

kumeu

# Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

LOCAL BOARD UPDATE

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

## LICHELLE'S FIGHT

Circulation is 10,000 print copies and 3371 opened and read email copies.

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Contact Sarah Brightwell on 021 250 7324 or [sarahbrightwell022@gmail.com](mailto:sarahbrightwell022@gmail.com)

August 2016

# Intro

Welcome to our August Edition! I would also like to personally welcome Geoff Dobson to the Kumeu Courier team – I look forward to hearing many interesting stories about our community, especially if they involve wayward sheep such as his story in his August column. In this issue we meet Lichelle Tanner, a brave and beautiful local woman who has certainly had more than her fair share of life's cruel events. But Lichelle is a determined woman and she's not about to give up, especially after all the hardship she's been through. If you would like to help this local family as other local businesses have done, then please search for Lichelle Tanner on Givealittle to help support her treatment. Another local worthy of mention is Pat Booth who is best known as an investigative journalist, particularly for his work on the Arthur Allan Thomas case. But the Kumeu Village rest home resident has another fascinating side few have seen. He's had a keen interest in Japanese culture, particularly their World War II history, for nearly 50 years. Pat, 86, is finishing a 10-volume set of Pacific war stories titled "Hirohito's War" (after Japan's emperor), which he hopes to publish soon. Pat has put the collection together of the war's impact on many people's lives so that their sacrifices and tribulations will be remembered. August is Family History month at Auckland Libraries – their annual festival of talks, seminars and workshops about family history and genealogy. It seems fitting that we remember our past as other around us take more of an interest in preserving information for future generations. Whether you're just beginning your journey into your family's past or are an experienced researcher, you'll find an event to help you take the next step. Full information on events is posted on the Auckland Libraries' website [www.aucklandlibraries.govt.nz/EN/Events/Events/Pages/familyhistorymonth2016.aspx](http://www.aucklandlibraries.govt.nz/EN/Events/Events/Pages/familyhistorymonth2016.aspx) If you are researching your family tree, Kumeu Library has plenty of free resources to help you, including books, magazines and databases. For further information, talk to one of the friendly staff members, or for a longer session on how to use the genealogy databases book a librarian by phoning 09 412 7995.

As always, stay safe- be kind.

Sarah,  
Editor.



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

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### Questions and feedback:

**Sarah Brightwell**  
 P 021 250 7324  
 E [sarahbrightwell022@gmail.com](mailto:sarahbrightwell022@gmail.com)  
 W [kumeucourier.co.nz](http://kumeucourier.co.nz)

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## LICHELLE'S FIGHT



Pic 1 Lichelle and Dylan share a moment in the sun on the front doorstep of their Taupaki home.

Pic 2 Lichelle on her wedding day with sons Chris, 19, and Dylan, 9. Photo by Kim Andrews.

Lichelle Tanner is fighting for her life. The 38-year-old Taupaki mum is trying other treatment options after learning her cancer, non-Hodgkin lymphoma, cannot be cured under normal medical circumstances. But that doesn't stop Lichelle trying alternatives, all of which come at a cost.

Told her cancer has spread, is now "untreatable", and that she may have a year to live at most, the upbeat mum is determined to live every day as best she can. That Lichelle can remain so positive and maintain her lovely nature is amazing considering the adversity she has faced in her life.

She got hepatitis b as a teenager, lost two children – one to an accident and the other stillborn, suffers from a chronic autoimmune condition called lupus, and nearly lost her partner of 20 years, Shannon Bingley, to a hit and run in nearby Waitakere township about three years ago.

Shannon was seriously injured but is now back working at his quarry job. Much as he'd like to spend more time with Lichelle, he has to work to pay off their Waitakere Rd home, meet living costs, as well as help pay for Lichelle's treatment.

Friends wonder how Lichelle keeps her bright outlook after such difficult times.

Events like getting married in June to Shannon before about 65 family and friends, a trip to Waiheke Island (a wedding present), and a \$3000 grant from the Mike Pero Foundation towards her treatment costs continue to inspire her.

She's started on a course of intravenous vitamin c twice weekly at between \$167 and \$260 a shot, which the Mike Pero grant will help towards.

Alternative therapies cost plenty too.

Lichelle visits an Albany healer who uses sound waves to target cancer sites. She's also taking detox and immune boosting supplements and has a diet based on her blood group (no cheese, bread, cabbage, tea or coffee – drinking ionised water instead).

"I'm trying all sorts of different things," Lichelle says. "I've got nothing to lose."

Any money raised – including through a Givealittle page and an Australian friend's similar GoFundMe page – goes towards her vitamin c treatment at this stage.

Anything left over could be used for a family holiday somewhere in New Zealand, as Lichelle is not up to travelling far. She just wants more time to spend with her family.

"We may go to Rotorua or a place with theme things, perhaps day trips, just



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# PEOPLE & PLACES

doing things together and getting good photos and memories." Lichelle can still drive and, when she's up to it, a bit of lawn mowing. "But I have to be careful." It's difficult for the once keen gardener, and Shannon has to keep the place tidy now. Some weeks Lichelle may have three or four good days in the week. On others she can hardly get out of bed, and gets bruising and lumps which bring considerable pain.

She's very appreciative of all the help and offers of support from people. "A big thank you to all my friends and family who've been so supportive." Lichelle has had offers from people to sit with her while on hospital visits, but she doesn't like putting others out, especially when some visits fill a whole day.

What happens to her affects her family. "It's hard enough for the adults to deal with, let alone the children."

But Lichelle is a determined woman and she's not about to give up, especially after all the hardship she's been through.

Search for Lichelle Tanner on Givealittle.

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## INTRODUCING GEOFF DOBSON



Hello again. I'm back in the Kumeu district writing for the Kumeu Courier about people and places in the area I love.

I've ended a 36-year career with Auckland Suburban Newspapers, during which time I extensively covered this part of the

region.

It included 13 years with Norwest News (Newsbrief when I started there) and eight years on the Rodney Times.

Now I'm a contributing writer and photographer for the Kumeu Courier, which means renewing contacts with many of the good people I've come to know in this area.

When I first covered Kumeu and its surrounds the district comprised mainly farms and orchards. In the early 1990s the Kumeu sale yards were literally down the road from my office above the Kumeu Garden Centre. A highlight was watching people chase escaped stock down State Highway 16. One sheep eluded pursuers by going through the Huapai Tavern's back door and out the front, cornered in a Matua Rd resident's garden by myself and the Kumeu police community constable "Choc" McGrath. I often wondered if the owner's immaculate garden survived the day with the sheep.

These days a bolting animal would be skittled by passing cars at the sale yard gate. Traffic seems to have increased 10-fold since the yards closed. Who would have thought Kumeu would have traffic congestion? Even weekends can bring difficulty negotiating the highway, with Aucklanders heading for Woodhill Forest, Muriwai Beach and other places in their droves.

The landscape's changed dramatically. Matua Rd, Riverhead and other pockets of home building remind me of suburbia, with more to come. Commercial development is increasing too. I don't think this area has lost its essential character though. There's still a rural flavour with vineyards, equestrian facilities, the Kumeu Showgrounds, lifestyle blocks with stock, horticulture, and much more.

What I'm also enjoying is some great eating places, many providing a level of sophistication and high standards you would associate with top central city dining.

Winter used to be the quiet time in this area. Not anymore. It's the restlessness of a growth region like here that I thrive on.

Some of the old identities have gone, but there's a backbone and new challenges to keep things going

I'm looking forward to telling the stories of those who helped establish this region, the newcomers and why they chose to live here, and the many other personal experiences that abound.

You can contact me on [geoffdobson2017@gmail.com](mailto:geoffdobson2017@gmail.com) or phone 027 757 8251. I look forward to your calls.

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## PAT BOOTH

Pat Booth with the oil painting of himself and the Japanese war flag by nurse and painter Helen Howitt.

Pat Booth is best known as an investigative journalist, particularly for his work on the Arthur Allan Thomas case. But the Kumeu Village rest home resident has another fascinating side few have seen. He's had a keen interest in Japanese culture, particularly their World War II history, for nearly 50 years.

Pat, 86, is finishing a 10-volume set of Pacific war stories titled

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"Hirohito's War" (after Japan's emperor), which he hopes to publish soon. He's researched some amazing tales, such as the kamikaze pilot who took his wife along on his final flight into a Russian tank convoy. It's part of "Prayers for the Bride of the Sacred Crane", the first in the series.

Then there's the first Fijian Victoria Cross recipient who so badly wanted to serve that he built a boat to get to where he could enlist. When his platoon was ambushed he sacrificed himself that others could escape.

Pat's put the collection together of the war's impact on many people's lives so that their sacrifices and tribulations will be remembered.

"The really bad aspect of the Pacific War is that it has just faded away," Pat says. "This has the makings of a significant set of books for New Zealand where a generation or two do not have the faintest idea what the war was."

Pat's war stories are shaping up to be among the finest in his 16 books on a variety of topics. An early one was "The All Black Book for Boys" in 1960, a compilation around legends like Don Clarke, Wilson Whineray, George Nepia, Colin "Pinetree" Meads, Ron Elvidge and more.

He's unsure how or why his Japanese interest developed, even taking martial arts kendo (swords) and aikido (similar to jiu jitsu) for around 40 years. Pat's interest led to some amazing scenarios. He helped repatriate Japanese war items like swords and flags with families of the fallen.

One stands out. Pat asked an Auckland militaria shop proprietor if anything new had come in. A Japanese war flag had arrived, but it had been "spoiled" with messages across it and was destined for someone's billiard room wall.

"No it's not," Pat replied, recognising the flag's significance and buying it for \$50.

In an uncanny coincidence, he learned the flag belonged to a teenage soldier named Eizo Wada, who took it to war in 1942, the same year he died. This matched the theme of Pat's then just completed fourth novel "Sons of the Sword" about the Pa-



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cific war.

Pat traced Eizo's family and, with friend David Lynch, travelled to Japan in 1992 to return it.

They were heading for a train to take them two hours north of Tokyo when Pat noticed a camera crew on the platform. "I asked David what the TV crew were after and he said 'it's you.'"

The flag, placed in a Japanese wooden box, was opened by Eizo's brother Eishiro who had been a prisoner of war. "All the family's heads went down straight away when the box was opened," Pat recalls. It lies on the family altar beside Eizo's photo.

People he has returned items to have been "absolutely ecstatic". "They've said it was like a miracle."

Pat had two flags he was unable to find families for, and his collection of Japanese items has largely gone.

Eizo's flag has, however, been preserved in an oil painting featuring Pat. Painted by nurse Helen Howitt, it has pride of place on Pat's Kumeu rest home wall.

## PAST THE FRONT DOOR

Melba and Michael Brajkovich get a cellar door view of SH16 traffic.

Brajkovich family members have been watching traffic for years. They can't help it, as their Kumeu River Wines business looks straight on to State Highway 16.

"Fifty-eight years ago we'd be lucky to see one car in an hour," matriarch Melba Brajkovich says. Now there are thousands daily.

But few want to break out of the traffic line to visit the cellar door, such is the congestion outside the front gate, Melba says. "People sometimes ask 'what's going on?' but I tell them it's just normal traffic. I can't turn right across the highway anymore; I have to go left into Kumeu then turn around."

As Kumeu River Wines is the picturesque Auckland city side gateway to Kumeu, the Brajkovichs take a keen interest in planning proposals around their area. None more so than son Michael. He sends submissions in on various proposals too, like



Auckland Transport's "Transport for growth in north-west Auckland" document. With good reason. Talk of bypasses around and even through Kumeu River Wines has been going for years, still without resolution.

It's getting desperate, particularly with Kumeu's growth. The Maddren development proposal at the back of the Kumeu Village, with 150 residential units plus commercial and retail facilities, would add significantly to the traffic count, as would Special Housing Areas like those at Station Rd and Burns Lane. It could end up with transport in the area being "a dog's breakfast", Michael says.

Alternatives proposed include a bypass south of Kumeu between Westgate and Waimauku. One earlier proposal even included a road straight through Melba's home, continuing on from Riverhead Rd opposite, soon ruled out. She's expecting to eventually lose her lounge to highway widening though.

Michael wonders if better use could be made of the northern railway line through Kumeu. Electric trains stop at Swanson, mainly because of the narrow Waitakere tunnel, but an extension to Kumeu is under investigation.. A public transport group proposes a shuttle from Kumeu to Swanson, while Michael already drives his school-age children to Swanson train station to get to their city destinations.

A busway to Westgate is a good idea, Michael says. Although he thinks suggestions to extend it to Kumeu would ruin some of the district's best rural land to create a wide enough corridor. Improving bus services between Kumeu-Huapai and Westgate, especially using proposed arterial routes, would be better, he says. Options abound, although coming up with the right ones in time worry not only the Brajkovichs.

Future urban zones in the area, possibly up to 30 years away from fruition, still essentially retain a rural buffer between Kumeu and Westgate, which pleases Michael.

A modern concept plan for the area has been lacking, but that's something town planner and Kumeu-Huapai Residents and Ratepayers Association chairman Pete Sinton and others have now prepared.

Meanwhile, land is becoming more valuable here. Melba says real estate agents continue knocking regularly on their door. But she has the same answer. "It's not for sale." She would like to see her grandchildren take over the family business, which is doing very well.

Michael says they're producing 300,000 bottles annually now. If people are not stopping that often at the cellar door because of traffic congestion, then they're certainly buying Kumeu River wines big time in New Zealand and overseas.

So much so that Michael needs to find extra land for vineyards, and is considering bringing more grapes from Hawke's Bay.

Kumeu River Wines looks set to retain its gateway profile, despite some other wineries disappearing from the area.

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# SAFER COMMUNITIES

Our relay runners are still out there, helping mark the 75th anniversary of women in policing - and here are a few more photos of what they're doing along the way.

The relay torches have now reached Bay of Plenty District in the north and Canterbury in the south as they make their way toward Wellington, travelling by any means available - white-water raft, penny-farthing, Segway and luge included.

The relays began on 24 June from Cape Reinga and Bluff. On 1 August the torches will feature in a national parade of serving and former staff members through the capital, from Civic Square to Parliament. The marchers will be accompanied by police dogs, horses and vintage vehicles.

Thanks to everyone who has taken part in the relay so far, and to all those who have supported them. And huge thanks to all the awesome police women who have done, and continue to do, so much for New Zealand and its people.

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Members of the Waitakere Brigade have been attending training and development courses to ensure we keep up with the industry leaders. The diverse range of courses include fire prevention, salvage, command and control, civil defence and leading ground crews at vegetation fires. These courses are all designed to enable the team to give assistance to the community regardless of the situation.

We have over the last month attended five motor vehicle accidents. All were related to the road or weather conditions. So with the wet weather and poor light conditions comes increased risk. The brigade are qualified in traffic management, first aid, scene safety, fire management, working with police and ambulance but we would rather all our community members return home safely without incident. We all need to drive to the conditions.

Exciting development for the brigade is the approval for a brand new purpose built fire engine with expected delivery early 2017. The will be a rural focused truck that will hold 6000 litres of water, carry a crew of six and all the equipment needed. We will keep you posted.

