

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

HUAPAI DISTRICT SCHOOL NEW PRINCIPAL

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

August 2017

Intro

Welcome to our August edition! With Winter well under way we can start to look forward to Spring just around the corner and lots of exciting new things happening in and around our community. Kumeu Vintage Brass will continue their increasingly popular series of winter concerts. Hosted by Orewa Baptist Church they will perform at Orewa College Arts & Events Centre, Riverside Road, Orewa at 2.00pm Sunday August 20. \$20 per adult. Children free if accompanied by an adult. The ticket price includes light refreshments at interval. Tickets at the door or contact the church office phone 09 426 6976 or email a.c.watson@xtra.co.nz. Proceeds to OBC food bank & church building fund. The Kaukapakapa Village market will be held on Sunday 20 August 8.30am to 1pm. Hand-made, home grown or pre-loved they have something for everyone. Enjoy a freshly made coffee while you wander around the stalls or grab something delicious from the market café where you can sit and unwind while listening to the relaxing sounds of Foster Watkinson on the tenor sax. Have a chat to the clever craft ladies who are always keen to share their knowledge or enjoy a rummage through the second hand treasures and find yourself a bargain. Try some homemade preserves or get your freshly ground coffee beans – so much on offer and a great morning out for the family. The Kumeu Blend Choir along with Auckland Youth Symphonic Band will be holding a concert at 2 pm on Sunday 13 August in the Waitakere College Hall, 42 Rathgar Road, Henderson. Works include part of Brahms' German Requiem, the Faure Pavane and a Beatles' medley. For more info on the concert or if you are keen to join the choir please contact Christine Smith on 09 412 8939 g.c.smith@xtra.co.nz or Margaret Lindsay on 09 849 8070 Margaret@lindsays.co.nz. And lastly something fun to do with the kids -The world's most famous mouse detective, Geronimo Stilton, is coming to Kumeu Library! Join them on Thursday 10 August from 6.15 to 7.15pm for an evening of clue hunting, code breaking, mystery solving, mouse crafts and cheese tasting. Bring your camera and pose with Geronimo! This event is suitable for 6 to 12 year olds, but everyone is welcome.

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



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kumeu Courier

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HUAPAI DISTRICT SCHOOL NEW PRINCIPAL "IMPROVING ON WHAT'S THERE"

By Geoff Dobson

People were asked for their "honest" opinions on Huapai District School in a community Facebook post.

"Awesome school" was the first response, and the praise kept coming. Much of it is around a supportive environment.

It shows principal of 10 months John Petrie is on the right track. The former Gulf Harbour School foundation principal since 1998, John says he wanted a "challenge" outside of the Hibiscus Coast where he still lives.

Previous principals had set much of the groundwork at Huapai, so John is keen to further establish what was started before his arrival and continue progress.

"The three things I need to work on are building the school culture and the way kids interact – positively reinforcing behaviour, to release the creativity of pupils and staff, and to bed down initiatives, systems and processes."

One example is outdoor education, an important school facet. "So we've taken that to another level by having an annual camp for every form (year), going all over the place," John says.

Operationally, better systems and processes are being introduced at the school, especially access to information. "We're working on that," John says.

John says he's not really changing much at the school – "I'm improving on what's there".

That includes children learning in an open plan environment, where they are taught by more than one teacher.

"Teachers sometimes work in pairs and occasionally more, or perhaps one teacher is roving and helping the rest."

It's a system now used in many other schools, especially in new buildings. In Huapai's case, that's in a newly opened two-storey block (an official opening is planned) and incorporating the

equivalent of 16 classrooms.

Open plan learning is a "massive change" for the school, says John who arrived after most of the decisions and preparations had been made. He's big on communication and creativity. "I like to hear feedback from parents and staff."

About 25 teachers plus support staff are involved with the school, which has about 500 pupils – and increasing.

More land had been leased to accommodate some temporary classrooms.

While the roll is expected to climb to about 600-650 pupils, John says the opening of the new "Matua School" in Gilbransen Rd, Huapai, in 2019 will see a drop as pupils from the new school zone – which extends south to State Highway 16 – move to the new school.

"Parents with children at our school will have the choice – they can leave their children here or transfer," John says.

By the time the new school opens, John expects the Special Housing Area development across Station Rd from the school will be contributing pupils.

"I think both schools will quickly grow."

John says his school already has approval to add another five rooms and upgrade some existing classrooms.

"The temporary ones will stay for a few more years."

John's main passion is developing "the whole child".

"I'm concerned that education has been about trying to define intelligence in a very narrow way. That's reinforced by the national standards that we see. I'm not discounting that – to be literate and numerate must be the floor, not the ceiling."

John believes achievement shouldn't be measured in statistics alone.

"I talk about children being endowed with 'seeds of greatness', so much of it is working together collaboratively. Retaining creativity in the curriculum which allows that is my passion."

John says getting children to enjoy their time in school is a very powerful way of learning.



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PEOPLE & PLACES

"So the teacher becomes more like a coach, encouraging children that it's OK to have a go, and do something out of the box." Education is moving from a knowledge based approach to a conceptual one, John says.

"We want to produce children who are continually learning and adaptive to change. When people are motivated to make a difference then you get results."

In terms of learning, more is being done around information technology (IT) and multi-media, John says. It's about developing enterprise and gearing children for a world undergoing ever faster changes.

Yet children are encouraged to be themselves at the school too. There's a BMX track and plenty of other outdoor spaces. These include courts, a playground, swimming pool, and, coming soon, an obstacle course.

Full of praise for his staff, John says it's about developing strong relationships – not just between the school and parents and children, but with the community too.

John himself has three grown-up children – two daughters and a son – all living in Auckland. He has four grandchildren as well. In his time away from school John loves watersports, particularly fishing and stand-up paddleboarding. He also plays the keyboard in church bands.

John says he brings fresh eyes to Huapai District School. "I can see the challenges and I'm working on them. I'm excited about the possibilities and potential in the school, particularly the calibre of staff, the openness in this community and the support it gives the school."

He's also impressed by the school's historical and generational standing, saying people often call who went to the school as children and now have children or grandchildren attending. That will be a focus when the school celebrates its centennial in 2019.

John says one measure of success is seeing the gleam in children's eyes.

And he must have had a gleam – if not a tear – in his own when Porohu Maoate received a Sir Peter Blake Award. "The kids clapped and clapped, recognising that she's a strong leader, and staff gave her a standing ovation, as they can see the potential in the child and honoured her. These might be little things but are big statements in terms of the school's character."

ZONING CONSULTATION STARTS ON NEW KUMEU PRIMARY SCHOOL OPENING 2019

The new Kumeu Primary School opens for the 2019 school year, with community consultation due to start shortly on its zoning. Dubbed "Matua School" on 2.53 hectares in Gilbransen Rd it will service the surrounding residential area through which Matua Rd runs.

The school will be constructed and maintained under a Ministry of Education public-private partnership.

"It is our third public-private partnership with the ShapEd consortium", Education Infrastructure Service head Kim Shannon says.

Led by Morrison & Co, the consortium's other partners include a design and construction joint venture with CPB Contractors and South Island-based Southbase Construction.

Pacific Partnerships, ASC and Spotless Facility Services will be responsible for equity, design and facilities management services respectively, Kim says.

ShapEd will build six schools under a \$220 million government contract.

The new Kumeu school caters for residential growth in the Kumeu-Huapai area, including land zoned future urban under the proposed Auckland Unitary Plan.

It's expected to accommodate up to 560 pupils from year one to eight. A satellite of the Arohanui Special School will be part of the new school.

Further roll growth is expected in Huapai District School's catchment. "It is anticipated a roll of up to 700 students may need to be accommodated in the future, in conjunction with the additional capacity which will be provided by Kumeu Primary School," Kim says.

An Establishment Board of Trustees (EBot) was appointed in December.

It comprises five appointed members and it can co-opt up to another four members should it need additional skills or experience.

A principal has been appointed, starting at the beginning of 2018.

Senior management positions will be selected three school terms before the opening of the school and the remaining positions will be appointed during 2018 to start two weeks before the school opens.

All new schools must implement an enrolment scheme.

"The local schools have been working closely with the EBot and us to ensure the proposed home zone will meet the new school's needs, as well as ensuring the impact on existing schools in the network is managed," Kim says.

Kumeu Primary School will not take out of zone students for the first three years of its operation, she says.

The school also has the option of joining the Whiria Te Tangata Community of Learning which comprises eight primary schools and one secondary with a 3900 combined roll.



MURIWAI LIFEGUARDS TO MARK CLUB'S 70TH ANNIVERSARY

This summer marks a big milestone for the Muriwai Volunteer Lifeguard Service, its 70th patrol season.

Next year is the 70th anniversary of the club being constituted as an incorporated society.

"We want to make this a memorable summer and year for the club and everyone that enjoys supporting the club," club business and fundraising manager Tim Jago says.

Plans taking shape include a 70th reunion weekend around November 17-19.

That includes three inter-linked events. They are a Friday night gathering in the city, a formal lunch with speeches and reunion photos at the Muriwai Surf Club on the Saturday, and an open day of displays and community events on Sunday.

A Surf Life Saving Northern Region competition is scheduled for Muriwai on November 18, which the club hopes to have shifted to the following day to become part of the Sunday community day.

If the competition cannot be moved the reunion may take place on November 10-12 instead.

A major month-long, pre-Christmas fundraiser is also planned, dubbed "\$70,000 for 70 years". A huge on-line auction is proposed as the centre piece. Other fundraising events may include building on the message of \$70,000 (or more) marking 70 years of service, the plan being to recapitalise the club and trust following the building project and debt repayment.

A musical event to finalise the season is considered for late March or early April.

It's aimed at bringing together club friends at the Auckland Symphony Orchestra, an international performer, in an indoor setting for a memorable night of big band music.

Tim says there's an enormous amount of work associated with



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delivering the three events.

"It is an opportunity for the entire club to get involved, as well as non-clubbies. By announcing plans early we hope sufficient people are able to step forward and assume specific tasks so that the workload is well spread."

Volunteers are needed to help with the various tasks, including gathering memorabilia and contacting past members and colleagues, gaining auction donations and providing multi-media community advertising.

Contact tim@promotion.co.nz for more.

WORLD BECKONS FOR TWO YOUNGSTERS



Kate Clough (Kat Clo) and Jesse Beazley are two young people going places in photography and graphic design.

Kat, 19, and Jesse, 21, left, have worked together at Lush Lagoon Photography and Design which Kat founded about six months ago.

While Kat grew up in Huapai and has just moved to Henderson, Jesse was raised in Melbourne before returning "home" to Reweti where he has developed his Iconik streetwear label.

"We're very different," Kat says. Yet the two often share their artistic talents and work together well.

Both have a driving desire to help others and they share a graphic design interest.

Kat says she's long held an interest in photography had got her 700D Canon digital camera from mum Jo Clough after she topped her high school class in NCEA level two photography. She especially enjoys photographing animals – probably inherited from her mum's love of dogs (she featured in our April issue about The Dog Safe Workplace), and does a lot of apparel photography as well as family and corporate shoots.

Working mainly from home with access to an Auckland central studio, Kat started photographing apparel for Trainers SB and has just applied for a BNI photography scholarship for the company.

Some of her artistic flair seems inherited from her grandmother and artist Susan McCullough.

She's keen to help others and has volunteered her services for several causes, including helping StarJam with its charitable activities for young people with disabilities and working with various animal sanctuaries.

Kat has helped build portfolios on animals up for adoption using her photography and graphic design skills.

She has worked with people like "orca lady" Ingrid Visser who's actively involved in orca research. Ingrid helped Kat develop her photography skills and inspired her to do a double major in marine and biological science at Auckland University, which

she's about half way through.

Taking up scuba diving, Kat's going for her open water and instructor's licences, with the idea of working for world publications such as National Geographic.

A love of the sea may have developed through her father Brian Clough's surfing interest, and Kat has enjoyed various sports such as snowboarding, tennis, skateboarding and surfing. Kat was lucky enough to meet Jane Goodall, well known for her work with chimpanzees, after winning a high school essay competition about why she would like to meet her.

"Jane shows that one person can make such a difference. She was amazing."

A love of nature and animals probably came about through Kat's mum Jo reading her bed-time stories about David Attenborough, items from Animals Facts and National Geographic.

As a birthday present Kat even got a National Geographic subscription, which she's renewed every year.

So it's little wonder Kat wants to help make a difference, especially in conservation.

"I want to help those without a voice," says Kat who aims to get meaning behind her photographs.

It's having a message which is important for Jesse too.

Describing himself as "half Maori, half Aussie", Jesse says he came back to Reweti when he was seven after growing up "a city kid" in Melbourne's streets.

He says he grew up around graffiti but never tagged private property. He says he wanted to "pretty up ugly areas" with murals instead. He studied art at school but is mainly self-taught after struggling to find a suitable university course for his needs. He likes designing and recalls going to school in a Spiderman design he put on a t-shirt.

Jesse found he enjoyed designing his own clothes and embarked on screen-printing t-shirts.

He was trying to find a suitable title for his designs when he awoke early one morning and put the name "Iconik" on his computer. When he woke up again later he realised it was the label he needed.

Jesse has been putting out his clothing label for about two years now and has some key people interested in his work.

"I'd like to get my mates on board to give them some opportunities," Jesse says.

"All of us loved art and try to find ways to express it."

Jesse says he gets blank t-shirts from Gildan and does the graphics then prints the design on the t-shirts.

"I did up the garage at home and still work with Kate but not as often."

Jesse says his dad invested in the business "when he saw I was serious about it".

Designing from a computer now makes life a lot easier, he says. While Jesse says he likes difference designs, many revolve around skating, nature and surroundings themes.

He's learned a bit about tattooing as well.

Jesse has helped with art projects at nearby Woodhill School and says he likes "anything to do with art" and wants to help where he can.

Kat says Jesse has helped her with photography ideas. He enjoys making videos.

Jesse says he wants his clothing designs to become better known, especially globally. He's even thinking of buying a van and driving it around New Zealand and Australia as a "pop-up shop" for his products.

Check out their Instagram pages through [@iconikstreetwear](#) and [@katclophot](#) for more.

