Kumeu

4pm, Tuesday 23rd April 2019 (unless sold prior).

Set in the Main road of Kumeu, this site is one of only a handful of larger land parcels. The site is flat to gentle sloping and has a modest 3 bedroom dwelling and two double garage buildings in place. An opinion on development is available from Terra Nova Planners as is a market rent summary.

[www.mikepero.com/RX1799737](http://www.mikepero.com/RX1799737)



**Graham McIntyre**  
027 632 0421



## KUMEU - HUAPAI - EASY LIVING BRICK AND TILE

4 2 2

Set Date of Sale

### 8 Remana Crescent, Huapai

Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).

Distinctively different with an emphasis on open plan living, alfresco entertaining and secure spaces. The home boasts over 200sqm of home which enjoys the best of open plan entertainers living which opens out to a fully usable and fully fenced back yard. The four bedrooms and bathroom are all off a central hallway which ties into the double garage providing options for storage or an indoor play area. Set on 743sqm section it has ample space to play and create while being easy to manage and maintain. Flat site with a grassed lawn area and option to park a boat, caravan or motorhome. A short drive to schools, shops, transport links and parks.

[www.mikepero.com/RX1807811](http://www.mikepero.com/RX1807811)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## KUMEU 1565SQM SECTION - BRICK AND TILE HOME

4 2 2

Set Date of Sale

### 10 Station Road, Kumeu

Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).

Motivated owner migrating north looking to sell crafted family home on a large flat section. Gated and fenced for safety and security the land holds numerous options for improvement and options to add value. This fully usable flat section with established hedge line, shrubs and garden features peppering the lawn. The home is a single level brick and tile construction with open plan living dining and relaxing pre-diner area, formal lounge, four bedrooms and office. Three toilets and two bathrooms, separate laundry and oversized double garage. It is a big home, on big land seeking a growing family or a maturing downsizer coming off the land. Whatever your journey, this home and land will deliver some outstanding options for you to capitalise on. A very short walk to Huapai Primary School, shops and park.

[www.mikepero.com/RX1823440](http://www.mikepero.com/RX1823440)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## HERALD ISLAND BLISS, SUN AND WATER VIEWS

4 2 2

Set Date of Sale

### 12 Twin Wharf Road, Herald Island

Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).

This sun trapped, beautifully refurbished home offers a large 270sqm open plan home catering for a family that enjoys quiet spaces, easy living and beautiful outlooks. Upstairs you will find the master bedroom with wardrobe, overlooking great water views, separate bathroom, second double bedroom and extra large third double bedroom. Ground level offers a fourth double bedroom with mezzanine accessed by the ladder on the wall and a big office space or fifth bedroom, main bathroom with separate toilet and laundry area. A spacious open plan, modern kitchen and dining area, and separate living areas, opens up to alfresco wrap around decking. Stroll down and relax to the outdoor seated timber area, amidst the lawn and garden. Situated on a large 842sqm section. With an internal access double garage.

[www.mikepero.com/RX1801053](http://www.mikepero.com/RX1801053)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## HIGHLY MOTIVATED - KUMEU - AS NEW

4 1 1

Set Date of Sale

### 16 Tapu Road, Kumeu

Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).

The best of open plan living and entertaining with sunny North facing alfresco decking, this home has been decorated to make the most of modern living. A functional four bedroom home with single bathroom all off a central corridor delivering character, charm and easy living. The section of 442 square meters delivers a lock up and leave option with low maintenance plantings and easy care lawn while off-street parking and single garage delivers storage for car, tools or toys. A short stroll to cafes, transport links, parks, brand new primary school and shopping.

[www.mikepero.com/RX1808254](http://www.mikepero.com/RX1808254)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**VENDOR SAY SELL, AFFORDABLE LIVING IN KUMEU**



**Set Date of Sale**

**16A Tapu Road, Kumeu**

**Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).**

Set well off the road, this beautifully presented home delivers some significant value to an expanding family or a downsizing mature buyer wanting a one level home. Extensively refurbished the home offers generous modern open plan living leading onto decking and entertainers kitchen with good flow and convenience. Four bedrooms and bathroom off a central corridor providing easy flow and ample storage space. A single garage offers space to car, toys or tools. The property is 400 square meters which provides ample space for a lawn framing and a peppering of trees and shrubs to compliment this established neighbourhood. Close to cafes, new primary school, transport hub, sports park and convenience shopping.

[www.mikepero.com/RX1808247](http://www.mikepero.com/RX1808247)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**HOME AND INCOME - BRICK AND TILE IN KUMEU**



**Set Date of Sale**

**19 Kauri Grove Drive, Kumeu**

**Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).**

Seldom do you see a home that has been crafted for an entertainers lifestyle, and an environment that provides income, easy living and options for home based work life balance. This well constructed home of 312sqm boasts a beautifully finished entertainers designer kitchen and an alfresco interface that delivers the maximum value for an entertainer. Open plan kitchen, dining and lounge area with butlers pantry, opening to roofed patio area. Tucked to the side is a two bedroom minor dwelling, very well appointed and enjoying a similar open plan living, dining, entertaining linking to a private lawn area.

[www.mikepero.com/RX1806364](http://www.mikepero.com/RX1806364)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**AFFORDABLE CUL-DE-SAC LIVING - HOBSONVILLE AREA** 3 2 1

Set Date of Sale

**38A Sailfish Drive, West Harbour**

Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).

Located a small drive from Westgate, NorthWest Shopping Centre and Hobsonville shop's, the location is absolutely brilliant while the cul-de-sac position delivers safety and solidity. In zone for Marina View, Hobsonville School and Hobsonville Point Secondary School. On offer is a gorgeous fully refurbished, brick, weatherboard & tile three bedroom single level home, with all rooms off a central hallway and uncompromised alfresco to expansive and usable decking. Modern open plan kitchen and dining area opening out to alfresco to expansive decking. Master bedroom with wardrobe, en-suite and two double bedrooms. The internal access double garage offers options to be used as a rumpus, workshop, games room or traditional storage. The yard is fully fenced and very safe for children and pets.

[www.mikepero.com/RX1805391](http://www.mikepero.com/RX1805391)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**STUNNING, PRIVATE AND AFFORDABLE. BE QUICK!** 3 1 1.5

Asking Price \$749,000

**118A Colwill Road, Massey**

Asking Price \$749,000

Open plan living, three double bedrooms, outstanding outdoor entertaining areas, ample parking and great local schools. Be very impressed by quality upgrades throughout for one very lucky family. Welcome your family home to this entertainers delight - the kitchen boasts granite benchtops, coloured splashback, extra large sink with insinkerator and quality double dish drawer, oven, hob and inverter microwave. Open plan living and dining leads to a covered patio and large private courtyard, ideal for alfresco dining and entertaining all year round. Take a few short steps down to the fully fenced garden where the kids and pets can play with plenty of room for a tramp, swings and a vege garden. Three double bedrooms include a master with semi-ensuite.

[www.mikepero.com/RX1786416](http://www.mikepero.com/RX1786416)



**Cherry Kingsley-Smith**  
021 888 824  
09 412 9602

[cherry@mikepero.com](mailto:cherry@mikepero.com)



**APARTMENT BLISS, SPACIOUS PENTHOUSE WITH SEA VIEWS**

2 2 2

**By Negotiation**

**305D / 160 Hobsonville Point Road, Hobsonville**  
By Negotiation

Fall in love with this immaculate, sunny and spacious top level corner apartment, North facing with incredible sweeping views over the park and across the Inner Harbour, from Herald Island to the Sky Tower. This is the premium Brickworks apartment. Built with the largest floor plan at 111m<sup>2</sup> and an edgy modern design with a high vaulted ceiling, large well appointed kitchen, ample storage, butlers pantry/laundry, fully tiled main bathroom and ensuite. Relax and enjoy the views and breeze from the unique twin decks, located off the living and master bedroom, ideal for that early morning cup of tea as you watch the sunrise or superb alfresco dining. A gated carpark provides security for two carparks and access to your storage locker and bike room. Lifts and stairs allow easy access.

[www.mikepero.com/RX1807931](http://www.mikepero.com/RX1807931)



**Cherry Kingsley-Smith**  
021 888 824  
09 412 9602  
cherry@mikepero.com



**THE PERFECT LIFESTYLE PROPERTY**

4 2 2

**By Negotiation**

**535 Peak Road, Kaukapakapa**  
By Negotiation

This property enjoys north facing panoramic views of the surrounding countryside. A spacious 252 m<sup>2</sup> four large bedroom home provides plenty of room. A large open plan kitchen with breakfast bar opens out to the dining area and the lounge, there is also a large media/family room which opens out on to the two level deck. This house has great indoor/outdoor flow, there is a spa pool inset into the lower deck. This home is complimented with a high quality renovated kitchen with marble benchtops and a modern bathroom and ensuite. There is a well appointed sleepout for when guests come to stay and a large double garage which includes a workshop. There is plenty of grazing on this 3.1 ha property (7.66 acres) with four paddocks a set of yards and a loading ramp.

[www.mikepero.com/RX1803721](http://www.mikepero.com/RX1803721)



**Lyndsay Kerr**  
027 554 4240  
09 412 9602  
lyndsay.kerr@mikepero.com



## WAIMAUKU LIFESTYLE - AFFORDABLE ON 1.3 ACRES

3 2 2

Set Date of Sale

### 805 State Highway 16, Waimauku

Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).

On offer is all day sunshine, green fields and options for chickens a vegetable patch or a pony and motorbike for the children. Whatever your plans, this small acreage lifestyle property delivers fantastic choice for a buyer that wants to get out of the urban jungle and have a life that is more wholesome and earth centric. The land is 5346 square meters and has options for plantings, propagation and pets, all flat fenced and usable. The land is fenced for dogs. The house is traditional kiwiana, 1950's with weatherboard cladding and painted galvanised steel roof. Generous rooms, two lounges, two bathrooms and three bedrooms, the home offers some excellent entertaining space and alfresco to north facing decking. Close to Kumeu and Waimauku Shopping, transport links, parks and schools.