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## KOTARE BROWNIES



Kotare Brownies recently had a weekend camp at Otimai, the Guide Home in the Waitakere hills. They worked towards their Brownie Heritage Badge and their Camp Badge. The photo shows their parade of historical uniforms from 1907 onwards. Brownies meet every Tuesday in term time at St. Chad's Church Huapai, from 5pm to 7pm. Next term we will start on the 26th July with the cartoon "Brave"

and we shall be working on increasing the girls' self-confidence and skills. We are currently looking for more members aged 7 to 9 years and another assistant Leader. Contact Alison Hucke on 021 138 3341.

## TAKING FLIGHT EXHIBITION - BY JUNE MACKENZIE

1 - 13 August 2016. Opening Sunday 31st July, 3- 5pm, all welcome. The following quote by Edgar Degas describes the type of art work I most enjoy looking at and which I strive to achieve in my watercolour paintings. "A painting requires a little mystery, some vagueness and some fantasy. When you always make your meaning perfectly clear, you end up boring people" Some years ago I changed from oils to watercolours, even though the medium had a reputation for being difficult, dull and insipid. Encouraged by Helen Steven, friend and tutor from WCCAC, and inspired by the work of W J Turner, I persevered and found I loved the transparent washes and the way in which the medium had a life of its own. The modern colours are vibrant, exciting and I particularly enjoy the challenges and result of working with a limited palette, say 3 colours only. My guest artists, some of them new artists from WCCAC, some of them experienced artists, demonstrate a variety of techniques, subjects and styles and all in wonderful watercolour. Want to give it a go, but scared to? Just remember it's only a bit of paper... Contact Kumeu Art Centre, which has a number of fantastic and encouraging tutors, who

will help you get started. Interwoven Exhibition 2016 - Sunday 14th - Saturday 27th August July 2016. Opening Sunday the 14th August at 3pm, all welcome. An exhibition featuring work of Judy Stokes (Photographer) and Eshah Hudson (Creative Weaver) both who have made their home in Muriwai, New Zealand. Exhibition theme 'When you are an immigrant, you weave who you are into where you are. You become interwoven'. Kumeu Arts Centre holds a variety of classes, workshops and groups for children and adults, alongside our exhibitions, please visit our website [www.kumeuartscentre.co.nz](http://www.kumeuartscentre.co.nz) for more information or phone 09 412 9480.

## CALLING NEW MEMBERS

The Kumeu Agricultural & Horticultural Society (KAHS) was formed in 1921 with a purpose to improve the Kumeu district 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 2017. Priority parking in the members' parking area on Show Days. 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 con-

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## SENIORNET KUMEU

The Speaker for SeniorNet Kumeu's monthly Seminar at St Chad's Hall on Wednesday 3rd August will be Patricia Donovan re: "Life & Technology Through the Ages" - Sharing an incredible life with late husband Don Donovan, writer and illustrator. Last month John Greene showed us all, just what can be created from the art of wood turning. His amazing bowls, clock stands, jewellery holders, etc. Entry \$3. All are invited, not just Members, Wednesday 3rd August - St Chads Hall, Huapai, pop in just before 10am, free coffee/tea & Biscuit, Raffles (plural) \$2. for 1, \$5 for 3. (Remember each month we alternate Mondays & Wednesdays). Mark your calendar for Wednesday September 5th to learn more about W.10 from our speaker Brian Lacey. (Download W.10 for free before 29th July). Do you struggle with those complex computer issues we are confronted with today? If this sounds like you, SeniorNet (40yrs plus) would be right for you - join up today for \$20. We run weekly classes 2 hour duration at St Chads Hall Huapai. Covering topics from Windows 10, photos, card making etc. If teaching is your forte, we are also

looking for volunteers with the prospect of becoming tutors for our relaxed and friendly group. This voluntary position is easily learned with our guide program book. We welcome your contact. For further information contact Joan Crowe 09 416 7172 or Jenny 09 412 7645. Welcome to the new people who joined our Club. Annual joining fee is \$20.

## HISTORIC KAUKAPAKAPA LIBRARY HOSTS BEST SELLING AUTHOR

Sunday 21st August 10am to 1pm. At the historic Kaukapakapa Library meet Steff Green, USA Today best selling author, blogger, and alternative wedding celebrant. Under the name Steffanie Holmes, she has published eight steamy historical and paranormal romances, including the 'Witches of the Woods' series, and 'The Man in Black' - a gothic ghost romance. Her steampunk dark fantasy novel, The Sunken, (written as S C Green) has been described by reviewers as "one of the most original books I've ever read." (I Heart Reading). Her work is self-published, giving her complete freedom to control prices, cover art, and branding. Look up Steff and her books at [steffanieholmes.com](http://steffanieholmes.com), then come to the Library for a chat about her writing, self-publishing and all things dark and gothic. Library open on the third Sunday every month in conjunction with Kaukapakapa Village Market. For more information contact Megan, phone 021 959 017 or email [threehorses@xtra.co.nz](mailto:threehorses@xtra.co.nz).



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## WEST AUCKLAND BUSINESS LEADERS CELEBRATED AT HALL OF FAME

Two local business people were inducted into the BNZ West Auckland Business Hall of Fame by the Deputy Prime Minister Bill English at a luncheon on Thursday at The Trusts Arena. Joe Babich, ONZM, of Babich Wines and John Barnett, former CEO and Chair of South Pacific Pictures, were acknowledged for their outstanding contribution to business that extends beyond their West Auckland bases. The West Auckland Business Hall of Fame, previously known as the Waitakere Business Hall of Fame, recognises outstanding business achievement in the West. The West Auckland Business Club, Rosebank Business Association and UHY Haines Norton have joined forces, with the support of Auckland Tourism, Events and Economic Development (ATEED), to continue the Hall of Fame legacy. "Babich Wines is currently celebrating the 100th year of its successful dynasty and John Barnett, who has now stepped down as Chair of South Pacific Pictures, has delighted us on screen with hits such as Shortland Street, Outrageous Fortune and Whale Rider," Tim Livingstone, Chair of the West Auckland Business Club says. "It seemed like the perfect time to mark these milestones and the contribution of these two inspiring business people to both West Auckland and New Zealand as a whole," he says.



## MICROSOFT'S AGGRESSIVE WINDOWS 10 UPGRADE POLICY

Microsoft seems to be doing everything it can short of forcing you to upgrade to Windows 10. For whatever reason you have, maybe you don't want to go ahead? We have seen several computers in the store with computer problem relating to Windows 10. Most issues relate to a software or a device such as a printer not being supported. Here at IT@Hand, we can stop the upgrade from happening permanently. On July 30th, Microsoft will stop offering the free upgrade and will start charging its customers (costing over \$150). If you would like to upgrade in the future, but not now, IT@Hand can activate your free copy of Windows 10 in the cloud before the deadline without upgrading. Then at a later time when you're ready, you can install Windows 10 for free. Pop in to 322 Main Road, Huapai phone 09 412 9227 or email [huapai@itq.co.nz](mailto:huapai@itq.co.nz).

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## BUSH SAND AND SEA BED AND BREAKFAST

Bush Sand and Sea Bed and Breakfast is a self-contained and elegant accommodation at Bethells Beach. We are 40 minutes from Auckland Central, on a private 10 acre block of land, nestled in the native bush of the Waitakere Ranges of Auckland's wild West Coast. The single bedroomed bungalow is fully air-conditioned and heated, flanked with 2 decks, which allow private views of bush, sand dunes and the sea. We offer an environmentally-conscious yet luxurious escape, and a unique opportunity to enjoy the peace, tranquility and seclusion of this retreat. Explore the bush walk with its bridges, board walk and stream. Walk or take the 10 minute drive to the beach or Lake Wainamu. Enjoy our late departure policy after visiting the glow worms in the evening. We offer assistance to guests walking the Hillary Trail, and co-operate with Lone Kauri Lodge at Karekare, just let us know what your needs are. For further information, please contact Lyn and Alan 09 810 9584, 021 155 7443, [bushsandandsea@gmail.com](mailto:bushsandandsea@gmail.com) or [www.bushsandandsea.co.nz](http://www.bushsandandsea.co.nz).

## NATURE'S EXPLORERS CELEBRATES MATARIKI

When the Matariki star cluster rises into the skies of New Zealand, it signals a month-long celebration across the country of the Māori New Year. Melissa gets a Moko!!



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# IN BRIEF

## UPDATES:EVENTS

### SPRING SERIES AT WOODHILL SANDS



The first of the national show jumping dates starts in August. This three part series will run through until the end of September and is the kick off for many of the top riders competing for national titles and also sees the launch of the GP Super Series which is held between Northland, Waitemata, Auckland and Waikato. As well as New Zealand's top show jumpers there are also classes for the more grassroots rider and young horses. Spectators are always welcome at no charge, and the Sandy Kiosk serves delicious fresh food and coffee.

### SOUTH KAIPARA U3A

Our first speaker will be Jane from Paula Jane Cakes. After afternoon tea Mr Colin Johnson from North Shore Driving School will speak to us. His topic is 'Updating Traffic Rules for Seniors'. Visitors and guests are welcome to our SKU3A Meetings. Next Meeting: 1pm, Friday 5 August, John Ambulance Rooms, 7 Rata

Street, Helensville. Gold coin entry. Afternoon tea provided. Enquiries: Judy Goodsir, 09 411 8322. Friday, 2 September meeting is our AGM, followed by our guest speaker, Andrew Clifford, Director of Titirangi Art Gallery, Te Uru. The time is 1pm, same venue as above.

### THE RIVERHEAD GALLERY



With new works coming into the gallery every week we have an exciting mix of paintings, ceramics, hot blown glass and jewellery. I (Donna Massey) have been busy in my studio working on pieces from my trip to our beautiful South Island in February, as well as Northland and Tryphena on Great Barrier Island. I'm also very happy to now exhibit work from the talented Janine Whitelaw. We have new resin mixed media pieces from her Iconik Aotearoa series. These long works are great in a narrow space that needs brightening up. We are open from Wed-Sun from 11-5pm or by appointment 027 227 8450 and are located opposite the Riverhead Dairy at 1044 Coatesville-Riverhead Hwy or check us out online at [www.theriverheadgallery.nz](http://www.theriverheadgallery.nz).

### KIP MCGRATH EDUCATION CENTRES



As teachers, we have always been concerned at the number of children, in the classrooms where we have worked, who have under-developed fine motor skills. This usually means they do not hold their pencil in the best way to produce neat, legible and efficiently produced handwriting. What are Fine Motor Skills? Motor Skills are divided into two categories: Gross Motor and Fine Motor. Gross Motor Skills are the coordination of movements that are required for large movements: crawling, running, jumping, throwing, climbing, etc. These are the skills that develop first. Fine Motor Skills are the coordination of movements that are required for small muscle movements: cutting, writing, opening water bottles, tying shoes, etc. Both sets of motor skills work together to help us function through our day, but fine motor skills are the more detailed of the two skills. Why Develop Fine Motor Skills? Do you really need to focus on Fine Motor Skills? Won't kids just pick up on them? To a certain extent, yes, kids will develop them as they go through life, but I'd argue that they might not be fully developed without some intentional practice. If we truly want to set up our children for success, I think it is important for us to set up opportunities for them to develop. Fine motor skills are important because they directly impact how well a child can write and cut paper. In this digital age, this skill is often neglected as children spend so much time on touch-screen devices from an early age.

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At Kip McGrath we ensure that children who need to develop their fine-motor skills are given the opportunity to do so, each time they come for a lesson. Phone 09 831 0272.

## THE BUSINESS END OF THE RUGBY SEASON



2016 has been massive for Kumeu Junior Rugby. The complete rebuild of our downstairs tuck shop by our dedicated committee and some amazing volunteers has revitalised the Junior club, providing awesome food and barista made coffee to the public during training on Wednesday evenings and on Saturday mornings. As development booms in our area, our membership is rapidly growing. We are fielding five J8 Ripa teams this season and 2017 looks to be even stronger. The J1-J4 Rep Tournament will kick off at the end of the month with a slight change in format as our J1 merges with Massey forming a Western team to take on the North, South and East teams within the North Harbour Union. As clubhouse improvements continue, so the momentum of the club keeps building, we would love to see you join Kumeu Junior Rugby in 2017! [www.kumeurugby.co.nz](http://www.kumeurugby.co.nz).

## BRIDGESTONE TYRE CENTRE KUMEU

A car ran a red light recently and crashed into my wife, both parties were shocked but thankfully unhurt. The other car tried

to stop when they realised their mistake but although brakes were applied the car kept skidding and hit our car on the passenger side. We couldn't be more grateful to St John's Ambulance, NZ Police who arrived at the scene before me, their crews were amazing. When I did get to the scene I surreptitiously examined the tyres on the other car (as any good tyre man would do) and noticed the tread on the front tyres had worn unevenly and they were bald in patches. This didn't cause the accident, inattention did, however the driver may have been able to stop on time had their tyres been looked after. Make sure your tyres can stop this winter, call us on 09 412 9111 or pop in and see Johnny and the Team at 43 Main Road, Kumeu (opposite Z) - we will check your tyres for free and give you the benefit of over 20 years tyre and road handling experience - Bridgestone Tyre Centre Kumeu - helping you to stay safe on the roads this Winter.

## WRITING SERVICES AT YOUR DOOR



When you have a business creating a website is essential. Your first thought should be, "How do I get people to visit?" The web is an enormous place, and despite many business owners' best efforts, websites often get lost amid millions of others. The answer to increasing the amount of traffic a website receives is simple: Create high quality, well-written content and update your website every single day. Sounds simple? It is, but creating compelling website copy can be difficult for someone who may not have a way with words. It can also be time-consuming for a small business owner whose plate is already full. Hiring a writer to provide interesting content for your website

could be the solution, luckily for you, we have a local writer who offers this type of service. [www.dlheather.com](http://www.dlheather.com).

## PRINTED WINTER CLOTHING AND UNIFORMS



The temperature outside has started to drop and the beanies and jackets are starting to appear. At Benjamin Bowring Printing we have an extensive range of custom branded winter clothing available including polar fleece, hoodies, jackets, hi-visibility wear, corporate clothing, beanies, gloves and more. Personalised with any logo, design or image you want, winter apparel is ideal to keep your branding consistent and visible all year round on tradies, staff uniforms, sports teams and promotional wear. Small and large runs available in full colour or single colour print. Check out our website at [www.bbp.co.nz](http://www.bbp.co.nz) to see a range of styles, colours and size options to get rugged up for the coming season. Contact us on 09 412 9521, [orders@bbp.co.nz](mailto:orders@bbp.co.nz) or see us in store.