SAFER COMMUNITIES

Wood burners, gas heaters and heat pumps need maintenance

Home heating is crucial to provide a dry warm home environment and as parents, property owners and landlords it is our responsibility to provide a heating source that is safe, reliable and efficient. It is not good enough to advocate responsibility we must take the lead. We also need to have some annual safety checks on the equipment in use, let's look at some of the things that you'll need to consider:

Woodburners - The chimney needs to be swept by a professional chimney sweep every year. Failure to do so could void your insurance. A sweep of the chimney de-carbonises the chimney, riding the flue of semi-burnt fuel that under the right conditions may ignite, causing in most cases a super-heated upper flue which can lead to a ceiling cavity fire (space between the room ceiling and the roof). The professional you use will typically look at your fire bricks and your re-heating plates to ensure that the fire burns well and to the manufactures specifications.

Gasfires - These rely on the correct mix of oxygen and gas and re-ignition to continue to burn at the best rate. Heat, light, water and carbon-monoxide are all released as a result of the burning. Therefore ensure that the room you are heating is ventilated, has windows open during sunshine hours to release moisture. Never use gas elements for cooking to warm a home, further never use a gas BBQ for heating. Further gas fires have rubber connections that over time become cracked and brittle. These connections should be checked every year and replaced as required.

Heatpumps - One of the safer heat forms but ensure that the filters are cleaned once a year and that they are part of a regular home electrical warrant of fitness.

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COMMUNITY NEWS

SENIORNET KUMEU INC.

At the July meeting our members and guests were given an insight to the amazing world of "The Internet of Things"

It was later agreed that the presentation had been both informative and fun, particularly as the audience were given the opportunity to join in and try out Google's new "Home Assistant", pictured below.

One lady asked it to play the song "Old Man River" by Paul Robson, a real oldie, and was surprised when the little vase like object said "OK" and within one second started to play it with really good quality sound.

Some asked complex maths questions and got instant correct answers (we think they were correct anyway, but we couldn't do the sums) and others wanted to know distances between cities of the world, or convert weights and temperatures for cooking purposes.

It seemed that there was nothing this little gadget couldn't do! (Yes, it can turn lights on and off and operate the TV for you).

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

Our monthly meetings are held on the first Wednesday of Each Month (Next one August 2nd) at St Chads Church Hall in Huapai starting at 10.00am. For more information please contact Brian Lacey

on 022 183 1811 brian@lacey.nz or Nigel Dempster at nigeldem@outlook.com.

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With the autumn season well and truly wrapped up (literally, brrrrr!) we would like to take a moment to acknowledge our generous sponsors who not only support AESI but our sport too. No sponsors, no events! A massive thank you to the following: NPD Maintenance Ltd, Peninsula Medical Centre, Sports Hub, Ride in Style, NZ Horse & Pony Magazine, Healthy Water Tanks Ltd, Woodhill Sands, Burmester Realty Auckland, MaxLife Batteries, Fiber Fresh Feeds, Harney Teas, River Park Farm, Prydes EasiFeed NZ, Courtney Wood - Premium Real Estate and last but not least, AC Photography and Northern Equine NZ. These girls do a fabulous job photographing at our events and capturing those special moments. Rain, hail or shine they're out there with their cameras. If you're interested in sponsoring AESI in any way, shape or form please get in touch. We have a great variety of sponsorship packages available. Bring on the spring season!



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WHO TO VOTE FOR?

Helensville and Te Tai Tokerau electorate candidates. An opportunity to hear them speak and have your questions answered. Monday 21st August, 7pm at Kumeu Baptist Church. Political Parties will be available for information and discussion in the church hall from 6pm. Attending: Helensville National – Chris Penk, Labour – Kurt Taogaga, Green – Hayley Holt, NZ First – Helen Peterson, Act – Nick Kearney, The Opportunities Party – David Fitzgerald, Te Tai Tokerau Labour – Kelvin Davis, Green – Godfrey Rudolph, Mana – Hone Harawira, Maori – Amiria Te Whiu.

KUMEU BLEND CHOIR

After a very successful concert last month we have been rehearsing for our next concert with the Auckland Youth Symphonic Band. The concert will be held at 2 pm on Sunday 13 August in the Waitakere College Hall, 42 Rathgar Road, Henderson. Works include part of Brahms'

German Requiem, the Faure Pavane and a Beatles medley.

Kumeu Blend is a friendly, un-auditioned choir. We sing a wide variety of music from classical choral through to music from shows and modern works. Some is challenging but all is fun. You don't need to read music to join the choir although it helps if you do. Feel free to drop in to St Chads Church, Huapai, at 7:30 any Monday evening, or if you would like to join us please contact Christine Smith on 09 412 8939 g.c.smith@xtra.co.nz or Margaret Lindsay on 09 849 8070 Margaret@lindsays.co.nz.



SHOW JUMPING SEASON KICKS OFF

The winter series of non registered days come to an end at Woodhill Sands in time for the first of the national series shows. Kicking off the season for all of NZ is the Woodhill Sands GP Show Jumping Spring Series taking place with the first event (19th & 20th August 2017) Show jumpers from around the North Island will come to North West Auckland to get the first lot of national series points on the table. Spectators are welcome with no admission, cafe on site, no dogs please.





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COST EFFECTIVE COMPUTERS

Have you seen the news lately? There's been a massive wave of computers being hacked lately with a kind of malware (malicious software) called ransomware. What ransomware does, is infect your computer and encrypts all your important data locking you out, then asks for a 'ransom' to unencrypt your files again. This wave of ransomware is particularly nasty as it can silently infect computers running the Windows operating systems without the users doing anything. Keeping your Windows operating updated can protect your computer. However, at IT@Hand we are selling refurbished desktop computers with Linux preloaded. With Linux you do not get the security vulnerabilities that are inherit with the Windows operating system. These computers do everything you want that Windows can, and more! They are faster since they don't need to check for viruses all the time and come preloaded with many different applications. OpenOffice allows you write up documents or create spreadsheets. It comes with Firefox to surf the web and Thunderbird to check your emails. These computers are cheap and they need to go. Come see the guys at IT@Hand to check out our range. Phone 09 412 9227 option 4 or email huapai@itq.co.nz - 322 Main Road, Huapai.

NEW CHILDREN'S PROGRAMME AT FLIPPIN' FUN TRAMPOLINE PARK

Junior Flippers is a programme suitable for children aged 4 – 8 years old and designed to develop the Fundamental Movement Skills in your little ones. These are intrinsic to all sports and include; locomotion, spring, landings, rotation, statics and manipulative skills. Classes are taught in a fun, safe environment and are non-competitive allowing children to progress and learn at their own pace. The programme will build your child's confidence, strength, and flexibility as they gain new skills and make new friends. The Junior Flippers programme is designed to lead in to our Flip Class Level 1 classes. Alongside this is the Schools Movement Programme and is designed for Year 1 – 4 students. The Ministry of Health recommends at least 60 mins of moderate to vigorous activity per day for children. Such activity aids learning as kids are apt to be more settled in the classroom environment. Available to schools either as a condensed 1 hour class or an expanded 5 visit programme. Trampolining is already one of the best activities children can



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do. Give them a head start in the sporting world and enrol them now. More details are online at www.flippinfun.co.nz or call 09 833 6880.

PATROL BOOST FROM "GOOD IN THE HOOD" GRANT

A "Good in the Hood" \$1228 grant from the Kumeu Z service station has boosted the Nor-West Community Patrol Trust. Thanking Z for its support, trust chairman Graham Attwood of Huapai says patrol volunteers are still needed.



"The patrol is out and about three nights a week, and we've had several notable successes on the road since April 3, 2008," he says. Acting as community "eyes and ears" for police, the patrol is seeking more members to extend the number of patrols, especially during the day. "Our volunteers are group of people fully committed to the task and who have achieved some great results," says Graham, pictured left, with fellow member Brian Bracey at the Z presentation. Training includes first-aid as well as health and safety to keep members up to date with new legal requirements. "We would like all of those people interested in giving four hours of their time to the maintenance of a safe and healthy environment in which to bring your family up in to come forward and gain a better understanding of the patrol," Graham says. Phone 09 412 9435 for information.

HELLOWORLD

We have just returned from Phuket for our family holiday with two adult children. This was a great holiday as once we were there it was so cheap, we spent under \$3000 over our time there on sightseeing and meals and drinks (excluding airfares



and hotel). It was supposed to be the rainy season but we only got really heavy rain a couple of times and the rest of the time it was hot and sunny. A highlight of our trip was the day we had a private driver to take us around all the sights and we went to Tiger Kingdom, that was fantastic. We also went to Phi Phi Island on a day trip and beautiful as it was it was sooo crowded it left us wishing we had done one of the other islands on offer. It was fun though to see the monkeys on Monkey Beach and the snorkeling was relatively good. If you would like to know more about this please contact us at hobsonville@helloworld.co.nz or phone 09 416 1799.



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IN BRIEF

UPDATES:EVENTS

LIONS VINTAGE SHOP WORKS FOR COMMUNITY

The Huapai Kumeu Lions Vintage Shop in the historical Pomona hall in Access Road (next to the Community Centre) is a local Lions Club project with all profit from sales given back to the community. The shop is run by a group of volunteers, mostly women, who work on a rostered basis at the shop which is open from 11am to 3pm Tuesday to Friday. The Vintage Shop offers a range of vintage and retro items including crockery, mantelpiece ornaments, glassware, crystal, handicrafts, craft and artworks, jewellery, small pieces of furniture, jigsaw puzzles and some historical publications. Copies of the book "Doing It Themselves", a history of Kumeu, Huapai and Taupaki can also be purchased at the shop.

Except for the local history book, all items on display have been donated by people with unwanted items or wishing to down-size or following a clean out in the shed or attic. Some people left to deal with items from deceased estates have given things to The Vintage Shop. Donations are sought after and very much appreciated and make for an ever-changing display of stock which the workers clean and display in a tasteful manner at the shop causing visitors to reminisce about earlier eras.

The Huapai Kumeu Lions club has over the last few months supported projects at the Huapai Domain using profits from the shop. The club gave financial assistance to Kumeu Country Women's Institute enabling them to install a commem-

orative bench at the park and the new Fitness Station along the Perimeter path was partly funded by Lions.

Anyone interested in helping out at the shop, usually about once every two weeks should call at the shop and talk to people there and people thinking of donating items should also call at the shop to make arrangements.

Huapai-Kumeu Lions appreciate the support the community gives to the Vintage Shop project which is now entering its fourth year of operation.

SHOW DAD HOW MUCH YOU LOVE HIM



Father's Day is fast approaching. How are you going to show him you care this year? Socks? Craft beer? Tools? BBQ equipment? OR why not do something different this year and buy him a personalised gift from Precious Imprints. Choose from key rings, guitar picks, pendants and more, or we can work together and create something unique to your relationship with him, something only you and he will "get". Visit my website www.preciousimprints.co.nz for inspiration or feel free to email me jo@preciousimprints.co.nz

prints.co.nz so we can start creating an original gift for Dad, one that he can treasure forever. Father's Day – Sunday 3rd September – Order now to be sure you have the perfect gift in time. And don't forget the Grandads too!

KUMEU VINTAGE BRASS



Following another well received concert, this time at Evelyn Page Village where an audience of over 250 enthusiastically clapped and sang to favourite tunes, Kumeu Vintage Brass will continue their increasingly popular series of winter concerts. Hosted by Orewa Baptist Church they will perform at Orewa College Arts & Events Centre, Riverside Road, Orewa at 2.00pm Sunday 20th August. \$20 per adult ~ Children free if accompanied by an adult, Includes light refreshments at interval. Tickets at the door or contact the church office phone 09 426 6976 or email a.c.watson@xtra.co.nz. Proceeds to OBC food bank & church building fund. Kumeu Vintage Brass has been described as the epitome of excellent entertainment. If your preferred entertainment doesn't currently include "brass bands" but if you enjoy good old-fashioned music-hall-style of show biz and you come along to hear this band, your preferences are guaranteed to be refreshed; you won't be disappointed. Photo: Stuart Craw, flugelhorn, KVB, performing "Dan-

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ny Boy" at Napier's Art Deco.

DRIVING TIPS WITH BRIDGESTONE TYRE CENTRE

What to do if a car crosses the centre line and comes towards you? The temptation is to cross to the wrong side of the road however the other driver may do the same - so the official advice is to: Brake, Look for room to the left, Sound your horn, Flash your lights. That way if there is an impact there will be less speed involved and the further to the left you are the more chance you have of avoiding the accident or at least minimising the impact. Call to see us at Bridgestone Tyre Centre, 43 Main Road, Kumeu we are happy to do a free tyre safety check for you, phone 09 412 9111 or email firestone-kumeu@xtra.co.nz. Stay safe on the roads this winter with Bridgestone Tyre Centre Kumeu.

FUN, FREE EVENTS AT KUMEU LIBRARY IN AUGUST

The world's most famous mouse detective, Geronimo Stilton, is coming to Kumeu Library! Join us on Thursday 10 August from 6.15 to 7.15pm for an evening of clue hunting, code breaking, mystery solving, mouse crafts and cheese tasting. Bring your camera and pose with Geronimo. This event is suitable for 6 to 12 year olds, but everyone is welcome. Celebrate National Poetry Day (Friday 25 August 2017) by entering Kumeu Library's Book Spine Poetry Contest! To enter, create an original poem by stacking book, audiobook or DVD spines using the titles to create an original poem. The poem should have a minimum of three titles and a maximum of eight. It doesn't have to rhyme, either! Choose your titles, stack them in order and take a photo of your creation. We have two categories: 13 years and under, and 14 years and over. Submit your poem in photographic

form with your name and the age category you are entering as an email with the subject line "Book Spine Poetry Contest to kumeu.library@aucklandcouncil.govt.nz, or hand a copy of your photo to us at the Kumeu Library counter, or show us your creation in the library and we will take a photo. The contest runs from 1 August and closes at 5pm on Friday 25 August. There is a prize for the winner in each category, and winners will be announced on Wednesday 30 August. You can enter as many times as you like, but you can only win one prize. In addition, there will be a special "Poetry Meets Art" free workshop for adults with artist Claire Delaney at the Kumeu Arts Centre on Friday 25 August, 11am to 1pm. You can turn your poem into a beautiful mixed media artwork to take home with you. Spaces in the workshop are limited - please book in advance by emailing tinshed@clear.net.nz or phoning 09 412 9480. Follow Kumeu Library on Facebook (www.facebook.com/kumeulibrary) to keep up with all our news and events.