[www.mikepero.com/RX1820684](http://www.mikepero.com/RX1820684)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## MOTIVATED VENDOR - AFFORDABLE IN RIVERHEAD

3 1

Set Date of Sale

### 1014 Coatesville-Riverhead Highway, Riverhead

Set Date of Sale - 4pm, Tuesday 23rd April 2019 (unless sold prior).

Often sought but seldom found is this beautifully finished and landscaped contemporary bungalow. Offering a very modern open plan living out to sunny North facing decking to melt away the autumn shades. An altogether picturesque country cottage entrance entices you through the door to an open plan integrated kitchen, dining and lounge, with good flow to decking North and South. The home boasts three generous bedrooms and comfortable bathroom off the central hallway with ample storage all on one level. If you're a mature downsizer or a growing family you'll find plenty to be impressed by. A hop, skip and dawdle to Riverhead School, Hall, Cafés, Restaurants, Parks, Inner Harbour and walks. CV has not been issued by Council. CCC is approximately 30 days away.

[www.mikepero.com/RX1814073](http://www.mikepero.com/RX1814073)



**Graham McIntyre**  
027 632 0421  
09 412 9602

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**HIGHLY MOTIVATED - AFFORDABLE** 4 3 2 **Set Date of Sale**

**16 Denehurst Drive, Waimauku**

4pm, Tuesday 23rd April 2019 (unless sold prior).

Four bedrooms (master with ensuite and walk in wardrobe), two bathrooms. A generous 240sqm home that enjoys open-space entertaining kitchen-lounge-dining integrating into north facing alfresco living to a large, safe, back yard off covered decking. Triple car garaging with workshop and extra room for teenage retreat/ office or games area.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1575586](http://www.mikepero.com/RX1575586)



**SUN, SURF AND STYLING** 2 3 2 **Set Date of Sale**

**78 Motutara Road, Muriwai**

4pm, Tuesday 23rd April 2019 (unless sold prior).

A home, within nature's playground in keeping with the rustic natural ambience of the area and a simple uncluttered lifestyle. Often sort but seldom found, this two bedroom home with two bathrooms and a cluster of garaging, parking, gardening and entertaining options set upon 932sqm. This home that enjoys plenty of sunshine, plenty of parking, and has an easy in-door-outdoor flow.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1732363](http://www.mikepero.com/RX1732363)



**HELENSVILLE LIFESTYLE 1.8 HA** 3 2 2 **Set Date of Sale**

**707B Inland Road, Helensville**

4pm, Tuesday 23rd April 2019 (unless sold prior).

Three bedrooms, plus an office or second lounge with bathroom and ensuite. A double garage and american barn completes the offer. Four paddocks, fenced, water to troughs, a character barn and an all season propagation house deliver a lifestyle option that should be seen and enjoyed.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1732363](http://www.mikepero.com/RX1732363)



**MOTIVATED TO MAKE A MOVE** 5 2 2 **Set Date of Sale**

**3 Waimauku Station Road, Waimauku**

4pm, Tuesday 23rd April 2019 (unless sold prior).

Great family friendly layout allows for the complete family to enjoy themselves with space on the inside and the outside. Set on a big 1126 square meter site the land is flat, with a fully fenced back yard and front yard. It has excellent all day sun and options for garden, orchard or just kicking a ball around.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1750761](http://www.mikepero.com/RX1750761)





## SUNSHINE, SURF AND SIMPLICITY

1 1

By Negotiation

**208 Bethells Road, Bethells Beach**

By Negotiation

A one bedroom, one bathroom beach bach with a rustic and real feel. Recently renovated and much loved you will find a spacious open plan style living arrangement with polished concrete kitchen tops and solid timber cupboards. Upstairs is a mezzanine bedroom.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1788062](http://www.mikepero.com/RX1788062)



## LIFESTYLE HOME WITH INCOME OPTIONS

5 6 3

Set Date of Sale

**296 Taupaki Road, Taupaki**

4pm, Tuesday 23rd April 2019 (unless sold prior).

The home offers a total of five rooms, two lounges, three bathrooms, laundry area and open plan entertainer's kitchen, dining and lounge. Three double garages, two box stables and a tack room certainly delivers storage and amenities for a family wanting to have a horse or a pony, and with 1.5 hectares of land it provides just enough space for a ride or a graze.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1730148](http://www.mikepero.com/RX1730148)



## HUGE MOTIVATION - FAMILY HOME

3 1 1

Offers Over \$940,000

**17 Kauri Road, Whenuapai**

Offers Over \$940,000

Three bedroom bungalow with internal access garaging and workshop. The home has easy access, single living environment with alfresco to an expansive North facing deck overlooking big back yard. Large, open plan kitchen/ dining leading into lounge area. Bedrooms and bathroom are all off a central corridor. Garaging and Workshop/Storage area is all down-stairs offering easy access.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1778553](http://www.mikepero.com/RX1778553)



## TRANQUILITY, PEACE & QUIET

4 2 2

Set Date of Sale

**433 Wairere Road, Waitakere**

4pm, Tuesday 23rd April 2019 (unless sold prior).

Offering four bedrooms, two bathrooms, laundry and double garage. The kitchen, dining and lounge is integrated with expansive sliders to open up the indoors to the outdoors. An easy care section, planted for pockets of colour and richness of grass and bush tones. The construction is big-brick and Decramastic tile, enhanced by shist features, planters and fish pond.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1713683](http://www.mikepero.com/RX1713683)

# HOME & GARDEN

## ATTRACTING BIRDS TO YOUR GARDEN

Many gardeners are nature lovers as well, and one of life's pleasures is seeing your garden provide food and shelter for native wildlife all year round. Birds, skinks, geckos, butterflies, bees, wetas, the list goes on.

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 the tui and our native wood pigeon will travel long distances in search of food. Food sources are scarce during the winter, so by planting a couple of different varieties of plants, and your neighbour planting 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, flax, wineberry, corokia, cabbage trees, Fuchsia procumbens, putaputaweta, lacebark, Muehlenbeckia, and pohutukawa are just some popular natives to encourage the birds, providing nectar, fruit or seeds. There are many more, and we also have plenty of exotics you can consider. Encouraging insects for birds to feed can be done by providing a good layer of mulch or leaf litter on your garden. The skinks will also benefit from this. Be sure to provide fresh and clean water in a safe location away from cats.



Now is the time to plant, and large or small, there is bound to be something at Awa Nursery that will fit in your garden to help feed the local wildlife.

## LASER PLUMBING & ROOFING WHENUAPAI - YOUR PLUMBING, ROOFING & DRAINAGE EXPERTS

Committed to serving our local community, families and businesses with great service at reasonable rates, the team at Laser Plumbing has over 30 years of experience in providing quality plumbing,



roofing and drainage services to West Auckland and beyond. 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 un-blocking service. In addition to these services, we have a 24 hour service available for any plumbing emergencies. No job is too big or too small for Laser Plumbing 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 full solutions 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 products.

Contact Laser Whenuapai today on 09 417 0110 or whenuapai@laserplumbing.co.nz. We are open five days a week from 7am-4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Whenuapai.

## BONUS FREE GIFT WITH MASPORT PURCHASE

FREE Morphy Richards Evoke Metallic Kettle worth \$149 with any Masport Woodfire purchased during April. Just a little something from KPL to kick off the Woodfire Season.

WOODFIRES – supply, consent, install – we do it all! Free Quotes available. Reflecting on the last month, we took part in the Kumeu Show. What a great way to meet members of our community and beyond. We spoke with many families and individuals about our UV filtration packages available for home and commercial applications. It wasn't surprising to hear your stories, many people reported of experiencing very upset tummys suspected or proven from their untreated drinking water. Safe drinking water is something we take very seriously. Rain water is pure until it hits your roof, this is where the contamination be-

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gins. Rats, mice, bird poo are some of the biggest influences in contaminated water. Giardiasis is an illness caused by a parasite called Giardia intestinalis that causes diarrhoea and abdominal pain. Giardia is found in the gut of humans and animals such as cattle, sheep, cats, dogs, rats and possums. It is passed on in the faeces (poo, tūtae) of infected animals and humans. Escherichia coli (E. coli) bacteria normally live in the intestines of healthy people and animals. Most varieties of E. coli are harmless or cause relatively brief diarrhoea. But a few particularly nasty strains, such as E. coli O157:H7, can cause severe abdominal cramps, bloody diarrhoea and vomiting. UV water treatment options are the best practical solution for treating drinking water and are widely used in disinfecting the drinking supplies of not just individual homes, but entire towns. If you are sourcing water from unsecured water sources such as rainwater tanks and wells, UV treatment is an excellent option to manage bacteria and virus in drinking water supplies. Call or email KPL for more information. info@kpl.co.nz 09 412 9108.

## HOW TO DESTROY YOUR LAWN

Chemical Strike - Grass after all is the enemy so just find some really nasty chemicals and spray it on all the edges. Weapons of mass destruction are hard to come by, so just go down to your local hardware store where you can easily find a range of harsh chemicals such as Roundup readily available to the untrained public. Be sure to wear safety jandals while applying. Other than that, just live for the mo-



ment.

Do a cowboy job - Just miss patches, let the grass grow over the concrete, line trim your trees or just don't mow it at all. If you don't want to do it yourself, just pay someone to do it. There are plenty of cowboy contractors out there who are real cheap although they may or may not show up - nobody knows. I guess you get what you pay for.

If for some reason you don't want to destroy your lawn then join the hundreds of other local residents that gave the team at 1st Class Gardens a call. They'll show up reliably each time your lawn is due and do a neat and tidy job. So for your free quote contact Chris on 0800 23 6696 or visit www.1stclassgardens.co.nz. To see ratings from real customers then check out their reviews on www.nocowboys.co.nz.