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# PROPERTY

## NEWS & ADVICE

### MARKET REPORT WITH GRAHAM

Three months of selling time before Christmas. We are on the short slope to spring, the days are getting longer, the lambs and the daffodils will soon be dancing the fields, and before you can blink the big man with the red coat and the white beard will be shooting down the chimney. What we would like to point out is that if you are considering a change in your real estate situation you should be getting us in to appraise your property and step you through the pre-sale checklist to ensure you can achieve the very best return on your property. The Reserve Bank seems determined to implement additional mortgage lending criteria, let's call them short term dampening moves to curb the housing demand. Problem being that most of demand is created by syndicates and consortiums that are not subject to traditional mortgage borrowing. The buyer profiles we are often working with have five or six homes in a range of areas and have a long term buy and hold strategy. Therefore the latest regulations implemented on overseas buyers are irrelevant while the loan to income ratio envelope will further disadvantage hard working first home buyers wanting to create family security and sovereignty. Chances are we haven't seen the end of changes to buyer controls. On a brighter note, let's see what the market has achieved this month: Coatesville lifestyle from \$1,080,000 to \$1,850,000. Helensville residential from \$520,000 to \$721,000. Parakai residential from \$312,000 to \$650,000. Huapai residential

from \$835,000 to \$987,500. Kumeu lifestyle from \$915,000 to \$7,025,000. Riverhead residential \$660,000 to \$1,350,000. Riverhead lifestyle from \$2,110,000 to \$4,000,000. Taupaki lifestyle from \$1,039,000 to \$2,800,000. Waimauku residential from \$880,000 to \$1,400,000. Waimauku lifestyle from \$950,000 to \$2,000,000. Waitakere lifestyle from \$1,150,000 to \$1,165,000. Whenuapai lifestyle from \$2,500,000 to \$8,300,000. If you are considering a real estate change you would be well advised to talk with Mike Pero Real Estate because of some very clever and sensible offers: Your commission is very sensible (saving you thousands of dollars). A free marketing offer including TV, magazine, online, print exposure. Exposure to our extensive local, national, international buyer database. Service standards that revolve around you and your needs. Further to this we have a number of exclusive Trademe special offers and digital upgrades to ensure you get the very biggest marketing exposure with a very low commission rate. See more at [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz) or phone 0800 900 700. Mike Pero Real Estate Kumeu - It's not about the talk, it's walking the talk. Licensed REAA (2008).

### MONEY MATTERS

The Welcome Home Loan scheme is about to receive a revamp with expected changes to include an increase in income levels and property price caps. Currently the maximum purchase price in Auckland is \$550,000 and income is restricted to \$80,000 per annum for a single applicant and \$120,000 for a joint application.

These changes will hopefully see more first home buyers take advantage of the scheme. What is Welcome Home Loan? It's a home loan to first home buyers with a 10% deposit. The deposit can be fully gifted so no need to prove a savings history. It's not available at all banks so speak to us if you would like to explore this option. 09 411 9251 or 027 411 9255 or [david@davidlloydmortgages.co.nz](mailto:david@davidlloydmortgages.co.nz).

### 8 WAYS TO ADD VALUE TO YOUR HOME



If you're looking to put your home on the market and you want to add value, or you just want to freshen the place up, then you will be surprised what you can achieve with a little elbow grease and a surprisingly small budget. Below is a list of tips that can help you improve your home for under \$500. We also show the approximate value that you could potentially add to your property ranging from hundreds of dollars (\$\$) to several thousand dollars (\$\$\$\$)\*. Spruce up your street view - Many people will drive past your home before they decide to attend an open home and therefore first impressions are crucial. Walk across the road and view your house with a fresh set of eyes - see what your first impression is. Are there nails hanging off the letterbox, is the garden looking overgrown, do you have a partly broken fence or can you spot algae or mould? All of these small things are an easy fix and can go a long way to making a memorable first impression. Give your kitchen a facelift - It's possible to give your dated kitchen a cosmetic facelift on a small budget. The kitchen is still considered the heart of the home and is a big



David Lloyd  
Director

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draw card to many purchasers. By simply replacing tired-looking handles and repainting your units you can modernise the look of your kitchen. If you want to branch out and spend a bit more then you could look at replacing your splash-back or bench top. Smarten up your garden - A well-presented garden can add great value to any home. You can create an inviting outdoor oasis by simply mowing the lawn, pruning overgrown plants and disposing of any stray branches or leaves. However, you could go a step further and add a splash of colour by planting some shrubs or perennials. Repaint your walls - A fresh coat of paint can add a new lease of life to your house. It's best to repaint with a neutral palate - this allows the new owners to easily put their own touches on the house. It's a great idea to use a paint calculator to help you work out how much you will need. Make your fence fantastic - Once again, this will add to the street appeal of your home. By applying a coat of stain or paint you will revitalise your fence and get rid of any aging imperfections like chipped paint. Take care of the little repairs - Potential buyers are going to be your biggest critics and while you may have become accustomed to dripping tap, it is something that will appear on their radar. Simple cleaning and repairs that don't cost a penny can include cleaning your windows, fixing creaky doors and filling in tiles where grout may be missing. Install new interior door handles - This is a relatively quick and cheap way to make your home look more modern. You may no longer notice your tired, outdated door handles, but potential buyers will. By replacing handles you can give any room an instant boost. Clean your carpet - The family carpet gets a lot of wear, spilt food and pet hair, so cleaning the carpet helps it to look - and more importantly smell - its best. \*Estimates for value are a guide only and actual returns will depend on the original condition of the house, the quality of the improvements and many other factors. Talk to a real estate agent or valuer who can recommend the best ways to add value to your property be-

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

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## GET A GREENBOX – THE PERFECT SOLUTION WHEN IT COMES TO DE-CLUTTERING YOUR HOME

A question that is often asked of real estate agents is: "Do we need home staging and is the expense justified?" Most of us have read tips on how to present a home for sale, but would we be better off getting some professional home staging advice? De cluttering is the process of reclaiming the space in your house from years of collecting and storing. House owners should not expect buyers to ignore this clutter and have to try and imagine your house in a clutter-free state! A perfect solution is

to hire a Greenbox, a mobile, self-storage unit delivered to your front door in a purpose-made, New Zealand designed vehicle (actually, it's a forklift which is road registered and can do 100 miles per hour!). This means the Greenbox can be manoeuvred into a convenient position, close to our home or office for easy and secure loading and unloading. Most times the Greenbox team can get right up to the house or in the carport for increased security and less walking with no need to leave it on the roadside. As the team at Greenbox have observed, when house hunting, buyers are often looking for size and space. The more perceived space we're able to create, whether it is living or storage space, the greater chance of selling at a premium price. This is often easier said than done because we all feel comfortable in our own space with our familiar things around us. But often other people will see these rooms as having too much furniture and clutter where things are overflowing into every nook and cranny. The key is to create lots of space in every room where it is easy to see the size and scope of each room. It might not seem practical - but remember this is for selling, not living and perception is everything. Professional home stagers can walk into a home and see what's lacking or what feature is not being presented to its best advantage. They know what should be taken out and what needs to be added. It can be a lot more challenging for a homeowner to be objective enough to see what needs to be changed. A second opinion and an experienced eye is always valuable. So the answer to the question "Is the expense justified for a home stager?" is definitely, "Yes." Well-prepared homes sell faster, and for a better price, so hire a home-stager and a Greenbox as first impressions do count. For more information on Greenbox please go to [www.greenbox.co.nz](http://www.greenbox.co.nz). For more information on real estate advice or the value of your home in today's changing market, contact Susan Annett on 021 345 788. [Susan.annett@mikepero.com](mailto:Susan.annett@mikepero.com)



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# AREA PROPERTY STATS

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

Suburb	CV	Land Area	Floor Area	Sale Price	
Coatesville	850,000	4HA	409M2	1,450,000	
	675,000	1HA	60M2	1,080,000	
	1,225,000	1HA	327M2	1,850,000	
Helensville	425,000	885M2	83M2	645,000	
	320,000	1812M2	90M2	520,000	
	465,000	607M2	146M2	721,000	
	330,000	1812M2	80M2	556,000	
Huapai	740,000	1049M2	120M2	835,000	
	780,000	680M2	192M2	987,500	
	810,000	700M2	221M2	975,000	
	680,000	600M2	180M2	888,000	
Kumeu	1,080,000	1.4HA	243M2	1,505,000	
	2,205,000	4.5HA	990M2	5,000,000	
	1,350,000	8.6HA	110M2	2,800,000	
	850,000	1HA	207M2	1,160,000	
	3,460,000	4.4HA	370M2	7,025,000	
Parakai	375,000	1054M2	120M2	650,000	
	190,000	0M2	59M2	312,000	
	420,000	1717M2	100M2	630,000	
Riverhead	890,000	804M2	221M2	1,040,500	
	410,000	800M2	273M2	1,350,000	
	590,000	811M2	80M2	660,000	
	600,000	926M2	80M2	775,550	
	400,000	806M2	240M2	1,225,000	
	590,000	1003M2	100M2	900,000	
	2,100,000	2.2HA	420M2	4,000,000	
	970,000	1HA	238M2	2,110,000	
	Taupaki	1,025,000	4HA	150M2	1,330,000
		1,000,000	4.6HA	130M2	2,800,000
730,000		1HA	105M2	1,039,000	
Waimauku	1,000,000	1559M2	319M2	1,400,000	
	710,000	5825M2	180M2	880,000	
	850,000	1083M2	248M2	969,500	
	840,000	1.8HA	220M2	1,092,500	
	860,000	4HA	80M2	950,000	
	1,125,000	6.9HA	401M2	2,000,000	
Waitakere	680,000	3.1HA	62M2	1,150,000	
	700,000	1HA	203M2	1,165,000	
Whenuapai	4,190,000	4HA	280M2	8,300,000	
	1,200,000	9700M2	361M2	2,500,000	
Woodhill	1,225,000	4.2HA	211M2	1,810,000	

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"We had been thinking about selling our house and by chance clicked on one of your ads while surfing the net. From there on the process was a breeze. We had a visit from the very personable Graham McIntyre from your Kumeu/Hobsonville branch. Graham was supremely organised, knowledgeable and best of all, fun to deal with. He gave us advice on the best way to present our home and after 2 open homes we had multiple offers on the table. He really took the stress of selling a home away and made it a pleasure. Thanks! Once again thanks, you've all be a pleasure to deal with." Anna & Yaman





SUNNY, PRIVATE BRICK & TILE HOME IN QUIET LOCATION 3 1 1

By Negotiation

**18 Drummond Drive, Ranui**  
By Negotiation

Easy living is a smart choice for the discerning buyer and this property is easy in every way. Easy to maintain with its brick exterior, easy care courtyard garden and lawns. Easy to relax and enjoy with all day sun given its north facing aspect and views to Starling Park just across the road. Beautifully presented and maintained inside and out. Three double bedrooms and a generous sized bathroom which can be accessed from the master bedroom as an ensuite or from the hall. Single car auto garage for easy internal access. It's an easy decision - view it, buy it! The CV on this property is \$395,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [susan.annett@mikepero.com](mailto:susan.annett@mikepero.com).



**Susan Annett**  
021 345 788  
09 412 9602  
[susan.annett@mikepero.com](mailto:susan.annett@mikepero.com)

**Les Whale**  
021 411 345  
09 412 9602  
[les.whale@mikepero.com](mailto:les.whale@mikepero.com)

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OFFERS OVER \$495,000 - ELEVATED IN HELENSVILLE 3 1

Offers Over \$495,000

**23B Rautawhiri Road, Helensville**  
Offers Over \$495,000

Seldom found in Helensville, an elevated three bedroom stand-alone home on almost 370 square meters of land. The home has a fully fenced back yard, elevated north facing land with generous sunshine through the day. The home is a standard open plan living dining with three bedrooms and a bathroom off the central hallway. A laundry, carport and storage lock-up is included. Some DIY and cosmetic refurbishment would add value but in all respects it provides an investor or first home buyer with a very good "bread and butter" home. Close to Primary and secondary schools, parks and shopping. The CV on this property is \$305,000. 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](mailto:graham.mcintyre@mikepero.com).



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

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

[www.mikepero.com/RX848511](http://www.mikepero.com/RX848511)



## DO-UP OPPORTUNITY IN HUAPAI

4 1 1

Offers Over \$749,000

### 26 Pinotage Place, Huapai Offers Over \$749,000

Enjoy this 140m2 house as it is or you can add value by renovating. The property has plenty of space, large kitchen dining area opening on to lounge with cozy wood burning stove. Four double bedrooms and dedicated office. Single lock up garage with workshop and plenty of off street parking on this flat 810m2 section. Handy location in the center of Huapai close to all amenities. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [ian.sneddon@mikepero.com](mailto:ian.sneddon@mikepero.com).



**Ian Sneddon**  
027 209 0789  
09 412 9602

[ian.sneddon@mikepero.com](mailto:ian.sneddon@mikepero.com)

[www.mikepero.com/RX853254](http://www.mikepero.com/RX853254)

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## WAIMAUKU - PEACE AND TRANQUILITY

2 4 1

By Negotiation

### 126 Hinau Road, Waimauku By Negotiation

North facing home in elevated bush setting. Currently set up as a two bedroom but if required an easy conversion to three bedrooms can be achieved, with walk in wardrobe and own toilet with options for an ensuite. Single level, high stud, weatherboard home with open plan styling and modern designer kitchen opening on to tranquil north facing decks with flowing water fish ponds. Six car garaging with workshop and an abundance of extra parking. Close to Waimauku shops and school only minutes away to Muriwai beach and Woodhill forest and 20 minutes to new north western shopping centre this has to be the best country living around. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [ian.sneddon@mikepero.com](mailto:ian.sneddon@mikepero.com).



**Ian Sneddon**  
027 209 0789  
09 412 9602

[ian.sneddon@mikepero.com](mailto:ian.sneddon@mikepero.com)



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

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

[www.mikepero.com/RX687775](http://www.mikepero.com/RX687775)

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RURAL FAMILY HOME

3 2 2

By Negotiation

**364 Taupaki Road, Taupaki**  
By Negotiation

Representing great value this three bedroom plus office is nestled on 1224 square meter section with stunning sunny rural views. The property consists of three double bedrooms master with ensuite and walk in wardrobe. Large separate lounge area, wood burning fire with open plan kitchen and dining opening on to an extensive decking areas. Laundry is separate and there is also a small office. Boasting a large fully fenced in ground solar heated swimming pool off the decking area what more would the family want. Double garage with workshop and separate driveway. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [ian.sneddon@mikepero.com](mailto:ian.sneddon@mikepero.com).