KUMEU BOUNCY CASTLES



Spring is on its way and there are many weeks of sunshine to come so why not book one of our fantastic, bright, colourful castles for a fun filled day. Suitable for work functions, parties, school events, etc. Remember to book a hall for those winter parties. We have a list of halls that are fantastic to use and local. Amazing Face Painter and Entertainers - pirate, fairy, clown, magician and balloon twister! All of our bouncy castle hire prices include LOCAL delivery, set-up, and collection. No deposits are required to confirm your booking for a bouncy castle. No can-

cellation fee. Phone Cindy 021 1192 573 or email kumeubouncycastleles@gmail.com or visit www.kumeubouncycastleles.co.nz.

THE CLAPPERTON DIARIES - 100 YEARS OF HISTORY

Meet author John (Jack) Clapperton and editor Crispin Caldicott at the Historic Kaukapakapa Library, Sunday 20th August 10am to 1pm. Documenting a unique perspective of New Zealand from 1885 until the 1990's, The Clapperton Diaries initially detail William Nicol Clapperton's arrival from Scotland, then lead into the adventures of his grandson Jack. Anecdotes from Jack's life include working and touring in the UK, his time as a surveyor with NZ Lands and Survey and as an engineer for the Auckland Council. Overall, a personal and good-humoured read of how some of the most important infrastructure of our developing country was achieved. For more information contact Megan Paterson on 021 959 017 or email threehorses@xtra.co.nz.

KPL DEFIBRILLATOR

Kumeu Plumbing Ltd would like to advise the local folks and those new to our ever-growing town that six months ago we decided to donate a defibrillator to the community. The defibrillator is located on the main outside entrance to Kumeu Plumbing Ltd 156 Main Road Kumeu for 24/7 emergency use. It is displayed in an alarmed cabinet, for access dial 111 for the lock combination. When a medical emergency occurs, such as a heart attack, the defibrillator can be used to deliver a short, powerful electric shock to help the heart regain its natural rhythm. Simple voice over instructions are given when using the AED so they can be used safely and effectively by anybody. KPL 156 Main Road Kumeu, Big Blue Building.

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PROPERTY

NEWS & ADVICE

MARKET REPORT WITH GRAHAM

Auckland property sales were down by a third annually in the past month, but national sales also plunged year-on-year, showing a flow on effect to the Reserve Banks tightening of the financial noose. Auckland sales volumes were down by 34.6% on the same time last year and by 5.9% on the previous month.

The New Zealand's median price was up by just 2.1% year-on-year to \$850,500 while Auckland's median prices saw an 8% annual price growth.

Greater Auckland has showed signs of price slowing, the month-on-month figures showing a drop of -0.8%.

The national median price was up by 11.5% to \$431,000, showing the separation of the national market and the greater Auckland market.

A number of things are happening across the market – with levels of property on market impacting on pricing but tighter lending conditions also having a significant impact.

The greater Auckland market is one of the most mature and resilient, in terms of the property cycle and demand cycle, however, at worst, prices in the whole Auckland region are steady or stable. Comments made by property commentators are that Auckland prices are showing all the signs of stabilising that would be expected, this being a similar trend over the coming months until the election is over. The market will then start to react to political decisions around immigration, home ownership and property market regulation.

Let's have a look at the market this month: Coatesville lifestyle \$1,238,000 to \$1,850,000. Helensville lifestyle \$875,000 to \$935,000. Helensville residential \$530,000 to \$710,000. Parakai residential \$585,000 to \$659,000. Huapai residential \$685,000 to \$1,250,000. Kumeu residential \$2,250,000 to \$4,600,000. Muruiri residential \$815,000 to \$1,050,000. Riverhead residential \$1,140,000 to \$1,365,000. Taupaki lifestyle \$1,750,000. Waimauku residential \$935,000 to \$1,400,000. Waitakere lifestyle \$870,000. Whenuapai residential \$815,000.

When you list your home for sale, sometimes it is the energy that the agent invests in the relationship, the service offer and systems that delivers confidence and certainty. Likewise it may be the AREINZ status of that person that ensures that the person is skilled to the highest level. Further you may consider that working with the business owner who has financial investment in the relationship and clear decision making ability has more advantages. Whatever your decisions and choices, if you would like the very best in real estate in the North West, you would be wise to consider Graham McIntyre. View www.grahammcintyre.co.nz or phone 0800 90 0700. It costs no more to use the very best and often it will deliver a much better result. Licensed REAA (2008).

CAN A COURT REVERSE THE TRANSFER OF LAND TO A TRUST?

The answer to this is yes. There are provi-

sions in various statutes which allow this - under certain conditions. An example is section 44 of the Property Relationships Act ("Act"). Section 44 allows a court to reverse a transfer of relationship property (such as house) if this is done to defeat the interest of another party. In addition, the section may apply even if the other party did not have rights to the property pursuant to the act (for example, if the relationship was less than 3 years). Section 44 however can only be used when there is a relationship property claim in the court. The section is meant to prevent relationship property being moved out of the reach of the court to prevent a later relationship property claim. This includes transferring a house to a trust (usually controlled by the transferor) supposedly to prevent it becoming relationship property. We recommend that you get competent legal advice about relationship property before you sign an agreement about your relationship property or before taking any steps in the courts if you think that relationship property has been transferred out to a trust. Luke Kemp - Kemp Solicitors phone 09 412 6000 or email luke@kempsolicitors.co.nz.

QUINOVIC PROPERTY MANAGEMENT

Quinovic Property Management is very pleased to announce the opening of its new office in Kumeu, servicing the wider Kumeu and Hobsonville areas. Quinovic is New Zealand's largest private residential property group, with over 25 years of experience, 32 offices nationwide, and a reputation for getting results. Quinovic Kumeu's Franchise Owner, Virendra Gupta says "whether you are an investor or an absentee owner, our team at Quinovic Kumeu is committed to delivering service with a passion. We are here to help you achieve your property management goals and financial freedom, by entrusting us to look after your most important physical asset – your home". Virendra has

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been investing in residential properties for more than 25 years, and has a very strong passion in this area, and in helping others to achieve their property management and investment goals. Virendra says "he looks forward to being involved in and assisting the local Kumeu community, and very much looks forward to providing clients with a high quality of advice and service". Contact us for free rental appraisal on your property at Quinovic Kumeu phone 09 973 5527 or email enquiries@quinovic-kumeu.co.nz or visit www.quinovic.co.nz.



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

When looking to refinance to another bank to get "a better deal" there are a number of logistical considerations that you need to take into account. (Especially when rates are moving)

- 1) A lot of banks are requiring full assessment of your application, before they will provide a formal rate and legal contribution quote. These assessments can take 5-7 working days before any offer is presented. If the offer is conditional then more time will be added to the process.
- 2) If you are self-employed the new bank will need your last two years of finished accounts prepared by the accountant, or

submitted to the IRD.

3) When you approach a bank for a competitive offer, try and have an idea on what you want. Do you want to fix your new loan for 12, 24, 36 months? This allows the new bank to apply their discount to the relevant term that you are interest in. It saves a lot of time, which is essential when rates are increasing.

4) Due to Reserve Bank requirements, some banks have higher interest rates for rental properties, so keep this in mind.

5) A bank verbal offer of rates is worth the paper it's written on.

6) The banks will put an expiry date on their interest rate offers. This is usually 2-3 working days after the initial offer was made. If you go past this expiry date, then the offer can be rolled over, or it can be taken off the table, the rates could have gone up or the legal contribution reduced.

7) Once you agree to take an unconditional offer from a new bank, you generally have up to 60 days to settle.

8) There will be lawyer costs, and potential loan break fees for you to consider.

Due to the time it takes to organise a refinance, you need to weigh up the risks of moving your lending in a rising market.

Please note lending criteria will apply when you apply, and is subject to change. For further details or feedback feel free to contact Ivan on 09 427 5870 or 027 577 5995 or email ivan.urlich@mikeperero.co.nz. Ivan Urlich is a registered financial adviser specialising in mortgages, his disclosure statement is available free of charge on request.

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AREA PROPERTY STATS

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

Suburb	CV	Land Area	Floor Area	Sale Price
Coatesville	1,100,000	6312M2	295M2	1,850,000
	850,000	1HA	160M2	1,238,000
Helensville	530,000	1459M2	150M2	875,000
	430,000	643M2	126M2	590,000
	405,000	632M2	138M2	710,000
	385,000	689M2	100M2	530,000
	660,000	4.1HA	82M2	935,000
Huapai	840,000	725M2	217M2	1,100,000
	395,000	512M2	175M2	955,000
	710,000	523M2	149M2	855,000
	660,000	651M2	190M2	900,000
Kumeu	460,000	809M2	130M2	685,000
	870,000	1085M2	218M2	1,250,000
	960,000	2HA	140M2	2,250,000
	1,950,000	6.5HA	206M2	4,600,000
Muriwai	630,000	842M2	120M2	815,000
	690,000	3073M2	215M2	900,000
	610,000	974M2	57M2	1,050,000
	930,000	1.7HA	213M2	1,450,000
Parakai	450,000	553M2	153M2	659,000
	295,000	0M2	79M2	585,000
Riverhead	700,000	1132M2	91M2	1,140,000
	910,000	956M2	230M2	1,265,000
	920,000	772M2	246M2	1,365,000
Taupaki	1,250,000	8094M2	220M2	1,750,000
Waimauku	845,000	1500M2	187M2	1,030,000
	710,000	1400M2	170M2	935,000
	930,000	1504M2	293M2	1,400,000
Waitakere	580,000	1HA	160M2	870,000
Whenuapai	605,000	966M2	50M2	815,000

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

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EXCLUSIVE



\$247

Safia
Large Pendant
306545



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\$54⁵⁸

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Sia
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306532



\$279

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304100



TABLE **TASKS**

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Task Lamp
White
306557



\$49⁶⁷

Volta
Table Lamp
Black
306556



\$69⁸⁴

Ashton
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304101



\$89⁷⁸

Becky
Table Lamp
306544



\$119

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Table Lamp
306455



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\$29⁹⁷

Bronte
Wall Light
Black
297963



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By Negotiation

2A Northfield Road, Waitakere By Negotiation

A beautifully presented, 2423sqm with a fully refurbished and modernised three bedroom home. A new kitchen, bathroom and laundry certainly delivers the oooh aaaah factor. Open plan living and entertaining out to alfresco decking with a distinctly private and serene backdrop. The home enjoys an easy-living style including a study nook, a large cabin and double garage with ample storage. The CV on this property is \$590,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1092569



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027 632 0421
09 412 9602

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MODERN - MASONRY OVER BRICK IN WAIMAUKU

3 2 2

By Negotiation

25 Buttercup Place, Waimauku By Negotiation

Open plan living, with expansive decking and alfresco leading on to partially fenced lawn areas, perfect for the pets or children. The home has a formal entrance opening to two lounges, dining and kitchen. Three generous bedrooms and a study nook with complementary bathroom and ensuite. The home has the added benefit of internal accessed double garage with exclusive drive off a quite cul-de-sac street. Close to Waimauku School, convenience shopping, parks and transport links. The CV on this property is \$780,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX952890



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10 ACRES OF FLAT USABLE LAND - HELENSVILLE

4 3 2

By Negotiation

37 Te Pua School Road, Helensville **By Negotiation**

Searching for flat land with easy access to SH16, this is the property for you. Flat grazing land, orchard with shedding and near new four bedroom, two bathroom family home returning \$550 per week. In addition the property has casual grazing options, arena, sleepout, stable and tack room. Things to do, but so much on offer to the gazer or grower looking to secure an excellent long term investment. Close to Parakai and Helensville convenience shopping, schooling and transport network. Access off Te Pua School Road and SH16 makes the property multi-functional and flexible. The CV on this property is \$840,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1154899



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ELEVATED EAST FACING ON 809 SQM - KUMEU

4 1 2

Asking Price \$905,000

49 Matua Road, Huapai **Asking Price \$905,000**

This immaculately presented home is split over two levels to allow for a separated living environment. Three bedrooms upstairs with kitchen, dining room, bathroom and lounge leading out to a back entertainers area. Downstairs contains one bedroom, lounge and bathroom, perfect for the teenage or guest alike. Situated on 809 square meters, the section is flat and fully fenced for the kids and pets. In close proximity to Huapai Shops, close to transport links, School, Shops, Cafe and Park. The CV on this property is \$600,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1033818



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RIVERHEAD, ¼ ACRE, POOL, SPA....