## KUMEU GARDEN HUB

Says it's time to plant those spring bulbs! Daffodils are about the showiest and easiest of the spring flowering bulbs. Stunning in pots or mass planted in the garden. Prepare the soil to a depth of about 30 cm by digging over and adding bulb compost mix in well. Daffs love a sunny position and free draining soil. Plant 8 to 10 cm deep and 10 to 15 cm apart.. If you have clay soil create mounds to plant them on. We have a great selection of colours and varieties available in store now. Other bulbs available in store .....Anemones, Dutch iris, fragrant freesias, hyacinth, muscari, ranunculas and tulips Etc. Feed ex-



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isting bulbs for a stunning show in spring. It's also time to plant Sweet peas. Create a climbing frame in a sheltered spot. Dig in some compost and plant 12 cm apart. We have some amazing seeds produced by the amazing Keith Hammet.

## TIME IS PRECIOUS

Back to work? Kids back at school? Sitting in that crazy traffic on State Highway 16? How will you get the time to fix that door, wall or floor? From that well used deck for much loved summer barbecues or the back door, what about the fence that needs dog proofing for that new puppy?



To all those repairs that need to be fixed, to the final touches on the renovation, and to the tricky jobs that are best solved by the experts, locally owned and operated, Fixy was born from a desire to help people with fixing, repairing and creating solutions so, people like you, can get more done in their day.

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Owner Sean Doherty has been in the construction and Landscape industry for over 20 years in New Zealand, Australia and Europe. You can be sure that quality workmanship is efficiently delivered. Our clients can rest with the assurance that the job is done quickly, professionally and cleanly. We are ready when you need us.

Focusing on repairs and fixing gives us the unique ability to provide a quick and flexible service. Our clients are able to source a quote directly through the website and we can usually attend your property within 2 days' notice.



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## \$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](mailto:sarahbrightwell022@gmail.com).

## MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Mon 1 Apr	-	02:16	08:24	14:47	20:52
Tue 2 Apr	-	03:09	09:13	15:34	21:38
Wed 3 Apr	-	03:53	09:55	16:14	22:18
Thu 4 Apr	-	04:32	10:31	16:51	22:54
Fri 5 Apr	-	05:08	11:05	17:27	23:28
Sat 6 Apr	-	05:44	11:39	18:02	-
Sun 7 Apr	00:01	05:19	11:14	17:38	23:36
Mon 8 Apr	-	05:56	11:50	18:16	-
Tue 9 Apr	00:12	06:35	12:28	18:55	-
Wed 10 Apr	00:51	07:16	13:09	19:37	-
Thu 11 Apr	01:34	08:02	13:56	20:25	-
Fri 12 Apr	02:25	08:57	14:52	21:22	-
Sat 13 Apr	03:27	10:03	16:00	22:30	-
Sun 14 Apr	04:41	11:17	17:17	23:46	-
Mon 15 Apr	05:58	12:28	18:33	-	-
Tue 16 Apr	-	00:57	07:07	13:33	19:39
Wed 17 Apr	-	01:59	08:06	14:29	20:36
Thu 18 Apr	-	02:54	08:59	15:21	21:27
Fri 19 Apr	-	03:44	09:47	16:08	22:13
Sat 20 Apr	-	04:30	10:32	16:53	22:56
Sun 21 Apr	-	05:14	11:14	17:36	23:37
Mon 22 Apr	-	05:56	11:54	18:17	-
Tue 23 Apr	00:16	06:37	12:33	18:57	-
Wed 24 Apr	00:55	07:19	13:12	19:37	-
Thu 25 Apr	01:35	08:02	13:54	20:20	-
Fri 26 Apr	02:20	08:52	14:44	21:10	-
Sat 27 Apr	03:16	09:52	15:49	22:12	-
Sun 28 Apr	04:27	11:01	17:05	23:25	-
Mon 29 Apr	05:38	12:07	18:13	-	-
Tue 30 Apr	-	00:32	06:38	13:04	19:10

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



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# RURAL NEWS

## NEW ZEALAND PASTURE TIPS FOR AUTUMN

Pasture - By the end of summer you'll be able to see what permanent grasses and clovers have survived and how bad the weed situation is. With drier summers becoming the norm, you'll see more 'summer grasses' such as paspalum, and crowfoot dominating, but these will disappear as temperatures drop.



Autumn is a good time to renew pasture, so it's best to look at planting out permanent species that are more drought resistance, and not to rely on perennial ryegrass cultivars.

Learn to recognise the different grasses, clovers and weeds in your pastures, but you'll need some fresh growth to examine the leaves properly for correct diagnosis. Use Google or get hold of a copy of What Grass Is That by N. C. Lambrechtsen on Trade Me if you can.

Kneel down at various spots in each paddock and look closely at what's there. You'll see grasses, clovers, weeds, bare ground and dung patches. Only grass and clover make you money, so the ideal mix from an economic point of view is two-thirds ryegrass and one-third clover.

Having to renew a 'run-out' pasture is not cheap. Many farmers comment that modern pastures don't last the way the old varieties of grasses used to do, with the rush now placed on high production with resulting high fertiliser needs. It will pay to get some good advice about what to sow that will suit your area and soil.

Fertiliser policy needs to be considered based on a soil test. If soil fertility is low, you'll end up with a sward of unproductive pasture plants or weeds like browntop, annual poa, meadow grass and Californian thistles.

Stop pastures going to seed - All plants are programmed to produce seed and then either die or survive in a semi-dormant state to do it all again. Pasture management aims to slow this process up, because as plants mature their protein content drops, fibre increases and digestibility and palatability fall. This is not good feed for stock, especially any that have to grow and develop and need maximum nutrients.

Your main aim is to keep pastures in the green vegetative stage, which is easy in spring when pastures burst forth, but can be difficult in autumn as soil temperatures drop and the first frosts appear. All the dead litter left from summer will rot away in a couple of days. After that there's little prospect of an 'autumn flush' which every farmer hopes for to get them through at least the first part of winter.

In a mild autumn with a large feed surplus, some farmers make some late silage but it is risky, and it's better to graze it off and accept any waste involved. An autumn flush of growth to produce some 'ASP' (Autumn Saved Pasture) can be encouraged by a light dressing of nitrogen fertiliser (25kgN/ha), provided soil

temperatures have not dropped below about 10°C. Check the 10cm soil temperatures in the MetService information tables in your local newspaper or online.

The key is to prevent waste of any autumn pasture to make it last as long as possible, by good use of the electric fencing. Avoid pugging. The key to good pasture management is to use your stock to control pastures, so the pasture produces good quality feed for the stock. So both benefit and keep the costs down.

Autumn pasture tips - The main aim is to get rid of all rough clumps of grasses such as cocksfoot and Yorkshire fog. Stock will not eat these and they'll only grow bigger for next season. Apart from the top leaves, the rest has no feed value so you can try to make some mature stock graze them off, but you may have to use a slasher to get them right off by ground level. Stock may eat the cut-and-wilted leaves, as it will be more palatable after wilting. After this close grazing, give the paddocks a light chain harrowing to spread dung around. Slash off any beds of Californian thistles, dead docks and ragwort and plan to treat them early next spring. Lack of early action means their seed will be with you for a long time. Don't shift a paddock that is being break-fed every time your cattle or sheep call out to you. Move them on based on what the pasture looks like. Make a standoff area for cattle during wet periods in winter to avoid pugging. After an extended summer dry spell, if grass plants look dead then you will have to consider some 'pasture renovation'. This can be expensive so seek good, independent professional help, and get a soil test done. Autumn is a good time to apply fertiliser, but don't put stock on to a paddock until the fertiliser has washed in.

This article first appeared in NZ Lifestyle Block Magazine. The NZ Lifestyle Block website at [www.lifestyleblock.co.nz](http://www.lifestyleblock.co.nz) is a great website and a mine of useful information.

If you require any further information on lifestyle blocks please call me, Lyndsay Kerr your local Mike Pero Lifestyle Block Specialist 027 554 4240.

## LIVESTOCK REPORT

Cattle sold very well at Pukekohe on Saturday, this being the result of the very good quality killable stock on offer and a shortage of store cattle for sale. Lowest Highest

Best prime steers	\$1,880	\$2,040
Other steers	\$1,240	\$1,410
Small x-bred 15-month steers	\$795	\$2.93
Very small x-bred steers	\$390	\$445
Good weaner steers	\$765	\$2.73
Prime heifers	\$1,295	\$1,620
Medium 15-month heifers	\$780	\$800
Weaner heifers	\$590	\$650
Boner cows	\$745	\$1,200
Very light cows	\$410	\$560
Bulls	\$960	\$1,800
Fat lambs	\$99	\$114
Store lambs	\$43	\$98
Ewes	\$58	\$65
Weaners	\$100	
Store	\$100	
Porkers	\$160	

# Central's Tips

## April 2019



Autumn is here and now is the time to prepare the outdoors for winter - plant winter greens, sow broad beans and put in a green cover crop. Plant some winter flowers so your garden to bring some colour to your outdoors during the winter months.



### Take care of your lawn

It's time to give your lawn some TLC - take off dead thatch and apply ProLawn Turfmaster Gold to rejuvenate tired lawns.

### In the Veggie Patch

- **Sowing broad bean seeds** in and around ANZAC Day is a NZ gardening tradition. Even small gardens can fit a crop of the dwarf variety and their flowers in late August attract the bees back to the garden
- **Start winter salad greens:** hardy lettuce varieties like Cos, Iceberg, the French Merveille des Quatre saisons, spinach (for baby leaves) and rocket are great 'greens' to mix in with roasted vegetables for a hearty salad
- Vegetable areas that are not being used to grow winter food will benefit from being **over sown with lupins and mustard seed**. These plants can be cut down after a couple of month's growth and dug into the soil to release nitrogen



### Winter salads are delicious

It's time to get winter greens in - Cos, Iceberg and hardier plants like spinach and rocket love the cold and taste great in your winter salads.