[www.mikepero.com/RX821907](http://www.mikepero.com/RX821907)



**Ian Sneddon**  
027 209 0789  
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Office Location: 327 Main Road, Kumeu, Auckland  
[www.mikepero.com](http://www.mikepero.com)





## DECIDED YOU WANT TO BUILD YOUR DREAM HOME?

Enquiries Over \$495,000

### 305 Wairere Road, Waitakere Enquiries Over \$495,000

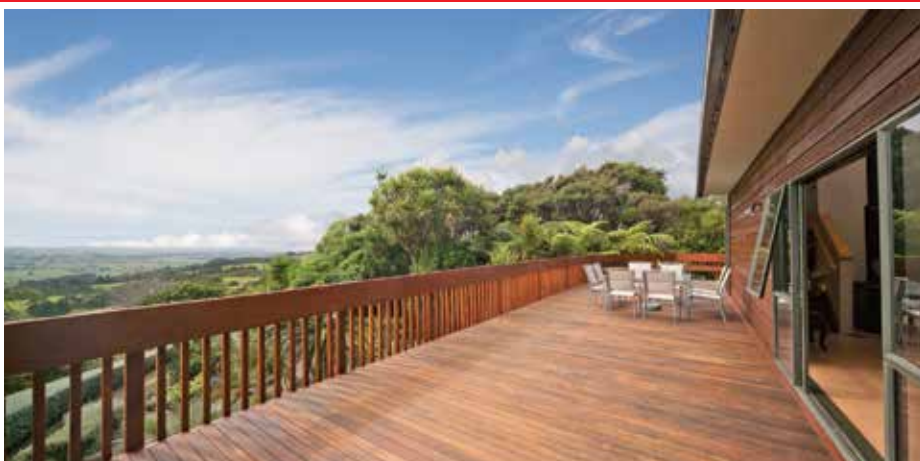
Fantastic location nestled in the native bush with only the sound of the Tuis and Wood pigeons to disturb you, yet close to a host of amenities. This 10 acre plus property already has an established retained and drained driveway down to your cleared building platform, with conduits for services already in place from the roadway. Then it's a blank canvas to build your dream home to take advantage of the amazing views. Close to the fabulous west coast beach of Bethells, Waitakere golf course, and the amazing Waitakere walking and tramping tracks what more could you ask for? The CV on this property is \$405,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [ian.sneddon@mikepero.com](mailto:ian.sneddon@mikepero.com).

[www.mikepero.com/RX849253](http://www.mikepero.com/RX849253)



**Ian Sneddon**  
027 209 0789  
09 412 9602

[ian.sneddon@mikepero.com](mailto:ian.sneddon@mikepero.com)



## PLENTIFUL VIEWS, CONTEMPORARY LIVING, GARDENS GALORE

3 2 4

Enquiries Over \$1,450,000

### 429 Kiwitahi Road, Helensville Enquiries Over \$1,450,000

Set on 1.4 hectares of unequalled and established plantings and garden, delivering enormous satisfaction to Owners and Guests alike. The property has a large amphitheater, formal walks within a range of beautiful and unique backdrops. Well acclaimed through Garden tours and regional competitions this could be the foundation for your new Wedding Venue (subject to the necessary approval) or maybe it is the good life you crave with this clean crisp air and the beautiful clear water that is drawn from the private deep water bore. The house was a finalist in House of the Year with Maddren Homes and offers a contemporary open living environment. Please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) for recent sales in the area.

[www.mikepero.com/RX797080](http://www.mikepero.com/RX797080)



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

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



## RARE EARTH

By Negotiation

**Peak Road, Waimauku**  
By Negotiation  
Viewing by appointment

Overlooking the Tikokopu Valley this 1.25 hectares (3.1 acres) is waiting for you to build your lifestyle dream. Multiple terraces provide a variety of building platforms. The views are panoramic. Animal lovers can build on the top platform allowing you to observe your animals at all times. Rarely does land become available in this choice location. Within the sought after Decile 10 Waimauku School zone this property is your passport to the myriad of outdoor pursuits this region has to offer. Call me today to arrange a look at this unique property. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com).

[www.mikepero.com/RX793380](http://www.mikepero.com/RX793380)



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**MUST BE SOLD - 2 HECTARES, BIG BARN, CHARACTER IN COATESVILLE**



**By Negotiation**

**557 Ridge Road, Coatesville**  
By Negotiation

Idyllic setting, this 1920's old charming bungalow has character, presence and delivers a relaxed and social environment. Outdoor living flow steps out to extensive entertainment decking to the north-west, to enjoy the sun but provide shelter from the wind. Four bedrooms, two bathrooms (one traditional and elegant), integrated kitchen/ dining that makes the most of the space and the view. In addition the property also has a large 150 sqm barn that provides extra space and options for workshop projects, storage or stables. 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](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX649015](http://www.mikepero.com/RX649015)



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**FIVE BIG ROOMS, DELIVERING OPTIONS - NEAR WESTGATE**



**By Negotiation**

**29 Elizabeth Drive, West Harbour**  
By Negotiation

Open plan living with easy flow to rooms and bathroom. Set well back off the road, it enjoys significant sunshine and privacy. Set on 795 square meters of land overlooking Midgley reserve, this two level home certainly delivers an extensive opportunity for an investor, big family or extended family. With extensive decking off the lounge the home is certainly not short of alfresco options while a fully fenced back yard delivers security for pets and children. 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](mailto:graham.mcintyre@mikepero.com).

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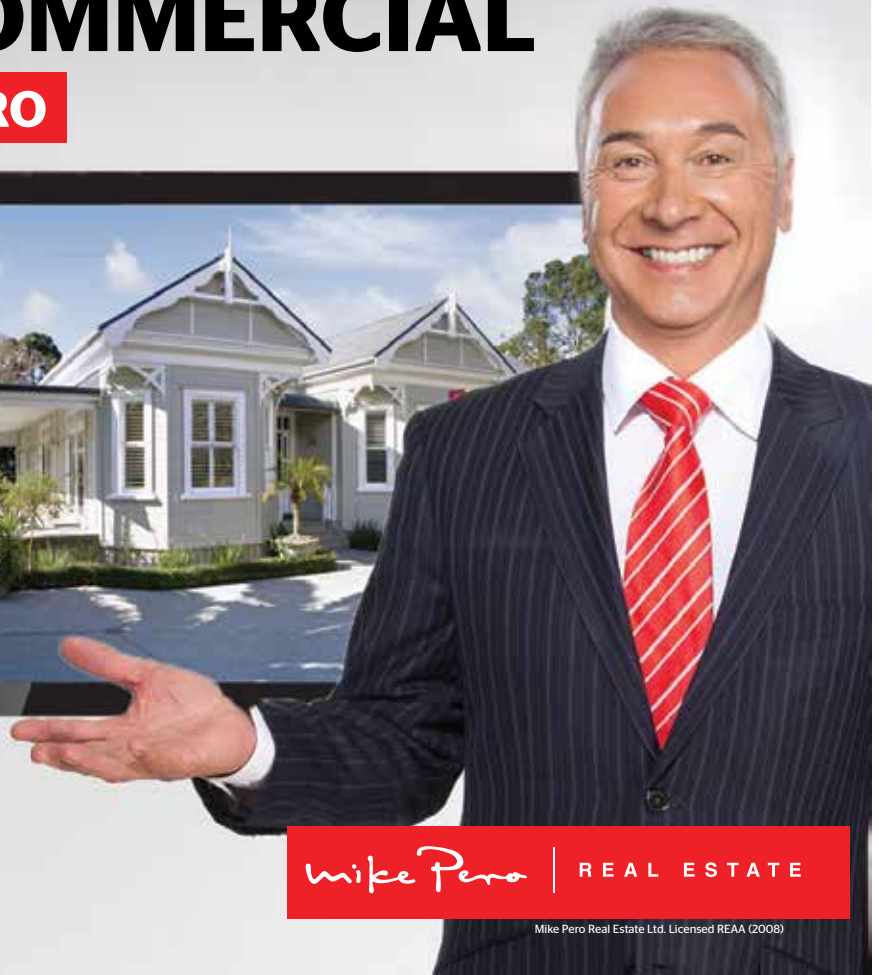
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# HOME & GARDEN

## THE FACTS ABOUT WATER COLLECTION TANKS

An estimated 10% of New Zealanders obtain their drinking water from rainwater collected from the roof.

Safe drinking water is vital for good health, if your water comes from a water collection tank, it is up to you to keep your water safe and reduce the risk of water borne illness from contaminated tank water. Tank water can be collected from: rain off the roof, natural water (from streams or lakes), a bore or a spring. Contamination of tank water collected from your roof may be caused by: Animal or bird faeces entering at the source of supply. These can carry harmful germs and can cause serious illness. Dead animals and insects in the gutters or the tank itself. Leaves, soil and other debris entering the tank. Lead flashing on the roof causing high lead levels in the collected water. Volcanic and wood ash, chemical spray drifts, cracks or holes in partially buried tanks. A number of actions can be taken to prevent contamination: Ensure the roof surface is suitable for collecting water. Keep the roof clean and free of debris. Keep the roof catchment area clear of overhanging branches and therefore away from birds, rodents, possums and cats. Avoid installing television aerials or other fixtures that may provide roosting for birds on the roof. Install mesh guards over gutters. Install leaf screens over downpipes. Install a first flush diverter to divert the first flush from the gutter away from the tank. It is also advisable to fit a filtration system, there are a number of systems available. Point of use system, where the filter is attached to the inlet supply, a tap or plumbed in with a dedicated faucet. Point

of entry system which is centrally installed system to treat all water. There are a range of filters available including: Mesh filter, Carbon filter, Reverse osmosis filter, U V sterilizer. It is important that inspections and maintenance are carried out regularly: Every 3 to 6 months - Inspect and clean gutters. Before cleaning be sure to disconnect the pipes feeding the storage tank. Every 12 months - Check the roof, remove debris as required and prune any overhanging tree branches. Check tank inlets mesh covers and leaf filters, clean and repair as necessary. Check the exterior of the tanks and pipes for any leaks or seepage and repair or replace as necessary. Check for evidence of access by animals, birds or insects and the presence of algal growth and accumulated sediment. Tanks and pipework should be disinfected every 18 to 24 months to reduce algal growth: Adding chlorine the Ministry of Health guidelines state that it is acceptable to add half a teaspoon of plain household bleach for every 10 ltrs of water, this process will kill most germs, it is important to be sure the product contains no added perfumes, colorants or detergents (surfactants). Any enquires regarding this subject or any Real Estate related questions please contact Ian Sneddon at Mike Pero Real Estate on 027 209 0789. Next month we will giving you the facts on septic tank systems.

## BUILDING SUPPLIES & TRADE SPECIALISTS

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## LAND COVENANTS

Land covenants are rules on the title to your land which restrict against certain materials and certain land uses such as non-residential use. They are usually intended to create a uniform high-quality subdivision neighbourhood. In practice, they are written by the developer usually according to the developer's tastes. For this reason, there are different land covenants in different subdivisions. However, they have become the norm in almost all of the new subdivisions in Auckland. Accordingly, it is helpful and important to get legal advice about the nature and content of any land covenants and the means by which they are enforced. Also, make sure that your builder is familiar with the



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covenants and takes any special restrictions into account. This may make your building your dwelling more expensive than would have otherwise given that you do not have the freedom to use the cheapest materials including second-hand materials. Problem covenants which may be relevant as to the future include covenants which restrict you to one residential dwelling. This may have the effect of reducing the value of the land in the event it was ever rezoned for intensive housing including multi-storey housing. Luke Kemp - Kemp Solicitors phone 09 412 6000 or email [luke@kempsolicitors.co.nz](mailto:luke@kempsolicitors.co.nz).

## THE SEARCH FOR PERFECT WATER PRESSURE IS OVER

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## LIVE LIFE OUTSIDE AND KEEP YOUR FAMILY PROTECTED

Total Cover are on a mission to educate the Nation on saving lives. Being outdoors in the fresh air is incredibly good for our health and we are here to encourage you to do that. Nature does amazing things to our mental and physical state of being. Experiencing outdoor living will bring focus, relaxation, mental stability and happiness for everyone in your household. Total Cover Shade & Shelter are here to make it possible for you and your family be outdoors all year round. The outdoor cover we provide not only gives you endless outdoor opportunities but most importantly protects you and your family from the high risk of being exposed to our harsh UV Rays and our rapidly changing weather pattern. Did you know New Zealand has one of the highest melanoma rates in the world and we want to educate you on how important it is to stay protected but still be able to enjoy the outdoors. We know how much your family and friends mean to you, because we feel the same about our loved ones. The ones we are close to are the ones we love, the ones we care for, and the ones we would do anything for! So keep them protected! We are constantly being fed information everyday through marketing channels on how we should nourish



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45/6/07/16

our bodies with healthy food and water, but one thing which is not encouraged enough is to get outside and stay protected even when you are home...so why not protect the outside of our bodies as well. Sunscreen is great for when you are on the move but realistically you cannot keep your skin coated in sunscreen 24/7 can you? Having the ability to let the kids play outdoors undercover at home without having to worry will give them the best opportunity at life. Let them be outside, encourage them to play and watch them grow and excel into healthy active adults. Article written by Kourtney Ngaamo – Total Cover Shade & Shelter, 191A Archers Road, Glenfield, phone 09 444 0019.

## GROWING FRUIT TREES

It is the time of the year to plant fruit trees, and at Awa Nursery we have plenty to choose from, with more to come. Planting now ensures they have the rest of winter and all of spring to establish before their first summer.



You will want to choose a sheltered, open sunny spot for your fruit trees, with good drainage. Once you have chosen your tree or trees (remember some trees need a pollinator), prepare your site well. Dig a hole that is slightly deeper than the root depth of your plant and partly fill with a good garden mix. Place some slow release fertiliser tablets in the bottom as well. Most of our fruit trees are recently bagged having come to us bare rooted. The soil in the bags will be loose and the roots of your fruit tree must be kept moist. Hold the bag over the hole and cut it open

so you do not lose any soil and disturb any new roots developing. Before back filling the hole, position the tree stake so you don't damage any roots. Firmly compact the soil, making sure your tree is no deeper than it was in the bag. Water well. Watering is very important when growing new trees, and regular watering in dry periods over spring and summer is a must. Mulch your trees, which will conserve moisture, protect the roots, add nutrients and prevent the growth of weeds. Come and see us at Awa Nursery and get your orchard underway. Phone 09 411 8712 or visit [www.awanursery.co.nz](http://www.awanursery.co.nz).

## PREPARING YOUR PROPERTY FOR RENT

Filling vacancies in a rental property can be one of the biggest challenges of owning a property. A great showing is often the best way to move a property quickly. Here are some tips from Quinovic-Takapuna for doing just that.

**Curb Appeal** - First impressions are essential to attracting tenants, so it goes without saying that the exterior of your rental property should be in tip-top shape.

**Cleaning & de-cluttering** - Getting your property professionally cleaned is crucial. When cleaning the property it is also important to deal with any smells that may be off-putting. Ensure the property is tidy and decluttered to maximise space.

**Repairs** - By doing repairs before tenant's move it ensures you start off on a good foot with them. Presenting your property with no damage will also set the standard for tenants once they move in.

Working alongside landlords, Quinovic-Takapuna makes the whole process easy; let us show you how we are different. We offer a free rental appraisal for your property with absolutely no strings attached. For more information contact: Janine McCor-



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mick, Business Development Manager. Phone 021 844 531 or 09 390 4277 or email [janine@quinovic-takapuna.co.nz](mailto:janine@quinovic-takapuna.co.nz).

## MOVING HOUSE - DECLUTTER?

Hospice West Auckland's six stores perform practical magic every day. The stores take quality pre-loved goods and turn them into funds to support the care of terminally ill West Aucklanders and their families. You too can be part of this alchemy. If you have quality items you'd like to donate, any of Hospice West Auckland's stores can take donations during their opening hours. Alternatively you can call 0508 4 HOSPICE and arrange a free collection at a time convenient to you. Right now our stores need winter clothes, heaters, homewares and accessories. Please extend the life of the goods you no longer need by donating to Hospice West Auckland stores today. Their patients and their families are enormously grateful for your support.

## PHELAN'S RODNEY LOCAL BOARD UPDATE

Over the last two months the new fortnightly wheelie bin recycling service has been rolled out across the parts of Auckland that didn't already have this service.

