

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

WARM UP YOUR HOME

- Health & beauty
- Grooming in winter
- Local Board comments
- Cashew & carrot soup

INSIDE WAIMAUKU

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

Editorial contributions are free from cost. Advertising starts at \$75 plus gst for a business card size.

Contact Sarah Brightwell on 021 250 7324 or sarahcartwright022@gmail.com

kumeuCOURIER/ August 2015

Intro

Welcome again to our loyal readers. In this month's issue we congratulate our very own Kumeu Brass, who was one of the 27 bands competing in the keenly fought annual national event in Rotorua, and took home three of the four trophies on offer in their class. Kumeu Brass was also awarded the prestigious EW Rose shield for overall champions in their grade, a much coveted award last won by Kumeu Brass 31 years ago. Well done to you all, a brilliant conclusion to the many hours of practise, fine tuning and dedication by all involved. We also delve into the history of the Citizens Advice Bureau who provide a wonderful service to the community. Volunteers form the glue that keep our communities together, create the facilities and the support networks that improve the quality of life and create opportunities for us all. The Helensville Citizens Advice Bureau continues in its endeavours to offer free, confidential, non-judgmental help, assistance and direction in all and every aspect of life and living in a small community. The Vintage Shop established by the Huapai-Kumeu Lions Club is in its second year of operation in the historic Pomona Hall located alongside the Kumeu Community Centre in Access Road, Kumeu. It has proved to be a successful venture and the Lions club appreciates the generosity of both people who donate items and the volunteer workers who run the shop. Anyone thinking of donating items or interested in assisting for half a day every two weeks should speak to someone at the shop. Hours of operation are: Tuesday to Friday 10 – 4pm and Saturday 10 – 1pm. As always, Stay safe – Be kind.

Sarah,
Editor.



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PHELAN'S LOCAL BOARD UPDATE AUGUST 2015

Planning starts for Kumeu & Huapai. August will see a number of public meetings to consult residents as part of planning for Kumeu and Huapai's future.

The first public meeting is on Tuesday 11th August from 6:30-9:00pm at the Kumeu Community Hall (Access Rd) seeking public feedback on the Future Urban Land Supply Strategy. This strategy will be used by Council to inform Unitary Plan hearings on the staged release of land in the proposed rural urban boundary. The draft strategy is online now, go to www.shapeauckland.co.nz. This is going to be an important meeting for anyone with an interest in how land will be developed over the next 10-30 years.

Following this will be a series of public consultation meetings that Beacon Pathways is carrying out on behalf of the Rodney Local Board. There will be four meetings; business focused to be hosted by the Northwest Business Association, education and youth focused at Huapai School, sports and recreation at the Huapai Recreational Reserve and Community at the Kumeu Arts Centre.

The focus will be on what you want to see in our community over the coming years, whether it is sports, recreations and education infrastructure, public transport,

transport links, public amenities and development of a heart for the town.

Information collected at these events and online surveys will be used to inform work on a Centre Plan for Kumeu and Huapai. The Centre plan will involve all parts of council including planning and Auckland Transport, plus external agencies such as NZTA. Depending on the feedback and information we receive we hope to have a draft plan completed for mid next year.

Watch out for further information and dates for these events in August.

If you have any questions or need assistance with council issues contact me on phelan.pirrie@aucklandcouncil.govt.nz or 021 837 167.

KUMEU MUSICIANS SCOOP NATIONAL AWARDS

The Sir Howard Morrison Performing Arts Centre in Rotorua was the venue for the 2015 New Zealand Brass Bands Championship. Our very own, West Auckland's Kumeu Brass, was one of 27 bands competing in the keenly fought annual national event and took home three of the four trophies on offer in their class.

Kumeu Brass was awarded the prestigious EW Rose shield for overall champi-

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ons in their grade, a much coveted award last won by Kumeu Brass 31 years ago. The band also picked up the Brady Challenge Cup for the Hymn/Test and were also awarded the trophy for their own selection of music: three technically challenging movements entitled "The Once and Future King". This they share equally with Masterton District Brass Band, a worthy and formidable opponent. Finally, Mark Close, their musical director (centre), was awarded the Harry Mortimer Memorial Trophy for the Championship-winning Conductor. Altogether, a brilliant conclusion to the many hours of practise, fine tuning and dedication by all involved.

The photo shows fewer than half of the band with the historic but still impressive trophies won by Kumeu Brass at a celebratory dinner. L to R: Wiremu Osbourne, Peter Whyte, Ben Harrington, Tim Owens, Mark Close, Martin Dewson, Stephen Brown, Debbie Williams, Aiden Whyte, Henry Close, Phil Thomson.



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COMMUNITY NOTICE BOARD

HO HO HO CHRISTMAS IS JUST AROUND THE CORNER

Book now for your Christmas Party function at Soljans Estate Winery & Café as space is limited and the popular days (Thursday to Sunday) fill up many months in advance. Soljans Estate Winery & Café is a unique venue in that we are a one-stop-shop for Xmas Party Events. Talk to us about tailor making a special package that suits your requirements and budget for your team Christmas party. With exclusive use of the venue for dinner; a private function room for a brunch or lunch; exquisitely crafted, award-winning wines and a great menu selection to choose from, Soljans Estate Winery & Café is the solution. Enhance your vineyard experience with a winery tour & wine tasting or some exciting team building activities like clay shooting and archery. Give Britanya a call on 09 412 2824 to discuss your group's requirements today or email us at functions@soljans.co.nz.

KUMEU ARTS CENTRE

Ceramic Exhibition, on until Saturday 22nd August 2015 - A combined members' exhibition, showcasing work from local potters and ceramic artists. Open Mic Poetry



Night - To celebrate National Poetry Day 2015, Kumeu Arts Centre is holding an 'Open Mike Poetry Night', for all members of the community. Participants are encouraged to come along, enjoy some refreshments, recite their own (or their favourite poetry) and to listen to others' works. This evening has been a great success over the past few years, with many people sharing their love of the written word. There have been tears, laughter, goose bumps and even a song during previous evenings. This was such a popular and enjoyable evening it has become an annual fixture. Open to all ages. Friday 28th August 7pm - 10pm, gold coin entry.

Arts in Action 2015 at Kumeu Arts Centre. Fun, free family day. Come along and try your hand at various art activities. Including clay, beading, creative photography, polymer clay, nail painting, watercolour techniques, macramé, wood sculpting, face painting, watercolour techniques, card making, kids craft and much more. Saturday 5th September 10am - 2pm, all welcome.

FOR THE WEEKEND WANDERERS

Kaukapakapa Village Market is a destination with character and atmosphere where everyone has the opportunity to pick up something exciting. Held on the third Sunday of the month all year round, stalls located inside the hall and outside in the car park offer a variety of quality wares with everything from fresh local

produce to hand made crafts to locally grown plants and seedlings plus collectibles and a car boot area where you can grab a bargain. Arrive hungry and take time to relax and chat over a freshly made barista coffee and a delicious snack from the market café or sausage sizzle while you enjoy the live music and soak up the experience. Next market is 16 August, 9am-1pm, 947 Kaipara Coast Highway, SH16. For more information phone 027 483 1542 or email sarah1@maxnet.co.nz. Like us on Facebook and keep up to date with details of future markets and special events <https://www.facebook.com/pages/Kaukapakapa-Village-Market/151788781545928>.

CALLING NEW MEMBERS!

The Kumeu Agricultural & Horticultural Society (KAHS) was formed in 1921 with a purpose to improve the Kumeu districts horticultural growing and animal breeding activities by having an annual show held on land loaned for the event on the main highway in Kumeu. About 1953 the Society purchased a 17 hectare farm near Kumeu railway station, followed some years later by a neighbouring 17 hectares to form a working farm that in March each year hosts the two day Kumeu Show with its agricultural and horticultural displays on park like grounds only 28km from Auckland CBD.

Largely run by volunteers the show grounds host many other activities during the year such as Folk Festivals, Filming Activities, Fireworks displays, Performing dogs and Hot Rod type shows with any surplus funds being reinvested in ground and building improvements.

Some of the Membership Benefits are:

- Free RAS Member's District Ticket with Admit One ticket to each of the subscribing A & P Shows in the Northern District region
- X10 Complimentary Entry Tickets to the Kumeu Show for 2016
- Priority Parking in the members' parking area on Show Days

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- Lunch Tickets (x2) on Show Day – for either the Saturday or Sunday
 - Voting rights at the AGM (held in August each year)
 - Be elected to the Kumeu A & H Society Show Committee
- Please contact our office on 09 412 9322 or email kumeushowgrounds@xtra.co.nz if you require a membership form sent out to you.

VINEYARD COTTAGES

It has been wickedly cold over the last few weeks!! The fireplaces in the cottages are being used to their full potential, and where else would you prefer to be than snuggled up with your favourite someone and a bottle of wine. There are still cold nights around the corner, so give yourself and someone special a treat and reserve a cottage for a night or two - candle light supplied! There are a host of different activities to fill your day. Take a brisk walk along the beach, pamper yourselves and book in for a spa treatment. Visit the local wineries, cafes and restaurants and for those that are more adventurous experience the adventures on offer at Woodhill. There literally is something for everyone!! If you haven't stayed before come and see why our guests keep returning. Make a reservation in August and receive a complimentary bottle of wine. Phone: 09 411 8248 or email: info@vineyardcottages.co.nz.



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Challenge is starting on Saturday 19 September 2015. Lacking motivation or self-confidence? Not happy with your body or can't seem to break old habits then this is the challenge for you! Challenge includes:

- Before and After Assessments with photos
- Challenge T-Shirt
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WHAT'S NEW AT MATUA?

Things are getting pretty tasty at the MATUA Cellar Door with our delicious new Taster Series! Try six Matua wines matched with six tasty morsels of food and see how the flavours complement and balance each other. Book in now with our amazing Cellar Door Team for a time that suits you to learn more about food and wine matching. Minimum Booking: 4 people - Bookings essential: 09 411 5559. Matua Wines Cellar Door, 311 Waikoukou Valley Rd, Waimauku, Auckland.

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SAFER COMMUNITIES

MURIWAI BEACH ROAD RULES

Under the Land Transport Act 1998, Muriwai Beach is designated a road. What does this mean?

- All road rules apply
- You must hold the correct license for the class of vehicle you are driving
- Your vehicle must be licensed and have a current Warrant of Fitness
- You must drive safely and prudently
- You must comply with the speed limit
- Motorcycle riders must wear helmets

This means that unregistered motorcycles and quad bikes are not permitted to travel on the beach.

Also NO vehicles are allowed to turn left at Coast Road 4WD access unless it is for the purpose of launching a boat in which case you are required to take most direct route to the launch site. Please be aware of children and other people.

In an emergency dial 111.
For more information contact
Ph 09 412 7756.

