

kumeu

# Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

THE VINEYARD VILLA

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

WAIMAUKU BOWLERS

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 2018

# Intro

Welcome to the August issue of the Kumeu Courier, Winter is here and not long until spring!

Big changes are happening around town with Clear Stone Legal merging with Kumeu-Huapai Law Centre after the passing of Russel Lawn earlier this year, they are operating from the Main Road office working with existing clients for more information phone Debra or of Jane on 09 973 5102.

Woodhill School is starting the term with a new principal Dawn Fenn, she has been involved in education for 28 years, Dawn was Paremoremo's RidgeView School principal for 10-and-a-half years. She has been warmly welcomes to the new school and her position, she looks forward to meeting the wider community and working with the Iwi, community groups, businesses, pathway schools and families. Anyone is welcome to introduce themselves to her at Woodhill School at 1555 State Highway 16, Woodhill, phone 09 420 8108.

BestStart in Oraha Road, has opened their doors, with five separate learning spaces tailored to each age and developmental stage, and spectacular outdoor play areas. They invite you to come along, meet the team and see what they have to offer, you can phone them on 09 282 8170.

New World Kumeu has a new apprentice Jake who handed his CV to the owner saying he wanted to become a butcher, and after a 3 month trial was offered a 4 year apprenticeship programme offered by FoodStuffs.

A retirement village offering more than 250 dwellings and an aged care service is being built on the former Nobilo Estate winery in Huapai. The Country Club Huapai sales office has opened at The Vines, 1A Tapu Rd, Huapai, and visitors are welcome.

Carmen Franich from Smith and Partners Lawyers has some advice on understanding clauses when selling your home. UHY Haines Norton explains Fringe Benefit Tax for your business and Graham has the latest Market Report.

Big news for the Tasting Shed as they reopen this month after their winter break with a new Head Chef Alok Vasanth joining the team. Soljans release a new vintage premium red wine, Tribute. Halertau release their latest seasonal beer Divine Seed you can try at the brewery with some available as a limited edition 500ml bottling.

For Eyes continue their series with what your eyes can tell about your health - If you notice that your eyes are puffy and red, don't assume you have an infection. It might just be a sign that you're tired. Keep active with Northwest Physio +, Laura one of the physio's runs the Keep Active class on Thursdays at 4pm.

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

**Disclaimer:** Articles published are submitted by individual entities and should not be taken as reflecting the editorial views of this magazine or the publishers of The Kumeu Courier Limited. Articles are not to be re-published unless consent is granted from the publisher.



# kumeu Courier

## Feature Stories

- 3 People & places
- 7 Safer communities
- 8 Community notices
- 10 Kaukapakapa Library
- 12 In brief - updates
- 14 Property news & advice
- 16 Property statistics
- 25 Rural news
- 26 Home & garden
- 28 Waimauku garden club
- 29 The great outdoors
- 30 Central's tips
- 32 Build new
- 34 Pets tips & advice
- 36 Food & beverage
- 38 Health & beauty
- 40 Gone to the dogs
- 42 Area columnists
- 44 Local board update
- 46 Top supermarket checkers

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# PEOPLE & PLACES

## GRAND SLAM FOR WAIMAUKU BOWLERS

Stories by Geoff Dobson.

A rare double "grand slam" has given the Waimauku Bowling Club a much-needed fillip.

It's the first time in the club's 80-year history the feat has been achieved even once, let alone twice in one season.

Club president Colin Calder, 80, says it's the first time he recalls the achievement, and he's been there 30 years.

Colin won seven trophies and Fay Gulley, 82, won six to complete the remarkable double in the men's and women's events.

They won the club handicap singles and pairs, championship singles and pairs, triples and fours, with Colin adding the veteran's singles title as well. Fay missed playing in the veteran's event as she was in hospital at the time.

The two received specially designed fern shaped trophies to keep in commemoration of their record setting attainment.

"It might never happen again," Colin says.

Both the Kumeu residents love the sport and say it keeps them fit and active.

"Bowls suits men and women," Colin says.

"As a sport it's one in which you use most of your body – you are walking a lot, swinging your arms, using your mental abilities and also your eyes and ears.

So we help the community by keeping people fit and healthy."

Both say the social aspect is important too.

Colin took up bowls when he retired from market gardening. "I had a friend, Wally Hawkins, who played and he got me into bowling.

"I still had a farm to run but I'd always been into sport, such as rugby."

Colin became Waimauku's greenkeeper for about 20 years – in the days when it had two greens. Now it has just the one, appropriately named after Colin in January last year in recognition of his services.