The large green and yellow bins are a change for Rodney residents, everything; paper, plastics, metal, go into this bin and at 280lt it's a lot bigger than we used to have.

I visited the recycling plant run by Visy through a BOOT agreement with council, 'build own operate transfer' enabling a state of the art facility to be developed and run privately at limited cost to ratepayers.

I was pretty impressed at how thorough the process of extracting every bit of recyclable material was.

A combination of machinery, technology and staff sort through the waste as it goes through a massive plant, spitting out graded glass, plastics and paper for on-sale around the globe to various manufacturers.

Visy processes over 500,000 cubic meters of recyclable materials a year and this is expected to grow with the new service.

Council wants to reduce the amount of waste we send to land fill and the new bins are part of that strategy.

The new bin system has been a big change, and these things never seem to occur without teething issues. By the end of June 200,000 new bins had been delivered out. Unfortunately some people have missed out for a variety of reasons and are still waiting for bins. Council now has some measures in place to deal with this temporary issue and hopefully by the time you read this those still waiting for bins will have them.

If you have any questions about the service, the size of the bin (you can request a smaller or larger one), collection days, issues with moving the bin (there are some options to assist with this) I encourage you to visit: [www.makethemostofwaste.co.nz](http://www.makethemostofwaste.co.nz).

For those of you who have contacted council but still not received a bin, please contact me with the details via email and I will chase this up for you. [phelan.pirrie@aucklandcouncil.govt.nz](mailto:phelan.pirrie@aucklandcouncil.govt.nz).

## WHAT STOCK FOR MY BLOCK

Choosing which stock and in what numbers you can graze on a particular block of land is dependent on a number of factors.

The Waimauku, Huapai, Kumeu area is fortunate to have some of the most fertile soil in the Rodney District. This will allow you to stock at a higher rate than other areas. Stocking rates are based on an old method, Livestock units (LSU) or Ewe Equivalents (EE), these standards are what other classes of stock can be compared. This area has the potential to allow stocking rates of between 7 and 13 LSU's per hectare, depending on the quality of your pasture. Now comes the fun bit, how many LSU's are your target stock. I hope I am not making this too complicated as I am unaware of any other method of ensuring your lifestyle block is grazed in a sustainable manner.

Alpaca are 1 unit

Ewe - 55 kg at mating is 1 unit

Hogget - 40kg is 1 unit

Weaners - 135 - 270kg are 3.50 units

Heifers, steers, bulls - 200 - 400kg are 3.70 units

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Pony – 6 units  
 Horses up to 15.2 hands are 8 units  
 Large horses 500 – 600 kg are 12 units  
 These rates are based on a pasture only diet. Pregnant stock and horses in work will require more grazing and possibly dietary supplementation. I recommend you ask your vet or your local rural supply store as they are a great source of local knowledge. Lyndsay Kerr your Lifestyle block specialist, Mike Pero - Kumeu, 027 554 4240.

## LIVESTOCK REPORT

The Pukekohe sale on Saturday was very buoyant with a good feel to it! Lesser numbers of store cattle met with very strong bidding, with weaner steers to \$635 and best steers made \$1,910, heifers \$1,710. The outlook looks very good for quality stock as demand is very strong but the biggest problem is having enough cattle to sell!

### CATTLE

Best steers	\$1,325 to \$1,910
Other 2 year steers	\$1,080 to \$1,140
X bred 18 month steers	\$900 to \$950
Medium rising 1 year steers	\$660 to \$710
Medium weaner steers	\$635
Best prime heifers	\$1,305 to \$1,710
Lighter heifers	\$1,165 to \$1,270
Medium rising 1 year heifers	\$625 to \$660
Weaner heifers	\$500
Very small Fresian heifers	\$330
Very light cows	\$710

### SHEEP

Fat lambs	\$106 to \$88.50
-----------	------------------

Store lambs	\$30 to \$68
Feeder lambs	\$30 to \$90
Hoggets	\$87
Ewes	\$66
FEEDER CALVES	
Beef bulls	\$150 to \$350
Beef heifers	\$175 to \$250
Fresian bulls	\$135
X bred	\$135
Other	\$20
PIGS	
Weaners	\$90 to \$106
Porker	\$130

## WINTER VEGETABLES AND SALADS

So, should a winter gardener grow different crops depending on the climate?

Not necessarily. Winter has always been a good season for a wide array of vegetables including lettuce and spinach. You can grow some of the same varieties that you would in summer through the winter months with the help of a winter-protection device to broaden your garden's productivity. This might be a cold frame, a simple greenhouse, the quick-hoop system, or just a layer or two of floating row cover, often called a plastic house of sorts. All of these season-extension devices capture some of the earth's natural warmth, especially at night, and block the chilling, drying effect of wind. The results that you can achieve will surprise you. So before you give up on soggy soil, consider a growing shelter. Hoop systems can be purchased for around \$80 from the Warehouse and will provide years of service.

# Thinking of building?

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Riverhead Showhome: 19 Pohutukawa Parade. (09) 412 5371

OPEN Wednesday to Sunday 12.00pm–4.00pm

Huapai Showhome: 171 Matua Road. (09) 412 5371

OPEN Monday to Sunday 12.00pm–4.00pm

**G.J. Gardner.** **HOMES**

## \$75 = EXPOSURE FOR A MONTH

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at sarabrightwell022@gmail.com.

### MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Mon 1 Aug	-	02:24	08:28	14:48	20:58
Tue 2 Aug	-	03:18	09:22	15:39	21:47
Wed 3 Aug	-	04:06	10:09	16:26	22:31
Thu 4 Aug	-	04:51	10:52	17:08	23:11
Fri 5 Aug	-	05:32	11:31	17:48	23:48
Sat 6 Aug	-	06:11	12:08	18:25	-
Sun 7 Aug	00:23	06:49	12:43	19:02	-
Mon 8 Aug	00:57	07:25	13:18	19:38	-
Tue 9 Aug	01:32	08:02	13:56	20:16	-
Wed 10 Aug	02:12	08:42	14:39	20:59	-
Thu 11 Aug	02:58	09:28	15:30	21:51	-
Fri 12 Aug	03:53	10:22	16:32	22:56	-
Sat 13 Aug	04:56	11:27	17:41	-	-
Sun 14 Aug	-	00:10	06:06	12:37	18:50
Mon 15 Aug	-	01:16	07:14	13:40	19:48
Tue 16 Aug	-	02:12	08:11	14:34	20:38
Wed 17 Aug	-	03:01	09:01	15:21	21:23
Thu 18 Aug	-	03:47	09:47	16:06	22:06
Fri 19 Aug	-	04:31	10:30	16:50	22:49
Sat 20 Aug	-	05:14	11:13	17:33	23:32
Sun 21 Aug	-	05:58	11:57	18:17	-
Mon 22 Aug	00:15	06:42	12:41	19:02	-
Tue 23 Aug	01:00	07:28	13:27	19:49	-
Wed 24 Aug	01:48	08:16	14:17	20:41	-
Thu 25 Aug	02:41	09:09	15:15	21:40	-
Fri 26 Aug	03:42	10:09	16:21	22:47	-
Sat 27 Aug	04:51	11:17	17:33	23:59	-
Sun 28 Aug	06:04	12:28	18:45	-	-
Mon 29 Aug	-	01:08	07:14	13:34	19:47
Tue 30 Aug	-	02:08	08:13	14:31	20:41
Wed 31 Aug	-	03:00	09:05	15:21	21:27

Source: LINZ

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

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

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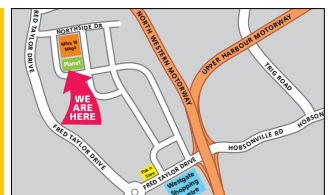
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# BUILD

## NEW

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email [tday@mikegreerhomes.co.nz](mailto:tday@mikegreerhomes.co.nz).

### MADDREN HOMES TRADIE OF THE MONTH

Maddren Homes would like to congratulate Tubs from Aims Hire for being our Tradie of the month.

Tubs and his team set very high standards when it comes to response and delivery and this is greatly appreciated by the companies project managers. Aims Hire have impeccable standards when it comes to cleanliness and take great pride in their work making them a great fit for our team at Maddren Homes.



### G.J. GARDNER HOMES

G.J. Gardner Homes Rodney West are proud supporters of many local teams and organisations from Scout Groups to Rugby Teams, Bowling Clubs to Playcentres, Kindergartens and schools.

G.J. Gardner Rodney West Directors Matt Lelean and Ross and Elaine Morley enjoy giving back to the community that the business has grown in, growing a sense of social responsibility. Matt Lelean says "We build homes for the community so it makes total sense that we support that community at the same time."

If you have a team or organisation in need of funding G.J. Gardner Homes Rodney West would love to hear from you. Call Kim Ardin on 09 412 5371 or email her on [kim.ardin@gjgardner.co.nz](mailto:kim.ardin@gjgardner.co.nz).

Alternatively, if you have an event that needs shelter, G.J. Gardner Homes Rodney West has a small variety of popup tents and a marquee available to use free of charge – call 09 427 9231 to book.



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## NEWS FROM SIGNATURE HOMES WEST/NORTH-WEST AUCKLAND



Signature Homes West Auckland has experienced significant growth over the past 6-12 months, which is a reflection of growth in the region. Our team has also grown significantly enabling us to continue offering our high service levels, customer satisfaction and great value for quality homes.

At the Signature Homes National Annual Sales Conference and Awards Night, Signature Homes West Auckland had an outstanding performance. Simon Wilson came second place for Home Consultant of the Year. Lloyd Hallett was also a finalist in this category and won a Diamond Sales Award. Our consultants are high achievers! Overall Signature Homes West Auckland is one of the top performing franchises nationally. We are committed to the Signature Homes Vision and Values.

We anticipate continued growth with the Proposed Unitary Plan coming into effect next month. This is a confusing time for many but if you are thinking of subdividing or even knocking down and re-building and are unsure how the PUP will affect

your site we are happy to offer advice! Come talk to us today. Lloyd Hallett, New Home Consultant 021 175 1670. 80 Main Road, Kumeu.

## CONSTRUCTING DREAMS

In a booming housing market, building is an affordable option.

With less of a deposit needed, your home ownership dreams can come true. Scott Gordon and Kim Williamson have embarked on their own dream journey with Compass Homes Rodney. They've recently completed their concrete show home in Huapai, using a proven construction method of pouring the concrete on site (in situ). Scott and Kim chose concrete because of the incredible benefits; speed to build, warmth, weather-tightness and affordability. Concrete homes are also great for those suffering from allergies, as it doesn't support the growth of mould or mildew. If you're looking to buy, why not consider building in concrete? Not only will you be building your dream home, you'll create a stronger, safer, more secure environment for your family for years to come. For enquires contact Scott 09 412 2112, [scott.gordon@compasshomes.co.nz](mailto:scott.gordon@compasshomes.co.nz) or visit our show home at 3 Larmer Drive, Huapai. [www.compasshomes.co.nz](http://www.compasshomes.co.nz).



# PETS

## TIPS & ADVICE

### HELPING PETS IN THE COLD

Our pets feel the cold just like we do and if they get too cold they can suffer from hypothermia, which is when their body temperature drops dangerously low. So here are a few tips to help them through the colder months: Let them inside - It



really is a lot warmer inside and your pets will greatly appreciate being somewhere warm. If your pet can't come inside then make sure they have a warm cosy shelter so they can get out of the cold weather when they need to. Also note that if your pet is being kept outside during winter they may require extra food to stay fit and healthy as they will burn a lot of energy keeping warm. Keep them warm - If your pet will let you, then you can use clothing to keep them warm. Small pets and the young or old tend to feel the cold quite badly and will greatly benefit from having the extra layer of warmth. Thin or shorthaired pets may also need the help of extra layers, as they don't have as thicker natural layers of insulation to keep warm. Dry them - Anyone who has 'water babies' knows that it doesn't matter what time of year it is: if they see water; they have to get in it. You might not be able to stop them from getting wet but it is important to make sure that your pet gets dried off as much as possible. When they are wet your pet will feel the cold a lot

quicker and their core temperature can plummet easily leading to hypothermia. Your pet may not have been swimming but if they have been out in the cold snow/ice make sure you dry them off too. Take special consideration of their feet as they will have been in direct contact with the cold ground... imagine going out in the snow without shoes on. Brrrrrr! How to know your pet is getting cold - Pets can show the same signs as we do when we get cold. You might see them shivering and they may be cold to the touch. Think about when you get cold: the first thing you notice is your extremities feeling cold, such as your hands and feet. For pets their extremities are their paws, tail and ears so these will start to feel cold first. If you notice your pet is getting cold then you need to try warm them up. Keep an eye out for signs of hypothermia. If you notice any of the following then your pet may be suffering from hypothermia: Pale gums & lips, depressed, reduced responsiveness, Slow pulse/low heart rate, collapsed/unconscious. If you observe any of the above you need to get them warm and dry and call your vet. Laura Purkis, PET First Aid & Training (NZ) Ltd.

### SNIFF PLAY RUN REPEAT

During the week, things get busy - there never seems enough time to fit everything in... We can help with your dog - a bit of company or burning off excess energy on our safe, secure 16 acres of rural backyard through supervised socialisation and playtime. No concrete warehouse here! No extra charges for day trips to the park - here it is our default setting where



dogs get to be dogs: sniffing, snuffling, playing, exploring or snoozing on the comfy couch or mattress in the fully insulated den house or huge covered deck, away from the action. We only cater for small numbers, so there is no overcrowding and your dog can make up his/her own mind to do as much or as little as they want. Check out our Facebook page to see for yourself. All the details are on our website: [runplaystay.co.nz](http://runplaystay.co.nz).

### YOUR DOG WILL LOVE US – WE SHIH TZU NOT

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## DOG GROOMING AND DOGGIE DAY CARE AVAILABLE

Dog grooming - 15% off your dog's first groom and we offer a loyalty card system. I am an experienced dog groomer who takes pride in my work and am passionate about listening to my client's needs for their dogs. Open Monday to Saturday. Eftpos available.



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focus is on the relationship between you and your dog and how you can build more respect, trust and understanding. After all you want a sound solution for the issues you are facing, not a band-aid. If you are busy and do not have enough time for your dog, TheK9Way's professional dog walking & sitting services will fulfill your dog's mental and physical needs. Book a free phone consultation or free Meet & Greet online at [www.thek9way.co.nz](http://www.thek9way.co.nz) or call us now on 021 2390635. We speak dog, let us teach you to do the same.

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is just 20mins from the Auckland CBD or just 5 minutes from the popular Kumeu A&H show grounds in Rodney District which is well known for its award winning wines. Social dogs LOVE to socialise so reward your dog/s with the BEST 'Dog-Gone' holiday at Kumeu Kennels where dogs really do have FUN. We offer large, grassed exercise areas with secure, high fences for the dogs to run and play in. Boarding Kennels provide a safe practical environment for your dog, dogs are on mutual territory therefore better than a home-stay where there is the potential for the property owner's dog to object to sharing their personnel territory and fencing may not be adequate. Bring your dog to our approved facility while you: Go on holiday, Build a new house, Move into another home, Varnish floors or concrete the drive, Put up a fence, Attend a wedding, Attend an out of town family gathering, Go away on business. Give us a call on 09 412 7665 or go to [www.kumeukennels.co.nz](http://www.kumeukennels.co.nz).