### The rest of the Garden

- **Refresh pots for winter flowers** - polyanthus, primula and poppies are annuals that are particularly cold hardy and it's always good to pop a few hyacinth or daffodil bulbs in too
- After such a hot summer, use a lawn scarifier to take off dead thatch, then **apply ProLawn Turfmaster Gold** to encourage growth over autumn
- Take **cuttings of favourite geraniums, fuchsias, lavender and rosemary** - more free plants next spring
- **Tidy up the spent foliage** of daylilies, ornamental grasses and trim lavenders and hebes



### Winter flowers

Plant winter flowers and bring some warmth and vibrance to your winter garden. Poppies, polyanthus, primulas and bulbs like hyacinths are ready to be planted.

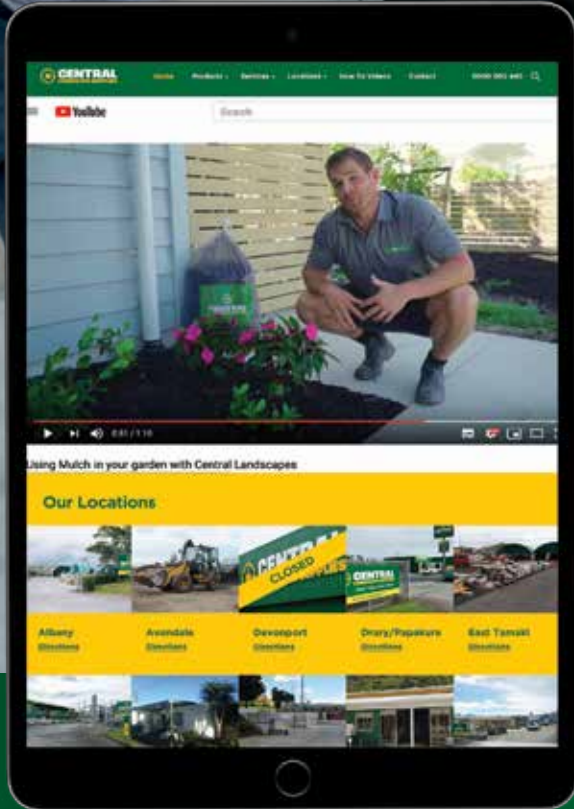
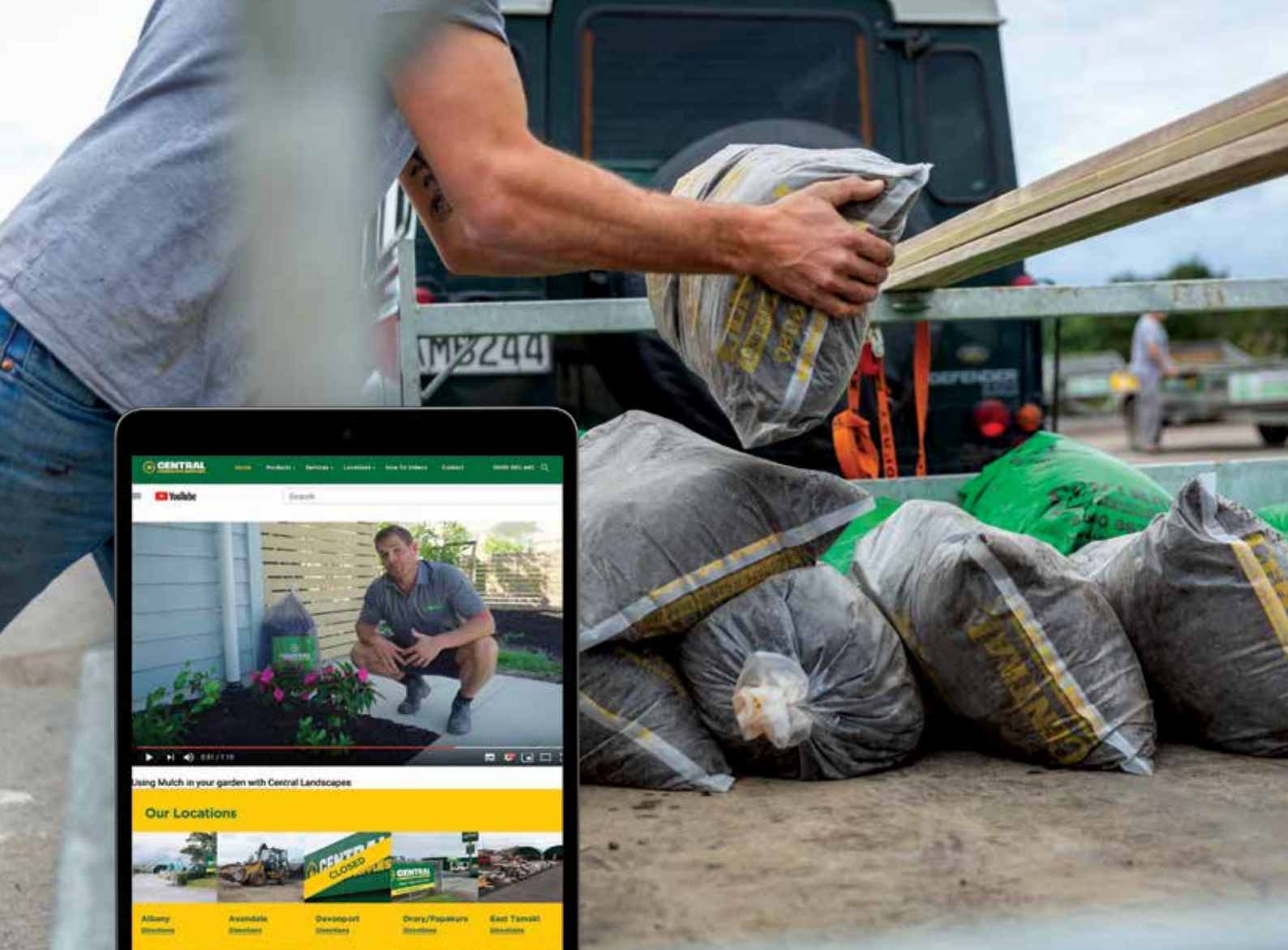
## Project for April

### Autumn is nature's BEST planting time.

It's perfect for establishing big trees, planting hedges or starting off a new vegetable or flower bed. To find out the best planting mixes see our Topsoil or Garden Mix video on our Youtube channel:

And find all our planting mixes at <https://centrallandscapes/collections/garden-lawn-soils>





# We dig weekends.

Revitalise your garden and help your plants grow now. Visit our website for great how-to videos to help you maximise your outdoors or talk to the friendly team at Central Landscape Supplies Swanson.



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# BUILD

## NEW

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Do you love your neighbourhood? The schools are great, you've made friends and the community is everything you want and need. The only problem is your house is not your dream home. Maybe it's too small. The layout is strange. You want better indoor/ outdoor flow. Or even worse it's a leaky home. A Knock Down & Rebuild may be the answer. Here are our top 5 reasons to rebuild on your section. Cost - It's less than you might think to rebuild – and often comparable to what you may spend on major renovations. If you are curious, Signature Homes will organise to meet with you onsite and talk through your options, including finance plans, at no cost. With Signature Homes there are no surprises or budget blowouts. All pricing is inclusive and transparent, allowing you the ability to forward plan with total peace of mind. No compromises - When you Knock Down & Rebuild, you start from scratch. It is a rare opportunity to truly create something bespoke for you and your family - your dream home. You will work with experts every step of the way, so the final result is perfection. Your home will be architecturally designed to meet all of your family's needs and desires and our design team, including interior designers and colour consul-

tants, will work with you to ensure all important details have been considered, including design, claddings, colours, fixtures and fittings. Ease - With a Signature Homes Knock Down & Rebuild, everything is taken care of for you. The whole process is managed – from gaining the appropriate consents to meeting a guaranteed completion date. The goal is to make the process stress-free and easy for you. And if you are in Auckland, we have Unitary Plan experts who will ensure you make the very best decisions for your property and neighbourhood. Guarantees - A Knock Down & Rebuild with Signature Homes removes all uncertainties. We understand the financial commitment you are making and in turn commit to you our very best service, guaranteeing we will finish your project on-time, on-budget and to the highest industry standards. We all know a picture paints a thousand words so check out Mey and Robert Brouwers recent Knock Down & Rebuild with Signature Homes in Te Atatu Peninsula, Auckland. Mey and Robert faced an eye-watering \$500,000 bill for renovation and recladding work when they discovered their home had potential water-tightness issues. Faced with this prospect they instead opted for Signature Homes' Knockdown & Rebuild service – demolishing and removing the original home and replacing it with their dream Design & Build. Phone 0800 020 600 or one of our showhomes for more information.

### WORKING WITH G.J. GARDNER HOME

If you've ever thought of building but not sure where to start, G.J.'s have made it fun and easy with our innovative designs and very experienced New Home Consultants that will work with you every step of the way towards your new home. We've put together our top 10 list of just some of those tips and ideas. Let's check out your section or find you one that suits - We'll take

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a look at your section, and what it means for the design of your home, or help analyse and find land options that will suit you and your needs. We can also organise the land reports you need. Decide what kind of home you want – prepare to be inspired! Be inspired by our wide array of plan ranges, these plans can also be simply adapted and modified without great expense. Meaning plans can be customised for your section without the need for extensive additional designs and costs. We often build from original designs, created by architects, and can also assist in developing plans from rough concept scribbles. Plans, specifications and quotes - Most of our existing plans are pre-priced so you can quickly get an idea of the home you can have within your desired budget. Our prices show precise details, so you know exactly what's provided, or we can price your design in 24 hours. We can add or delete, it's all possible. Finance, contracts and paperwork - Your local G.J. Gardner team will liaise with your lawyers, banks and other advisors to ensure all paperwork and any issues are dealt with. Permit, consents, red tape - We deal with councils and building authorities every day, so we make sure we are familiar with local requirements. We can take charge of all the paperwork and help with prompt approvals. Fixed Price - Once your plans have been finalised, we will provide a comprehensive set of specifications so you know exactly what materials, fixtures and fittings will be used in your home. Most importantly, we will provide a fixed price under the terms of our building contract so you know exactly where you stand. Detailed timeline - Your G.J. builder will also provide a detailed timeline so you know what will be happening when, along with a pre-agreed move-in date. Warranties and guarantees - Building with G.J. Gardner Homes carries both Public Liability and full contractors indemnity insurance, alongside an industry leading build guarantee provided through Certified Builders. This independent guarantee covers loss of deposit, non-completion and

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## TRADIE OF THE MONTH

Making sure it all goes down the drain. Kevin Maney from Jetwaste Drainage is an expert at making sure everything goes down the right drain. It sounds easy to get storm water and sewer in to the drainage system but a lot of the time it's not that simple. Recently there have been a number of complex projects that we have worked on together that have involved complicated site and traffic management. Kevin with his wealth of experience, can do attitude and skilled system planning always delivers for us when we need it time after time. Thanks for all your commitment and hard work, enjoy your voucher from our proud sponsor Western ITM.