3 2 2

By Negotiation

52 Great North Road, Riverhead By Negotiation

- * Large flat quarter of an acre section (1011 sqm) in sought after Riverhead.
- * Potential for minor dwelling with own entrance (subject to council approval).
- * 200 sqm house with 3 bedrooms, study / office, 2 bathrooms and 2 lounges.
- * Large internal garage and separate laundry.
- * Pool, private spa and extensive decking.
- * Walk in pantry with granite benches throughout.

www.mikepero.com/RX1168747



Lyndsay Kerr
027 554 4240
09 412 9602

lyndsay.kerr@mikepero.com

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AFFORDABLE, ELEVATED, SUNNY HOME IN WAITAKERE TOWNSHIP

2 2 1

Asking Price \$729,000

57 Waitakere Road, Waitakere Asking Price \$729,000

Set on 876sqm this private home enjoys generous sunshine and privacy, while the elevated position allows for extensive views to the west over farm land and native bush backdrop. A light and open layout combining cathedral ceiling with open plan living linking to a central hallway with two bedrooms, bathroom, toilet and laundry upstairs and an office downstairs. A small section, off street parking and independent double garage adds great value to this affordable and practical family home. Close to Waitakere Township and Swanson transport links, shopping, café, parks and schools. The CV on this property is \$540,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1154898



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AFFORDABLE LIVING IN WAITAKERE TOWNSHIP

4 2 1

Asking Price \$747,000

114 McEntee Road, Waitakere Asking Price \$747,000

The family can have their cake and eat it too, space, sanity and super-sized. Four bedrooms, two living rooms, delivering easy split living space making the adult and the kids-zone effective and workable. A traditional bungalow with clinker-brick over weatherboard, offering low maintenance living on 857 square meters (more or less) of lawn with improvements. An independent double garage and wood-shed ticks the boxes for a happy, warm and desirable home. Close to Waitakere Primary School, Bus link to Swanson Rail, Convenience shopping, parks and RSA. The CV on this property is \$500,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1176091



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AFFORDABLE LAND - WATER SPRINGS - WAIMAUKU

3 3 1

Asking Price \$1,195,000

122 McPike Road, Waimauku Asking Price \$1,195,000

This three bedroom cottage, with office, workshop and chiller room has character and personality that is sure to impress, with kitchen and bathroom that could be developed to add value, or invest in a brand new build subject to consent on the proposed house site further up the hill. 7 hectares of flowing grasslands and established plantings for shelter and orchard ensure a lifestyle that can deliver plentiful reward for a creative couple. Bring your cheque book and imagination, our vendors are ready to seize another opportunity. The land has several natural springs which provide opportunity for horticulture. The CV on this property is \$910,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1037756



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ELEVATED STATELY BUNGALOW - WAIMAUKU

4 4 2

Asking Price \$997,000

132 Hinau Road, Waimauku
Asking Price \$997,000

This hilltop bungalow offers generous space from the large high stud shed through to almost ½ an acre of lawn and bush. The home is split over two levels offering four generous rooms, open plan kitchen and dining opening onto extensive decking to the west. Carport and Office, Study or workshop in addition to fenced section. Located in a quiet street, away from crowds and congestion, yet a short drive to Muriwai Beach, Waimauku School and Waimauku Shops. The CV on this property is \$630,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1034803



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THE SMELLS ARE BEAUTIFUL - VIEWS AMAZING

4 1

Asking Price \$845,000

183 School Road, Waimauku
Asking Price \$845,000

From this elevated alfresco home you immediately get a sensory lift. The smell of freshness, and the bush framed northerly view is breath-taking. The quiet is splintered occasionally by wood pigeons and Tui's that makes this home a sanctuary. A beautiful eclectic home in concrete stucco and weatherboard. Wonderful character is displayed with lead-light windows and polished floors delivering old-world charm and grace. Like many period-homes the rooms are slightly smaller but plenty of them, separate lounge, open plan kitchen and dining room. Single garage and storage underneath. Set in a landscape of pasture and native bush with a short drive to Waimauku School, Shops and Reserve. Muriwai Beach and walks at your doorstep.

www.mikepero.com/RX1158063



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HILLTOP LOCATION OVERLOOKING HELENSVILLE AND PARAKAI

3 2 2

By Negotiation

525 Kiwitahi Road, Helensville **By Negotiation**

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

www.mikepero.com/RX1065529



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PLENTIFUL VIEWS, 1.8 HECTARE, NTH OF KAUKAPAKAPA

3 2

By Negotiation

3020 Kaipara Coast Highway, Glorit **By Negotiation**

Traditional and timeless, this solid timber fraemos home delivers the very best of Scandinavian inspired interlocking wood homes with a picturesque setting overlooking the Kaipara Harbour and surrounding hills and valleys. A three bedroom home with two bathrooms, wrap around decking and easy access from Kaipara Coast Highway. Easy access to Wellsford and Kaipapakapa and to boat ramp to the Kaipara harbour. If you are seeking the good life with sunshine, seaside and some farm animals, this 4.5 acre property and home will tick the boxes. The CV on this property is \$465,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1116909



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HOME & GARDEN

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great service at reasonable rates, the team at Laser has over 25 years of experience in providing quality roofing/plumbing services to Western Auckland and beyond.

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Not only has Laser Whenuapai been trading since 1985 - giving it a depth of experience to plumb from - but as part of its 'Totally Dependable Guarantee', the Laser teams stand by all their jobs by offering warranties and always using quality New Zealand made products. Choosing Laser means choosing a solid, reliable and experienced company that you can depend on.

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tems.

Whether needed for large commercial projects or smaller residential fix-ups, they can provide a complete solution to any water system, roofing or drainage issues.

For all your service needs from plumbing through to roofing, drainage, gas and pumps and drain unblocking, contact Laser Whenuapai at 09 417 0110. Open five days a week from 7am-5pm, Laser Plumbing & Roofing is located at 45 Bringham Creek Road, Whenuapai. Visit their website whenuapai.laserplumbing.co.nz for more information.

CHEMWASH

Is your property dirty? Grimy? Mouldy? The Chemwash system uses specially formulated products to create a clean & sterile surface. Chemwash can remove unsightly dirt build-up, mould, fungus, lichen, carbon, soot, grease, oil or plain old grime - however it is safe around children and pets.

Spouting, guttering, fascias & soffits - People are often surprised to see just what is in their spouting and how quickly spouting can become blocked. Often the problem is not detected until water starts overflowing out of the spouting, or worse, overflows back into the house coming out through light fittings and down internal walls. Debris will clog your gutters causing them to hold water, providing a perfect breeding ground for mosquito larva. Windows - As you obviously care about the maintenance and appearance of your home, why not have your windows cleaned at the same time. Phone 09 817 9811 or email sales.chemwash@xtra.co.nz.



WINTER MOWER SERVICE

It really makes sense to have your mowers & rider mowers serviced annually to reduce inconvenient and expensive break downs and improve performance and reliability during the busy seasons. Now is the best time to beat the traditional busy spring rush and have your mowers serviced by Grasslands. For your convenience, we offer a



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at either of our handy locations in Kumeu or Ranui. Service can also be booked online at www.grasslands.co.nz. Even a simple basic service and blade sharpen will make a big difference as you try to harness the rampant grass growth we will experience in coming spring months.

Even the more complicated repairs can be sorted by our factory trained mechanics and generally we can have your mower up and running in no time. Grasslands – Shamrock Drive Kumeu & Swanson Rd Ranui.

FOREST FURNITURE

Forest Furniture has a comprehensive selection of dress and wall mirrors. Each has a solid timber frame of either rimu, kauri or oak which make these items a show piece for any room. Place a stylish mirror over your entrance hall table to reflect light to give an illusion of space. A mirror above a fire place in the lounge or above a buffet in a dining room, gives your rooms a touch of class.

Any home-maker will tell you that a full-dress mirror is a necessity in any bedroom. With our "made-to-measure" service, the sizes can be changed to suit your needs. Come in store today and view our selection. Bring in the Advert and receive 20% off your purchase. D9 Lifestyle, Maki Street, Westgate or visit our website www.forestfurniture.co.nz phone 09 216 7674. Remember all furniture is solid timber, NZ made and comes with a 10-year warranty.



IS METH THE NEW 'LEAKY HOME' CRISIS?

New Zealand is in the wave of a meth epidemic. It's one of the nation's most addictive substances and is becoming more of a housing issue than the leaky homes.

The numbers paint a daunting picture. In April 2016, \$150 million of product was seized in Auckland, followed by a staggering \$448 million seizure in Kaitia. Sadly, methamphetamine use is an increasing problem in New Zealand.

It's impossible to accurately estimate how many houses are contaminated, but Housing New Zealand data shows that 688 of its 64,000 properties tested positive in the year ending May 2016,



a 200 percent increase on the previous year. This is only a drop in the ocean, as you're just as likely to find a lab in a \$2 million suburb.

Last month, property owners and the decontamination industry welcomed the new Standards New Zealand rules, which give clearer guidance on the decontamination of meth-affected properties, including acceptable meth levels, screening, sampling, testing, decontamination and disposal.

If you're looking for a trusted expert, the Code Green Solutions team takes care of everything when it comes to meth decontamination. Call us for a free quote on 0800 000 452 or visit codegreensolutions.co.nz.

SUBTROPICAL GARDEN

With spring just around the corner, it is a great time to consider the favourite of many gardeners, the subtropical garden. The warmth and humidity we get in Auckland can produce astonishing growth rates which can appease even the most impatient gardener.



At Awa Nursery we have many plants which are tailor made for the subtropical garden, flowering spectacularly or that lush shiny foliage. Our hibiscus are now in stock and these are fantastic, brightening up your garden with its long flowering period. We also have vireya rhododendrons in stock - another plant which grows superbly in the subtropical garden. So many colours and flowering intermittently throughout the year these are a firm favourite. Our list of fantastic plants for your subtropical garden theme is quite substantial. Consider the cordyline Showoff with its green and purple foliage, the strappy clivia with that splash of orange or lemon coloured flowers, the gardenia with that heady scent, the wonderful foliage

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age on the philodendron Xanadu, the hen n' chick ferns, and not forgetting the bromeliads. From large palms to the small black mondo grass, there is plenty of choices for those wishing to add to their existing subtropical themed garden, or starting afresh. Take the plunge and come and visit Awa Nursery for ideas and inspiration. Phone 09 411 8712 or visit www.awanursery.co.nz.

CAR COSMETIC RESTORATION

We Kiwi's sure do love our cars, our unlimited driving freedom. However, keeping them in sparkling condition is easier said than done. The friendly team at The Mobile Car Specialists make it easy with multiple car restoration services just a phone call away. "Most people don't realise those annoying dents can be removed without going to a panel shop, without crippling the budget, and in the convenient location of their choice (home or work). Our customers' love the finish after a professional cut and polish – results that can't be bought at Repco", says Anton Mitchell, TMCS Director. Our full service suite: Dent removal. Detailing / cut and polish (using high quality European equipment). Paint Correction – ultimate shine protection with world leading Feynlab Ceramic Coating technology. Headlight restoration - foggy headlights gone plus UV sealant to prevent further erosion. Stone chip repair. We are a fully mobile operation, meaning we come to you to make your life easier. Contact us on 0800 20 30 20 for



a quote, or visit www.TMCS.co.nz to see our work and reviews.

LIVESTOCK REPORT

Despite a beautiful, sunny winter's day, prices for cattle remained fairly static with large numbers of plain conditioned cattle coming forward as farmers tire of farming heavy cattle on muddy pastures! With killing space once again at a premium, prices will continue at these levels until killable cattle run out totally and then works will be competing strongly, as happens every year about this time. Best steers sold to \$1,840, heifers \$1,720 and boner cows made to \$1,350. Once again, quality young cattle sold very well with medium weaner steers to \$830.

Best steers	\$1,460 to \$1,840
Other steers	\$1,060 to \$1,320
Medium rising yearling steers	\$710 to \$830
Small x bred steers	\$590 to \$620
Medium prime heifers	\$1,260 to \$1,720
Light heifers	\$1,000 to \$1,220
Good store WF heifers	\$1,020 to \$1,030
Other heifers	\$830 to \$900
Medium rising 1 year heifers	\$640 to \$700
Very small heifers	\$400
Boner cows	\$580 to \$1,350
Fat lambs	\$116 to \$144.50
Store lambs	\$86 to \$90
Feeder lambs	\$55
Ewes	\$118
Beef bulls	\$150 to \$360
Beef heifers	\$120 to \$250
Friesian bulls	\$20 to \$135
X bred bulls	\$30 to \$130

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X bred heifers	\$30 to \$80
Porkers	\$106
Boar	\$50

INDEPENDENT PRE PURCHASE HOUSE INSPECTIONS

In this edition I wish to speak of the need to have pre purchase house inspections carried out on new homes. In recent months I have found a large number of workmanship faults on some new homes. On one a total of 76 faults was found and 58 faults on another. I am often asked "How is it possible that a house with so many faults can be signed off by council inspectors?" The answer of course is that the council inspectors ensure that the house is built according to the building code, but not necessarily to a high standard of workmanship or attention to detail. I believe it is necessary and wise to have a pre purchase inspection carried out prior to purchasing any home. Older homes may present problems such as subsidence, insect infestation or leaky building issues etc. but almost all the faults I find on new houses are workmanship related, many of which are easily remedied but some not so. Our inspectors Kevin and Keith have over 100 years building experience between them. There is a lifetime of experience behind our eyes. To speak to Kevin call him on: 021 288 0101, email kevinmontgomerie@gmail.com or visit www.independenthouseinspections.co.nz.



SAVING ON STORAGE

I thought I'd do some mid-winter finance calculations this month on the cost of storage and how much you can save with a good storage solution at your place. Offsite storage costs around \$30 per month per Square Metre and one of our Stealing Spaces ceiling racks provides up to 1.62 Square Metres of storage. So each and every month a Stealing Spaces rack is saving you \$48.33 in offsite storage. Even better, your gear is available right there in your own home, any time you want it. Alternatively, the average New Zealand house size is 149 Square Metres. Based on 40% equity in your home and a 4.2% mortgage a single Stealing Spaces rack reclaims up to \$24 worth of space per month! We're based in Kumeu with logistics by e-Pack, installations by local company Diverse installs and we process all orders through our website at www.stealingspaces.co.nz. Take a look and save yourself some money!