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# FOOD & BEVERAGE

## APPLE CINNAMON MUFFINS

- 2 cups plain flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 3/4 cup brown sugar
- 1 large egg
- 2 tbsp butter, melted and cooled
- 2 tbsp vegetable oil
- 1 tsp vanilla extract
- 1 cup buttermilk
- 1 1/2 cups diced apple
- 3 tbsp coarse sugar
- 1/2 tsp ground cinnamon

Preheat oven to 180 degrees. Line a 12-cup muffin tin with paper liners. In a medium bowl, whisk together flour, baking powder, salt and spices. In a large bowl, whisk together brown sugar and egg. Whisk in melted butter, vegetable oil and vanilla. Working in two or three additions, alternately stir in flour mixture and buttermilk, ending with an addition of flour and mixing only until no streaks of flour remain visible in the batter. Stir in diced apple. Divide batter evenly into prepared muffin cups filling each to the top, or slightly over. In a small bowl, stir together coarse sugar and additional 1/2 tsp ground cinnamon. Sprinkle generously over muffins. Bake for 15-18 minutes, until a toothpick inserted into the centre of a muffin comes out clean



and the top springs back when lightly pressed. Cool muffins on a wire rack. Makes 12. 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](mailto:info@paulajanecakes.co.nz) or visit [paulajanecakes.co.nz](http://paulajanecakes.co.nz).

## THE RIVERHEAD

I was out at dinner in town with some friends and we were talking about the cost of things back in the day. He mentioned that a friend of his flew from the UK to the USA in the early 1970's just to buy the 'latest big thing' and sell it on his return.... it was a calculator and he made money on the entire expedition! I bought a 600dpi printer and a couple of Apple computers for my business in the mid 80's and they cost me over \$120,000, but the first house I bought cost me \$15,000 and it had 5 bedrooms! I wonder how long it will take for us to laugh at the cost of a house in Auckland and actually think it was cheap! Check out our Winter Deals later in the Courier and remember if you have a power outage, we'll be open (thanks to our trusty generator) & it's always cosy at The Riverhead.

## PORK AND MUSHROOM CHOW MEIN

- Pork 300g
- Mushroom 300g
- 4 Choices Brand Egg noodles
- Bean Sprout 200g
- Spring Onion
- Minced garlic

To Make: Marinate pork with 1/2 tablespoon soy sauce, a splash of sesame oil and a dash of pepper. In a big bowl, soak dry noodles in hot boiling water for about 3-5 minutes, until loosened (do not over soak). Drain and put aside. In a saucepan, heat oil with minced garlic, sauté pork until it is nearly cooked and set aside. In the same saucepan, add oil and fry mushroom for 1 minute, add a little bit of water (1 tablespoon) and cover for 1 minute. Remove lid and add the pork back to the pan and fry with mushroom and 1 teaspoon oyster sauce for further 1 minute. Set aside. In the same saucepan, heat up oil and garlic, then fry bean sprouts to desired texture and set aside (as some people like it pretty raw). In the same saucepan again, heat up oil and stir in drained noodles, use a chopstick or kitchen tongs to loosen the noodles, add one tablespoon of soy sauce, one tablespoon of dark soy sauce (as its name suggests, this is used to make the noodles look more "dark"- the sauce itself is not too salty), a splash of sesame oil and keep stirring until noodles are evenly coloured. Assemble the noodles, pork and mushroom, bean sprout on a plate. Add some spring onion to





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enhance the colour contrast to the dark soy sauce. You can simply replace the pork with chicken, prawn or beef. Fresh mushroom can also be replaced by Shiitake mushroom.

## PEKO PEKO JAPANESE TAKEAWAY

We started our food truck business in February 2014. We now feel a true part of the local community here. We have lovely customers from Kumeu, Te Atatu, Greenhithe and of course Hobsonville/West Harbour. We always feel overwhelmed to get lovely comments from our regular customers who know our food very well. It is a source of great happiness to find that children have even started to eat vegetables because of our food. Our goal is to provide healthy, fresh and homemade Japanese food to our locals. We cook our food with passion and love, like we cook for own family at home. We hope you enjoy it. Come and see us at Passion Produce carpark on 92 Hobsonville Road, or check our Facebook page and place an order on 022 431 3462 for pick up. We are here for 6 nights Tuesday to Sunday 4:30pm to 8pm and we have a table and seats now for customers eating in.



## BOOK YOUR FUNCTION AT SOLJANS ESTATE WINERY

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& Café is the solution. Enhance your event with a vineyard experience, a wine tasting of exquisitely crafted, award-winning wines, a winery tour and a great menu selection to choose from. We can also offer some exciting team building activities and cater to groups of 10-130 with customised packages to suit. Soljans Estate has a dedicated Functions Manager on site to take the stress out of planning your event. Give Brittany a call on 09 412 2824 to discuss your group's requirements today or email us at [functions@soljans.co.nz](mailto:functions@soljans.co.nz). Don't forget our Café and Gift Shop is open 7 days a week so pop on over for a browse and a delicious brunch/lunch.

## EATING ORGANIC JUST GOT EASIER

Everyday families and individuals who experience food allergies and illness are deciding to add organics to their shopping lists. Parents are over having pesticides, herbicides, and fungicides in their family dinners.



Can eating organic food be made easier? In May Back To Basic introduced BioInside Snap Frozen Organic Vegetables to conscious retailers throughout NZ. You can now buy certified organic frozen peas, corn, carrots, Brussel sprouts, broccoli, edamame, green beans, mixes and much more, in easy to use packs. Three months ago buying organic peas, corn, and stir fry mixes was not an option in NZ, but now they are. For meal ideas and giveaways like the BioInsideNZ Facebook page at [www.facebook.com/bioinsidenz](http://www.facebook.com/bioinsidenz). For stockists visit [backtobasic.co.nz/stockist](http://backtobasic.co.nz/stockist).

# The Riverhead's winter deals

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

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

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

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

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

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

Sunday Afternoon **Sunday Live** Live music from 1-4pm. Free entry most Sundays. Bring the family | gates open at 12 -5pm  
in The Boat House

# HEALTH AND BEAUTY

## NEED DENTURES? DENTURE PROBLEMS? TALK TO THE EXPERT

We understand that it can be a daunting process deciding to get new dentures. Mark Casey the clinical technician at DT Denture Clinic comes highly recommended if you are seeking advice on any denture needs. It's a personalised experience right from the start where Mark will seek your input throughout the whole process. You will never be rushed into a decision, you can even take new dentures home to show friends and family and get their advice before we go to the finished product. All dentures are made in-house with quality materials. As everything is made on site we are able to offer same day relines, repairs and tooth additions so you are not overnight or even days without your denture. DT Denture Clinic offers a free consultation or even a free check up on existing dentures. Call us at DT Denture Clinic on 09 416 5072 to book a free no obligation consultation.

## GEOPATHICAL STRESS

Same parents? Same upbringing? Same food, and general lifestyle? So how can they be so different? What if it has something to do with where you put their beds? Can you imagine that the location of where you put your child's bed, when you moved into your home, could be responsible for many things including, learning difficulties, ADHD, bed wetting, nightmares, as well as allergies, eczema and other more serious health issues (child leukaemia, cancer, diabetes, etc)? I have also had examples where the child that has been sleeping on geopathic stress has appeared to be affected in stature. Some have been a lot shorter than the sibling that was not affected by GS. Or other cases, where the child was irritated by GS also had weight issues, either over weight or extremely underweight. It is more important that you could possibly imagine to have your home tested before you move in and place your furniture according to findings. The flow through effect could be huge. Nicky Crocker, Clear Energy Homes – phone 021 545 299 or visit [www.clearenergyhomes.com](http://www.clearenergyhomes.com).

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## THE ART OF LIFTING

We see a lot of unnecessary back strains and sprains here at Kumeu Chiropractic. With just a little preparation and planning you can save yourself some grief. For healthy



lifting, lift with your legs, keep the load close to your body and get help if the load is too heavy. Here are some basic steps required for proper lifting.

1. Size up the situation.
2. Keep it close.
3. Spread your feet shoulder-width apart for better balance.
4. Bend at the knees.
5. Tighten up your abs and use your stomach muscles.
6. Make your legs do the work.
7. Give yourself a rest and take regular breaks.
8. If it looks too heavy, it probably is. Don't be tempted.

Master the art of proper lifting and you will be doing your back a huge favour. However, as with any activity, if you strain your back or feel pain, call us at Kumeu Chiropractic right away to schedule an appointment for a thorough Chiropractic examination and necessary care. Waiting usually lengthens the healing process and rarely makes a painful situation better. Call us at Kumeu Chiropractic on 09 412 5536 for an appointment.

## COZY WINTER FEET SPA SPECIAL

Spa Di Vine is the perfect place to retreat to for a little while, when you feel you need a little uplifting & pampering. With a dedicated team, relaxing ambience and innovation in Theravine



treatments, Spa Di Vine offers the ultimate in spa relaxation. Winter is the perfect time to get your feet in tip-top condition and what better way to start than with our current special offer: 60 Minutes Foot Treatment only \$99 (available Tue, Wed, Thu). Sit down in a very comfy & warm seat and lean back with a hot neck compress. Sip a warming herbal tea and enjoy your me-time, while your feet are treated to an intensive clean and hydrating treatment. After a hot stone foot bath with cleansing salts and essential oils, a thorough foot peel, removing hard skin from the soles of your feet. Cuticle creams are massaged in for easy tidying and nail plates will be filed and buffed. A great foot massage and hydrating, organic coconut application to finish. Phone Mary or Paula to book, on 09 411 5290 email us [relax@spadivine.co.nz](mailto:relax@spadivine.co.nz) or visit [www.spadivine.co.nz](http://www.spadivine.co.nz).

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## THE ANNOYING PROBLEM OF HEAD LICE

The head louse is a tiny, wingless parasitic insect that lives among human hairs and feeds on tiny amounts of blood drawn from the scalp. Lice (the plural of louse) are a very common problem, especially for kids. They're contagious, annoying, and sometimes tough to get rid of. But while they're frustrating to deal with, lice aren't dangerous. They don't spread disease, although their bites can make a child's scalp itchy and irritated, and scratching can lead to infection. It's best to treat head lice quickly once they're found because they can spread easily from person to person. Signs of Head Lice - Although they're very small, lice can be seen by the naked eye. Here are things to look for: Lice eggs (called nits). These look like tiny yellow, tan, or brown dots before they hatch. Lice lay nits on hair shafts close to the scalp, where the temperature is perfect for keeping warm until they hatch. Nits look sort of like dandruff, only they can't be removed by brushing or shaking them off. Unless the infestation is heavy, it's more common to see nits in a child's hair than it is to see live lice crawling on the scalp. Lice eggs hatch within 1 to 2 weeks after they're laid. After hatching, the remaining shell looks white or clear and stays firmly attached to the hair shaft. This is when it's easiest to spot them, as the hair is growing longer and the egg shell is moving away from the scalp. Adult lice and nymphs (baby lice). The adult louse is no bigger than a sesame seed and is grayish-white or tan. Nymphs are smaller and become adult lice about 1 to 2 weeks after they hatch. Most lice feed on blood several times a day, but they can survive up to 2 days off the scalp. Scratching. With lice bites come itching and scratching. This is actually due to a reaction to the saliva of lice. However, the itching may not always start right away — that depends on how sensitive a child's skin is to the lice. It can sometimes take weeks for kids with lice to start scratching. They may complain, though, of things moving around on or tickling their heads. Small red bumps or sores from scratching. For some kids, the irritation is mild; for others, a more bothersome rash may develop. Excessive scratching can lead to a bacterial infection (this can cause swollen lymph glands and red, tender skin that might have crusting and oozing). If your doctor thinks this is the case, he or she may treat the infection with an oral antibiotic. You may be able to see the lice or nits by parting your child's hair into small sections and checking for lice and nits with a fine-tooth comb on the scalp, behind the ears, and around the nape of the neck (it's rare for them to be found on eyelashes or eyebrows). A magnifying glass and bright light may help. But it can be tough to find a nymph or adult louse — often, there aren't many of them and they move fast. Call your doctor if your child is constantly scratching his or her head or complains of an itchy scalp that won't go away. The doctor should be able to tell you if your child is infested with lice and needs to be treated. Not all kids have the classic

symptoms of head lice and some can be symptom-free. Parents it is really important that you check your child's hair every week. For any more info on this phone Carla at Zash Hair 021 814 663.

## NEW ARRIVALS

A new collection of lovely additions to your home is in! Browse and find something for every occasion in our warm and welcoming gift store. Time for a fabulous eye exam? Enjoy a thorough and informative eye examination, and then be professionally and honestly guided in choosing a frame to suit you. Make an appointment when you drop in to 413 Hobsonville Road in the Hobsonville Village or ring 09 4163 937.



Make an appointment when you drop in to 413 Hobsonville Road in the Hobsonville Village or ring 09 4163 937.

## BRONCHIOLITIS: KNOW THE SIGNS

When I arrive at the clinic in winter I am often met with the familiar sound of the cough. The cough can range from the chesty cough to the barking cough; it can affect the young and old alike. It can sometimes have a musical quality if associated with a wheeze. GPs up and down the country will be greeted by the cough when they arrive at work during the winter months; and will have the sometimes tricky task of determining the cause of this common symptom. Bronchiolitis is a very common condition that causes babies to cough. It is not the same as bronchitis (which affects older patients). Bronchiolitis commonly affects those under the age of one. As well as a cough, it can cause a wheeze, a runny or blocked nose and occasionally, shortness of breath. Bronchiolitis is the result of a virus, so antibiotics are rarely prescribed. The most common causal virus is Respiratory Syncytial Virus, or RSV. Some babies with this infection get quite sick; they stop feeding and can struggle hard with their breathing, which can be quite dangerous. If you think your baby has these symptoms, take them to a doctor urgently. This may be their regular GP, an after-hours doctor or a doctor in the emergency department. The treatment for bronchiolitis aims to keep the baby comfortable. In most cases saline drops can be used to help unblock the nose and paracetamol can help minor fevers. During this time it is important for the baby to be monitored.



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In particular close monitoring of breathing, temperature and fluid intake is essential. Most babies will recover within a week but some babies may need to go to the hospital if they are struggling to breathe or not taking enough fluid. It should be noted that younger babies, babies with other medical conditions, and premature babies are often more prone to getting this infection. If your baby has a cough which does not seem to be settling, or indeed a cough associated with a wheeze and other symptoms, take them to their doctor for a check-up. If your baby has bronchiolitis, it is important for the diagnosis to be made early, so that the appropriate advice and support can be given. Dr Isabelle Duck is a GP and Urgent Care doctor at Westgate Medical Centre.