DRYERS AND DEHUMIDIFIERS CAN BE FIRE STARTERS.

I have been to a number of fires that have started by these household devices. Lets face it, if you purchased a household item ten years ago and you expect it to operate as if it was brand new, think again.

If you are using an old Clothes Dryer you need to do some important checks. Firstly, thoroughly clean out the lint filter, this should be done prior to every use. It will deliver better economy and a blocked lint filter may generate enough heat to start a fire. Check the power cords and look for any damage, kinks or depressions. Check on the dryer every hour to ensure that it is still functioning at its best.

Dehumidifiers are very similar, the lint filter needs to be checked and cleaned before starting and most dehumidifiers should be checked every hour to ensure that the water reservoir is not full, and the unit is operating safely. If you have any questions or queries, we suggest that you get your appliance checked and serviced. This may save you money on your power bill and deliver peace of mind.

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AREA PROPERTY STATS

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

Address	Max	Median	Minimum	Most Recent Sale
COATESVILLE				
Lifestyle	\$ 3,520,000	\$ 2,300,000	\$ 1,828,000	\$ 1,828,000
HERALD ISLAND				
Residential	\$ 1,570,000	\$ 1,000,000	\$ 810,000	\$ 810,000
HOBSONVILLE				
Residential	\$ 4,900,000	\$ 1,370,000	\$ 850,000	\$ 850,000
HUAPAI - KUMEU				
Residential	\$ 1,500,000	\$ 890,000	\$ 670,000	\$ 890,000
Lifestyle	\$ 3,300,000	\$ 1,420,000	\$ 1,170,000	\$ 1,170,000
MURIWAI				
Residential	\$ 1,800,000	\$ 880,000	\$ 450,000	\$ 780,000
RIVERHEAD				
Residential	\$ 1,630,000	\$ 825,000	\$ 748,000	\$ 1,512,000
TAUPAKI				
Lifestyle	\$ 1,400,000	\$ 1,220,000	\$ 1,080,000	\$ 1,080,000
WAIMAUKU				
Residential	\$ 1,790,000	\$ 1,050,000	\$ 500,000	\$ 890,000
Lifestyle	\$ 2,310,000	\$ 1,965,000	\$ 1,400,000	\$ 1,745,000
WAITAKERE TOWNSHIP				
Residential	\$ 920,000	\$ 915,000	\$ 905,000	\$ 905,000
WESTHARBOUR				
Residential	\$ 1,220,000	\$ 960,000	\$ 675,000	\$ 870,000
WHENUAPAI				
Residential	\$ 3,000,000	\$ 910,000	\$ 810,000	\$ 1,000,000

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

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Best of all is that you don't need to be earning an income to be approved! If this type of loan is of interest to you or someone you know please contact us. 09 411 9251 / 027 411 9255 or david@davidlloydmortgages.co.nz



David Lloyd
Phone 027 411 9255

IN BRIEF

UPDATES:EVENTS

BARN DANCE AT THE RIVERHEAD A SELL OUT!

The Riverhead is absolutely delighted with the support the community



has shown the West Auckland Hospice. The Barn Dance organised by BNI West Auckland and The Brewster Brothers and sponsored by BNI, Kiwibank, Lasercopy Design and The Riverhead, sold out two full weeks out from the event. It is encouraging to see that events like this, where it is a win win for all parties, can come together and make a difference for people in need and when it counts. Congratulations to everyone who purchased a ticket early. It was a totally fun night and everyone let their hair down.... this is likely to become a regular event at The Riverhead during the winter months. Look out for it next year and don't miss out! We have a couple of other parties/dances coming up soon so get in fast and grab your tickets. We have an interesting Beatles tribute show which will be on 26th September...this is a mix of the old tried and true Beatle renditions and something with a totally new twist! Then at the end of October we're having a Halloween Party...freakish and wild, this should be a bit of weirdo zombie fun! Our Christmas Parties are selling out extremely fast contact Lisa and her team

today on 09 412 8902 if you are interested in joining us for your staff Christmas Party.

KICK START THE SPRING SEASON

Dust off the show jackets, the season is starting super early this year. With horse of the year coming forward two weeks, getting those qualifications in plenty of time will become more pressing this season. Woodhill Sands is running three spring shows that will have their own accumulated championships; we have 13 dress rugs up for grabs, Cash Accumulator prizes and the GP Super Series will be starting. Shows run: Dressage & Show Hunter (registered and non-registered) 29th & 30th August, 12th & 13th September, Final 26th & 27th September; GP SJ Shows Spring Series (featuring the GP Super Series) 22nd & 23rd August, 5th & 6th September, 19th & 20th September. To find schedules go to www.woodhillsands.co.nz. Spectators welcome, free entry, no dogs please, food, espresso coffee and eftpos on site. Picture credit: Cheleken Photography.



KUMEU CLUB HAS A GREAT MID- WINTER CHRISTMAS

Over 60 Club Members and friends had a great night out at the Fireplace Restaurant on Thursday 26th June. Aces High band entertained the crowd along with Guest Vocalist Donald Suckling singing the Creedence Clearwater Revival Song "Cotton Fields" which had everyone up dancing. A buffet meal was enjoyed by all. The Club put on its usual sponsorship of refreshments on the tables and Crackers and bangers provided plenty of hilarity. Following the Mid-Winter Christmas the Club held its Annual General Meeting on Sunday 12th July which was well attended.

The club meets every Wednesday and Friday Nights at the Fireplace Restaurant where members enjoy discounts on meals and beverages. If you are considering joining the Club, come along and join us on our Friday Night Club Night and don't forget Friday Night is Raffles Night.

CHILDHOOD DREAMS DELIVERED TO YOUR DOOR

The Wooden Toy Store is an exclusive and independent online wooden toy specialist, a family business run from our home in Kumeu.

We are passionate about sourcing beautiful and classic wooden toys from around the world. The wooden toys you choose at The Wooden Toy Store will have enduring play value and will soon become your family heirlooms.

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Use the code 'KUMEU2015' for a 10% discount to Kumeu locals.

MEACTIVITY NEWS FROM THE BEACH

SKY The sun sets a little later each day to the West; Venus and Jupiter have been a spectacular pairing in our night sky. RUBBISH Auckland Council is trialling an inorganic collection in Whangaparoa, and plans to roll out across Rodney after Christmas. Each household will be scheduled to receive one collection up to a cubic metre. Remember that local and available we have Helensville Community Trust's community Recycling Centre on Mill Road. Inorganic rubbish has historically gone straight to landfill. CONGRATULATIONS Our local hero Gerry Henley (MEACT President among his many hats) has made it to the regional finals of Pride of New Zealand. He was cited for his weedbusting, native tree planting and coordination of working bees. Congratulations Gerry – we agree that MEACT would "flounder without your tireless dedication and commitment" – hats off and thanks for all your hard work.

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CAR BOOT SALE

Phil Greig Strawberry Gardens 464 State Highway 16 Kumeu are proud to support the Kumeu Badminton Club by once again holding a car boot sale for the weekend 12th September. Come bargain hunting, turn unwanted items into cash. Car-space site only \$15.00. Enquiries and bookings, please contact Lianne office@strawberrynz.co.nz.

SOUTH KAIPARA U3A

Come and hear Lillian Grace, the founder and chief of Wiki NZ and a mini presentation from the Travel Group on Djibouti. We will be meeting at the St John's Ambulance Rooms, 7 Rata Street, Helensville, on Friday August 7. All welcome, gold coin entry - excellent afternoon tea. For more information call Judy 09 411 8322. Our Main Speaker is Lillian Grace, the founder and chief of Wiki New Zealand, a collaborative website making data about New Zealand visually accessible for everyone. Through Wiki New Zealand, Lillian aims to make it normal to know your country. In her previous role at The New

Zealand Institute, Lillian became aware of some of the challenges we face as a country. She believes that to get the best outcomes we need to make informed decisions in all areas and at all levels, and that the process needs to start with understanding the facts before we connect them to our values. The Minor Speaker subject will be "Djibouti (The Horn of Africa)", the history and its relevance in the Middle East conflict today, presented by the Travel Study Group.

MID WINTER SALE ON NOW

Ambience Homeware and Gifts are ready to warm up your winter with a mid winter sale on all stock. That's 20-40% off, sale in store starting 30th July. While you are in store, check out our latest arrival HipSister! Are you sick of having to carry your wallet and phone everywhere you go? This cool new fashion accessory hugs and holds keeping those essentials safe like phones, iPods, keys and even cash. They are convenient, fashionable and even washable! With sizes from 0 to 22 and in a range of colours and designs. Start living life hands free with HipSister! Only at Ambience Homeware and Gifts 325 Main Road Kumeu.

SENIOR NET KUMEU

We have had a name change and now we are called Senior Net Kumeu! Please come and join us at our next seminar at St Chads Church in Oraha Road, Kumeu on Wednesday 5th August for a cuppa and biscuit - \$3 entry fee and all are welcome. Our guest speaker is Thom Epstein who has proved to be a most entertaining and informative speaker on camera and cellular items. We also have a raffle - 3 tickets for \$5 and usually have a good selection of prizes.



Tony Boyd
MANAGING DIRECTOR

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Special thanks

We have a number of pick-up-boxes in the area and we would like to thank the following companies for their support:

Carriages Cafe	Boric Food Market
Countdown	The Warehouse
Freshchoice	Mitre 10 Mega
Jacks Dairy	Kauri Gum Store
Kumeu Post Shop	
New World Kumeu	
Top Shop Muriwai	

THE VINTAGE SHOP IN POMONA HALL OFFERS BARGAINS

Kumeu's Vintage Shop has been pleased recently to receive a number of items, unwanted and donated by local residents down-sizing their home as well as some items coming from deceased estates. This stock is supplemented occasionally by purchases at antique and estate disposal auctions in the city.



A newly-acquired, round multi-level glass shelving unit has been used by the shop's volunteers to create a stunning display in the middle of the shop of some of these items. All the shop's retro and antique items are of superior quality and labelled at very reasonable prices.

The Vintage Shop established by the Huapai-Kumeu Lions Club is in its second year of operation in the historic Pomona Hall located alongside the Kumeu Community Centre in Access Road, Kumeu. It is run by a group of rostered volunteers, and through their commitment and the profit this generates, the Huapai-Kumeu Lions have been able to make significant financial donations to a number of groups in the community. It has proved to be a successful venture and the Lions club appreciates the generosity of both people who donate items and the volunteer workers who run the shop. Anyone thinking of donating items or interested in assisting for half a day every two weeks should speak to someone at the shop. Hours of operation are: Tuesday to Friday 10 – 4pm and Saturday 10 – 1pm.

BID (BUSINESS IMPROVEMENT DISTRICT)

The Auckland Council has introduced the B.I.D scheme to the Nor West Auckland Business District, among other parts of Auckland. My understanding of B.I.D is that the intention is to form a mechanism where the Auckland Council can collaborate with the business community to improve the environment in which businesses operate.