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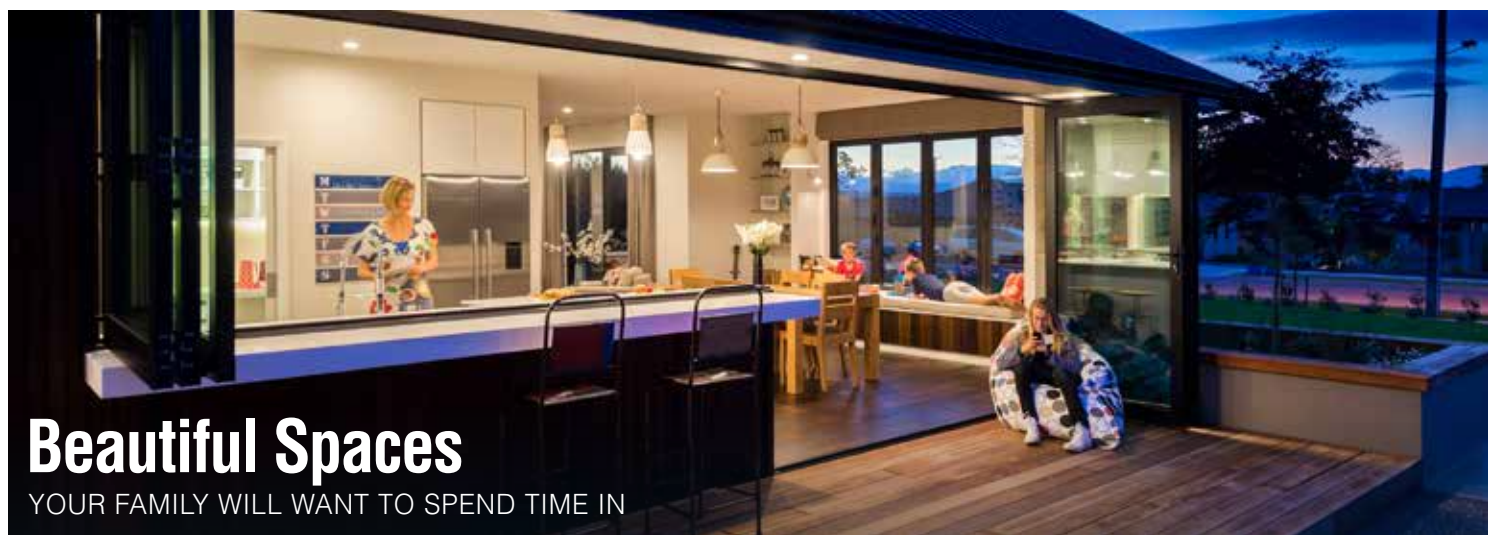
EVERYTHING YOU NEED TO KNOW ABOUT CREATING A NEW HOME

Essential seminars for anyone considering designing and building a new home in Auckland are now on in the heart of Newmarket. Following the opening of Jalcon Homes' new initiative, The Design and Build Hub, comes Jalcon's 'Hub Talks' information series – practical, free seminars where people can learn about all aspects of designing and building a new home from experts in their field. Having built over 1,600 homes in Auckland, Jalcon's designers and builders are amongst the most knowledgeable in the industry, and they want to share their knowledge, experience and insights with the Auckland public. Jalcon CEO Bruce McKinnon says clarity and confidence in the design and build process does not always go hand in hand, something he is hoping the Hub Talks will change. "We have identified critical stages in a project's journey, from concept drawings to completed building, and have assembled a panel of experts to speak on these subjects. Many people have come to us saying 'we don't know where to start' or are unsure of the questions they should be asking themselves during the design and build process to

reach the best outcome possible. We want to change that, we want our customers to be fully prepared and confident in their decisions before pen even goes to paper." To browse Hub Talk themes, dates and times, and to register for a session, go online at www.thedesignandbuildhub.co.nz/hub-talks or sign up at the Hub itself. The Design and Build Hub is located at 35 Teed Street, Newmarket, with the main entrance on Gillies Avenue and is open from 10am six days a week (closed Monday).

WHY BUILD OVER BUY

Why live in a second hand house when you can customise a new home to meet your family's needs. Furthermore, a new home meets new building requirements, utilises modern materials and technologies ensuring a warm, dry well designed home. Consequently the resale value is secure. Building a new home in 2017 is generally low risk and makes financial sense. Financing a new build is more achievable as a lower deposit is required. The time it takes to raise a 20 % deposit \$191,200, for an existing dwelling (median Auckland price \$956,000), sees the price of that house increase by the time you have saved the deposit. Alternatively a new home can be financed with a 5% deposit, with loan repayments commencing once you have moved into your new home. Therefore enabling you to continue renting until your home is complete. This can all be simply managed as we can design and build your new home at a guaranteed price and to a fixed timeframe. Generally it's the unaffordability of the process rather than building new that hinders people. This type of financing alleviates that pressure. Nowadays loans can be structured to the needs of the borrower.



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Here at G.J.'s we are proud to be the market leaders in this large and growing home building industry, and are thrilled to be able to offer this amazing opportunity to driven and motivated individuals. The G.J. Apprenticeship Scheme is the first step in that process. For all students about to leave school or anyone looking for a change in career path, this is the perfect opportunity to join a booming industry with the market leader that has the reputation and career path for advancement. To enquire about any of our apprentices visit our apprentice page today.



SAVE ON ENERGY BILLS WITH COMPASS HOMES

Like most people during the winter, you will have been calling on those extra energy sources to heat your home, such as a gas fire, heat pump, or heater. And you've noticed your energy bills increasing. A low thermal mass home, typically with an R-value of 2, doesn't retain the heat as well in a home and you end up spending more and running your



heating sources for longer. A high thermal mass home, typically with an R-value of 4, an example of this is a solid concrete in-situ home with good insulation, is highly efficient at retaining the heat and energy in your home, ultimately reducing your energy bills. Create a warmer, drier, and healthier environment for your family through the long winter months in a solid concrete home. Feel free to pop in to see us at our show home at 3 Larm-er Drive, Huapai. Or drop me a line. Scott phone 027 406 3684.

TRADIE OF THE MONTH

This month we would like to congratulate Hennie Pheiffer, Project Manager for Kinetic Electrical. Hennie is the electrical supervisor on all Maddren Homes jobs and our ITM Tradie of the Month. Responsible for walking our clients through their new home and personalising their electrical requirements, he always puts our clients' minds at ease, creating tailored plans and going the extra mile to ensure the perfect fit out. His enthusiasm for his job is obvious, as is his wealth of knowledge and attention to detail. The additional support he gives to Maddren Homes in advice, experience and the all-important paperwork for compliance makes working with Hennie a pleasure. Maddren Homes would also like to thank Western ITM for their continued support to acknowledge the hard work and dedication of our Tradies.



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PETS

TIPS & ADVICE

CATS AND COLD WEATHER

Cold weather can be hard on cats, just like it can be hard on people. When the temperature dips, it's important to protect your cats from the cold. The best prescription for winter is to keep your cat inside with you. Being outdoors, does nothing to improve the quality of your cat's life.



Be particularly gentle with elderly and arthritic cats during winter. The cold can leave their joints extremely stiff and tender; they may become more awkward than usual. Have a thick, soft bed in a warm room away from all outside drafts and preferably off the floor.

Keep your pet's coat well groomed. Matted fur won't properly protect your pet from the cold. Kanika Park Cat Retreat has central heating to keep your babies warm while you are away. Call us on 09 411 5326 / 027 550 1406, or find us on Facebook at Kanika Park Cat Retreat.

SOCIALISING YOUR DOG

By the time your puppy is 12 weeks old, in an ideal world she should have been exposed to all kinds of people, sounds, places etc. in order to become a balanced dog that can be taken anywhere without stress. The socialisation itself isn't however enough, we need to teach our dogs that their human is their main focus out in the wide world and the rest is just background. Once we can achieve this we can venture anywhere knowing we have created a well behaved dog. The reality is often a different picture; puppies well over 12 weeks before they even begin their socialisation, owners unable to invest the time/frequency required, not equipped with the know-how; and before you know



it gaps are in the dog's education.

But it's never too late to start. Obviously with older dogs things are going to take more time.

Start little and often, at home at first, find the thing that will keep your dog's attention on you: is that favourite food? A toy? Acting the goat? Get in your laboratory and discover what you need to do to keep focus on you. Do it often, every day, and then start to take your new training out to places. Add a verbal cue to start and finish 'you/dog' time. If you have a dog that is fearful aggressive, wearing a muzzle will give you peace of mind. Use a long line lead so you can practise whilst giving your dog space too. Always carry your food treats and make sure any potentially intimidating experiences become associated with good things-treats! Ask that scary bike rider to stop and give your dog one of your treats. With time and effort, your dog can become confident, well-mannered and fun to be with in all kinds of places. If you're engaging a dog walker to help socialise your dog that's great! A good dog walker will make sure your dog is exercised with exposure to all sorts of stimuli and given boundaries too. However your dog walker might only see your dog once a week for a few hours, so be sure you're putting in plenty of effort too in order to reap the rewards. A few minutes several times a day is all it takes to get started.

Muriwai's dog walker is Lisa at Country Pets. Limited spaces are currently available for small/medium dogs. See Facebook Country Pets or contact Lisa on 027 380 0265.

RAW ESSENTIALS

At Raw Essentials, we feed cats and dogs on a species-appropriate diet of NZ-grown poultry, veal, lamb, fish, venison, and wild prey.

Possum are New Zealand's most damaging pest species; they devastate native forests, chewing through over 20,000 tonnes of foliage each night. They impact our dairy industry through the spread of tuberculosis, and they eat the chicks and eggs of endangered native birds.

Over \$100 million is spent each year on possum control. Our NZFSA-licensed hunters play an important role in keeping numbers down. Rather than waste the carcasses, we are able to utilise them as a nutrient-dense food for cats and dogs. The fur is removed and used in local and international markets. Our possum is sourced from TB-free areas, and inspected at an MPI-approved processing plant.

These wild, free-ranging animals are living off our rich local flora, which makes them an incredibly nutritious food for cats and dogs. They really are the ultimate food for our pets!




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Awesome dog & puppy training kept simple. Your time is precious. We make sure it does not get wasted. Independent of age, breed or behavioral problem we offer you a common sense approach to Dog and Puppy Training that works, empowers you and relaxes your dog.



The focus is on the relationship between you and your dog and how you can build more respect, trust and understanding. Book a free phone consultation online at www.thek9way.co.nz or call us now on 021 239 0635. We speak dog, let us teach you to do the same!

THIS MONTH WE ARE GOING TO INTRODUCE YOU TO THE THIRD GOLDEN RULE: STAND LIKE A TREE

This month we are going to introduce you to the Third Golden Rule: stand like a tree.

Sometimes when out and about you might come across a dog that is over excited, intimidating, scary or just wants to say hello to you; but you may be uninterested or even a little bit frightened. It could be running towards you or trying to jump up at you. In these situations it can be very tempting, especially for children, to run away from the dog. However, this can cause a lot more problems.

When children (or in fact anyone) runs from a dog they can initiate chasing behaviours, and as dogs are generally a lot faster than humans it doesn't take long for 'chase' to turn into 'catch'. It may be that the dog is excited and chases the child like it would any other toy or dog friend, but when the dog catches the child it may use its teeth, just like we would use our hand, but in this situation damage can be done, although not malicious it is still painful and in some cases, can cause a great deal of damage. It is important to teach children (and adults too!) that instead of running they stand like a tree. The idea is that they become so still and boring that the dog leaves them alone to find something more entertaining to do.

To stand like a tree you simply: Stop and stay still. Wrap your branches – hold your elbows. Keep quiet. Stare at your roots – look at your feet. It is important that you teach children to hold their elbows, this stops them from moving their arms around,



movements like that could encourage the dog to interact with them.

It is also important that they stare at their feet; this again stops them from watching the dog and accidentally moving around, as well as preventing them from making direct eye contact with the dog.

Please make sure you teach your children the 3 Golden Rules on staying safe around dogs:

1. Always ask - Before touching a dog you should always ask its owner. If there's no one there to ask then the answer is no. Parents and guardians it is your responsibility to recognise if the dog wants to interact, most children don't understand basic canine body language.
2. Where to touch a dog – Only touch the dog on the side or the back
3. Stand like a tree – If you get scared, do not run! Instead be still like a tree

Our 3 Golden Rules are based around the rule of three. The rule of three is a technique used as research has shown people tend to remember three things. Items introduced it sets of threes are more engaging and effectively executed. Making sure children know the 3 Golden Rules as a minimum will go a long way in helping to reduce dog bites throughout New Zealand.

For more information on keeping children safe around dogs contact Kids Safe with Dogs Charitable Trust on 09 969 3007 or go to the website www.kidssafewithdogs.co.nz.

CAT LOVERS URGENTLY NEEDED

Volunteers - reliable adults are urgently needed to assist with cleaning duties and feeding, at a cat rescue shelter in Huapai. Phone Carolyn 021 1436 815.





RYAN JACKSON
M: 027 498 6202. E: ryan@treehouseprint.co.nz
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FOOD & BEVERAGE

HALLERTAU TOP 100

Riverhead's Hallertau Brewery has been named by Cuisine in the top 100 NZ restaurants for 2017. Stephen and Hayley Plowman were thrilled and honoured by the recognition. It's Hallertau's debut on the list and comes after their extensive renovations in 2015. Steve says 'this is the culmination of over a decade of hard work by the entire brewery and front of house team, credit must go to them'. Hallertau trades 7 days a week with an all-day kitchen and of course an extensive selection of tasty brews on tap.



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SWEET LEMON LOAF

- ½ cup butter (75g)
- 1 cup sugar
- 1 lemon - grated rind + juice
- 1 ½ cup flour
- ¼ tsp salt
- 1 ¼ tsp baking powder
- 2 eggs – lightly beaten
- ½ cup milk
- ½ cup chopped walnuts (optional)



Cream butter and sugar together until light and fluffy. Add eggs one at a time. Sift dry ingredients and add alternatively with milk.

Add lemon rind, juice and walnuts and beat well.

Put in lined or greased loaf tin.

Bake 180°C – 35 mins

When cooked prick all over and drizzle with – juice of 1 lemon and 1/3 cup sugar combined.

For cupcakes: Double mixture for 30 large or 60 small cupcakes. Bake 25 mins.

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@paulajancakes.co.nz or visit www.paulajancakes.co.nz.

INDIAN SUMMER

Indian Summer in Hobsonville Point has been up and running for half a year now, and the enormous potential for the restaurant as well as the wider Hobsonville Point Community is clear to see. I am deeply grateful that the community has embraced my venture so completely, and as a result I am more excited than ever to perfect my tried and true recipes as well as innovate and truly establish what modern Indian cuisine means to me, a goal which I plan on implementing very soon. Huge thanks once again to the community for supporting me, and I look forward to seeing you soon.



THE HERBALIST CRAFT BEER

With the rise in craft breweries, the New Zealand beer category has become a far more interesting scene than it was ten years ago. Rather than the old criteria 'wet, cold and thirst quenching' modern consumers are looking for different hop varieties, malt complexities and interesting flavour profiles. Enter The Herbalist a small local Kumeu based (West Auckland) business run and operated by Rebecca and her husband Grant. Brewing is not new to this family, Rebecca's grandmother home brewed regularly in her old manual washing machine bowl well into her seventies.

This husband and wife team have developed a tasty range of the below craft beers incorporating their collective craft beer





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

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brewing skills and Rebecca's extensive knowledge of herbs being a qualified Herbalist.

Manuka Ale, 5.4%

This highly refreshing ale is finely infused with Manuka Leaves, Fennel Seeds and Burdock Root.

Rosemary and Liquorice Ale, 5.4%

Infused with a hint of Rosemary and Liquorice to excite the taste buds and pair to lots of foods.

Nettle & Bilberry Lager, 5.3%

Well balanced and layered with subtle and interesting flavours.