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# FOOD & BEVERAGE

## I IS FOR ISOCREAM, ISOCREAM IS FOR ME

Unless you are following a dairy-free diet, IsoCream has something for everyone. It's ice cream that's: reduced fat, protein rich, 99% sugar free, certified gluten free, low in calories (fewer than 90 calories per serve), low in carbohydrates, Keto friendly and refreshingly different.

Proudly made in New Zealand from 100% quality whey protein, IsoCream provides lovers of ice cream – or those simply seeking an indulgent snack – with a guilt-free alternative. Available in 7 flavours, the only headache with this ice cream will be deciding which one – or ones – to try.

Another great way to enjoy IsoCream is in a thickshake. You don't need much to create a creamy and refreshing drink – just add milk of your choice and any additional ingredients you desire.

IsoCream is available at around 190 outlets around the country. In West Auckland, these include Countdown Hobsonville, Westgate, Northwest, WestCity, Lincoln Road, Te Atatu South and Te Atatu Peninsula, Fresh Choice Waimauku and Ranui, and New World New Lynn. For your nearest store, use the convenient store locator on our website: [IsoCream.co.nz](http://IsoCream.co.nz).



## TOMATO BASIL SOUP

Ingredients: 1.4kg chopped fresh tomatoes, 1 medium onion chopped, 3 large cloves of garlic, a handful of basil (leaves and stalks are fine), 2 teaspoons salt to taste, 1 teaspoon of pepper, 1 teaspoon olive oil (optional).

Heat a pan over a medium heat and add the oil or a couple tablespoons of water. When hot add the onions and garlic and cook for a couple of minutes until just

starting to turn gold-en. Add the chopped tomatoes. Continue to cook over a medium heat, stirring every few minutes until the tomatoes have broken down and are soft. Remove from the heat and add basil and salt and pepper then blitz in a blender or with a stick immersion blender until smooth. Serve immediately. Makes 4 - 6 servings. Prep time 5 minutes. Cooking time 10 minutes. Author Melanie McDonald. Follow my blog at [avirtualvegan.com](http://avirtualvegan.com).



## GEMÜTLICHKEIT PILS 5.6%

The new Hallertau beer with the unpronounceable name. Gemütlichkeit is a German word used to convey the idea of a state or feeling of warmth, friendliness and good cheer typically experienced in a biergarten setting. This beer is loosely based on the north Germanic style of dry bitter lager. A simple Cantabrian Gladfield pils malt base fermented as dry as possible with a load of new world German hops biffed into the middle of the boil for that cracking herbal hop bitterness. Pouring now at Hallertau Brewery.



## SOLJANS BERBA HARVEST CELEBRATION

Autumn is a busy time for us at Soljans Estate Winery! We have recently hand picked our Pinot Gris and Chardonnay at our estate here in Kumeu. This can only mean one thing... BERBA is com-





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Keep an eye out on our Facebook page and website for more information.

BERBA Harvest Celebration will be held Saturday the 20th, Sunday the 21st and Monday the 22nd of April. Perfectly timed over Easter weekend to make the most of your time off!

Closed Friday the 19th April.

Find us at 366 State Highway 16, Kumeu. Café bookings essential, call us 09 412 2680 or book online today.

## THE HERBALIST CRAFT BEER

This is a great snack to accompany a beer whilst taking in these lovely, sunny autumn days.

**Cheese Straws Recipe:** 75g brown rice flour, 75g plain flour, 75g whole-meal flour, 1 tsp salt, 115g cold butter diced, 4 tbsp cold water, 70g tasty cheese grated, 2-3 tbsp oil and approx 4 tbsp poppy seeds, sesame seeds or dried herbs for topping.

Add flours, salt and butter to a food processor and mix until crumbly. Next add cheese and 3 tbsp water, pulse until it forms a ball - add a little more water if necessary. Refrigerate for 30 minutes. Roll out to approx. 3mm thickness, cut into strips and twist or leave flat. Brush with oil and sprinkle over poppy seeds. Bake for 12-14 minutes at 200C or until golden. Serve warm with fresh tomato salsa or pesto and enjoy with a nice cold beer. Recipe sourced from diabetes.co.uk.

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



## JAM PACKED WITH FRESH FRUIT

Made with fresh fruit in a glass jar, NoShortcuts Feijoa & Ginger jam is packed full of new season, orchard fresh feijoas, which are antioxidant rich and hailed as the new 'super fruit'. You can literally smell and taste the difference, and it's also uniquely influenced by owner Mary Brons' Dutch East Indies roots.





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Achieving this full fruit, consistent flavour proved to be a challenge, however after much trialing and testing, the recipe was perfected and the product's unique taste, smell and flavour was recognised by the NZ Food Awards judges when they selected it as a 2017 finalist.

NoShortcuts Feijoa and Ginger Jam pairs beautifully being both savoury and sweet, with cheeses as well as pork, chicken, yoghurt, ice cream, cheesecake topping, cream cheese and bagel or on toast.

To order or learn more go to [www.noshortcuts.co.nz](http://www.noshortcuts.co.nz) or Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.

## SIAMESE DOLL

Siamese Doll provides a healthier dining alternative. We have a focus on real food, sustainable and seasonal farming, and support for local agriculture.

We proudly bring our pan-Asia influence into Hobsonville's food scene and our menus provide undeniable taste, flavour and real ingredients, while also maintaining reasonable prices.

Whether it's a quick coffee stop, lunch for two or a birthday bash for 30 people, Siamese Doll has what you need.

If you are gluten-free, vegetarian or strictly vegan, Siamese Doll offers a variety of options and can easily alter a dish to meet your dietary requirements.

Lunch from 11am - 3pm and Dinner 5.30pm - Late- Reservations Recommended can book online or over the phone 09 416 0333. Find us at 3/3 Boundary Road, Hobsonville, and follow us on Facebook.

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Wednesday, 24 April (Last Wed of every month) \$27.99/pp,  
 Kids \$13.99

Four Mains, 2 Starters, Naan, Rice &  
 Dessert (Veg. Options available) Mon/Tue \$12.99 Mains

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# PETS

## TIPS & ADVICE

### DOGS, CATS, BIRDS, FISH ARE AFFECTED TOO

If you have a pet at home that is contained in any way, geopathic stress could affect them in the same way humans are. You say, but my dog and cat run freely so they can't be affected. However, do you feed them in the same place each time? I had a client last year that had two dogs which got cancer, and I found this really interesting as dogs especially are sensitive to geopathic stress, but also can sense it, so will move away from it. Unless of course, they are contained in a cage. However these two weren't, so what else could it be? Their food and water bowls? It turned out they were both placed on the floor in the kitchen directly on a line of geopathic stress, which will have affected it, therefore passing through to them. I also remember a client who had a fish tank and couldn't work out why they all died. This also had accidentally been placed directly on a line of energy. They had no place to escape. Make sure you (or your loved ones, even if they have fur or scales) are not being subjected to Geopathic Stress. Call Nicky 021 545299. [www.clearenergy-homes.com](http://www.clearenergy-homes.com).

### THE MOST IMPORTANT RULE OF DOG SAFETY

Always ask. Yes it sounds simple but it is the number one rule to drill into your children's minds: it can keep them safe! Teach your children that they should always ask the owner before approaching a dog. Asking 'Please can I pat your dog?' or 'Please can I say hello to your dog?' firstly announces to both the dog and its owner that the child is there and would like to interact with the dog. Imagine if you were walking down the street and a complete stranger randomly walked up to you and hugged you or your child; we can guarantee most of you would be pretty worried and unimpressed, you would be uneasy to say the least! The same goes for when someone or you are walking a dog and suddenly there's a group of children touching the dog. Secondly, by asking you are giving the owner the opportunity to say 'no'. If they say no there is probably a reason why not. It may be that the dog isn't particularly fond of children or has had a bad experience with them in the past. It may be that your child is wearing a hat and people wearing hats spook the dog. It

could be that the dog is ill, injured, tired or just having a bad day and the owner knows the dog won't appreciate being touched by strangers. Or the dog could be in training and the owner needs the dog's full concentration on them, it may be that the dog is new to the family and they aren't sure yet on how it reacts to children. There are so many reasons why an owner may say no, but remember it is highly likely the 'no' is coming for you and your child's safety so please teach children not to take it personally when it happens. Instead of getting sad, or grumpy, teach them that it is okay and it might be that the next dog they see they are able to say hi to. The 'always ask' rule is also a great way of teaching children what to do if the owner is not there. If the owner is not there then there is nobody to ask, and as they always have to ask: the answer is NO! This could be if a dog is tied up outside a shop waiting for its owner or a dog may be poking its head out of a hole in the fence. Children need to be taught that if they see a dog on its own then they leave it alone. Please teach the children (and grown ups!) in your family to always ask before touching a dog. Always Ask is the first of 3 Golden Rules from Kids Safe With Dogs Charitable Trust (KSWD). You can find out more information on keeping your children safe around dogs and the great work KSWD do on their website [www.kidssafewithdogs.co.nz](http://www.kidssafewithdogs.co.nz)