## CHIROPRACTIC CARE AND YOUR BRAIN

New research published in Experimental Brain Research shows that chiropractic care can increase strength, decrease fatigue and improve the brain's ability to drive muscles. According to one of the researchers, the study has shown that when a chiropractor adjusts a dysfunctional area of the spine, "we change the way the brain processes what's going on in our bodies. Hence we are able to better process all that sensory information from through-out the body, and control the body in a better way". What does this all mean? Well better control means better function. They found after a chiropractic adjustment there was a 60% increase in electrical activity in targeted muscles, a 16% increase in force and reduced fatigue. You see chiropractic care affects more than just a sore back. Read the full blog post at [www.elevatechiropractic.co.nz/blog](http://www.elevatechiropractic.co.nz/blog). Dr Craig Buscomb, Chiropractor at Elevate Chiropractic in Greenhithe.

## CJ PODIATRY

CJ Podiatry is a Mobile Foot Care Service run by Carmen Whitaker who has lived in Hobsonville for over 10 years. As a Registered Podiatrist I cater to the foot care needs of (mainly) re-

tired folk in their Rest Home, Retirement Village or own home. Each customer is entitled to receive up to 40 minutes attention in a 'one on one' consultation. I will arrive at your place prepared with all the appropriate equipment required to ensure a safe and clean foot & nail care service for you. I am known to be gentle with my customers and pay particular attention to ensuring that a treatment plan can keep you mobile and on your feet. I cover all of West Auckland and most of the North/West. You are able to book online at [www.cjpodiatry.co.nz](http://www.cjpodiatry.co.nz) or call me on 021 607 492.



## JAW AND FACE PAIN


We all know, if you get some pain in your jaw or around teeth area, the first port of call is your dentist. Quite often though, once diseased teeth have been attended, there is still some pain remaining. People feel achy when they chew, laugh or talk. This can be due to dysfunction in the joint between the jaw and the skull or muscle tightness around the jaw and face. Dentists or dental surgeons might prescribe the usual Panadol or Nurofen, but the good ones will refer their patients for some treatment. Osteopathic treatment can help with sore jaw or face by releasing tight muscles, ligaments and by gently manipulation the temporomandibular joint (TMJ or jaw joint). Most of the time patients start opening their mouth more comfortably almost immediately after treatment, they can now talk and laugh without cringing. We can do that for you at Family Osteopathic Clinic and you don't need any referral to come and see us. Just give us a call. Ilya and Nataliya Chemeris, 39 Hobsonville Road, Hobsonville. Phone 09 416 0097 or [www.familyosteo.com](http://www.familyosteo.com).



## DRY EYES? EYE FATIGUE? HEADACHES?

With all there is to see and share on digital devices, staring at screens throughout the day is pretty much unavoidable. But all that screen time whether at work or not can be hard on your eyes.



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## STYLES OF SHOES FOR DIFFERENT TOE SHAPES

So what do you toes say about you and the style of shoe you should be wearing? Have a wee look and then match yourself with the picture below, which one are you? I've a Roman foot. So what does this mean in terms of the shoes you wear? The general rule of thumb is: With the Roman, Germanic and Celtic shapes, round toes are going to suit this shape better and reduce the risk of bunions. This shape does not appeal to everyone so you can also look at the square toe shape, where the end of the shoe ends in a square and not a point. With the Greek and Celtic shapes you need to fit your footwear for your longest toe. If you don't fit for the longer toe it will cause pressure which will result in pain and also your toes being pushed out of line over time. With the Egyptian shape, you can wear most styles, including the tapered styles. The final rule of thumb is you should be able to wiggle your toes when they are in your shoes!



## CELEBRATE OUR FIRST BIRTHDAY WITH US

We are turning 1 this August. We want to celebrate with you so we have put together four giveaway packages stocked with all sorts of goodies from local business's including; Hallertau, Pita Pit Kumeu Gym, Chateau Jewellers, Allen's Pharmacy, Oh So Beautiful, Fresh and Flawless Beauty and more. Thank you to

the local businesses for their generosity with putting together these prize packs and an even bigger thank you to the community for being so supportive and keeping us busy. To go in the draw all you need to do is book an appointment with us or find our post on Facebook and like and comment on the post (for the first 2 weeks of August). At The Body Clinic we provide top quality Osteopathy (ACC Registered) and Massage Therapy to help with those aches, pains and injuries. If you are unsure if we can help you, please visit our website to view a more detailed list of problems we can help with. Contact us at [www.thebodyclinic.co.nz](http://www.thebodyclinic.co.nz), 09 320 3803 or [info@thebodyclinic.co.nz](mailto:info@thebodyclinic.co.nz).

## FASCINATING FASCIA

Fascia is "A sheet or band of fibrous connective tissue enveloping, separating, or binding together muscles, organs and other soft structures of the body." Fascia creates a web-like body system of sheets, chords and bags that wrap, divide and permeate every single muscle, bone, nerve, blood vessel and organ – every bit of you is encased in it. It's our richest sense organ, it possesses the ability to contract independently of the muscles it surrounds and it responds to stress without your conscious command. That's a big deal. It means that fascia is impacting your movements, for better or worse. Healthy fascia grants you freedom of movement and always returns to its normal state; unfortunately, it's very unlikely that your fascia maintains its optimal flexibility, shape or texture. Lack of activity will cement the once-supple fibres into place. Chronic stress causes the fibres to thicken in an attempt to protect the underlying muscle. Poor posture and lack of flexibility and repetitive movements pull the fascia into ingrained patterns. Massage can help to melt the adhesions formed within the stuck and damaged fibres. Contact Debbie at Body Balance Massage and Neuromuscular Therapy 021 120 2175.

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# AREA COLUMNISTS

## WAIMAUKU PLAYCENTRE CELEBRATE MATARIKI

Once a term we have a Family Fun Night where our families get together at our centre and have dinner. This term we celebrated Matariki and what a special night it was. Christine Calis who used to belong to our centre was invited back to do a story time and the children loved listening to her stories, singing and dancing as she played her ukulele. The shared kai was delicious and it's always so cool to listen to the children chatting away to each other over dinner. As darkness fell it was time to do our lantern walk. The children were so excited to see the lanterns they had made on session light up. We sang songs as we walked around the scout den and back to centre. To finish the night the children toasted marshmallows over the open fire and gobbled them up. These nights remind us how unique our early childhood centre is and how much we love to be involved in the play just as much as the children. If this sounds like you, come and check us out. We are open Monday, Tuesday, Thursday and Friday mornings from 9 until 12.



## CAPTURING LEADS

How do you attract new customers - leads - for your business? Assuming you have a website you need to provide people with multiple ways to contact you. One of the methods you can use is to provide a form for them to complete with their details. These types of forms are commonly called lead generation forms. They need to



be easily accessible on your website so potential customers do not need to scroll or hunt for them. The number of things you ask visitors for should be kept short – no-one likes to complete huge forms asking loads of questions. On the form you can use fields such as name and email address. It is important to be able to follow up with your enquiry so you can contact them and get them as a customer. Before you do that, though, you'll want to be able to qualify the lead. To do this, include fields and questions in your form that will help you identify how strong that lead is – in other words, how likely they are to become a customer. You can include fields such as company, website, role at their business, and number of employees to learn some basic background information. Then add in a question that will allow you to gauge their need for your product, their likelihood to purchase your service, or their fit with your business. When a person completes the form you need to decide who is going to receive the details - usually via email. You can also look at having them automatically added to your newsletter database. If you want to start getting leads like this through your website and need some help, 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.

## TAX TIPS: CLAIMING HOME OFFICE AND TRAVEL EXPENSES

Claiming business expenses against your income is an important way of saving money by lowering your tax bill. Home Office: If the home is used for work purposes then a proportion of expenses relating to the property are deductible. To claim home office expenses, a specific part of the house must be set aside for business, such as a separate room or part of a room used for the business and nothing else. The proportion of expenses claimable is based on the proportion of area used for business versus the total size of the home. Typical home office expenses that can be claimed include interest/rent, insurance, power and rates. Repairs and maintenance may be claimed if incurred in relation to that designated home office space. Combined Business and Private Travel: If travel is part business and part holiday – whether in New Zealand or overseas – the IRD look at the dominant purpose of the trip to determine deductibility of expenditure. If the trip is principally for business then the travel expenditure (airfares, accommodation etc) will be deductible, except for any expenses relating directly to the personal part of the holiday. Conversely if the trip is principally for personal pleasure the travel expenditure (airfares, ac-



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commodation etc) will not be deductible, except for any costs directly incurred by business activities, e.g. taxi to a conference, meal with a supplier. Chartered Accountants Mark Foster and the UHY Haines Norton team are located at 329A Main Road, Kumeu. If you have questions concerning claimable business expenses, or other accounting or tax enquiries please phone them on 09 412 9853 or email [kumeu@uhyhn.co.nz](mailto:kumeu@uhyhn.co.nz).

## BALL SEASON IS HERE

That also means Xmas is not far away. Here are five great tips to get started. Ball season is upon us and it can be a very expensive exercise for parents and teenagers alike so at The Flower Barn by Plant Zero we would like to share with you some cost saving ideas:



- 1) Shop Around for your Gown. There can literally be hundreds of dollars difference between retail shops, so it's best to take time to shop around, and what better place to start than locally. Support your local community and shop locally. How about a local dressmaker? It's amazing what can be made with some old curtain fabrics that have become the "In Look" for clothing.
- 2) Don't buy online unless you have tried on that exact same dress by that exact same manufacturer before. It may look stunning online and be too good to be true (and usually it is), but one thing is absolutely for sure, it is highly unlikely to fit your body type the way it should do. Every manufacturer designs and makes their clothes with different patterns and different people, so don't expect the same fit from a different manufacturer. The last thing you need is to be running around in despair trying to find a dressmaker to alter your dress, which will ultimately cost you more.
- 3) Buy Second Hand: In the past I have brought some beautiful clothes second hand: some designer clothes, some just plain ol' kicking around clothes, and some quite wacky! But the best thing is you save a lot of money and you can look just as gorgeous!
- 4) Budget: Yeah the ol' budget! But you can save even more money if you stick to your plan and keep to your budget. Don't be tempted and if you can't find what you are looking for, you just need to look a little more. It's amazing how things appear when you really dig in your heels.
- 5) Do you know anyone who has been married lately? No I don't want you to steal their husband. I'm just kidding! See if your friend would be willing to loan you her gown, or the suits etc. Some brides would be more than happy to see their clothes worn again and bring back those wonderful memories, which don't last long enough. Or maybe you could do a swap. Doesn't

have to be a swap for clothes, it could be anything. What do you have that she/he really loves?

6) And last, but not least, shop at your local Flower Barn to save \$\$\$. We can make up your Ladies' wrist corsages \$30 and Men's buttonholes \$20 All created from freshly cut same day flowers and foliage that we grow on the farm with no nasty chemicals so it's safer for you too! We are only a few minutes from the town centre. 108 Station Road, Kumeu. [www.flowerbarn.co.nz](http://www.flowerbarn.co.nz) 09 412 7606 The Barn Shop is Open Monday - Friday 10am - 4pm Saturday and Sunday and all other times by Appointment.

## ARE YOU WANTING TO GO UP THE CAREER LADDER BUT ARE HAMPERED BY YOUR ENGLISH?

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## THE TASTING SHED

The Tasting Shed is open from Wednesday the 3rd of August after our winter hiatus, and the team are raring to go, especially after receiving the news that we have been announced in Cuisine Magazine's 2016 Good Food Guide, one of only 32 restaurants in Auckland, and in the overall 83 top restaurants in the country! We're thrilled to be included in this prestigious listing, and we appreciate your continued support over the last five years. Book your table online at [www.thetastingshed.co.nz](http://www.thetastingshed.co.nz) or call 09 412 6454 to make a reservation.

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## GUTTED WITH UNPLANNED GROWTH?

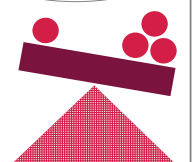
On the eve of the Unitary Plan the recommendations being released at the end of July 2016 by the Commissioners, we will then understand what growth is proposed for our district. The Auckland Council has to make the decision by the 19th August 2016, to determine what is accepted or rejected by them. Any disagreement will be subject to appeals. We the Kumeu/Huapai Residents & Ratepayers Association (KHRRRA) are firmly of the belief that there can be no cohesive and effective growth in the area until such time as the New Zealand Transport Agency confirms the direction and layout of SH16. At the moment the State highway runs through the middle of Kumeu and Huapai. Will that be the future plan and what will be the size of the roading? The uncertainty over the SH/Way 16 is certainly inhibiting all growth in the area, for example, how can Auckland Transport recommend or finalising their roading plans with no knowledge of what will happen with the State Highway? The KHRRRA openly and unreservedly supports growth in the North West area, but that growth must be planned not ad hoc growth as we seem to be experiencing at the moment with the Special Housing Areas (SHAs). If an overall structure plan that involved roading and all necessary community services was looked at before any further development, then the result for the North West of Auckland would be a well-planned, well-structured and very liveable rural township. A structure plan for the district, which we are now told is being scheduled for 2018 – 2020 is unacceptable. The Rodney Board is involved with a centre plan for the commercial township only, which we believe is a total nonsense and a red herring, as the only plan relevant should be a total structure plan. The centre plan is simply a non-statutory document and is not legally binding. The KHRRRA is the only watch dog negotiating on behalf of commercial and residential ratepayers in our immediate district. We as a group are underfunded and in desperate need of more financial members to take the fight on. Without community support and help, an effective campaign to monitor and challenge decisions cannot happen. KHRRRA proposes to engage a Watch Dog facility to notify the Association of planned developments and changes in the area, so that an effective response can be given in appropriate timeframes. For example: had we known of the Oraha Road SHA in advance we may have been able to demand more infrastructure to accommodate the change prior to its implementation. Recently some members of the Rodney Local Board granted the Association \$7,500.00 primarily to enable the Association to look at and comment on roading issues, we would like to acknowledge Board members Thomas Grace, Greg Sayers, Beth Holbrooke, James Colville and Steve Garner in their support and getting this grant over the line. Warren Flaunty has been supportive of the KHRRRA but couldn't attend the final meeting. This is the first monies that the Association has ever received from the Auckland Council or the previous Rodney District Council, but this

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is only a small amount of what will be needed on an annual basis for KHRRA to be your effective Watch Dog. The Association feels that it is important for the community to understand that we are the only effective lobby group at present and therefore worthy of more community support. As an example: we see the Business District Association (BID) as a totally ineffective organisation to represent growth issues in the North West. KHRRA, not the BID have been asked for assistance from the Kumeu Village Owners Association in respect of the development of the old Maddren site. We make the point, so the community understands that the BID's mandate is more to support business promotion, they are funded by the Auckland Council from a targeted rate demand on commercial businesses from Brigham Creek to Kaukapakapa for this purpose. How can you help? How can you protect the growth in your area? - become a financial member of KHRRA without delay! Membership for a residential property is \$30-35 per year, for a commercial member the fee is \$100 per year, but if commercial members are able to pay more, they are encouraged to do so. All membership enquires to: Mark Hall secretary@khrra.org.nz.