To fund this, all commercial / industrial ratepayers pay a levy on top of their rate demand, my levy for B.I.D is \$4,200.00 per annum.

My company is a member of the New Zealand Heavy Haulage Association; that Association does far more to look after my business needs than B.I.D could ever hope to do for a cost of \$1,200.00 a year.

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Proponents will tell you B.I.D was established by popular vote, not so. Less than 30% of commercial rate payers responded to the vote, and I believe it got over the line by about 2%. The rough sums are about 15% of the people voted to have B.I.D. I know if the vote was taken again it would be a different outcome.

I challenge the Auckland Council and B.I.D to have another vote on whether or not we have a Nor West B.I.D, in fact I will meet the cost of such a ballot.

“So what’s wrong with B.I.D?” If an individual or body wants to become a member of a business association, that is their democratic right, equally if they do not want to be part of that association, that also is a fundamental democratic right.

What if the Council decided that B.I.D was working so well that it should be the only point of contact between the commercial sector and council? That would mean full control to council by a council funded organisation.

What if council decided that B.I.D was working so well in the commercial sector that a similar scheme should be introduced to the residential sector, and it should be the only point of contact? Then council only deals with Bodies that it basically funds and controls. Fantastical? The rot has already started by forcing me against my will to be part of B.I.D, this is democracy out the door!

B.I.D works against my best business interests, therefore why am I expected to pay \$4,200.00 a year to be party to an organization that is contrary to my needs?

As well as a council liaison, B.I.D wants to promote local businesses, I take it that means encouraging more people to make use of what the local area has to offer. That would be great if we had the roading infrastructure to accommodate the increased volume, but we don’t, and to my knowledge there is nothing in the pipeline to defuse that situation. How many local people are getting more and more frustrated by the traffic volumes, which are set to get a lot heavier?

So please, B.I.D, don’t encourage more traffic into our district until we have the infrastructure to cope.

B.I.D has been in operation for a year, to my knowledge it has achieved nothing. They have had numerous ratepayer funded social events. I don’t pay rates so people can have a party, that is a criminal misuse of ratepayer’s money. If people want to attend these gatherings, that should be at their personal cost.

To date, I have refused to pay the B.I.D content of my rates, it’s not about being mean, it is strictly about a democratic principle. Craig Walker - Craig Walker Building Removals Limited.

ANYTIME PEST CONTROL

Anytime Pest Control offers a full range of quality Pest Control Services including; ants, cockroaches, fleas, flies, wasps, mice, rats etc. Give me a call (Kevin) on 09 420 9988 or mobile 027 277 7143 or email: skyline@xtra.co.nz for a free no obligation quote. I have over 40 years’ experience in the Pest Control Industry and I am a registered Pest Control Technician.

\$75 = EXPOSURE FOR A MONTH - KUMEU COURIER

Budgets are tight, and advertising is often expensive, but it’s nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at sarahcartwright022@gmail.com.

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FACEBOOK

CYBER TALK

We have just launched the Aquarium & Pond Services side of our business. We offer maintenance of Fish Ponds & complete maintenance & installation of Aquariums including Freshwater, Marine & Reef Systems. We service both residential & commercial customers throughout the Auckland Region. Services include: Diagnosis & treatment of diseases, algae & other aquarium or pond issues
In house lessons on looking after your aquarium or Pond
Water Quality testing
Regular or one off maintenance service
Installation and delivery
Feeding & Maintenance service if you are recovering from illness or away on holiday
Aquarium makeovers
Aquarium & fish relocation service
24 hour availability
Please contact us on 09 415 4157 or hollywoodalbany@gmail.com for more information. <https://www.facebook.com/hollywoodfishfarm>.

We are looking for tenants for our large (230sq/m) furnished, 2 storey, 4 bed house for 6-7 months (Dec 2015 - July 2016) while we are overseas. Located in Swanson (Kitewaho Rd) but is in Waitakere school zone. Will be reduced rent (\$400p/w or negotiable rate if utilities included) due to our animals being part of the deal... 6 chickens, 1 cat and fish tank. All expenses for animals will be taken care of. Very private flat location down a long driveway, surrounded by forest and ample parking. Large garage for storage. Second lounge has room for furniture (currently used as large empty playroom). 2 bed downstairs: Kids room with bunks, 2nd room with queen bed. Upstairs main with queen bed (en-suite and walk in robe), and another large single bedroom. All have built in robes. Large deck overlooking forest. Awesome in summer. Plus wood fire and 4 x heat pumps so warm in winter. Perfect for family between houses! For more info email nicky@creative-current.com.

BABY BEAN BAGS - Great baby shower gift, or a wonderful thing for you special addition. We are based in Whangarei, you can pick up. Please PM or TEXT 022 314 5799. <https://www.facebook.com/pages/Baby-Perfect/320911708088911>.

Wrights Equestrian are now selling Jump poles, painted to order. Choice of colours are red, kermit green, purple, orange, yellow, dark blue, pink, pale blue. \$25 each or \$20 each



for 6 or more till end of month. We are now also selling cavalettis. \$100 each for just plain white with square poles 3mtrs long or painted pole \$110. Round pole \$110 each or painted \$120. Ph 027 280 3077.

HELP! We are still desperately trying to find this gorgeous boy's home. He is a Bengal and we estimate he is approximately 2 years old. He had been hanging out around the Matua Road area in Kumeu for around a month before he was bought in to us at the Vets North Kumeu Clinic. We would really like to find his owners. If you know where his home is, please call us on 09 412 9016.



Waxing, nails, facials, tanning, lash and brow tints - ALL your beauty needs and I'm mobile so all in the comfort of your own home call / text 021 028 78232. <https://m.facebook.com/profile.php?id=512941252168594>.

Real Kids Early Learning Centre is family-owned and staffed with amazingly knowledgeable and passionate teachers. We are a Reggio Emilia-inspired centre based on an

acre of wonderful Hobsonville history, with nearly a quarter of an acre of natural outdoor area to complement our ethos of learning and teaching.

Real Kids Early Learning Centre Offers:

- Primary caregiving for Infants and Toddlers.
- Affordable fees with full and short day options.
- Free Treasures nappies for under 3 year olds.
- Daily healthy, nutritious meals.
- A Reggio Emilia-inspired educational programme.
- Qualified, experienced teachers.
- Spacious, well-resourced facilities.
- Catering for children aged 3 months to school age.

Open Monday to Friday, 7.00am to 6.00pm

Contact us on 09 416 9070 to arrange a viewing around our amazing centre.

Miracles Childcare is looking for a Chef/cook to work in our kitchen for 6 weeks in September and October while our Chef/cook goes overseas. We are looking for someone with catering experience, who is reliable and well organised, to prepare all meals for about 100 children each day. The hours are 37.5 hours per week (usually 7am-3pm) from about the 1st September until 16th October. A week's training will be available beforehand. If you know of anyone that might be interested in this fixed term position then please ask them to contact me on 09 827 2881 for further information or send a CV though to me on rebecca@miracleschildcare.co.nz.

Hi I am Kyla, I am the owner and distributor of Bambinex Nappies. I fell in love with Bambinex Nappies after using them on my own baby and am pleased to be able to offer these in NZ!! We stock quality bamboo and micro-fibre nappies, swim nappies, training pants, liners, and wraps. Like us on Facebook we are having a month of giveaways. <https://www.facebook.com/bambinexnz?fref=ts>.

Hi everyone. If you're needing any tiling done at a cheap price pm me. We will beat any quote. Can send you pics of our previous work. 021 084 72279 - Harder Tiling.

Worried your four legged friend isn't getting enough exercise? Do you feel guilty when you come home from work too tired to give the little furry friend a walk? A mate of mine has an off leash dog walking/socialization business here in the Waitakere! He'll pick your dog up in the morning, run them with the pack and then drop them off in the afternoon! Want to come home to a happily exhausted dog? Curious as to the behavioral benefits of giving your dog enough exercise? Give this service a shot then, your pup will thank you for it if he or she could! <https://www.facebook.com/pages/Pack-Adventures/683683615081120?sk=timeline>.

PROPERTY

NEWS & ADVICE

AFTER ELEVEN LONG YEARS IN REAL ESTATE

I entered into the real estate industry in 2004. After two decades owning and operating advertising and publishing businesses, and having strong systems and processes.

Through this period I understood the value that a strong franchise model brings. A franchise businesses has very good process, strong structure and proven procedures. It has these things to ensure that the business has the best foundation and the right base to build upon.

Within a franchise group, the way business is conducted, the terms that staff are employed and are paid are prescriptive and regulated. The terms of trade are more structured and if anything should happen, if staff or clients are not happy, there is an escalation program to management. In all my experience I appreciate that a franchise delivers an employment experience and a consumer experience that is more robust and more structured, delivering more consistent feelings and more accountable experiences. Mike Pero Real Estate Limited has a strong franchise system, delivering systems that deliver an excellent staff, client and customer experience. It does this because the outcome of working with the brand has to deliver a great feeling.

On a high note Mike Pero Real Estate Limited continues to enjoy unprecedented success in the area and around New Zealand. If you are seeking an excellent real estate experience phone on 0800 900 700, view www.grahammcintyre.co.nz.

AT HOME STAGING LIMITED

With spring just around the corner here are some fabulous ideas to get you and your interiors ready for this beautiful season.

Let there be light! Bring in the natural sunlight but also, like your wardrobe, lighten up your fabrics, swap out the wool and fur for linen and cotton.

Spring is the time when we all want the freshness of the outdoors to be indoors. Perhaps take out the heavy area rugs for spring-cleaning and try having bare floors. Replace your usual accessories with fresh spring branches and/or lovely new green indoor plants that are becoming in vogue once again.

Spring is the time to clean and touch up walls and trims that have become dingy over the winter.

Rearrange the floor plan of your living room for the spring sunshine – this is a super quick update for the new season and will have you and your home feeling brand new.

Treat yourself to a beautiful new duvet to brighten up your bedroom. It not only brings colour to your room it can also help motivate you to make your bed each and every day.

Spring – we are ready for you!

Call Tracey or Anna on 029 200 9011 or 021 1363750 email: athomestaging@xtra.co.nz.

HOW TO IMPROVE YOUR STREET APPEAL

First impressions are crucial, especially when it comes to selling your home. Your



home's street appeal is important and, by making a few simple improvements on the outside, you can entice potential buyers to look inside.