### TIPS FOR HELPING A DEAF CAT

Cats that are deaf can benefit from changes in how you interact with them. Cats can be born deaf or lose their hearing later. Some white cats with blue eyes are also deaf or partially deaf due to genetics. Cats can become deaf



as a result of several ear conditions, including polyps, cancer, and damage related to ear infections or ear mites. How to tell if your cat is deaf. Often, a deaf cat acts pretty normal while he's inside the house. To test for deafness, wait for a time when you are behind him and rattle keys or clap your hands. A hearing cat will show he heard the sound by moving an ear tip. If you don't see a reaction, especially if you try this several times, your cat is probably deaf. Helping a deaf cat - If your cat is deaf, he should stay inside. Outside, many dangers exist for cats, that can't hear. You can help your cat by training him to respond to hand signals. While training your cat, train yourself to avoid startling your cat by sneaking up on him. Avoid touching him when sleeping. Get his attention by stomping on the floor creating vibrations or getting in front of him so he can see you. Turn the lights on and off for a visual cue that someone is present. Keep a laser pointer in your pocket, which you can shine in front of him. Contact 09 411 5326, [info@kanikapark.nz](mailto:info@kanikapark.nz), [www.kanikapark.nz](http://www.kanikapark.nz). From [www.cathealth.com](http://www.cathealth.com).

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Terms and Conditions: The promotion commences at 12.01am on 25th February 2019 and closes at 11.00am on 13th April 2019. Spend \$50.00 or more on any product(s) in a single transaction at either of the Mitre 10 MEGA Westgate or Mitre 10 MEGA Henderson stores and go in the draw to win a Kia Rio 1.4L LX Automatic vehicle. Only purchases made in this period are eligible for entry into the Promotion. You have until 11.00am on 13th April 2019 to complete your entry and drop it into one of the entry boxes, which are located in-store at Mitre 10 MEGA Westgate and Mitre 10 MEGA Henderson. One entry per eligible transaction is permitted and there are no restrictions as to the number of valid entries that an individual may enter in this promotion. Entries are deemed to be received at the time of receipt by the promoter. Records of the promoter are final and conclusive as to time of receipt. Fill in the entry form available in-store at Mitre 10 MEGA Westgate and Mitre 10 MEGA Henderson; where you must enter your full name, contact number and attach a copy of your till receipt and put the completed entry into the entry box. Eligible purchases made from the Mitre 10 MEGA Westgate or Mitre 10 MEGA Henderson stores via the Mitre 10 website ([www.mitre10.co.nz](http://www.mitre10.co.nz)) are also eligible for entry into this promotion, provided the entry form is then completed and submitted in-store with proof of purchase. See in store for Full Terms and Conditions.

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# HEALTH AND BEAUTY

## DO YOU ENJOY SUMMER SPORTS?

What summer sports do you enjoy? Camping? Tramping? Volley-ball? Badminton? Swimming or surfing? When summer comes around people tend to enjoy more time in New Zealand's great outdoors. However, the increase in activities and participation in sport can lead to a variety of hand and upper-limb injuries including overuse, repetitive motion or sudden trauma. If you have had the misfortune of a hand or arm injury that is preventing you from participating in your summer sport then come and see us today at the Hand Institute to get you on the road to recovery and back to participating in all your summer sporting endeavors. Our hand therapists (specially trained physiotherapists or occupational therapists) can assess and treat your hand or upper-limb injury. No need to see a doctor to get a referral we can initiate your ACC claim and send you for x-rays.

We have clinics in two convenient locations! Call us today for an appointment. Huapai Clinic - 321 Main Road, Huapai. Phone 09 412 8558.

## \$3,199 M1-MTB E-GREEN E-BIKE UP FOR GRABS DURING APRIL

With the sparkling autumn sunlight, do you notice increased glare, and wish you had prescription sunglasses? Reduce discomfort by opting for glasses with Transitions® Light Intelligent lenses™. Transitions automatically and quickly adapt to changing light conditions to reduce glare. Responding to the light around you, they intelligently darken as you go outdoors and change back to clear when you return.

They protect from our strong New Zealand UV rays emitted by



the sun, and indoors, filter harmful blue light emitted by digital devices.

There's another great reason to enjoy the adaptive protection of Transitions lenses for your next prescription: When you purchase Transitions lenses during February, March or April you go into the draw to win an E-bike!

Book your appointment at For Eyes in the Kumeu Village today: phone 09 412 8172.

## THREE WAYS REFORMER PILATES IS MORE EFFECTIVE THAN YOU THINK

Reformer Pilates is gentle on your joints, you can lie down, stand up, or sit on a soft padded surface. You can change the level of resistance to be lighter or heavier to make the exercise easier or harder. Targets deep stabilising muscles - Helps your posture, balance, prevents injury, and creates lean muscle tone without appearing bulky.



Improved posture & flexibility - Stretch tight muscles, work deep stabilising muscles to support your body's functionality, and even out muscle imbalances.

Core & pelvic floor strength - Reduces back pain, supports spine mobility, alignment, and tones. A strong pelvic floor helps prevent and repair prolapse, incontinence, and assist with recovery from prostate surgery and child birth.

Studio Sixteen Pilates takes the clinical feel out of Pilates and has a faster fitness focused approach.

To connect or to book visit [www.studiosixteenpilates.com](http://www.studiosixteenpilates.com).

## SHOE TALK'S TIPS TO STOP SORE FEET

- Don't wear the same pair of shoes every day. Different shoes hit different pressure points on your feet, in fact just changing your shoes when you have sore feet, will make your feet feel better.
- Adopt a foot and toe stretching exercise programme



- Treat your feet to a massage or soak them in a bowl of water with essential oils, and then sit down and put your feet up above waist height, this will reduce any chances of swelling.

- High heels can also cause foot pain, it is recommended that

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Matthew and Molly Whittington, optometrists in the Kumeu Village since 1993  
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### Shoe Talk™ we talk shoes



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

Shoe Talk Ltd: 401A Great North Road, Henderson, Ph: 09 835 9936  
1/32 Clyde Road, Browns Bay Ph: 09 479 7807.  
[www.shoetalk.co.nz](http://www.shoetalk.co.nz)

you don't wear higher than a 3" heel and wear ones with padding under the ball of the foot.

- Invest in a massage ball to promote the blood flow through your feet.

And the top tip is - Wear shoes that fit you properly.

This means:

- If a shoe feels painful when you try it on, it is not going to get any better.
- Shoes will stretch in width (if they are leather) but not in length.
- If you need to get additional width, go up in size, like clothing, there is no standard fits in footwear sizing either, so you won't always be a size 8.
- If you suffer with feet that swell, try shoes on at the end of the day
- You should be able to wiggle your toes, when you have the shoes on, otherwise the toe box is too tight for you.

## BOTOX – START IN 30'S FOR BEST RESULTS

Crow's feet, frown lines, wrinkles...ageing is not a level playing field. Some in their 50's look in their 30's and vice versa. Life often begins to make its mark on our faces around mid 30's and this is the ideal time to stop deep wrinkles forming that can leave us looking tired and worried.



Some clients say botox injects them with confidence so they can put the best face forward. Georgina shared: "The only person I trust injecting me. I'm a long term client and wouldn't go anywhere else. I look younger now than I did 4 years ago...a truly capable professional injectable nurse."

Call me, Tania, for a free 30-minute consult in a private, West Harbour, setting. I would love to use my 10 years' experience to guide you through the range of services and products that will get the results you care about. Phone/text 021 0264 5157, email [tania@appearancemattersltd.com](mailto:tania@appearancemattersltd.com) or visit [AppearanceMattersLtd.com](http://AppearanceMattersLtd.com).

## NORTHWEST PHYSIO+

At NorthWest Physio+ we are excited to be getting ready a new round of NEXT STEPS classes commencing April 2019. This is a group exercise programme for men and women who have finished their main cancer treatment and want to take the next steps on their road to recovery.



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The programme combines the best Pilates, yoga and cardiovascular exercises for a workout that is specifically designed to help rebuild strength, flexibility and stamina.

The classes run for one hour per week for ten weeks and is fully funded. It is suitable at any stage after any type of cancer surgery or treatment and accommodates all ages, fitness levels and mobility.

The program is delivered by Laura, our certified PINC & STEEL Cancer Rehab Physiotherapist. Weekly take-home resources and exercise handouts are included.

For more information and to register for the NEXT STEPS programme follow [www.pincandsteel.com/programs/next-steps/](http://www.pincandsteel.com/programs/next-steps/) or to talk with Laura our physiotherapist email: [laura@nwpphys-ioplus.co.nz](mailto:laura@nwpphys-ioplus.co.nz).

## ORAL HEALTH IN TODAY'S TEENAGERS

Being a teenager today is tough enough without having to worry about their oral health. Therefore, every teenager should take up the offer of FREE adolescent dental care under the government dental benefit scheme.



Your child's teenage years come with great physical change, and puberty will impact on their teeth as much as the rest of their body. At this age they become involved in sports or pastimes that can lead to injury or develop poor dietary habits as they become responsible for making their own food choices, making tooth decay a concern. Getting your child on track with a healthy oral care regime will prevent these habits from creating serious problems.

The dental benefit is available to all adolescents up until their 18th birthday. This FREE treatment includes x-rays, scale and polish, fillings, extractions of baby teeth, preventive treatment and oral health education. In addition, Kumeu Dental provides orthodontic and wisdom teeth assessment as well.

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Come in and visit TK, Fernanda & Leo at Kumeu Dental to get your free dental treatment today! Call us on 09 412 9507.