Local stockists: Fresh Choice Waimauku, The Bottle-O Huapai, Black Bull Liquor Kumeu, Boric Food Market, Soljans Estate, Hobsonville Kitchen, 4 Square Parakai NEW select West Liquor stores (The Trusts). Visit www.theherbalist.co.nz; facebook.com/theherbalistcraftbeer.

PEKO PEKO JAPANESE TAKEAWAY

Tofu is one of the foods we may eat every day in Japan. It's great to have it as a main dish as well as having it in miso soup. Tofu is made from soy beans and is rich in protein and iron but low in calories, and known as a healthy food worldwide. It can be an alternative option to meat for vegetarian customers but in Japan we eat it on any occasion.

At Peko Peko, we have Teriyaki Tofu rice bowl, or Tofu salad. You can enjoy tofu with rice and salad or scrambled eggs, or you can enjoy it with salad and sesame dressing. If you feel like a meat free day, it's great choice at Peko Peko and also it can be yummy choice for vegan customers :) We are a small food truck located at the car park of Passion Produce vegetable shop car park on 92 Hobsonville Road. You can find us on Facebook for our opening hours, menus and any updates. We look forward to seeing you!



25ML

At 25mL, we roast our own coffee so it is always fresh and tastes great with a clean, smooth finish. We hand-sort our green beans before roasting to maintain the quality and by cupping (tasting procedure after roasting), we make sure our coffee



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taste is consistent.

We are an eatery as well, hence people can enjoy a variety of dishes with our great coffee. Including classic big breakfast and eggs Bene, we have waffles, bagels, salads plus two signature menus which are steadily getting attention. Great tasting cabinet pastries are available also.

A variety of roasted beans is available to purchase as well, so if customers want to try something different from our unique blend of coffee, they can buy single origin coffees that are roasted to perfection.

We are open from 7-4 weekdays and 8-4 on weekends, however we are closed on Wednesdays.

SOLJANS ESTATE WINERY

Soljans Estate Winery has been providing a spectacular venue for a vast range of weddings, birthdays, anniversaries and corporate functions. Our location allows your guests to experience the ambience of Kumeu Wine Country, which is 20 minutes away from Auckland



City. The Winery was purposely built with functions in mind. We offer varying options for the sizes of your group with our function spaces able to be spilt into sections with bi-folding doors for intimate or free flowing functions. We can offer numerous styles of menus which are served with a high standard of service from our staff. Our excellent service has repeatedly won us the Beef and Lamb Award and Trip Advisor's 'Certificate of Excellence'. Functions should be enjoyable and stress-free. Our dedicated team will look after every detail to ensure this. For more information, please contact our Functions Coordinator Brittany Willemse on 09 412 2824 or email functions@soljans.co.nz. 9 412 5858 or the café on 09 412 2680 to reserve a table.

THE GALLERY
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Ph: 09 412 8983 | 329a Main Rd, Huapai
www.facebook.com/thegalleryjapaneseandcafe

SEASONAL FAVOURITE RETURNS

It's an oldie but a goodie!

Mary from NoShortcuts has recently completed this year's batches of her Old Plum Chutney and now has limited stock available for purchase. This product is chock full of juicy plums from a Te Kauwhata orchard. It goes great with duck, pork, sammies, cheese and crackers, cold meat platters. Mary adds no fillers, concentrates or chemicals – instead her philosophy is to stick to good old fashioned methods of cooking to ensure flavours are enhanced and all the health benefits are retained in her NoShortcuts products. It's all hand-made - just like mum made. Order online at www.noshortcuts.co.nz and keep up with Mary at Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.



THE TASTING SHED

The last 12 months have been huge for The Tasting Shed team, with several awards under our belts, some fabulous events, birthday celebrations and weddings, plus our wonderful local and city dining customers. We appreciate your continued support going into the 7th year of our restaurant dream. As usual, we will be closing for a month from Sunday the 3rd of July and re-opening on Wednesday the 2nd of August to give our awesome kitchen and front of house teams a well-earned break over the winter. We look forward to serving you once we reopen in August for what is already looking to be a very busy festive summer 2017/2018. Thanks again, and stay safe on our roads during the cold and frosty months. Best wishes, Jo & Ganesh Raj Phone 09 412 6454 www.thetastingshed.co.nz.



THE FIREPLACE LAUNCHES NEW WINTER MENUS

The Fireplace in Kumeu continues to attract fans from far and wide as it launches into its new winter menu. This menu will focus on hearty dishes, almost comfort food, but with the flair and thoughtful presentation that has always been a hallmark of The Fireplace Restaurant.



The Fireplace has always been the heart of the Kumeu food offering, bringing together a combination of classic flavours with unexpected textures and taste sensations. The dining experience is an ongoing and intriguing journey, offering twists and turns, inviting you to revisit familiar territory while tempting you to explore new destinations. With this in mind, their team of chefs have incorporated seasonal produce into dishes that we all crave during the colder months. Many of the ingredients used in the dishes are organically grown or free range, promoting local fresh produce and sustainability within the area.

The early riser menu will be served from Friday – Sunday 10am -3pm offering big breakfast, eggs bene, corn fritters, pancakes, burgers, fish n chips along with our lunch specials & lite bites menu.

At dinner we have a variety of steaks from the grill, a selection of burgers, and our regular specialties like butter chicken, peccan chicken schnitzel, pork ribs basted in our sticky bourbon sauce, pie of the day, pasta and much more. Check our menus on line: www.thefireplace.net.nz/menus

The bar is open 7 days with a delectable bar menu to satisfy any appetite with sharing platters and lite bites on offer. As would be expected from a restaurant located in the wine country, at The Fireplace we offer a full range of wines and have just added Heineken on Tap along with Monteith's original and Export Gold.

The Fireplace is located at 64 Main Rd, Kumeu. Phone 09 412 6447. Visit www.thefireplace.net.nz for more information. Open Monday - Thursday from 12 noon to late & Fri-Sun 10.00am to late.

\$20
PER TICKET

KUMEU RUGBY J3 BLACK GLOBAL GAMES 2017 FUNDRAISER

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DRAWN 2/9/2017

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MAKER DRILL BIT SET AND
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\$600

1ST PRIZE

TRAILER & PRIZES
VALUED OVER
\$6000

2ND PRIZE

BBQ MAKITA DRILL KIT &
VOUCHERS VALUED OVER
\$1900

**OVER
\$8500**
IN PRIZES TO BE WON

Terms and Conditions: The ticket numbers in this raffle range from 0001-1020. Results will be declared by blind selection of included ticket numbers under the supervision of a Justice of the Peace or Police Officer. The draw will be conducted on September 2, 2017 and winners will be notified by telephone or email. Winners accept that their details and photograph may be used for promotional or publicity purposes. The winner will be required to collect their prize at an arranged time from Kumeu Rugby Club. If the prize is not claimed within six months of the draw date it will expire and be treated as forfeited. The prizes are not redeemable for cash. No correspondence in regards to the prize draw will be entered into.

Ticket No:

Bid to stop the BID

Bernie Flynn - 09 420 8177

Brian Hale - 09 420 9307

Craig Walker

Greville Walker

Holly Southernwood - 021 488 427

Neshia Holdaway - 09 411 9133

Nick Dobbe - 027 271 5333

Are leading a challenge to review the North West Business Improvement District.

Commercially zoned land owners and your tenants are forcibly levied via your rates bill. What do you get for the \$100's you pay on top of your commercial rates? The total levy amounts to \$180,000 annually across Riverhead to Kaukapakapa.

We are requesting a member-initiated review of the BID and if you want a re-ballot to determine the current level of support for the BID, please sign the petition at Huapai or Helensville Copy & Print before 31st August.

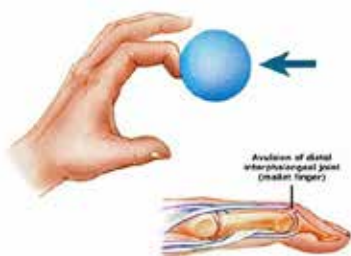
HEALTH AND BEAUTY

I'M TOO UNFIT - I DON'T HAVE TIME

I don't know where to start. Eek..classes, no way I'll embarrass myself. I hate crowd gyms with people staring. Sounds familiar? YES. But you are ready for more. More energy to get through your list of task/projects. More confidence to get the career you want. You want to feel and look amazing in your clothes (and out of them too). You want to be able to arrive home with energy to spend quality time with your kids & partner. But you need something that fits into your busy life-style that is simple and you actually know that you can do. We help women just like you at our Private Female Only Studio. We can show you how simple fitness can be with the support, guidance and motivation you need. Simply email melissa@benefityou.co.nz and get started with our August special which includes three private 1on1 sessions + 3 private group sessions for just \$99! (Saving \$129) For more details check out www.benefityou.co.nz or email Melissa who is more than happy to chat.

HELP I CAN'T STRAIGHTEN MY FINGERTIP

Mallet finger injuries occur when the tendon that normally straightens your finger is disrupted by sudden forced bending of your fingertip e.g. catching your fingertip on a ball, or other object. Sometimes a bone fragment may be pulled away with the tendon.



The fingertip sits in a bent position and cannot be actively straightened.

- Mallet injuries can be effectively treated conservatively with few needing surgical management.
- Treatment involves splinting the fingertip in a straightened position for 6-8 weeks to allow the tendon to heal.
- Rehabilitation exercises and activities after the period of immobilisation helps to enable normal use.

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Hand Institute Kumeu 09 412 8558.

13 REASONS WHY NORMAL PEOPLE GO TO PSYCHOTHERAPY

If you feel stuck, that something is a bit wrong and you can't put your finger on it.

If your feelings are too intense for you to manage.

If something traumatic has happened and you can't stop thinking about it.

If you are starting to rely on a substance to cope with everyday life difficulties.

If your previously enjoyed activities aren't fun anymore.

If your relationships are strained and you feel less connected and loving, or alone.

If you are experiencing a life change or transition.

If you have a physical illness.

If you can't understand what motivated your past decisions, or why you still suffer.

AND if your already good life, career, parenting, marriage could be even better.

Psychotherapy is a conversation between us, but it is more than a chat, it's a relationship between two people dedicated to facing the deepest truths of our lives so we can be more self-accepting and have a more enjoyable life. No-one else can tell you that you should go, (don't we all rebel against that?) but if you sense you could benefit from a couple of sessions, please contact me to discuss. 021 477 523 Sarah Hamilton.

CELEBRATION SPA PACKAGES AT SPA DI VINE

Spa Di Vine (est. 2002) in Waimauku is the perfect place for a great experience and relaxing time with the girls.

Arrange a half day spa for a birthday, or just because it would be lovely to catch up with each other for more than just a minute. A friendly welcome and expert spa therapists, a soak in the hydrotherapy spa pool, various massages and facials to choose from and time for sitting by the fire place with refreshments. The team at Spa Di Vine have more than 15 years' experience to ensure a great experience.

Phone Paula on 09 411 5290 to ask about The Girls' Day Out package or send an email to relax@spadivine.co.nz, www.spadivine.co.nz. Spa Di Vine is located in Waimauku, open by appointment only.



Spa Di Vine

Country Spa Retreat

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

BANISH DRY EYES THIS WINTER

All of us have probably suffered the sensation of dry eyes at some point. The dry, gritty feeling can be brought on temporarily by lack of sleep, a dry climate, and other environmental factors. But for some people, dry eyes can be a constant problem, and one that requires treatment to bring relief. We have recently introduced in-house dry eye treatments to our services. This treatment is non-invasive and effective for most common types of dry eyes. Receive \$30 off your first treatment by simply mentioning this offer, valid until 31st August 2017. For more information or to make an appointment - phone our friendly team. Phone: 09 831 0202 Website: www.westopt.nz. Facebook: www.facebook.com/westgateoptometrists.

\$30 off
Dry eye treatments
This winter at
 **Westgate Optometrists**

ARE BACK BRACES GOOD OR NOT?

If you have hurt yourself or want to protect your back from injury, back braces may not be the best idea. Here is what the research says:

- Wearing a brace may not be of benefit if you are already injured.
- Wearing a brace does not reduce the risk of injury, in fact, wearing a brace may expose you to the risk of a more severe injury.
- Wearing a brace can give you a false sense of security when lifting.
- Wearing a brace for a period of time can increase risk of injury.
- Wearing a brace can increase blood pressure and heart rate.

This is a portion of a recent blog post on back braces. Visit our website, www.elevatechiropractic.co.nz, to find out more information and what guidelines are suggested when using a back brace. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.



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

ARE YOUR KIDS AN 'EXCUSE' OR A REASON? PART ONE

I'm a dad of a 3 year old boy and my life is about to drastically change - we have identical twin boys on the way (like anytime now). My wife's job is full on and full time and for much of Harrison's early childhood I have been 'Daddy Daycare', 'Personal Trainer', 'House Husband'. So trust me when I say I know parenting can be tough - the sleepless hours, the relentless juggling act, the endless ideas to keep a little one entertained.

But through all of this, I am proud I have kept health and exercise forefront in my life. Sure, there have been times I've set an early alarm to fit in a workout and have switched it off and gone back to sleep. But all in all, fitness remains a constant.

Children can either be your 'excuse' not to work out - or they can be the 'reason' why you choose to get off your butt.

Make them the reason. Look out next month for practical tips on exercising as a family.

Peter Bristow - B3 Personal Training, phone 027 359 0976, visit www.b3training.com or email peter@b3training.com.

SHOE TALK'S THOUGHTS ON: WHY WE LOVE THE BRANDS WE STOCK

I only stock brands that I believe in and that fit the following characteristics - comfort, quality, brands that fit the Kiwi foot



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Personal Training

- 2 sessions for price of 1 - max 10 sessions purchased
- 2 people per sessions for the price of 1 - max 10 sessions purchased
- Sessions must be used with 5 weeks of purchase
- Sessions over and above any current training

027 359 0976 www.b3training.com  B3 personal training  6_pack_dad

and are fit for purpose. So whether you are buying functional every day shoe or a pair of fashion high heels from my store the above holds true.

- Did you know that all my ladies fashion footwear has a padded footbed and things such as antibacterial lining, the heels are designed to balance you correctly on both the ball and heel of your foot? All this and fashionable styles as well!

- My Propet brand, most styles have removable footbeds, there are styles from fun active casuals through to styles for people with feet issues such as diabetes.