Outdoor lighting - Exterior lighting can make a big impact – it can not only complement your home but it can also showcase your property to prospective buyers who drive by at night time. Strategically placed landscape lighting can also be used to illuminate walkways, emphasise key features of your garden and can add an overall charm to your home after dark. Clean, green garden - A well-manicured garden can boost the street appeal of any home. It's a good idea to mow the lawn, prune any shrubs, trim overgrown footpaths and to clear any weeds. If your house isn't maintained on the outside, then buyers may assume that this carries on into the home. If you don't have a garden then you could always add potted plants or planter boxes to your outdoor area. Herbs or perennials plants are good option and both add great colour to any space.

Fencing - A fence is a welcoming feature to any home and it can be a great addition to consider when it comes to selling your home. A fence provides not only a sense of security and privacy but it also defines your property from the street. If you already have a fence, then make sure it's clean and in good condition. If your fence is looking a little worse for wear, then give it a bit of TLC – tighten loose latches, replace broken panels and give it a fresh coat of paint if necessary.



David Lloyd
Director

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MASSEY - LARGE SECTION 939SQM - OPPORTUNITY 3 2 1

Enquiries Over \$629,000

56 Donovan Avenue, Massey
Enquiries Over \$629,000

Set on a large section and accessed from a quiet cul-de-sac, this three bedroom 1980's bungalow offers an honest home, set with large north west decking, spa room and garden shed with independent double garage. Fully fenced the land is flat to gentle sloping and offers opportunity to someone with vision. Close to Don Buck and Massey Primary and Massey High School, the property has easy access to transport links and Motorway access.

Property Details
Land Area: 939M2 Building Size Area: 120M2

www.mikepero.com/RX396120



Graham McIntyre
 027 632 0421
 09 412 9602

graham.mcintyre@mikepero.com



CLOSE TO WESTGATE, CLOSE TO HENDERSON 3 2 1

Asking Price \$619,000

56 Garton Drive, Massey
Asking Price \$619,000

A well presented, elevated, family home with extensive views to Auckland City and Rangitoto. Set on a corner site, the home has a double garage and workshop underneath with easy care living upstairs, featuring three generous bedrooms. Extensive decking and established plantings make this home an absolute treat. Close to Massey, Henderson and Westgate with choice of schools, parks, shopping and transport links. As a home or investment it is worthy of a look.

Property Details
Land Area: 509M2 Building Size Area: 130M2

www.mikepero.com/RX374769



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Joanne O'Brien
 027 683 3366
 09 412 9602

joanne.obrien@mikepero.com



WEST HARBOUR ON 730SQM SO CLOSE TO WESTGATE 3 2 1

By Negotiation

7 Trengove Place, West Harbour
By Negotiation

Elevated three bedroom bungalow offering open plan living and entertaining within a modest floor plan with alfresco to the East and the West. Ample storage under house and in addition an independent double garage. Easy access off a quiet cul-de-sac street. The property offers good front and back yard spaces and is fully fenced. Over the road is a small park and close by is West Harbour Primary School and transport links or access to Westgate Shopping Area.

Property Details
Land Area: 730M2 Building Size Area: 80M2

www.mikepero.com/RX397810



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REAL ESTATE

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ELEVATED ENTERTAINERS ESTATE - 1500SQM WAIMAUKU 4  2  2 

By Negotiation

89 Freshfields Road, Waimauku By Negotiation

Large flat playground with rural views this 258sqm home provides 4 bedrooms (5th bedroom is an option), 2 large impressive lounges with a vast open space designer kitchen/dining entertaining area with alfresco to large decking. This architecturally inspired house is clad in a combination of cedar weatherboard with copper finishing's and built to last titan board. Unique acid-stained concrete floors, with underfloor heating provides a fantastic contrast to the white walls, ready to dress to impress to your own style and taste. The CV on this property is \$1,100,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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CLOSE TO TITIRANGI, CLOSER TO SWANSON 6  3 

Enquiries Over \$779,000

188 Mountain Road, Swanson Enquiries Over \$779,000

The home enjoys plenty of alfresco living with outdoor decks, providing for great barbecues and outdoor entertaining. This is a very special home and haven, come enjoy the bush canopy views and space. The first level you will find bedroom, entertainment room, bathroom and laundry. The second level is the kitchen, dining and lounge area, plus more bedrooms. Level three finds the master bedroom with en-suite, another living area that flows to a sunny deck. Come sit, relax, absorb the sun, listen to the birds, take in the beautiful views and enjoy the tree top views overlooking the bush canopy.



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HEALTH AND BEAUTY

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Huapai Osteopath Gillian Wiltshire now has her daughter Victoria running 'Huapai Massage Therapy' from her clinic in



Sunny Crescent. If you need osteopathic treatment or massage or a combination of both, we are able to meet your needs. We can help with many problems including headaches, neck, back, muscle and joint pain. The usual common causes are accidents, sports injuries, arthritis, pregnancy, occupational overuse and stress. Gillian is ACC registered and Victoria is qualified in therapeutic, sports and relaxation massage. So if you need a treatment or just a relaxing massage, give our clinic a call on 09 412 5977, or contact Gillian on 021 233 0413 or Victoria on 021 755 745.

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Text 027 407 2264 to book yours NOW at The Polish Room, 206 Waitakere Road or for more info see www.facebook.com/thepolishroom.

LIFESTYLE TIPS FOR GREAT HAIR

If your hair is falling out all over the place as a new season sets in, you need to observe a few good lifestyle rules to get your great hair back again.

When the body is tired and neglected, the first cells to suffer are those that renew themselves all the time, those of the skin and hair.

Even if this moulting lasts only a few weeks, it's usually enough to affect your morale. So how do you deal with this? By keeping a close eye on your lifestyle.

To help you get your hair back on track, here are 6 excellent tips from Zash Hair

1. Yes to nutrition! - The best diet for great hair contains the following five dietary

nutrients:

- Protein, Sulphur, Zinc, Iron, B vitamins

There are two foods in the modern day diet that top the charts in hair care: egg yolks and lentils. These two contain significant quantities of these five indispensable nutrients.

Take care to avoid overdoing the saturated fats as well. Consume as little small goods as you can, as well as fast food, cooked fats, cakes and baked goodies, white sugar and white bread as possible... and avoid drinking too much alcohol.

2. No to stress! - Stress is enemy n°1 when it comes to your hair. As soon as stress manifests itself, it sets off a series of reactions in your scalp such as the compression of blood capillaries, slower blood supply to the hair's roots and stimulation of androgen hormones... Ultimately, these reactions lead to the hair strands becoming weakened and premature shedding of hair.

3. No to smoking! - Among all its other crimes, tobacco also reduces elasticity of blood vessels, particularly the numerous, narrow vessels in the scalp. It can thus reduce blood flow to the hair roots and scalp. 5 or 6 cigarettes a day should be your absolute maximum, but the damage it does to your hair should be another good reason to stop smoking altogether.

4. Yes to a spot of sport! - Contrary to popular misconceptions, sport is beneficial for your hair; it helps the body to eliminate toxins through perspiration and sebum (secreted from sebaceous glands). But there are some precautions you should take all the same: sweat should not be allowed to rest on the scalp as this runs the risk of upsetting the pH balance in this area.

So after intensive sport, you need to your rinse hair well and wash it using gentle, low-lather products.

5. Yes to a hair workout! - And yes, like every other part of your body, the scalp needs a bit of exercise to stimulate blood circulation and encourage activity in the hair's roots.

- Come in for a hair mask and massage today

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6. Yes to good hair care! - Good shampooing is an integral part of a good lifestyle, and even more important if your hair is losing its volume. Just like when you brush your teeth, you need to adopt the right technique when shampooing in order not to upset the natural defences of your scalp. Come and see Carla at ZASH HAIR 021 814 663.

GASTRIC REFLUX (HEART BURN) AND DENTAL DECAY

Most patients are now aware of acid from the diet causing dental decay, but are not aware of the problems gastric reflux can cause. Many patients don't feel the classic symptoms of gastric reflux that quite often go un-noticed, this is known as Silent reflux. Excessive clearing of the throat and chronic ear infections have been linked to Silent reflux. If you are meticulous with your oral hygiene, are aware of diet PH, and still have a high decay rate, you could be a candidate for Silent Reflux. Recently more patients seem to be gluten intolerant than ever before. Gluten intolerance has been linked with bone loss as well as increased reflux, both of which cause dental problems like tooth decay or gum disease. If the acid is able to break down tooth structure consider the impact it could have on your soft tissue namely your throat. Dr Krushen Viranna - Huapai Dental Care, Phone: 09 412 7851, 250 Main Road, Huapai.

ARTHRITIS AND CHIROPRACTIC

Arthritis means joint inflammation. Arthritis is not a single disease, it refers to a group of more than 100 rheumatic diseases and other conditions that can cause pain, stiffness and swelling in the joints. Any part of the body can become inflamed or painful from arthritis and can be very common, however this does not mean that arthritis can only affect the elderly. Some forms of arthritis can appear in childhood and early adulthood. Symptoms - Arthritis is a disease that causes the joints to swell, resulting in pain, stiffness and loss of function particularly in the hands, knees, feet, hips and spine. Symptoms depend of the type of arthritis and can range from benign to severe. It could be caused by cartilage that is wearing away, a lack of fluid, infection, or a combination of many factors.

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

altogether. Before resorting to drastic options for your arthritis, such as surgery and replacing the affected joints with synthetic devices, give the team at Kumeu Chiropractic a call. *Subluxation; a subluxation is the result of spinal bones with improper motion or position affecting nerve communications between your brain and your body. Kumeu Chiropractic - 8 Shamrock Drive, Kumeu. Phone: 09 412 5536.

HELP FOR ANXIETY AND DEPRESSION

Do you or someone you know suffer from anxiety or depression? These conditions can be debilitating and affect your overall quality of life and those around you. There are many things that can be done to strengthen the nervous system and support these conditions. Diet, lifestyle changes and herbal medicine can all be used to achieve this. Make the most out of your life by supporting your nervous system the best you can. Take an integrative approach to your health care and contact me today. Contact Selena Quinn, Phone: 027 448 7096, www.dam-healthy.com, Family Osteopathic Clinic, 39 Hobsonville Rd, West Harbour, Facebook @ DamHealthy.

GARDEN SHED STUDIO

Hi! I'm Lilli from THE GARDEN SHED STUDIO located in Massey, West Auckland. I have a passion for Decoupage – an art form that allows one to create magnificent art without raising a paintbrush! I'm very lucky to have a studio in the garden and it's there that I create my Designer Watering Cans, French Water Pitchers, Trays, Bottles and Plates which I sell as Gifts, Raffle Prizes etc. I have such a lovely time, that I'm compelled to share my space and so every month around about the second weekend, I open up the studio and hold CREATIVE ESCAPE workshops. CREATIVE ESCAPE is all about YOU having time for yourself to indulge your whims and have lots of fun creating your own unique masterpiece. Come share and learn with me. CREATIVE ESCAPE – July 12th 10.30-2.30 \$80 Everything supplied. Book now 027 458 3691.