## WANT TO IMPROVE YOUR BALANCE?

We could all benefit from better balance. Over the last month I have been discussing balance. I described how balance works, how to test your balance, the link between balance and falls, how to improve your foot function (this helps with balance), how to work on improving your balance, and how chiropractic care could possibly help your balance. This was done through a mixture of blog posts and short videos which are all easily accessed through our website or Facebook page.

If you want to find out more about balance, head along to our website or Facebook page (Elevate Chiropractic) and find out more. If you have any other questions, please feel free to call the clinic, I am happy to help. [www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz) Shop 1, 10 Greenhithe Road. Phone 09 413 5312.



## NEW ARRIVALS! GORGEOUS GIFTS!

Scarves in wool/silk, cotton/silk, silk, cotton viscose. Men's gifts including bracelets with a nautical theme. The most amazing candle stands in every kind of finish. Vases in a great range of materials, colours, styles and sizes - Cards, cards and more cards! We specialise in humorous but we do have a delightful traditional selection. Come and browse at Hobsonville Optometrists - Glasses and Gifts, 413A Hobsonville Road, Hobsonville. We love to solve your gift problems! Open every day except Sunday



## IS YOUR BACK HOLDING YOU BACK?

Does your back hold you back when you are lifting, relaxing, driving the car, gardening, just standing, playing sport, lying in bed, getting out of bed, attending the baby, or putting out the washing.

Massey Physiotherapy invites you to come in for a consult if you have a problem with any of the above. We can assist you in hav-

ing a better back with the use of "hands on treatment" and/or self-management. This is your opportunity to have individualised treatment for your back which will set you on your way to a better more active lifestyle, and if you mention seeing us in the Westerly, we will include a free tube of Natures Nurse recovery rub at your initial assessment.

## NUMB FINGERS AND HAND

We hear quite a lot of complaints from our patients about numbness and tingling in their fingers and hand. What is causing them? Surprisingly, there is no simple answer. You see, this sensation is conducted along the nerve fibres that run all the way along the arm, through the shoulder girdle, into the neck and up to the brain. Lesions anywhere along the fibres potentially can produce the tingling, numbness, weakness and so forth. It could be a sign of a stroke in the brain or carpal tunnel compression in the wrist. Very commonly tight muscles in the neck or front shoulder cause the hand to go numb at night waking the person up in discomfort. It can be successfully treated with osteopathic manual treatment. Tight muscles down the forearm can also be attended through osteopathic treatment. Come and see Ilya and Nataliya at Family Osteopathic Clinic who can help you in finding the cause of your numb hand and tingling. You can find them at 39 Hobsonville Rd, call 09 416 0097 to make an appointment.




## OSTEOPATHY IS NOW AT TOP NOTCH!

Top Notch Massage has now rebranded to Top Notch Bodyworks - we are very excited to now have Osteopathy services as part of our business! Our experienced



osteopaths Marshall Gabin and David Liddiard can be found at our Massey clinic. If you need osteopathic treatment, massage or a combination of both, we look forward to exceeding your expectations. We can help with many problems including headaches, neck, back, muscle, joint pain, arthritis, pregnancy, occupational overuse and stress. Top Notch can now also process ACC claims for accidents and sports injuries - and you don't require a referral from your GP to see us! Marshall has extensive experience and specialises in assisting patients with long term chronic pain issues. David has worked with a multitude of sports teams and assisted at the Rio Olympics. We also can



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treat abdominal issues such as bloating, constipation and pain or discomfort. Both Marshall and David are ACC registered and of course, we still have our qualified therapists in therapeutic, sports and relaxation massage. So if you need an Osteo treatment or just a relaxing massage, give our team a call on 09 2128753 or 021 181 8380. To celebrate we are offering \$10 off your first treatment with Top Notch.

## CHIROPRACTIC AND PREGNANCY

Pregnancy is a time of life where your body changes a lot. Often the changes result in physical challenges within your body. At Live Chiropractic we aim to optimize your body's function by using a gentle Chiropractic approach. If you are struggling with pregnancy comfort, please contact us to find out if we may be able to help you. Live Chiropractic - [www.livechiropractic.co.nz](http://www.livechiropractic.co.nz).



## CHANGING THE OPTICAL ACCESSORY GAME


Now available at Westgate Optometrists - Chilisi offer bright and striking designs in a new range of eyewear case and matching microfibre cloth sets. These contemporary and purposeful accessories are a great way to brighten up your look or make a bold new fashion statement. With a variety of unique designs there is something for everyone. Stop by to check out the range and have a chat to our friendly team, we're just around the corner from Robert Harris Café and opposite the ANZ. Phone: 09 831 0202 Website: [www.westopt.nz](http://www.westopt.nz).



Westgate Optometrists

## HOBSONVILLE CHIROPRACTIC CENTRE

On your first visit to Hobsonville Chiropractic Centre we want to determine exactly what is going on and what we may be able to do to help you. We start by talking about what you are currently experiencing and the history of what your body has been through. We then look at how your body is positioned- your posture, and how well it can move. Next up we feel your spine and the muscles around it, we often find areas that are tight or tender and may not be moving how they should be. Depending



**Gillian Wiltshire D.O.**  
 Registered Osteopath  
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 Auckland 0810  
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 0212330413  
[gill.wiltshire@gmail.com](mailto:gill.wiltshire@gmail.com)

what is going on in your body we may do more tests that give us further insight to your spinal and neurological function such as your muscle strength, your feeling or sensation in your arms/ legs, how your reflexes are responding and check your balance. We carefully choose specific spinal segments to safely and effectively adjust with our gentle techniques. If getting your spine assessed is something that interests you call our office on 09 416 7589.

## DENTURE AND ORAL HYGIENE ROUTINE

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

Things to avoid on your dentures:

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

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

Avoid hot or boiling water that could warp your dentures.

DT Denture Clinic offer a specialised denture cleaning service where we can put the shine back into your dentures in an hour. We are offering half price denture cleaning in April 2019. Call to make an appointment with DT Denture Clinic on 09 416 5072.



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Spot a bear foraging for salmon on the shore and the captain swings back around so you can get a better look. There's nowhere better to be than right here.

Itineraries Alaska boasts the most itineraries of all our destinations. Whether you go for 7 or up to 14 nights, there truly is a trip for everyone.

Alaska Wildlife Humpback whales. Seals, sea lions, and sea otters. Eagles and oystercatchers. We love our Alaskan wildlife and we know you will too.

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Alaska Awakening In April and May, Alaska awakens. Share the wild with locals including deer, bears, moose, seals, sea otter pups, and returning grey whales.

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Please contact me:


Tanya Franklin, your local Travel Broker, a member of helloworld, on 09 411 9105, or 021 254 9169, or email: tanya@ttb.co.nz

Make an appointment to see me in my home office in Waimauku to chat about your next holiday.

See: [www.thetravelbrokers.co.nz/tanyafranklin/aboutme](http://www.thetravelbrokers.co.nz/tanyafranklin/aboutme) or my Facebook page: [www.facebook.com/tanyafranklin.12](https://www.facebook.com/tanyafranklin.12).


## ARE YOU RUNNING A HOBBY OR A BUSINESS?

Do you sell pot plants or homemade jam to friends or at your local weekend market? While this may be just a hobby to you, in the eyes of IRD it could be classed as a business and therefore is eligible to be taxed. Regular sales – however small – can mean you're in business and should be declaring those sales as income. In general terms, a hobby is something you enjoy doing in your spare time, while a business is a commercial venture




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## THE VALUE OF PLAY FOR SCHOOL READINESS

Here at Country Bears, we have always known the importance of play, the values it brings on how children learn all the necessary skills in order to succeed in their journey at school. Early Childhood Teachers know the importance of play and how this should be at the forefront of all learning, especially for children up to the age of seven. Through play here for the children at Country Bears, they learn about problem solving, team work, cause and effect, science, literacy and maths – all while playing in nature. Here in New Zealand, there appears to be this idealism that if your child can read and write from an early age, they are intelligent and will do better in life. Nathan Wallis, parenting expert, renowned neuroscience educator and founder of X-Factor edu-



cation, states that "Longitudinal studies show that the more free play there is in early childhood, the less statistical chance there is the child will go to prison". Nathan also believes that children need to have an emotional disposition (trait) towards learning before moving into a more formal and repetitive way of learning, such as learning numbers and letters.

We are hearing of primary schools employing early childhood teachers and integrating a play based learning curriculum with their year one and two children. This is based on all the research that children's logical brains do not start to develop until approximately the age of 7.

As part of our transition to school process, management and the teachers have made connections with all the local schools to find out their expectations on the skills children need to have for a child's successful transition to school. All schools came back with similar attributes, but the ones that really stood out in all schools were for children to be able to follow simple instructions, such as knowing how to line up behind, beside, in front of etc. The other common aspect was that children have a good range of self-help skills, such as being able to dress themselves, toilet themselves, put things away in their own bag. A few schools did say, if they can identify their name, write their name, and identify letters and numbers that is a bonus! If children have access to books, are read to at home and have an appreciation for books and stories, reading and writing will come to all children when they are themselves, developmentally ready. Country Bears - a friendly and engaging family atmosphere, reflected by our beliefs. With over 25 years of experience, Country Bears is the name in childcare that you can trust. We are proud of who we are and how we got here, and we are committed to continue to provide this Country Bears quality for another



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## LAST REPORT AS CHAIRMAN OF THE KUMEU-HUAPAI RESIDENTS & RATEPAYERS ASSOCIATION

After 10 years of being involved in the KHRRRA I am completing my last report as Chairman.

I am in Sandspit overlooking the Marina & estuary and trying to come to grips with the 50 lives lost in Christchurch, as I ask myself 'what went wrong'? We as a nation will have to look at events and a way forward for all Kiwis, no matter what race, religions or beliefs.

It has also made me look back at the changes the Kumeu community has had to face with the 'Super City' and our part in the residential growth in Auckland.