This is why people who try my footwear on love them due to all the bells and whistles. Also my ladies and I really do talk shoes so we provide outstanding customer service. So if you haven't yet been in, drop in and see us. There are now two stores; one in Henderson and one in Browns Bay and we look forward to meeting you. 401A Great North Road, Henderson. Phone 09 835 9936 or visit www.shoetalk.co.nz.

GLASSES AND GIFTS

Our gift shop within our Optometry practice is a joy. Feel free to browse among our extensive selection of frames, or try on a scarf with a string of seed pearls. Find a quality gift in any price range - for a man or a woman. But most of all - feel welcome!



Hobsonville Optometrists, 413A Hobsonville Road. Open 9am - 5:30pm, Mon - Fri and Sat 9am - 2:30pm.

REMEDIAL MASSAGE THERAPY

Whilst a relaxation massage helps de-stress and loosen up your body and is great for those who feel like treating themselves to some TLC, a remedial massage is geared for those who have particular muscle tension or chronic pain.



Treatment includes deep tissue massage, which utilises classic Swedish massage strokes with added firm pressure to address areas of pain and muscle 'knots' and may also include trigger point therapy or myofascial release therapy depending on your symptoms.

The remedial massage therapist uses skilled manipulation combined with an in-depth knowledge of anatomy and physiology.

They are skilled at dealing with all types of conditions, including sports injuries, traumatic injuries, overuse injuries and stress-related tensions.

Remedial massage therapy can be combined with physiotherapy treatment to provide patients with a full-service approach to rehabilitation and muscle relaxation, accentuating the effects of physiotherapy as well as promoting recovery. For more information check out our website at www.northwestphysioplus/massagetherapy.

HOBSONVILLE PODIATRY IS GROWING


We have a new podiatrist on board, Dani Sutcliffe. Dani originated from Germany but has lived in Auckland for over 30 years. She has worked in the business sector, gained a Master's Degree in Professional Studies and worked on a Doctoral thesis in literature before coming to podiatry later in life - bringing many years life experience to her practice. What Dani enjoys the most about podiatry is "the close interaction with my



patients and the provision of top line care to help resolve issues that present". We are excited to have Dani as part of the team at Hobsonville Podiatry. She has a genuine, compassionate nature and is a wonderful problem solver. Dani will be in the clinic on Monday and Wednesday mornings from 8am - 1pm, resulting in the clinic now being open longer. Please find new clinic hours below. Monday 8am - 7pm. Tuesday 8am - 4pm. Wednesday 8am - 7pm. Thursday 8am - 4pm. Friday 8am - 2pm. If you would like to book in with Dani please call us on 09 390 4184 or online at hobsonvillepodiatry.co.nz - select Dani Sutcliffe when booking. Hobsonville Podiatry is located at level 1, Hobson Centre, 124 Hobsonville Road, Hobsonville.

SIX BENEFITS OF REGULAR THERAPEUTIC MASSAGE

There are various kinds of massage, but the results are either relaxation or therapeutic. They are both effective and offer benefits, however they have very different purposes. Typically, a Spa offers relaxation massage on its own or as part of a 'spa day' package. The massage will be pleasurable and relaxing but won't necessarily include a discussion of your health needs, and the person providing the massage may not have a therapeutic qualification. If you have health needs a therapeutic massage would be more suitable. Always make sure that the therapist




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is qualified and works within their scope of practice, the therapist should have their qualifications displayed. So, without further ado, here are some compelling reasons to book yourself in for a therapeutic massage. Correcting soft-tissue problems in your body – a therapeutic therapist will assess your body, register changes over time and design client focused treatments. They use specific techniques to address injury, postural or joint issues, to improve circulation, reduce pain and to bring about a general sense of well-being. Increase mental alertness – as your body relaxes and de-stresses through massage, your levels of mental clarity and alertness are enhanced. Ease tight muscles and reduce pain – massage techniques can release trigger points, stretch and elongate muscles and break down adhesions. Increase joint range of movement – by releasing the tension in the muscles surrounding a joint, the range of movement in the joint can be increased. Reduce stress – one of the most noted effects of massage is the feeling of calm and relaxation, reducing both emotional and physical stress. The soothing benefits of massage encourage the release of endorphins, the chemicals that are responsible for our 'feel-good' factor. Immunity boosting – by decreasing stress, the levels of stress inducing hormones such as norepinephrine, adrenaline and cortisol are reduced. This gives your immune system the opportunity to work more efficiently. As massage also increases circulation and improves lymphatic drainage, it thereby further boosts the immune system's efficacy. If you should find yourself in need of a therapeutic massage call Debbie from Body-Balance Massage & Neuromuscular Therapy, based in Riverhead – 021 120 2175.

NECK PAIN OR BACK PAIN?

If so, come and see us at Kumeu Chiropractic. Doctors Chris and Nolene McMaster are well known in the West Auckland area where they have lived and practiced chiropractic care for over thirty years. They are now into their sixth year of practice at Kumeu Chiropractic and have loved the positive effects that chiropractic has had in the lives of the many nor' westers they have already looked after. Back and neck pain can deteriorate into other body malfunctions such as headaches, limb pain and more debilitating conditions such as sciatica. Kumeu Chiropractic's approach is one of correction and then prevention, as it is important to maintain good health habits even after the affected area has healed. Improving spinal function through Chiropractic care assists your body to work better; it's as simple as that. Don't wait for your neck and back pain to develop further. Call us now for a full spinal evaluation. Phone us on 09 412 5536.



WHAT ARE YOUR EYES TELLING YOU?

Regular eye checks may help with more than just your eye health. Did you know that if you notice a white ring forming around your iris, it could be an indication of high cholesterol, which might mean an increased risk of heart attack or stroke? Also, untreated high blood pressure can damage the blood vessels in your retina, known as hypertensive retinopathy. You can't see the effects in the mirror, but your For Eyes Optometrist will be able to spot any damage during your eye exam. Give them a call and book an appointment today, For Eyes Optometrists, in the Kumeu Village, 09 412 8172 www.fo-eyes.net.nz.



MOVING HOUSE

Wow... what a stressful time of your life...selling and moving house. I have just done this and even though I have done it many times before, each time seems harder. This time I'm moving to a vineyard so the whole experience is going to be like nothing we have done before. Of course I was able to use my expertise and make sure not only before we signed on the dotted line that the land and building platforms were all free of Geopathic Stress (GS), or at least we were able to work with it. Geopathic Stress is everywhere so no point freaking out about it, but you need to know that you are not going to put your bedroom or an area where you spend a lot of time on a GS knot that will eventually make you sick. The other thing with having a block of land, I can also dowse this to help with future growth of the vineyard. If you are also moving call Nicky on 021 545 299 or visit www.clearenergyhomes.com.

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TRAVELLING THROUGH THE USA?

I can highly recommend Cosmos coach tours, from personal experience. We have just come off a 12 day tour "Western Wonders" from LA to San Francisco, taking in Palm Springs, Scottsdale, Phoenix, Williams, Las Vegas, Sedona, Modesto, Yosemite. Extremely well organised, lovely guide and an exceptional driver, the essentials sightseeing included the plenty of free time to explore on your own. Modern coaches with all the conveniences, free wifi & charging stations in every seat, documentary style DVDs shown on the long stretches to educate and inform of your next destination. Great hotels, most with pools, and some breakfasts included, a truly wonderful way to see the country without having the hassle of driving yourself. We then flew to Orlando for 10 days of theme parks & fun, starting with NASA, a fascinating mix of real live satellite launching facility, museum, education, and theme park. Disney World has four amazing parks. Animal Kingdom was our favourite, then Magic Kingdom, Epcot & Hollywood Studios. Universal now has three parks, The traditional Universal, Islands of Adventure, and the new Volcano Bay Water park - newly opened in May. We had 8 days of theme parks in a row. Incredible theming, magical moments, amazing evening laser & hologram projected night



shows & fireworks displays. So many things to do in Orlando, We didn't even get to Sea World or LegoLand, and there is so much more.

If you are interested & want to read my Facebook blog/diary - and see the pics, please ask to befriend me on <https://www.facebook.com/tanya.franklin.12> Scroll back to late June.

Please contact me: Tanya Franklin, your local Travel Broker, a member of helloworld, on 09 411 9105, or 021 254 9169, or email: tanya@ttb.co.nz. Make an appointment to see me in my home office in Waimauku to chat about your next holiday! See: www.thetravelbrokers.co.nz/tanyafranklin/aboutme.

MATARIKI CELEBRATIONS AT NATURE'S EXPLORERS KINDERGARTEN

We have been celebrating Matariki at Kindy. Matariki is Maori New Year, one of the important customs of Matariki is to share food together. We made a fire in the sandpit and cooked potatoes and marshmallows. When the fire was being lit we talked about fire safety. Each of the children took turns, with one of our teachers to help roast the marshmallows. Our children were very curious and excited about what was happening at Kindy that day. During our group times we have been reading books on Matariki and talking about the importance of sharing and celebrating with each other. This has encouraged the children to take an interest in our national culture.



KUMEU RUGBY J3 BLACK – GLOBAL GAMES FUNDRAISER

Our fundraiser for the Global Games has kicked off with a hiss and a roar thanks to our wonderful local community. The team are very grateful to the businesses who have supported us with a cash donation and/or products towards our raffle. We have an amazing prize pool to be won, worth over \$8,000. (Not bad odds either with a maximum of 1000 tickets being sold). Tickets are available at the Kumeu Rugby Club Tuck shop (open Wednesday nights and Saturday mornings) or Mike Pero Kumeu and Hob-





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sonville. Get your ticket now in time for Father's Day!

Mind you, the kids are having to work to contribute to the fund-raising efforts also – no such thing as a free weekend away. Kumeu Rugby Club recently had the opportunity of sending some kids along as extras for a television commercial. The call time was 6.15am at Helensville Rugby Club one Sunday morning in the recent school holidays. Fifteen kids and their committed parents set their alarms for 5am and set off on a very cold and dark morning to be part of the filming. It was a good experience for the kids seeing how a television advert was made and how many takes they do for each scene. I am sure our children are looking forward to seeing themselves (for a second at least) on television in the near future.

Enterprising Max and Xaver have been working hard to sell raffle tickets in their local neighbourhood, for the price of a raffle ticket (\$20) they have been helping out their neighbours with jobs such as car washing, gardening and fire wood stacking. The team are getting really excited now as the competition gets closer - the countdown has begun.

RIGHT NOW IS THE BEST THING THAT EVER HAPPENED TO YOU

You are a human, you have emotions – this will never change. Whatever is happening in your own personal world right now is perfect. Right now is showing you what next. If you are not happy with right now then great – what better way to be shown what you don't want and to get clear on what you want. Trouble is we hardly use these times to get clear on what we do want. We usually wallow in our lack of and go have a wine.

If you are happy with right now, then great, hold that joy because organic, easy joy is permeating throughout your entire life. You can't feel peaceful in one area of life without it affecting other areas. When someone gives you a compliment about your hair – that feel good moment when you receive the compliment and the smile and the sense of wellbeing - make no mistake it doesn't just stop at your hair – the feeling, the state of being you are in is blessing every area of life.

If right now sucks – please try and be OK with that. Believe me I know it's far easier to write that than to do. It's called allowing. Allowing anything will automatically stop the whole thing getting worse. It's like stopping a snowball in its tracks. I first heard about allowing when I turned up to yoga class and admitted to the teacher that I had just lay on the couch all day eating and I had just scoffed down a snickers bar before I came and I was generally hating myself and in a world of self-pity. I asked the yoga teacher what she would do if she were me? She causally said 'I would just allow it'. Well I was furious. What a joke. I'm not going to allow it. No one just allows the things they don't like – we are supposed to work our backsides off to fix it. I thought allowing it would be giving in to it and therefore create



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more of it. So it didn't help me then as I didn't fully understand what peace true allowing can bring. Allowing is the first step in inviting something new. Allowing stops you being attached, meaning we don't give it any more of our attention so it doesn't expand. Allowing is not being bothered that you have a problem because you understand an answer is coming. It's not frustrating because you know solution is on its way. Because focus on anything expands it. We live in an inclusive universe – even when we focus on what we don't want in the name of getting rid of it, we are creating more of it.

We don't usually focus on what we want for longer than 60 seconds. We are usually on default and autopilot. Psychologists say that we think about 45,000 to 55,000 thoughts a day and that 80% of them are moving us away from what we want. This roughly works out to be 1 thought every second we are awake. We can't possibly keep tabs on every thought we think – we would go crazy, and it would be unproductive. The brain is designed to gather up all the information we were ever subject to from the moment we were conceived. It learnt everything from its environment. A million things happened to us and we put meaning to everything. Now our brain is a beautiful record of our past – and it's on autopilot! 95% of what we think comes from this programmed part of our brain – our unconscious brain. This is default thinking, this is also repetitive thinking. Without meaning to, we have not really been thinking things that are in line with what we want. WE have kind of been re hashing the past. But trying to control this part is pointless and not the way to create change!

First step - allow! Allow it all. Stop focusing on it. Don't broadcast what doesn't feel good! Don't affirm what you don't want by discussing it over a wine. You have the ability to focus yourself into better alignment, into better momentum. To just change your focus is one of the cleverest things you can do for yourself. Don't try to force yourself to do anything, just think of ways you can create a more positive, peaceful momentum. I listen to up-

lifting audio books all the time. I play myself funny stuff every time I do the dishes. I create my own visualisations focusing on all the positive things I want. Repetition is the key here. As your brain loves it and that how default thinking is formed. Being in joy and being in peace is a gift for your entire life – including your bank account. You have everything you need right now. You were born with everything you need. You are not lacking in any way. We are all learning to create a positive focus rather than one of lack.

This is exactly what I help clients with. Most of us don't ask what do I want enough and hardly ever expect it to actually come to them. I work one on one to get very clear on what it is you want and what types of things you need to focus on to get in alignment with it. Call me or email me for a session. Anna Wheeler
anna@thinkyourbest.co.nz 021 555 658.

HAPPY HEARTS

This month Happy Hearts - Riverhead Early Learning Centre had a visit from a Guide Dog Puppy, Minnie, who was brought in by Rochelle who works for the Blind Foundation. The children had lots of questions "how does Minnie know where to go?" "Does Minnie like to play like my dog at home?" "How does the dog tell the blind person where they are?" These were all great questions.