\$75 = EXPOSURE FOR A MONTH - KUMEU COURIER

Budgets are tight, and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at sarahcartwright022@gmail.com.

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cruises offering the Twin Share price for single travellers, you can save up to \$7165. Please just ask me for the new 2016 Brochure and I will mail it out to you. Any enquiries for cruises for 2015 – please let me know as there are HUGE savings to be made filling the last cabins for this year. Contact: Tanya Franklin, your local Travel Broker 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.

WEBSITE WOF

Is your website suffering from low traffic, slow performance or not showing up on the search engines?

Regular website audits are extremely valuable to a successful, ongoing internet marketing strategy. With our Website WOF service we will assess your website and let you know what is preventing your site from getting good rankings on the search engines. If your website operates at its optimum it will keep the visitors it attracts and will be a challenge to your competitors. Ironing out the kinks in your site will also make it more credible. You will be supplied with a comprehen-



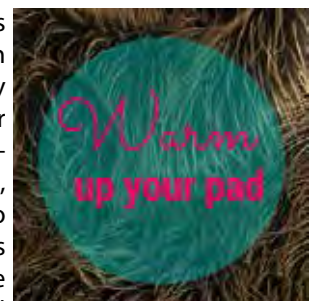
sive report with clear actions to improve your website's performance. The Website WOF will evaluate the following: Overall design, Technology, Content, Search Engine Optimisation, Social media, Website management, Website hosting, Mobile accessibility. If you want to improve the performance of your website please contact us here at Utopia on 09 412 2473 or michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.

ANGELIQUE AT PLANT ZERO

We have made a few changes and are re-branding the Farm to PZ Flower Barn to reflect what we are all about. We are passionate about looking after our planet and our future generations and cut flowers are used for so many occasions 365 days per year. The joy of a Rose is to watch it open, but they still need your help. Here are a few tips to get the most out of your cut roses. Put plenty of water in your vase & add flower food (sugar with a little detergent can also work), strip away foliage that will be in the water, cut 2-3 cm from the bottom of the stem & place in vase. Avoid hot environments and change the water twice per week in winter. If you need any more advice you can email us at flowerfarm@plantzero.co.nz or give us a call on 09 412 7606.

WARM UP YOUR PAD

Brrrrrr, it's cold! With the chilly weather we've experienced of late, we look to our homes to evoke comfort and warmth. Cosifying your home is sim-



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ple and fun. Follow these easy steps and you'll be kicking up your feet in your cosy pad in no time. Animal hides - sheep, goat, cow, deer, polar bear (just kidding)... Fur does wonders in making a space cosier. Promise! In your living room, drape a hide over your couch or over your favourite chair by the fire. For something a bit different, line the back of your chosen fur with a vibrant fabric. If you'd like to have a hide lined with your choice of fabric, contact me. In your bedroom, plonk one on the foot of your bed as an additional layer on top of your bedding - your cat will thank you!

Use oodles of candles! - The gentle flickering glow of scented candles ooze a sense of warmth. Tealights are perfect, they are inexpensive and when sprinkled around a room, make a big impact. Drape string lights over your mantle and artwork or bundle them up in a large vase or under a glass dome - love!

Oversized cushions - Slubby cushions beg to be snuggled into! Instead of having a myriad of smaller cushions on your couch that your husband and kids throw onto the floor every night, position a few large (550 x 550mm) feather cushions that envelop you when you plonk down to read that book.

Bring nature indoors - No I'm not suggesting you bring the cold weather in - but do liven up your interior by creating artful arrangements with foliage, blooms and various other found items such as feathers, pinecones, twigs, moss and seed pods. Just plan a weekend stroll to the bush or beach and see what you can find. Tall citrus branches with fruit intact, arranged in a vintage tin bucket, basket or urn are plentiful and an easy find. Same goes with herbs, group several posies of parsley, sage and thyme or a large arrangement of tall rosemary stalks in bloom.

Layer rugs - Layering rugs sounds a bit weird, but next time your glancing through a design mag and you come across an interior you love, take a look closer and analyse the details that make you love this interior so much. Being an interior designer,

this comes naturally to me and I've constantly got my analytical goggles on. When you look deeper, you'll notice techniques such as layering of textures that help to define and highlight a particular area. And no it won't look cluttered. The key is, to use different weaves, stay clear of using colours that compete too much with each other and for the top rug, select a more lux and plush texture to the underneath rug. For example a smaller chunky soft knit wool rug over a larger sisal rug. Magic will happen! Stay up to date with all my interior tips by signing up to the Lou Brown Design newsletter at www.loubrown.co.nz. Hayley-Anne Brown, 021 814 329.

KUMEU WI NEWS

WI member, Ruth Ballard was the Speaker at the July meeting of the Kumeu WI. Ruth had been successful in the ballot of NZers to attend the ANZAC Day service at Gallipoli in April. Her uncle had been part of the group who had landed on that beach, 100 years ago. Members were interested to see her photos on screen, of her journey from Paris to Turkey, and finally to the service at Gallipoli, the purpose and highlight of her trip.

The Kumeu WI meets on the 1st Wednesday of each month at 11am in the small hall of the Kumeu Community Centre, Access Rd. The meeting includes a finger-food lunch followed by a guest Speaker. New members and visitors are always welcome. Phone Joan 09 411 8964 or Rona 09 412 9435 for further information.

Our winter deals

Monday Night	Two for One Pizza's	Dine in only	from 6pm in The Landing
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Tuesday Night	The Riv's Ribs	'All you can eat' \$28pp	from 6pm in The Landing
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Wednesday Night	Quiz Night	A great night for friends, family, young & young at heart with prizes to be won!	from 7.30pm in The Portage Bar
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Thursday Night	Mum's Night Off!	Mum dines free with a group of 4 or more*	Special conditions apply from 6pm in The Landing
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Friday Night	Classic's Night	A walk down memory lane with a set menu of timeless favourites	from 6pm in The Landing
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Saturday Night	Party Night	The lights go low & the music ramps up Why go all the way to town?	from 9pm in The Portage Bar
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Sunday Afternoon	Sunday Live	Live music from 2-6pm Free entry most Sundays. Bring the family	gates open at 12 to The Boat House
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QUESTIONS ASKED BY COMBINED RESIDENTS & RATEPAYERS

The Local Board has been aware of lack of progress in preparation of a Structure Plan.

In May of this year the Kumeu-Huapai Ratepayers Association advised that they would be preparing a Concept/Vision Plan for the District to present to the Unitary Plan Commissioners at the end of 2015.

As part of that process, over the last 6 weeks the KHRRRA has joined with Riverhead & Taupaki Residents Associations to prepare a questionnaire covering development and other issues as it relates to the Kumeu-Huapai, Taupaki & Riverhead communities.

The questions have been prepared by a committee representing all three organisations. We have asked that the responses are made by 14th August so that we can collate the findings and release the results onto our website.

The aim is to have accurate feedback which we can use for the Unitary Plan submissions.

Unlike the recent questionnaire by Beacon Pathways, we will be putting the results on our website so the community can use the findings. Local groups and individuals who have made submissions to the Unitary Plan have joined the working group so that where possible the concept/vision plan will reflect their aspirations.

The 'mediation' sessions are being held by a Commission in late August so our survey results will be available by then.

The Council's 'Structure Plan' now is being renamed as a 'Centre Plan' will not be completed until mid 2016. As predicted, the new 'Centre Plan' will be done after the Unitary Plan hearings are completed and decisions have been made.

It is therefore essential that the group has good feedback on the questionnaire. The questionnaire is funded by the Ratepayers Associations not the Council.

Pete Sinton - Chairman Kumeu-Huapai Residents & Ratepayers Association. Phone: 09 412 2016 or email: petesinton@town-planner.co.nz.

POSITIVE GUIDANCE AT COUNTRY BEARS: WHAT IS IT AND WHY IS IT SO IMPORTANT?

We at Country Bears use positive guidance because as teachers we value conflict among children "as a learning opportunity for negotiation" (McFarland, L., Saunders, R., & Allen, S. 2008). Positive guidance gives the children tools to be able to self-regulate their responses and behaviour.

As teachers we want to empower children "to grow up as competent and confident learners and communicators, healthy

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in mind, body and spirit, secure in their sense of belonging and in the knowledge that they make a valued contribution to society" (Ministry of education, 1996, p.1). For children's emotional development they need to see that they and their ideas are respected. This links directly to the early childhood national curriculum, Te Whāriki, where it is written "to learn and develop to their potential, children must be respected and valued as individuals" (Ministry of Education, p.40, 1996). When children are encouraged using positive language every day, negative behaviour to gain attention is rarely seen.

Our national curriculum Te Whāriki also recognises that "adults are an integral part of the curriculum for the early childhood years" with this in mind adults and teachers should model behaviour that is positive and respectful; this underlines the need for teachers to be aware that they are role models. It is vital that teachers and parents alike recognise the need to be skilled in being able to tackle any problem or need from differing angles; trialing alternative approaches if and when required. A flexible adult can understand that what worked yesterday may not work today, this flexibility allows the adult to understand that children are people too, and like all people, they are allowed to have tired, bad unhappy days. The concept of the adult-child relation-

ship being a core part of child learning is supported by Vygotsky's 'Social Development Theory'. Vygotsky argues that social interaction precedes development in children, debating that consciousness and reasoning are the resulting product of social behaviour and socialization (Pound, 2005).

This in turn supports and links back to the need for positive role modelling to promote appropriate behaviours. When children observe and take part in behaviour that is positive, they in turn will model this behaviour towards themselves and others around them (Pound, 2005).


At the Baby Bears infant and toddler centre, at Country Bears in Kumeu, the teachers narrate conflict to assist with the resolution. This narration allows the children involved to view the dilemma from each perspective, thus learning about the needs of others and understanding that their need is no greater than their peer. Often a simple "I notice that your friend would also like to play with the bike, shall we see if there is another bike, or shall we try and share?" is enough information for each child to learn there is a solution if they choose to think about it.

Adults whom use verbal or non verbal positive reinforcement towards children who are exhibiting good behaviour are giving the children positive feedback and guidance. This allows children to know

the acceptable and appropriate boundaries of appropriate behaviour. When children and adults positively underline the acceptable behaviour, the children not only gain an understanding of what behaviour is pleasing and agreeable, they also learn what behaviour is unacceptable. This they learn not from being told 'No' or 'Stop', however the children recognise and learn what is undesirable when receiving positive reinforcement, for positive acceptable behaviour. As Beaver et al point out: "attitudes reflect our opinions" (p.89, 2008). To show someone is valued and boost their self-esteem, it is vital they are treated with positive attitudes and that positive affirming language is used.

When we show children they are valued, they are respected and that they are good, we as adults are giving our children the opportunities to see the good in themselves and thus empowering our children to learn to make respectful, noble and worthy choices with their behaviour.