Efficiencies were promised by the Government when the 'Super City' was being established, but what has occurred is inefficiencies that still exists. Consenting processes are slower and far more bureaucracy, leading to higher costs for the public of compliance, building & Resource Consent applications.

The leaky home problem has now changed the way applications are handled to where the Council staff are 'risk adverse'.

The additional work & certifications needed by applicants has lead to higher costs and delays.

The Local Board members have little or no say in the process as they say Auckland Council staff (bureaucrats) see it as their problem to deal with.

The 'non notified' applications are increasing and the interpretation of what constitutes 'minor adverse effects' is being stretched to unreasonable limits to avoid requiring neighbours consents.

The Kumeu community, in my view is being restricted and in some cases shut out of community participation in the planning process. The community are being advised that only the planning staff can carry out the Structure Plan process (see the Warkworth example where they repeated the work by the local community).

The Planning staff don't want to start planning for Kumeu until 2025, and then it is only for the 'Future Urban Zone'.



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The real effect of lack of planning is being shown now with the new housing from Huapai & the SHA areas coming on stream with no infrastructure planning for roading to match.

The promised ByPass is 15-17 years away without any final solution being available. In the meantime the Kumeu Community will have to put up with the expense & travel delays of roading and transport congestion. That is what happens when the residential growth and infrastructure solutions are out of step.

Over the New Year break I spent about 3 days sifting through the Scheme Changes proposed by the Council. The hundred of corrections on the Unitary Plan demonstrates the document is still being tweaked and corrected

Recently the Association has had a presence at the Kumeu Show to enlarge the membership base and provide a platform for information to be forwarded on. We had a great response at the Kumeu Show and over 100 people signed up to join or receive information.

In my 10 years of writing I think we have had only a few members of the public criticise the Associations position - That is encouraging.

A new committee will be formed at the AGM 17th April, to represent the whole of the District. I would suggest anyone who has a skill and has the community at heart would be welcomed. The committee has been working through the transition since December 2018, so I am sure the Association will be strong going forward (into the future)

I would like to thank the community & the committee for all the support that I have received over the years. Chairman - Pete Sinton, phone 021 637 772 or email [petesinton@townplanner.co.nz](mailto:petesinton@townplanner.co.nz).

## ESCORTED SMALL GROUP 11 NIGHT GREECE INTENSIVE CRUISE AUGUST 19

Cruise on the small ship Azamara Pursuit with a maximum of only 700 people onboard. The group departs Auckland 22nd August 19 and will be escorted by Carolyn Hedley, owner of hel-loworld Hobsonville.

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### Geoff Dobson MEDIA

P 027 757 8251

E [geoffdobson2017@gmail.com](mailto:geoffdobson2017@gmail.com)



Cruise to the city of the Argonauts, Volos before sailing on to Thessaloniki. Set your gaze on Kavala, a beautiful whitewashed city crowned by a 15th century Byzantine castle. In Kusadasi, discover Odeon, the Amphitheatre where St. Paul preached. Rhodes offers sandstone buildings and the cobblestoned Street of the Knights. Journey to the charming, sun-soaked island of Santorini for one last day of adventure. Cruise Athens return to Mykonos (overnight), Paros, Skiathos, Volos, Thessaloniki, Kavala, Kusadasi, Rhodes and Santorini.

You can return home after the cruise or stay on in Europe, you decide.

There are only two cabins left for this group so be quick and contact Carolyn on 09 416 1799 or email Carolyn.hedley@hel-loworld.co.nz.

## ANY QUESTIONS?

If those aches and pains are getting too much, or maybe you're just wanting a health WOF (warrant of fitness) our first stop may be our doctor. But how many times do you find yourself consulting your partner, friend, neighbour or Dr Google while you wait for an appointment?

There's a wealth of wellness information available to us. Telling us what foods to eat or avoid, what shoes to wear if we've got knee pain, what bed to buy or what supplements to take. Everyone has an opinion. And it quickly gets overwhelming. So how can we filter out this information and get the help we need to keep well?

Writing down the health concerns or questions you have is a great place to start. This helps you get clear in your mind what you want help with, and from this who is the best person to help. Your doctor is a great person to take these questions to. They can check for any underlying conditions and make sure that any other treatments you want to try won't mask the real cause of your concerns. Your doctor may be able to recommend another wellness professional who can help.

Katrina Pace is a freelance health and wellness writer and Healthy Food Guide Dietitian [www.wordsforwellness.com](http://www.wordsforwellness.com).

## HEALTH AND SAFETY INDUCTIONS

Does your company complete a health and safety induction of new employees?

Under the Health and Safety at Work Act, these are required, and is a way of ensuring new employees (workers) are aware of the risks and hazards that are involved in working for you. In addition, the new worker should be shown what to do if an emergency should occur while at work.

It is important that in taking your new worker or employee through the health and safety induction that they understand what you have told them. A simple questionnaire is a good idea





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to check that they have understood what they have been told. There is no specific timeframe on a health and safety induction, however it should be taken at the start of someone's employment and may take a week or more as you show them how to use particular machinery or undertake specific jobs or tasks, and ensure that they are competent before you let them lose on the job or machine by themselves.

Introduce the new employee to people that are likely to be called upon in an emergency as well as introducing them to their supervisors and managers and fellow workers. The fire warden and building warden and first aider are all important people and have specific responsibilities in an emergency and in the case of a fire and or building warden will instruct a person on what to do or where to assemble in an emergency.

Take the new employee through your company's risk register, show them where the health and safety notice board, the fire extinguishers, and the first aid kit are and the assembly point is in case of an emergency evacuation. Some businesses even provide the new worker with a "workbook" that explains the various risks and emergency information and forms the basis of the new employee's health and safety induction questionnaire. For further information contact your Securo Consultant John Riddell on [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or check out the Securo website [www.securo.co.nz](http://www.securo.co.nz).

## CHOOSING YOUR CHILD'S CHILDCARE OR PRESCHOOL?

If you are a parent of a school age child, or a child who attends an early learning centre, then chances are you have heard of ERO, and wondered what it means.

ERO, stands for Education Review Office. It is the government department that





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evaluates and reports on the quality of the education and care of children in schools and early childhood services.

Both schools and early learning services are generally reviewed every three years. However, if the performance of the service is poor, and there are risks to the education and safety of the children, then ERO will return well before 3 years.

However, where the school or early learning centre demonstrates high quality of its teaching curriculum, governance, policies and practices, ERO may stretch the next review out to 4 years. ERO's reports can be found on their website [www.ero.govt.nz/](http://www.ero.govt.nz/)

It can be difficult for a parent to judge whether an early learning centre or school is doing a good job. Parents should visit with their child, and be guided by their own feelings about the staff, parents, children, environment, but they should also carefully read the latest ERO report for that service, as part of their decision process.

Remember - A 3 year review indicates that the service is doing a good job. A 4 year review means they are doing an excellent job. Jennifer Dahl, is the owner of Kereru Kindy at 10 Oraha Road, Huapai, which was recently reviewed by ERO, and will be reviewed again in 4 years.

## PHELAN'S LOCAL BOARD UPDATE APRIL 2019

There's a lot of frustration at the traffic delays and lack of progress on road improvements to SH16 so it's worth giving an update on what is being planned.

The Safe Road program delivering \$70 million of road improvements from Brigham Creek to Waimauku is underway. There's not much to see on the ground as consenting and land purchasing is being done. The key changes are road widening, median barriers, additional lanes from Brigham Creek to the Taupaki roundabout and a new roundabout at the intersection of Coatesville Riverhead Highway/SH16. There have been rumours that this isn't happening, it is, but it has been delayed due to the additional of walking and cycling lanes to improve safety. Completion date of February 2021. Google 'NZTA Brigham Creek' to find more information and updates.

The other large project is connected with the Huapai Triangle Special Housing Area that will be completed in the next six years. This \$37million Auckland Transport project and involves additional lanes at Access Rd/SH16 and a "Gyratory" roundabout at the Tapu/Station Rd intersection. Those wondering where the development contributions have gone, this project has effectively used all that money collected over the last decade and more. Physical work on this is expected to start in ten months. If you want to find out more and see the plans, google 'Huapai Triangle Auckland Transport'.

Even with the \$100 million being spent on local roads over the next few years there is not going to be a return to the uncongested roads of the past. While some of this work will ease bot-



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tle necks urbanisation brings more people, they bring cars, and that means traffic. It would be disingenuous to pretend that simply building more or wider roads will unlock traffic. Investment in mass public transport and providing more opportunities to work locally will have to be part of the planning over the next few decades.

A new road corridor parallel to SH16 providing an alternative to the current highway is being planned. Work has started on designating the route and discussions with affected landowners. It needs to be emphasised that this project is unfunded in the 10-year transport plan for Auckland. The scale of the investment, in the many hundreds of millions, would mean it would likely be dependent on large scale housing development taking place after 2028 in the future urban land north of Huapai. I think it would be misleading to pretend this could be done quickly given the current issues with funding infrastructure across Auckland. Anyone who has followed the 'Penlink' project in Whangaparaoa will know what I am talking about.

The other piece in the puzzle is public transport. Neither Government nor Auckland Transport appear to be pursuing heavy rail as an option for Huapai. If decisions were made to move the port to Whangarei the rail upgrades that follow would open the tracks up to public transport, but so far there's no sign this is happening. The Government has decided to fund Light Rail and the current work is on a route from the CBD along SH16 with the final stop at Kumeu. More information is expected to be released mid-year. Google 'supporting growth north west Auckland' to find out more.

The Local Board launched two new bus services from Helensville to Silverdale and Wellsford to Warkworth as part of its Rodney Transport Targeted Rate program. We expect to start a new bus from Westgate to Albany via Riverhead and Coatesville mid-year. Planning work is underway on park'n'ride facilities in Kumeu and Huapai, depending on the final sites these should be delivered within 12 months. Google 'Rodney Transport Targeted Rate' for more information.

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

## ANNA JEFFS PRIVATE INVESTIGATOR

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