We have been learning about our five senses of touch, sight, hearing, smell and taste. During this topic we talked about the different aids available to help people who need it, and we discovered that things such as hearing aids and guide dogs can help people.

Rochelle showed us how Minnie is practising walking in a straight line without getting distracted, and about the things she needs to teach Minnie before she gets tested to work as a guide dog. We learnt about dog safety like asking the owner if we can pat their dog and the safe places to pat a dog. Pups in the puppy programme wear a special red coat while being trained. Guide Dogs have a harness/lead when they're working; they know they have to concentrate when they're working because they are helping a person who can't see very well so it's best not to pat and play with them while they're working. Some of us have dogs at home but our dogs aren't allowed in schools and shops like guide dogs are. We all learnt that if we see a dog wearing a red guide dog jacket that they're helping a person that can't see as well as we can. Thank you Rochelle for bringing in your guide-dog-in-training and teaching us about their very important role.




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North West COUNTRY

UPDATE

AUGUST 2017

CHAIR'S MESSAGE: TONY FORLONG



It is great to see all the current changes within the North West area, including new commercial developments popping up in Kumeu, and potentially new exciting businesses planning to locate in Helensville.

As part of the change in our district, the Business Association is proposing a name change to North West Country Inc which will be

considered by Association members at our AGM later in August. The rationale for this is to align with our brand for the area and to help mark the North West as a destination in the minds of visitors.

The Committee has developed some exciting plans for the coming year which include supporting the Chill in the Ville Festival and running an inaugural North West Business Expo in middle of next year. The popular

North West Wine, Beer and Food Festival will return in February as will the Business Awards which demonstrated the high calibre of many of our businesses. We are also very excited to launch our Mobile App in the next couple of months.

I want to publicly take this opportunity to thank my supportive and hard working committee who all give of their time freely to support the North West Country area.

MOBILE APP

Over the last six months, we have been working to bring you an app that features everything you need to know for your local area, and the entire North West.

These features will include a buy local points scheme where you will have the chance to win monthly prizes, and information about all the North West businesses, integrated with maps and the ability to search for the business you need.

The app will be available on both Android and Apple, so keep an eye out on the North West Country website and social media for its launch!



FATHER'S DAY SPECIAL



We're celebrating all the Dads, Fathers, Grandfathers, and any the other special men in our lives this month! Win them some great prizes in our upcoming Father's Day promotion - just by shopping local and spending \$10 or more in any participating store.

The promotion will run from 14th - 27th August and the winners will be announced Wednesday 30th August. Keep an eye out on our Facebook page: www.facebook.com/nwdba for more details.



TRAINS TO HUAPAI

The Public Transport Users Association (PTUA) has launched a campaign to push Auckland Transport to start a diesel shuttle service from either Swanson or Henderson to Huapai.

The North West District Business Association strongly supports the initiative to achieve a regular commuter rail service to Huapai, as one of its key aims is to increase the profile of North West Country as a visitor destination however the lack of viable public transport options for visitors to get to the area is resulting in thousands of lost opportunities for tourists and Aucklanders alike to visit the area each year.

Left: Jon Reeves and Christine Rose from PTUA with North West District Business Association manager Gary Holmes. Photo credit: Stuff.

RATEPAYERS OFF TO COUNCIL FOR STRUCTURE PLAN

At the Kumeu-Huapai Ratepayers Association AGM in April, decisions were made to progress a collection of problem areas we have in the community.

The most significant is lack of a commitment to a Structure Plan for the District until 2025 and the lack of funding and staff being allocated to the task until then. The Auckland Council staff are deferring the start until 2025.

The Association has had confirmed by the Council, that the growth will reach 30-35,000 residents over the 30 year planning period. The new development underway will double existing residents within 5 years.

National's Nick Smith, has pressured the Auckland Council to zone and released more land to accommodate the growth. That in itself is laudable, but not matching the live and proposed zoning with planned infrastructure, has created traffic woes for the whole community.

The Association has advised the Rodney Local Board that we will submit directly to the Auckland Council. That has been acknowledged by the Board.

Regrettably the Board only have an advocacy role to the Council which isn't working in my view.

The funding of a Structure Plan is being looked at by the Association as we have a cost template and activity schedule of work to complete a plan made available from the Whenuapai plan.

Fortunately there is a wealth of interim reports done over a number of years covering areas from Waimauku to Brighams Creek. Much of the information and data can be used for a Structure Plan. The Association is finalising its submission to the Council.

The reality is if we do not express and table the communities concerns at the full Council, then the Ad Hoc planning will continue.

planning by individual landowners in groups seems to be encouraged by the Unitary Plan and Auckland Council. That has resulted in the Ad Hoc design and development like the Orah Road SHA. There is no overall concept for the District.

The meeting we have had with NZTA confirms that they are behind with our transport planning. Privately they are saying we have the worst traffic problem in Auckland. Don't we know it!

If anyone wants to discuss the issue with the Association please contact us. Pete Sinton - Chairman KHRRA, email petesinton@townplanner.co.nz or 09 412 2016.

WAITEMATA RIDING CLUB CELEBRATES 30-YEAR ANNIVERSARY

To celebrate its 30-year anniversary, Waitemata Riding Club (WRC) is running a membership drive to encourage new local riders to join. Based in West Auckland, the Club was first established back in 1987, when a small



group of local horse-riders banded together. Since then, it has grown to include more than 200 registered members. Vice-President, Hayley Drury, says the Club's growing popularity is due to the friendly, supportive environment it offers. "We cater for adult riders who want to compete in a relaxed environment, take part in organised lessons, and socialise with other local



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riders."The Waitemata district has one of the highest concentrations of horse-owners in New Zealand. The Club's membership has grown steadily as the region has become more populated over the years. "We're very lucky to have a range of fantastic purpose-built facilities on our doorstep, including Woodhill Sands Equestrian Centre," says Hayley. In 2009, WRC was registered as an Incorporated Society with non-profit status. All income from membership and events is re-invested back into club equipment, prizes, and donations to horse-related charities. In recent years, the Club has also introduced annual scholarships, where two riders are awarded \$300 worth of coaching with an instructor of their choice. Currently, the Club is offering a friend-get-friend promotion for the upcoming 2017/2018 season. When current members join with a friend, they both receive a \$20 voucher to be redeemed on any WRC event throughout the season. For further details on this offer, and to find out more about the Club, visit www.wrc.org.nz.

I SPY WITH MY LITTLE EYE...

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10,500 NEW HOMES IN THE NORTH WEST

Auckland Council has been allocated \$300 million for a green field development at Whenuapai and Redhills. This will support the construction of 10,500 houses in that area. Finance Minister Steven Joyce said the funding allocations will help provide another big step forward in housing supply. "The funding will be used to provide network roading and water infrastructure for projects in fast-growing urban areas." Building and Construction Minister Nick Smith said the infrastructure funding will bring forward the ability to build these houses - in some cases up to eight years earlier than otherwise. "Adding these big new subdivisions will help lift the supply of residential sections and bring greater consumer choice into the housing market." While the government has already freed up planning constraints, areas

zoned for residences cannot be built on without infrastructure, Smith said. "We will be working closely with the Councils and developers to ensure these projects are progressed at pace." The government wants the first earthworks in the funded projects to be under way by summer, with the first houses completed by late 2018. Infrastructure development has long been cited as a major obstacle to addressing housing supply shortages.

PHELAN'S LOCAL BOARD UPDATE

Last month I outlined how council raises its funds, this month it's spending...

All of council's capital spending is funded through borrowing and rates income is used to repay that debt. Think of it like a perpetual revolving credit facility, because as long as things need to be built; roads, playgrounds, community centres or public transport networks, council will need to borrow money.

Currently council is at the limit of its self-imposed debt ceiling as it wants to retain its AA credit rating as this keeps its borrowing costs down. This means it has a limited ability to build new assets, a problem for a fast-growing city.

There is regional spending (road networks and large sports facilities) and local spending (parks, and local amenities). This spending is split into different categories, some is 'asset based' (the costs involved in the upkeep and renewal of assets) some is capital spending as mentioned above; some is spent by Local Boards on what is called 'local discretionary initiatives' and then there's operational costs; the money spent running the organisation like governance support (the advice politicians receive) or wages spent on general staff within departments rates only contribute to about 16% of this cost.

Water supply and wastewater are not paid for by rates, they are funded by user charges. The frequent complaint of rural ratepayers that they don't get sewerage and water yet they pay rates. If they were receiving these services they'd be in addition to rates. Watercare, the council controlled organisation (CCO) that manages water services is pouring millions of dollars into Rodney's clapped-out infrastructure, a legacy of decades of underinvestment. This is a good example of the benefits of being part of Auckland Council, the cost was a significant burden for Rodney District Council with its tiny rating base, however Watercare can manage the cost across its entire network.

Another example of a large asset that previously had to be serviced by a small ratepayer base is Rodney's road network. We have over 1,700km's of roads, the largest network in Auckland but servicing a population half the size of the Waitemata Ward (55,000 v 102,000). 678km of that network is unsealed another legacy of the previous council's budget woes, sealing stopped when Government withdrew subsidies and has only started again since the formation of Auckland Council. Like with Watercare, Auckland Transport spreads the significant investment

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in Rodney's roads across Auckland rather than directly on the 22,000 rateable properties in Rodney.

More information can be found by googling "how your rates are spent Auckland Council".

Next Month... how your rates are spent locally by the Board.

Questions, comments or need help on an issue with Council? Email phelan.pirrie@aucklandcouncil.govt.nz message [m.me/phelanpirrie](https://www.facebook.com/m.me/phelanpirrie) or phone 021 837 167 Phelan Pirrie. Deputy Chair, Rodney Local Board.

BEHAVIOUR DANGER

At Country Bears we are very aware of how vulnerable children are. We promote respectful and reciprocal relationships with our children and whanau. Through these relationships, we can provide



guidance and support to our teachers, children and families.

We are all aware of "Stranger Danger", but this concept is now being discredited, as harm to children is likely to come from people who are known to the child. Behaviour danger could include unwanted or inappropriate behaviour that can make children feel uncomfortable, unfamiliar, scared or unsafe.

Country Bears is all about keeping our children safe, so to extend on this, we host the "Keep Safe Programme" which is facilitated by a private organisation called "Help". This five week programme came into Country Bears and spoke to 20 of our eldest children and their whanau. It covered concepts of personal safety and sexual safety which can seem daunting and maybe even inappropriate. However, the amazing facilitator (who had over 15 years' experience in delivering this programme), deliv-

ered the content in an age-appropriate way.

Research tells us that all children, regardless of ethnicity, socio-economic status, gender and age, are at risk of being sexually abused. This programme gives the child and family the tools to make this less likely to happen. The programme helps give the child the language to talk about their own personal safety with confidence, to seek help (and to know how and who to seek help from), and also helps adults to respond to a child's disclosure.

The five week sessions are broken down into 45 minute fun, interactive sessions with the children, families and teachers. They cover aspects such as: Body Awareness, Touches & Feelings, Telling, Keeping Safe, and Story Telling. Resources are also given each week to explain to the whanau the content of the day's sessions, a workbook and an information book which have all the songs that are used to promote keeping safe.

We believe that keeping our children safe should be a community-wide approach. Children need to feel confident and comfortable to talk to a trusted adult about anything that may be causing concern to them. The Keep Safe Programme reinforces to the child that if anything doesn't feel right to them, then it probably isn't right, and to seek help from a trusted adult. They also explain to the children, that if the person that they disclose to doesn't believe them, to go to someone else, and to keep telling until somebody does listen.

As well as reinforcing safety to our children, the teachers and whanau are also given tools to detect anything suspicious (emotional or physical) and to know where to go for support and guidance. We would encourage that all preschools take the opportunity to provide this programme at their centre so that all parents and children can have access to this information.

If you would like any further information about the Keep Safe programmes, you can call them on 09 377 9898 or visit their website www.sexualabusehelp.org.nz. If you have concerns





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www.countrybears.co.nz
www.facebook.com/cbearsecc





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that a child is being abused, you can call the 24 hour number 09 623 1700. 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. Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu phone 09 412 8055.

MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Tue 1 Aug	04:13	10:44	16:50	23:17	-
Wed 2 Aug	05:14	11:46	17:56	-	-
Thu 3 Aug	-	00:24	06:20	12:49	19:00
Fri 4 Aug	-	01:25	07:22	13:46	19:55
Sat 5 Aug	-	02:17	08:15	14:36	20:42
Sun 6 Aug	-	03:02	09:01	15:19	21:23
Mon 7 Aug	-	03:43	09:42	15:59	22:01
Tue 8 Aug	-	04:22	10:21	16:37	22:37
Wed 9 Aug	-	05:00	10:58	17:16	23:14
Thu 10 Aug	-	05:38	11:36	17:55	23:52
Fri 11 Aug	-	06:18	12:15	18:35	-
Sat 12 Aug	00:32	06:59	12:56	19:17	-
Sun 13 Aug	01:14	07:43	13:39	20:02	-
Mon 14 Aug	02:00	08:30	14:28	20:54	-
Tue 15 Aug	02:52	09:23	15:24	21:53	-
Wed 16 Aug	03:51	10:24	16:29	23:01	-
Thu 17 Aug	04:59	11:33	17:43	-	-
Fri 18 Aug	-	00:14	06:13	12:44	18:57
Sat 19 Aug	-	01:24	07:26	13:51	20:03
Sun 20 Aug	-	02:25	08:30	14:50	21:00
Mon 21 Aug	-	03:19	09:25	15:42	21:49
Tue 22 Aug	-	04:09	10:13	16:29	22:35
Wed 23 Aug	-	04:54	10:58	17:12	23:16
Thu 24 Aug	-	05:37	11:38	17:54	23:55
Fri 25 Aug	-	06:17	12:17	18:33	-
Sat 26 Aug	00:32	06:57	12:53	19:12	-
Sun 27 Aug	01:08	07:35	13:30	19:51	-
Mon 28 Aug	01:45	08:14	14:09	20:32	-
Tue 29 Aug	02:26	08:57	14:55	21:20	-
Wed 30 Aug	03:15	09:47	15:51	22:22	-
Thu 31 Aug	04:17	10:50	17:03	23:37	-

Source: LINZ

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



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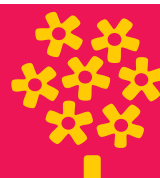


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