By Jo Luff, Team Leader Baby Bears infant and toddler centre, Country Bears. Find us among the trees at 79 Oraha Road, Kumeu or on Facebook: cbearsecc




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Current fees from April 2014


Babies 3 months – 3 years old

	Day rate	2 Days min	3 Days	4 Days	5 Days FULL TIME	Includes Milk and meals
6 hrs Between 8-4	36	72	108	144	180	Morning tea Lunch Afternoon tea
6-8 hours	42	84	126	168	210	Morning tea Lunch Afternoon tea
FULL DAY 8 + hrs 7am – 6pm	50	100	150	200	250	Morning tea Lunch Afternoon tea

3 & 4 year olds

	Day rate	2 Days min	3 Days	4 Days	5 Days FULL TIME	INCLUDES 20 ECE HOURS *Special conditions apply
2 HOURS *4 for FREE 8.00 -12.00am or 12.30 - 4.30 Incl 20 ECE Hours	free	4 FREE	4 FREE	4 FREE	4 FREE	No Lunch provided
School Day up to 7 hrs Between 8-4	20	40	60	80	100	Morning tea Lunch Afternoon tea
FULL DAY 7am – 6pm	25	50	75	110	140	Morning tea Lunch Afternoon tea

***Sibling Special:** Why not have time out for 4 HOURS? Available when attending with an older brother/sister, and only when spaces are available.

*Session times 8.00-12.00am or 12.30-4.30pm	Day Rate	2 Days min 4HOURS	3 Days 4HOURS	4 Days 4HOURS	5 Days 4HOURS	
*0-2 yrs	20	\$40	\$60	\$80	\$100	No Lunch provided
*2-3 yrs	24	\$48	\$72	\$96	\$120	No Lunch provided

*special conditions apply to the above fees. If your requirements are outside of what we are currently offering, please don't hesitate to talk to us as we are always happy to try and accommodate your family and child's needs. This is for NEW enrolments only.



Waimauku Kindergarten

Northern Auckland Kindergarten Association

18 Freshfields Road,
Waimauku, Auckland 0842
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waimauku@naka.co.nz

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

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

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

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

CURRIED CASHEW AND CARROT SOUP 4-6 servings

1 tbsp Butter
1 tbsp Curry Powder
2 small onions, chopped
500g Carrots, chopped
3 cups vegetable stock
100g roasted Cashews



Melt the butter in a medium size pot, add curry powder and chopped onions. Cover and cook until the onions are soft but not brown. Add the carrots and stock and simmer until carrots are tender.

In a blender or food processor, process the roasted cashew nuts to the consistency of ground almonds (the finer the grind the smoother the soup). Drain the cooked carrots and onions (saving the liquid) and put them into the food processor with the ground almonds. Process and add enough of the liquid to reach the thickness you like. Taste and season if necessary. Serve as is or top each serving with a spoonful of yoghurt and a little chopped mint or coriander or more chopped cashews.

Recipes supplied by Wedding and Birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021 273 6139, email: info@paulajanecakes.co.nz or website paulajanecakes.co.nz



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TALK TO THE EDITOR?



We like to hear your comments and suggestions and we are happy to publish these in Kumeu Courier. All you need to do is go to the Kumeu Courier Facebook page and submit to us or email sarahcartwright022@gmail.com or glms@xtra.co.nz. It has never been easier to have your say in our community, create a following and initiate change. It starts today, email or Facebook us.

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Date	High	Low	High	Low	High
Sat01 Aug	-	04:27	10:28	16:48	22:49
Sun02 Aug	-	05:13	11:14	17:34	23:35
Mon03 Aug	-	06:00	12:00	18:19	-
Tue04 Aug	00:20	06:46	12:47	19:06	-
Wed05 Aug	01:07	07:33	13:35	19:54	-
Thu06 Aug	01:56	08:22	14:26	20:46	-
Fri07 Aug	02:49	09:15	15:22	21:44	-
Sat08 Aug	03:47	10:13	16:25	22:48	-
Sun09 Aug	04:52	11:17	17:34	23:57	-
Mon10 Aug	06:02	12:25	18:42	-	-
Tue11 Aug	-	01:04	07:08	13:30	19:43
Wed12 Aug	-	02:03	08:07	14:26	20:36
Thu13 Aug	-	02:55	08:58	15:15	21:22
Fri14 Aug	-	03:40	09:42	15:58	22:02
Sat15 Aug	-	04:21	10:21	16:37	22:38
Sun16 Aug	-	04:59	10:57	17:13	23:11
Mon17 Aug	-	05:34	11:29	17:47	23:42
Tue18 Aug	-	06:08	12:01	18:20	-
Wed19 Aug	00:14	06:41	12:33	18:53	-
Thu20 Aug	00:47	07:15	13:08	19:28	-
Fri21 Aug	01:24	07:52	13:48	20:08	-
Sat22 Aug	02:06	08:34	14:33	20:54	-
Sun23 Aug	02:55	09:23	15:28	21:51	-
Mon24 Aug	03:53	10:22	16:32	23:00	-
Tue25 Aug	05:01	11:33	17:44	-	-
Wed26 Aug	-	00:16	06:14	12:46	18:55
Thu27 Aug	-	01:25	07:24	13:52	19:57
Fri28 Aug	-	02:24	08:25	14:48	20:51
Sat29 Aug	-	03:17	09:19	15:39	21:41
Sun30 Aug	-	04:06	10:08	16:27	22:28
Mon31 Aug	-	04:53	10:55	17:14	23:14

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LIVESTOCK REPORT

Following weeks of very large yarding of cattle on offer at Pukekohe, Saturday saw the smallest number of young cattle for many years; however, reasonable numbers of older and killable cattle are still coming out and selling extra well! This shortage of young stock was predicted months ago, it seems farmers are holding on as long as possible before offloading. This could easily result in large numbers of cattle coming forward at the same time in the spring which may mean prices are as good at



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present as they will be later! Only time will tell. Killable cattle are in huge demand, steers made to \$2,090, heifers \$1,700, bulls \$1,360 and cows to \$1,520. This trend will continue for some months.

CATTLE

Best prime steers	\$1,260 to \$2,090
Other 2 year steers	\$1,080 to \$1,120
Medium x bred 18 month steers	\$850 to \$1,085
Prime heifers	\$1,230 to \$1,700
Other good heifers	\$1,000 to \$1,150
Medium 15 month heifers	\$865 to \$905
Very light x bred heifers	\$440 to \$580
Very small weaner heifers	\$390
Boner cows	\$805 to \$1,520
Very light cows	\$520 to \$740
Bulls	\$1,360

SHEEP

Fat lambs	\$78 to \$99
Store lambs	\$51 to \$79
Feeder lambs	\$50 to \$81
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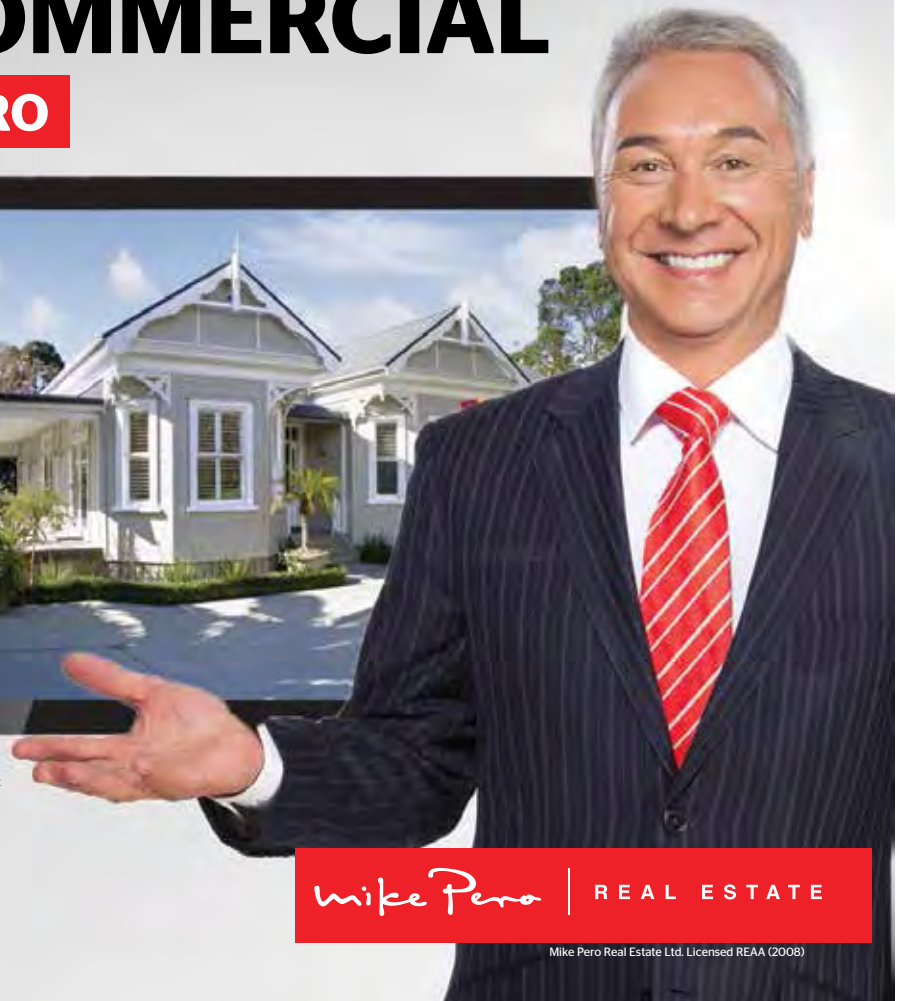
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EVER WONDERED WHAT IS IN THE KAUKAPAKAPA LIBRARY BUILDING?

Come and have a look on Sunday 16 August. Re-opened to the public in July 2014 the tiny historic Kaukapakapa Library building next to the Kaukapakapa hall is open to the public on the third Sunday of each month from 10am to 1pm in conjunction with the Kaukapakapa Village Market. The Library has hosted a series of successful exhibitions, book signings and book readings and this month we welcome back the river writer Jean Louise Allen with her new book *River at War* the sequel to *River Raupo Rye*. Jean will be talking about and reading excerpts from her book which can also be purchased on the day. For more information or if you are interested in having an exhibition or holding a book reading contact Sarah phone 0274 831 542 or email sarah1@maxnet.co.nz. 947 Kaipara Coast Highway, SH16, Kaukapakapa.



NEWS FROM THE HELENSVILLE CITIZENS ADVICE BUREAU

The Annual General Meeting of the Helensville Citizens Advice Bureau will be held on 12th August, 2015 at 10am in the Meeting Room at the Helensville Service Centre (beside the Library) Commercial Road Helensville. Our Guest Speaker this year is Charm Torrance, Manager of the District Health Trust who will talk about her work with the Trust and her connection to the Te Whare Oranga's vision of fostering community health and well being.