## PASSING ON OUR FEARS TO CHILDREN

Within both the indoor and outdoor environment at Country Bears, we have a lot of bugs, insects, animals and birds that are a part of our everyday experience. Skinks are a massive attraction here, and the children love picking them up and feeling their cool, soft skin (see Alex in the photo below holding a baby skink). We always encour-



age the child to put them back gently where they found them, so they can return to their family. As adults, we may have fears from flying in a plane, a large dog, heights or an animal/insect. If we exhibit these fears with our verbal and non-verbal cues, the children will pick up on these and take these fears on as if they were their own. As teachers, adults and parents, the best way to prevent children from taking on these fears or phobias, is for us adults to "acknowledge". This could look something like this: We see a large spider in the corner of the deck, building a web. We bring the children's attention to the spider and point out all the things that make up the spider; "wow, look how many legs the spider has" or "this spider has such a large body compared to its legs". Acknowledge what the spider is doing, and why. We don't have to be brave and touch or hold the spider, we just have to acknowledge its presence, and encourage the children to have respect for this beautiful spider. If children show respect and empathy to the smallest of insects, this then carries with them through to their relationships with peers and their community as they get older. If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: [www.facebook.com/cbearsecc](http://www.facebook.com/cbearsecc). Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu - phone 09 412 8055.

## MADDREN SITE APPROVED

The 10.65 hectare "Maddrens block" sale offer has raised concerns among ratepayer representatives now that the Kumeu Town Centre application is proceeding on a non-notified basis. The site is listed at 94-104 Main Rd (State Highway 16), tenders closing August 11. It offers 2.5ha in 16 "super lots" with consent for 172 dwellings. About 1.76ha in nine lots is also for retail,



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office, live/work sites and apartments. The combined residential component is 211 dwellings. Most buildings are likely to be two to three storeys, and options could include a mix of food and beverage outlets and "eclectic" retail "similar to a



Ponsonby Central", Bayleys Real Estate marketer James Hill says. But a memorandum of understanding signed between the Kumeu/Huapai Residents and Ratepayers Association and initial site owner Maddrens in 2012 seems to have been ignored in the process, association chairman Pete Sinton says. "Branton Developments purchased land from Maddrens and submitted a concept plan to the Auckland Council for approval and are now selling the whole proposal for another developer to proceed with. "The lack of community consultation and input is disappointing and not in terms of the agreement. It has shut the community out from having an input into Kumeu's largest development." Photo: An aerial view of the planned "Kumeu Town Centre" and surrounds.

## HEALTH & SAFETY

It may seem like health & safety is a fairly new concept, but the truth is, it's been around for over a 100 years. Many years learning about safety has seen strategies developed to prevent workplace injury - the more we learn, the greater our awareness of how to be safe. Awareness is about preventing injuries, whether it's caused by human error, mechanical failures or inadequate training. Everyone has a part to play and keeping safe doesn't need to be complicated. Simple things like closing a drawer or cupboard when not in use, wearing PPE as required, wiping up spills, watching where you are walking and keeping to the speed limit are all easy steps to take every day. Call or email us now to arrange an initial visit and a no obligation quote for our standard package to get you thinking safely at [healthandsafety@losslink.co.nz](http://healthandsafety@losslink.co.nz) or phone 09 837 1140.

## RELATIONSHIP SUFFERING FROM TECHNOFERENCE?

Clinically I hear a lot of partners complain, "I feel neglected. You're always checking your email, or surfing the web, or checking the news, even during dinner." Psychotherapy recognises that the seed of a bid for connection is hidden inside every complaint. Research has proven that in today's world the mere presence of a smart phone (even if not in use) degrades conversations and makes partners less willing to disclose deep



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feelings and they are less understanding of each other. Not to mention the everyday intrusions and interruptions to our couple interactions that occur due to technology. "Technoference," family researcher Brandon McDaniel calls it. As much as I love my iPhone, it's hard to deny that technology has expanded our cultural and social worlds but is damaging our private ones. Couple therapy allows a fully focused time to connect with what is important again. Each other. Perhaps the presence of an unbiased and neutral listener can improve the closeness of your intimacy. Please telephone Sarah on 021 477 523.

## HOW TO GET WHAT YOU WANT FASTER

This article is for anyone who has ever desired something but does never have it. This is for people who dream big yet seem to play small. Maybe you want to start that business or to finally have a body you are proud of... this is for anyone who has ever uttered 'it's not fair'. Get ready to swallow your pride and look at yourself from another angle as 99% of our lives we are single handedly creating. Therefore, if you are not getting what you want, there is probably another factor at play. I work with focus and intention. I work directly with what is happening (or not happening) in life right now and what are the main feelings and thoughts attached to this. What we tend to focus on, we get more of and in the areas of life, we are not happy with, we are most likely well practised in exactly the kind of thinking that keeps us right where we are. BELIEFS. I tend to think that word doesn't resonate with a lot of us – but that's what we are talking about here. We can think of beliefs as being installed in us – not from rational choice – but unconsciously, from our environment. They were created from everything that ever happened to us and every observation we ever made. Some of our beliefs

work well and naturally help to accelerate areas of our lives but some of our beliefs simply don't. The areas of life we are not happy with are the red flags showing us we have beliefs that need to be upgraded. I have a really easy way of working out what negative beliefs might be going on. All you need is a pen and paper. At the top of the page write the thing, or area of life you are working with. Now set the intention of being very honest with yourself. This is important. This isn't the time to be gracious and people pleasing - this is your life we are talking about, this is the time to get honest and real. Answer these questions 'in this area, what are the things I'm the most worried or anxious about' 'what do I really think about people who already have this' 'what do I fear the most about this' 'if I got this thing, what do I really think will happen' 'do I think anything is impossible around this' You might be very surprised with what answers you get. Some of us want a business but believe that there will always be money problems. Some of us want a skinny body but believe that skinny people are awful or that they will be noticed too much. Some of us want to research an idea we have but are embarrassed about being judged. Some of us want to buy a house but believe it's 100% impossible. Some of us want more money but have been trained to believe its bad. When we want something but are not getting it, it means there is a louder, bigger belief we are living equal to. The first thing is to recognise is that these beliefs are not you. Just like a computer, we can upload new ideas and get rid of old ones. Look at every statement or belief you have written down. Most of it will likely be negative and not serving you. Your job now is to create new beliefs. The easy way to do this is to write a new statement that is the opposite. Usually, exactly the opposite of what you have written will be exactly what you need to hear and remember. Use your imagination and heart to create a new, powerful way of



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thinking about this area in your life. Make sure you include feelings. Life is created or responds to emotion. We are allowed to create life just the way we want it. Life wants to love you so let it. (Do you believe that life works out for you?) Now the job is to be reading and listening and reading and listening and reading and listening to the new. Remember – we get more of what we focus on. For a session call Anna 021 555 658. [anna@thinkyourbest.co.nz](mailto:anna@thinkyourbest.co.nz). Check out my website [www.thinkyourbest.co.nz](http://www.thinkyourbest.co.nz).

## NEW RODNEY FIRST GROUP PUSHES EXPERIENCE AND ADVOCACY

Auckland Councillor Cameron Brewer and Rodney Local Board member Phelan Pirrie have banded together under a new local political group called Rodney First.

Both men will stand in the Kumeu subdivision of the Rodney ward along with a yet to be announced third candidate.

At the same time legendary athlete Allison Roe, sitting local board member Beth Houlbrooke, and local businessman Mike Francis will stand on the Rodney First ticket in the Warkworth subdivision.

Mr Brewer has been the Auckland Councillor for Orakei for six years, and prior to that was the CEO of the Newmarket Business Association. He is well known for his fights against rates rises, soaring staff numbers, costs and debt, and poor council spending. He also runs his own public relations consultancy. Last year he and his wife Kate moved their young family to Riverhead.

“We love it here. Kate and I grew up in provincial areas so it was an easy shift. However, I’m not so impressed by the lack of infrastructure, investment and planning by Auckland Council given the relentless growth. So while I’m stepping down as a councillor, I’m now keen to make a community contribution as a local board member and help get a bit of action around here,” says Mr Brewer.

Phelan Pirrie lives in Muriwai with his wife Allison. He is director and shareholder of Best Berries based in Huapai - a major NZ strawberry supplier. He is a trustee on the Muriwai Environmental Action Community Trust and an Officer in Charge of Muriwai Fire Brigade

For the past three years he’s been an active member of the Rodney Local Board, devoting significant time to the community and chairing the Rodney Local Board’s Transport, Planning and Infrastructure Committee. Among his achievements, Mr Pirrie has helped deliver a Centre Plan for Kumeu-Huapai plus many new footpaths for the area.

“I’ve enjoyed the last three years but with a highly experienced and focused team working together, we could do so much more

for our area. We have some very clear goals. It’s about being accountable to local ratepayers, going back to the basics, getting stuff done for our community, and of course putting Rodney first,” says Mr Pirrie. Rodney First will be releasing detailed policy over the coming weeks.

In the meantime, Phelan Pirrie and Cameron Brewer say their areas of focus will include: local roads, footpaths and public transport, better management of population growth and environmental pressures; and ensuring closer partnerships with the local community and organisations.

More information on Rodney First and its candidates can be found on [www.facebook.com/VoteRodneyFirst/](http://www.facebook.com/VoteRodneyFirst/).

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## KEEPING SAFE ON SOCIAL MEDIA

Privacy and security settings are there for a reason. They control who sees what you are posting. Be careful about how much personal information you post on social media. The more information you put up there, the easier it may be for someone to use that information. A hacker may recreate an individual’s account using their personal details on Facebook and start adding their friends onto a new Facebook page. After making contact and getting to know the victim’s friends, the scammer may then ask the friends for money saying there is some sort of crisis. If

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you get a Facebook friend request from someone you think you have already friended, check before accepting. Not sharing your home address might sound obvious, but informing the world that you're off on holiday might put you at risk. While everyone is admiring your holiday photos, someone may be putting together information from your Facebook friends and other sources to work out where you live and visit your empty house. Of course your kids are cute, but those online Instagrams of them may also pose a security issue. Look at your privacy settings - do you really want any random person somehow seeing photos of your family?

## KUMEU LIBRARY

August is Family History month at Auckland Libraries – our annual festival of talks, seminars and workshops about family history and genealogy. Whether you're just beginning your journey into your family's past or are an experienced researcher, you'll find an event to help you take the next step. Full information on events is posted on the Auckland Libraries' website [www.aucklandlibraries.govt.nz/EN/Events/Events/Pages/familyhistorymonth2016.aspx](http://www.aucklandlibraries.govt.nz/EN/Events/Events/Pages/familyhistorymonth2016.aspx). If you are researching your family tree, Kumeu Library has plenty of free resources to help you, including books, magazines and databases. Did you know that you can access popular genealogy databases Ancestry.com and FindMyPast.com for free at Kumeu Library? Free access to these databases is only available within the Library, but you can save your research results on your own device, or on a USB stick if you are using the Kumeu Library public computers. These extensive databases contain information from the UK, Ireland, Australia and more, and include electoral rolls and censuses, travel and migration records, births, deaths, and marriages records, and church, cemetery and parish records. Family history and genealogy resources can be found on our website too, at [www.aucklandlibraries.govt.nz/EN/heritage/familyhistory/Pages/familyhistory.aspx](http://www.aucklandlibraries.govt.nz/EN/heritage/familyhistory/Pages/familyhistory.aspx) here you will find information on how to get started, databases you can access at home, online family history talks, and printable family tree charts to record your results. For further information, talk to one of our friendly staff members, or for a longer session on how to use the genealogy databases book a librarian by phoning 09 412 7995. Keep up with news and events from Kumeu Library by following us on our Facebook page: [www.facebook.com/kumeulibrary](http://www.facebook.com/kumeulibrary).

## NORTH WEST DISTRICT BUSINESS ASSOCIATION

The committee has held its last business meeting for this term, and we now head into the AGM in August. We would love to have as many of our members come along as possible and become involved, it will be held at Te Whare Oranga in Parakai on August 25th. We are running the AGM process differently this



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year and all nomination and voting information can be found on our website. Check out [www.northwestcountry.co.nz/members/agm-2016](http://www.northwestcountry.co.nz/members/agm-2016) for everything you need to know and to see the agenda. Any nominations that we receive will also be posted to this site along with the nominee's biographies and statements so you can get to know the candidates well in advance. At our last meeting we heard from South Kaipara Rotary, a new satellite group that has started up and is looking for local community projects that need funding. If you have a community project that you need to get off the ground, make sure that you contact the group. We have commenced work on our first business awards that will cover all members of the association. We plan to open the awards for nomination in August, with an awards ceremony in November. This is a smaller scale business awards than Westpac Business Excellence, and celebrates our local businesses, how well they are doing, and how much local shoppers like their service and products. Look on our website soon for more information or contact our Manager, Gary Holmes. We would also like to introduce Jenny Murray, our new Member Services and Support Manager who you will all get to meet soon as she starts delivering the AGM nomination and voting information. Jenny comes from Makarau and has previously worked in Helensville and Kumeu so knows the local businesses well. We granted \$1,200 to the Riverhead Residents and Ratepayers Association which was seeking sponsorship to help pay for the replacement of their three entry signs. We were delighted to be able to put some of the BID funds back in to that community. Don't forget to come along to the AGM, hear more about what we have achieved this year and meet your new committee. I look forward to seeing you all there. Danielle Hancock, Chair - North West District Business Association.



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From  
**\$32<sup>98</sup>**

Assorted  
Deciduous  
Trees  
Assorted Skus



**\$14<sup>98</sup>**

**Tui**  
Novatec  
Premium 1.5kg  
166577



## VEGE PATCH

**\$3<sup>48</sup>** Each

OR 4 FOR **\$12<sup>97</sup>**

**Zealandia**  
Grow Fresh  
Seedlings  
Assorted Skus



**\$19<sup>95</sup>**

**Yates**  
Dynamic Lifter  
5Kg  
139501



**\$7<sup>79</sup>**

**Tui**  
Seed  
Potatoes  
1.5kg  
Assorted Skus



**\$1<sup>94</sup>**

**Number 8**  
Slug & Snail  
Pellets 400g  
248718



**\$6<sup>98</sup>**

**Buy Right**  
Frost Cloth  
2m x 5m  
170739



## WINTER CLEANUP

**\$16<sup>98</sup>**

**Yates**  
Conqueror  
Oil 500ml  
138026



**\$29<sup>98</sup>**

**Yates**  
Liquid Copper  
500ml  
228137



**\$9<sup>98</sup>**

**Tui**  
Garden  
Waste Bag  
221640



**\$27<sup>98</sup>**

**Gardena**  
Classic Bypass  
Secateur  
128615



**\$12<sup>92</sup>**

**The Bamboo Gardener**  
Garden Gloves  
Assorted Sizes  
Assorted Skus



(Sizes: S, M, L)

## TREES & SHRUBS

**\$28<sup>97</sup>**

**Assorted  
Roses**  
Bush &  
Climbers  
Assorted Skus



**\$21<sup>97</sup>**

**Daphne**  
Perfume  
Princess  
244600



**\$14<sup>98</sup>**

**Cyclone**  
Hand Tools  
203598 / 203597



**UPTO 50% OFF  
SELECTED  
GARDEN POTS**

**\$5<sup>10</sup>** Each  
OR 4 FOR **\$19<sup>98</sup>**

**Number 8**  
Compost  
246152



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MEGA**

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