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PETS

TIPS & ADVICE

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GROOMING & BATHING IN WINTER

Grooming duties don't take a vacation during winter, in fact most pets require more. Longer thicker coats tend to mat and walks through mud transform your clean companion's coat into a grimy mess. You may be especially eager to bath to keep "doggie" odours to a minimum. Bathing during cold wet weather can be tricky and inconvenient, a wet pet is more likely to become chilled, especially pets who are usually bathed outside or are too big to fit into the sink! To keep your pet looking, smelling and feeling incredible all year round try dry cleaning. At Animal Avenue we have a range of waterless spray shampoos that make it possible to bath your pet on the fly between cleans. We have general shampoos for puppies and dogs, as well as specialty washes for enhancing coat colours or sensitive skin. If tangles are an issue try a detangling spray and brushing daily to remove dirt keeping your pet's coat in top condition. A winter coat can hide trouble, such as lumps or sores, which is another good reason to keep grooming regularly. As you groom, feel and look carefully for signs of anything suspect. For more information on all things pets sign up to our Animal Avenews newsletter. Email pets@animalavenue.co.nz to join or see us in store and go in the draw to win a gift voucher. Phone: 09 412 2581.



SLIM DOWN & TONE UP

Many of our canine companions are a little on the chubby side. Unfortunately having your dog overweight can contribute to health ailments like heart disease, osteo-arthritis, diabetes, respiratory issues and higher rates of some cancers. It also decreases your dog's life expectancy, on average, up to 2.5 years. The easiest way to determine if your dog has a weight issue is to run your hands along the sides of your dog, over its ribs. Can you feel the ribs without having to dig your fingers into your dog's side? No... then your dog is overweight. Simply taking longer walks is often ineffective and can be a challenge to achieve during the winter months. A conditioning program is a weight management and exercise plan and is the best way to improve the health of an overweight dog. A conditioning program may include canine stability exercises, core strengthening, resistance training, canine treadmill as well as monitoring food intake to effectively slim down and tone up your dog. Contact me today to find out how easy it can be to slim



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MOUSE AND RAT POISONS – PLEASE CONSIDER THE RISK TO YOUR PETS

At this time of the year rats and mice come sneaking into the house to avoid the cold and look for easy pickings. There are just a few things to know before you reach for the rat bait. Poisoning from rodenticides are one of the most common types of poison cases seen by vets. The best way to avoid an animal being poisoned is to be careful with the use and application of the poisons. Ensure they are put away in secure cupboards, remember that cats can climb and even if they don't eat the poison they could knock it off the shelf where it could be made available to the less discerning pet (or child). When placing the bait ensure it is placed in a secure container that only rats and mice can get into. The identification of what your pet may have eaten is paramount to enable the vet to treat your pet correctly. Take the container, packet, bottle with you so that they can identify the poison and treat accordingly. Remember that our pets can be poisoned by eating a rat or mouse that has ingested poison! So watch for symptoms and if you have any concerns take your animal straight to the vet. Symptoms differ depending on the type of poison, the amount ingested, the size, age and health of your pet. Many poisons have an anticoagulant that prevents the blood from clotting, causing hemorrhaging and death. Signs can appear over a period of upto four days after ingestion. It may be seen as breathing difficulty, seizures, diarrhoea, vomiting, fever, blood in urine, faeces, very pale gums, vomiting and more. The new baits that are available can stay for up to four weeks in the animal's system. They can be treated with an antidote, vitamin K, blood transfusions but unfortunately this may not work. You will be surprised at the number of everyday household items we are keeping in our home that are poisonous to our animals. If you have any concerns take your animal to the nearest vet!! For a free downloadable list of poisons go to www.petfirstaidandtrainingnz.co.nz or call 0508 PET FIRST.



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INSIDER

WAIMAUKU

ST MARTIN'S NEW LEASE OF LIFE

The historical chapel in Waimauku is getting a new lease of life. In fact, it's the Abundant Life church which is now meeting in St Martin's chapel on a Sunday morning at 10am. St Martin's is a historical building built as a memorial to the district's young men who died in World War I.

The Abundant Life church has moved from Waimauku School's hall after meeting there for over 4 years while the school uses the hall as temporary classrooms until refurbishments are completed.

Pastor Reuben Baker from Abundant Life says it's such a great place to meet and a privilege to use the chapel with its historical significance. The chapel has been used by different denominations of Christian faith over the years, which is what the building was intended for. The foundation stone of St Martin's Church was laid 94 years ago in 1921.



THE ESPRESSO ROOM

Scott & Vanessa - started July 2014. We expected our established base of clients to follow us, the growth in the Waimauku Village and the creation of the cafe culture in the Waimauku Village to all work well. We see many familiar faces from down the road, the brand of coffee is supreme boxer from Wellington and is well cherished as the best coffee and we have the same cook from down the road.

Opening up Espresso Room opposite an existing cafe works well

for both cafe's, it delivers a better experience and lifts the game. Most of our clients are family people in the greater Waimauku area. We encourage our clients to drop in, have a chat and enjoy our hospitalisty. Open at 7am till 3pm Monday to Friday with great breakfast and lunch.

We have an excellent customer base and they are very loyal. It's a case of consistently delivering a quality and a taste that customers want day after day. We have great experience (this is our 5th cafe that we have grown, we know what we are doing)

Both of us have been in hospitality since school and we are right at the top of our game. Drop in and test us out.



ALL THINGS PATCH WORK

Jill, Joe and Cheryl - Nine years in business and in Waimauku 4 years. People come from all over New Zealand to shop with us because we specialise in colourful fabrics. We have a great range and we have an outstanding sense of humour. We are a recognised Bernina dealer, which means we sell Bernina and Bernette, we teach and we service, therefore we offer the complete sales and service solution, no one else does that.

Beginners to advanced sewing people are satisfied by our technical advice, our specialists and suppliers that deliver exceptional value and advice. We service all Sewing Machines and we sell the best, which is of course Bernina.

I started in a 50sqm room in Riverhead and today we are filled to the brim in our 215sqm retail shop.

We are a destination shop and clients treat the shopping as a Waimauku experience enjoying the cafe's and the journey.

We are open Tuesday to Friday 10 - 4.30pm and Saturday 10 to 3pm.

We have loads of fun, we carry modern fabrics and the largest fabric range and quantity, including Kaffe Fassett from England. Tutors come from all over the world to teach and to



discuss trends and new product and this is unique to the shop. We actively promote Bernina and Bernette and we will deliver the best deal and servicing. We would encourage locals to drop in and discuss getting more involved in sewing and quilting. If you buy a machine from us you get a free lesson to ensure that you are on track. If you would like to discuss getting involved drop me an email or call me on 09 411 7618 or email me on allthingspatchwork@gmail.com.

WAIMAUKU PRIMARY SCHOOL

We are actively working through the 5 year plan, refurbishing eight classrooms and enhancing them into innovative learning environments. The swimming pool complex is also undergoing an upgrade which will include a super loo to service the refurbished classrooms. The upgrade required to the septic system and the sub-soil drainage has swallowed a lot of the works budget. However this is essential in updating the system to cope with the demands of the school roll and for safe waste.

Waimauku School is 94 years old and is structurally very sound. It has been a challenge to migrate single cell classrooms to innovative learning environments. The school PTA is very proactive and has raised funds for the new state of the art playground environment. This playground will provide a physical challenge for our very active students.

Growing student numbers are steady with a current roll of 664 and should reach approximately 680 by year end.

Currently we have located two classrooms in our small hall which was converted into an innovative learning environment, as part of the refurbishment process. This has provided us the opportunity to trial collaborative team teaching.

The SH16 and Muriwai round-about which was earmarked for a 2017 start, may begin at the end of this year. This project will encroach on some school land which will require the re-routing of the septic field. However the long term benefit for Waimauku School and the local traffic network is vital for the safety of our children and to minimise traffic congestion.

We have a very active and hardworking PTA (Parent Teacher Association), with great support from our parents and wider community. Volunteer help is always welcomed and much appreciated. As a decile 10 school, we get limited funding and rely heavily on the PTA and parent donations to afford the extras that we all want our students to have. Active support from the local business community is excellent. This year it includes an end of year golf day at Muriwai Golf Course on 3rd December. We are seeking some prizes for this event, so if you can help out please pop in. We also have an outing planned to Allan Gibbs Farm. As a semi rural school, we try to maintain the country feel by placing an emphasis on our annual Agriculture Day. Ag Day is a very big event on our calendar and to encourage more animal husbandry, in addition to our current lambs, calves and goats, we introduced chicken rearing three years ago. We are mindful that we keep Ag Day for its historical importance to the school and the wider community. The staff, PTA and community does a great job with this.

Funding, ensuring that we have enough support for our special needs children and keeping up to date with the rapid changes in technology are all challenges that we face. We have addressed the technology issues with the introduction of our BYOD (Bring Your Own Device) policy and this has assisted us greatly.

Staff recruitment, parental expectations and an ever crowded curriculum are also ongoing concerns.

Our Board of Trustees ensures that we have an excellent governance structure, headed by chairperson, Sara Stewart. Waimauku School is very fortunate to have such a hardworking and dedicated staff delivering excellent outcomes for all our students.

The students at Waimauku School get a wonderful well rounded education, which, as our motto "Opening Doors to Life's Journey" suggests, gives students the right tools to work through life's challenges and opportunities.

I have been in the role as principal for 11 years and firmly believe that Waimauku School is in great shape, as we look forward to the future with great enthusiasm.

Gary Pasfield, Principal at Waimauku School.



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In 1880, the Waitemata Co-Op Dairy Company commenced production of butter in a small wooden building not far from this site which burnt down in the early 1900s. A replacement was built on the same site, but it proved to be too small, and as a result of increased demand the company built the large concrete factory that you see today. The building was officially opened on 27 November 1924.

The factory continued to flourish until 1951, when along with several similar factories, changes in the dairy industry brought about its closure. These changes included larger more centralized operations, and advances in refrigeration technology allowed for improved capability to transport milk to these processing centres.

Following its closure, the factory was used to store old World War II aircraft parts. The building was purchased in 1974 by the Jack family who could see its potential and had the vision to turn it into the perfect wedding venue for hosting romantic weddings and other functions. Over 16 years the building was lovingly and painstakingly restored and developed, along with the magnificently matured grounds.

In 1991, the building reopened as the Old Dairy Factory Bar and Restaurant. Only a year later the building had to again be refurbished following an unfortunate fire, and the name was then changed to Settlers Lodge to commemorate the area's early settlers. Three years ago the name was changed to Settlers Country Manor, a fairytale wedding venue.

We have owned the property for over 40 years, and for the last 23 have been operating as a wedding venue, restaurant and function centre. In that time we have seen everything, and understand what works and what does not, so we have a wealth of experience behind us to ensure your special event runs without

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LAND WITH A BUILD AGREEMENT

Commonly, developers are selling land with a new building package. Settling the land purchase now, however, means paying progress payments for the build and a mortgage for something you cannot live in or rent out. A better arrangement, is to pay a small deposit now with settlement a few working days after the developer gets the code compliance certificate for the building. The bank will usually prefer it this way because they are lending on property which is built on. The main thing is to make sure that the building specifications and building consent plans are attached to the agreement and initialled by the parties. This allows you to compare the end result with the plans to make sure you get what you bargained for. We recommend that you see your lawyer before you sign any agreement. Luke Kemp - Kemp Barristers & Solicitors. 25 Oraha road, Kumeu. Phone: 09 412 6000 or email: luke@kempolicitors.co.nz.

PRE-PURCHASE HOUSE INSPECTION

About Kevin Montgomerie - I have 44 years' experience as a builder in the residential sector of the building industry. In new house construction, additions and alterations of existing homes, and the renovation of older style villas and bungalows. In more recent years I have been a site manager, supervising the re-configuration and renovation of retirement villages for Housing New Zealand. The benefits of a building inspection - If you are investing in residential property, a Pre-Purchase House Inspection takes some of the stress out of property transactions by providing a comprehensive building report of all aspects of the property; you can then precede in your property transactions with full transparency. We place special emphasis on leak de-

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tection, movement or subsidence, unusual signs of deterioration, insect infestation, and any other concerns that may affect the value of a property. See the Services We Offer page for a full list of what is included in the inspection. Our Inspections - There is a great deal of variation in the types of houses available in New Zealand, many different types of cladding and roofing, concrete or wooden floors, different foundation types, tilt slab houses, etc. Experience has taught me that different types of houses present different problems, all of which I need to be aware of in order to present a realistic picture of the property to the perspective purchaser. A complete and thorough visual inspection of the entire building includes:



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TRADE TIPS & ADVICE

DECK REVIVAL FOR THE FITTEST

Last year, when we were preparing our house to go on the market, I got a bloke around to water blast our deck and shade sail. Let's just say I could have done a better job with a cotton bud. I could still see cobwebs on the sail and leaves remained piled up in the corners of the deck, where they'd been for weeks. The next guy we got in had a water blaster so powerful it probably sent those leaves to the moon. I say that because the force of the water blasted the stain off the deck, leaving it looking naked and vulnerable.

Anyway, this preamble is to say: don't forget your deck if you're preparing your house for sale. A deck covered with mould, mildew and lichen is not a pretty one.

People will focus on preparing and painting their house when they're about to put it on the market, but will often not pay the same amount of attention to outside areas. Vendors do notice what sort of state a house's outdoor living areas are in. "Some decks out there can look like a dog's breakfast," says deck maintenance man Rafe Parks, whose company Revive a Deck keeps timber decking, pergolas and furniture looking their best.

In general, the biggest mistake people make is not cleaning their outdoor living areas with a regular hose-down. Occasionally, Parks has gone to quote on a job only to find the deck in question past the point of no return – it's good only for demolition. Pot plants are real culprits. "People can leave pots on their decks for years and will end up going right through

the deck," he says. If you like to have potted plants, choose pots with saucers and move them round regularly. Parks is not a big fan of waterblasting timber and decking furniture. "Water blasters are seen by most people as the ultimate weapon." As I discovered, cheaper water blasters from hardware chains can be completely ineffective, and some bigger, costlier machines can be too powerful. "It's the operator who can make or break the result," Parks says. In his work, Park uses a special scrubbing machine rather than a water blaster to remove mould and other undesirable build-up. He finds it is gentle on timber, but effective. "When the machine is up and running, nothing stops me," he says. People can choose to leave their decking and furniture with a natural timber look, or Parks can apply a special stain that penetrates the wood fibers. Cedar and redwood are the most popular colours. It costs around \$800 to \$1,000 to clean and stain as average-sized deck. The largest deck Parks has treated, at a cost of \$6,000, was a whopper 400sqm. Of course, you don't have to be selling your house to think about getting this sort of work done, but it often seems to turn out that way. Whether you are selling or staying put, spring is a great time to spruce up outdoor living areas and have them looking their best. Contact Rafe Parks on 022 601 6610 or email: contact@reviveadeck.co.nz.

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Budgets are tight, and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at sarahcartwright022@gmail.com.

LOOKING TO SUPPORT YOUR COMMUNITY AND SAVE \$\$

Smashing Promotions have settled into their new home in Waimauku village, now share in their opening specials \$10 from every order goes to support your local Kumeu Fire Brigade. Place your order by August 14th and its freight free with no artwork or design charges 500x full colour fridge magnets (90mmx 55mm) only \$250, 500x Business cards, full colour 2 sides only \$75, 500x 20 leaf note

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ARE YOU LOOKING FOR AN INTERESTING AND HIGHLY REWARDING HORTICULTURE EXPERIENCE?

The Taratahi National Certificate in Horticulture (Level 3) is a fee-free programme that is generating plenty of interest amongst small block owners, keen gardeners and those intending to enter the horticulture industry. This NZQA accredited, part-time programme can be studied from home. Students can reap the benefits of a fantastic combination of distance and classroom/hands-on learning through the assistance of a dedicated trio of training facilitators who have expertise in various areas of horticulture. Classes are run during week-day evenings and weekends. This hugely popular programme has attracted people of different ages and occupations, ranging from home gardeners to accountant and doctors – all with the same passion for horticulture. This fully subsidised programme is an opportunity not to be missed. Spaces are limited, so enrol for an August/September 2015 start. For further information, phone: 0800 468 796 or email info@hort.ac.nz

DEANOS HOUSE WASH

Winter Special 20% off - Soft house-washing and also commercial buildings, gutter cleaning, gutterguard, roof treatments, roof painting, spider treatments, waterblasting decks, fences, concrete, rubbish removal and much, much more! Phone Dean on 021 149 7049 or Danni on 021 205 4013 or email: deano-housewash08@gmail.com. Please feel free to phone, text or email for a no obligation quote.

STEVE ANTUNOVICH – LOCAL AND LOVING IT

You may have seen Steve in the Kumeu library on JP duty on a Saturday morning, or been to a wedding in one of our lovely local venues that he has officiated at, or even played against him at basketball, squash, touch or indoor netball. Or maybe even purchased forklifts, excavators or chippers from him during the 9 years he was Chief Executive of AB Equipment Ltd. He is a true "Westie" growing up in the back of Swanson, and has lived in



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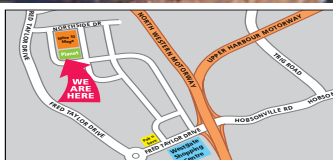
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Taupaki now for over 15 years. The last 6 years since he left the corporate world, he and his wife Marianne have been growing Feijoas, Flat Beans and cut flowers in their orchard and commercial greenhouse. Property investing, business consulting, committee membership, weddings and funerals keep Steve busy, as do his 4 grand kids - only one daughter; Kirsty is at home (part time) now since she graduated from Massey University with her BA in 2014. Steve is available for weddings and to sign documents by contacting him directly on 09 412 2255 or 021 992 300.

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RIVERHEAD RETREAT

I have lived in Riverhead for 15 years and really love where we are - right on the edge of the Rangitopuni river with it's uninterrupted views of the changing tides. I thought that others would love to be here



to soak up the peace and beauty of the place as much as I do. I also realised that there is very little in the way of boutique accommodation in the area, so in March I opened the studio. It is completely self contained on a level section with parking beside the door. Sit up in the luxurious queen sized bed and watch the passing boats mooring at the Riverhead tavern. A separate fully equipped kitchen and bathroom completes the picture. Explore the river in our two kayaks or just drink in the views! A slice of quiet Heaven! Check it out on bookabach # 330961.



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WEIGHT LOSS – HOW WE USE FOOD IN YOUR LIFE

When you over-eat you feel fat and bloated. You don't fit your jeans. You don't want sex with your partner. You don't feel like going out, your tired, your grumpy, your digestion is all stuffed up, you wake up groggy and then you have another biscuit. It is a horrible cycle. Most days, we can put twice as much food in our mouths than what is necessary.

But 'I love food, I am passionate about it, I love eating it, I love talking about it, I love cooking for people. That IS me, I'm a foodie...!' Yes, you can be passionate about food, but there is a difference between lovingly baking a banana and chia seed cake, using organic ingredients, then eating the whole thing over the course of the day. Eating this way is not being a foodie, it's not loving food, it's over eating. It's sabotaging our lives and making us sad. The frustrating bit is that we want to be thinner. We want to lose the puffy faces and our extra layer. We have wanted this for years now and just keep putting food into our mouths and can't stop. What the heck?

Why do we over eat? Why do we sabotage what we want? Why do we keep popping things in when we are not hungry? Logically we know what to do – we all know the basics – exercise, don't eat fatty foods, eat more salads, vegetables and lean proteins, drink lots of water and only eat when you feel hungry. If we want it so bad, why don't we do it?

Despite a \$500 billion dollar world wide weight loss industry, more health and food magazines and cook books on the market, more foodies online to follow than ever, a massive increase in education in schools and the media – but we continue to get fatter.

Because the reasons we eat are not what we think. It's NOT lack of motivation, it's NOT lack of will power. It's NOT because we are weak or failures. It's not because we don't want it enough, or that the goal is not important enough, because it's damn important.

Overeating is a symptom. It's a gift in strange packaging – never to punish only to teach. Instead of beating ourselves up we need to be looking at how we use food. It can symbolise the places in our life that need attention. We can eat when we aren't

getting our needs met, or when we aren't acting in alignment with our hearts, or our truth. Our relationship with food is our best friend or teacher...if we start listening. The way we use food in our life is showing us something about how we are living. How we relate with food, can be an indication of how we relate with life, with ourselves.

We eat because we are sad, angry, unhappy, nervous or worried about something – even if you don't feel these things when you're doing it, it's a type of stress reaction and it's habit. Eating too much is the physical symptom – and behind it there is something more. We over eat for the same reasons people get depressed, stressed, or bite their nails. It's our 'go to', automatic response to things happening in our internal world. Perhaps the missing piece in our health and nutrition is our personal world. Meaning, who we are as human beings, our thoughts, feelings beliefs, hopes, dreams.

This is a new way of looking at weight loss. It highlights how we can no longer avoid working on the self when it comes to health. We can no longer separate our thoughts and feelings about ourselves with our bodies. We can't want something and hate it at the same time.

We all deserve to stand tall and be the best version of ourselves we can be. When we start thinking about ourselves in different ways EVERYTHING in our lives responds.

Call or email me for a session. I see clients in Kumeu. Anna 021 555 658 anna@thinkyourbest.co.nz.

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