The artificial "carpet green" by Tiger Turf has earned the praises of all who play on it after being installed nearly three years ago. Players from throughout the club's North Harbour region come to bowl on it.

Fay joined the club in 2005 after moving from the North Shore where she was in the Beach Haven Bowling Club and previously played netball. She was the Waimauku club's most improved women's player in 2017.

Her other sports interest is playing indoor bowls in the Kumeu Community Hall Monday nights.

"I love it," she says of her bowling. "It's a good outlet."

It's not just about staying active; the two enjoy the social side as well. Playing all year round, club bowlers have regular tournaments both internally and with other clubs, Monday roll-ups and Saturday sessions where anyone can join in and try the sport. Fridays the clubrooms and bar are open from 4pm-6pm, with light meals usually served.

There's often a trading table too, where newcomers can pick up a club uniform, shoes and other items cheap. So there's always plenty going on at the club.

But Colin wants to see new members join.

"We have about 45 in the club and we'd love to have younger ones – particularly husbands and wives – come and join us."

With many new housing developments in the area, Colin hopes to see more people using the club's facilities.

"The younger generation brings in fresh ideas," he adds.



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School-aged players are not uncommon in the sport and there are many good players in their early years. In fact, much of the New Zealand bowls team comprises players under 30.

"I think people have got too busy," Colin saying, adding that situation applies to many clubs and service organisations now. People of all ages are welcome though.

The club has one member aged 95, Hilton Jameson, who has been playing for 60 years and is still a very good and competitive bowler, Colin says. He also recalls the famous Ivan Kostanich of Helensville playing great bowls well into his mid to late 80s.

The club has benefitted from the long-awaited roundabout at the State Highway 16-Muriwai Road intersection.

The roundabout at the once notorious intersection is working well and has improved the club's visibility and appearance from the road, Colin says. Plenty of parking is also available.

Joining the club isn't expensive. It costs about \$140 in annual fees and bowling items tend to be a one-off initial cost. "Social members pay less, and it costs \$2 to join in the roll-up," Colin says.

So if you fancy trying your hand at bowls and enjoying a social occasion then contact the Waimauku Bowling Club on 09 411 8210, secretary Natalie Duffy on email nananatduffy@yahoo.co.nz or visit [www.bowlsnorthharbour.com](http://www.bowlsnorthharbour.com) for more information.

## MISS UNIVERSE FINALIST SETTING AN EXAMPLE

Amber-Lee Friis is proving to others you don't need a privileged lifestyle to be a Miss Universe New Zealand finalist.

The 21-year-old Kumeu resident should know. Her parents broke up when she was just two-years-old and she shifted home 13 times before turning 15.

While she enjoyed her stay at Riverhead and Waimauku primary schools, a more central West Auckland school gave her a negative experience.

Pupils dubbed her 'Chimoan' because of her narrow eyes and tan skin – she's half Samoan but is probably of European/Dutch ancestry, with no Asian influence evident.

Kids would steal items out of her school bag, throw her books on the ground and do other mean things. Amber-lee was often left crying as a result.

Amber-Lee says she never made any close friends at school – "because I knew I would be moving again soon".

Life didn't improve as she got older.

"I was living in my car and showed up at my aunty and uncle's



and asked them if I could stay the night."

They persuaded Amber-Lee to remain and she got an advertising job and then a caravan to stay in for about two years.

She would change buses three times to get to work in Albany, waking at 5am and returning home around 8.30pm. "I had no social life."

Her uncle and aunty provided some good advice, including goal setting. So Amber put her life on track and about two years ago started going to the gym to improve her fitness and tone.

"I never thought about beauty contests."

Then a woman contacted AmberLee to see if she was interested in the Miss Universe New Zealand pageant. Amber-Lee was suspicious at first, then learned the woman knew of her through her advertising work and she decided to take the chance.

"I realised 'wow, this is legit'.

"I'm now the only one in the pageant with tattoos and an ear stretcher," she laughs.

Girls don't need to come from a privileged background to enter such things, Amber-Lee says.

She went through a selection process with others, including a "stileto camp" at Western Springs, followed by a "retreat" in Thailand, to gain entry to the 20 finalists.

On August 4, Amber-Lee will join them on stage at the Sky City theatre to select the final 10 and the top three.

She is nervous about it – "I've never done anything like this before".

The event will be broadcast live on Bravo and live-streamed to about 600,000 YouTube followers.

In the lead-up, Amber-Lee has been busy in what spare time she has doing fundraising for the pageant.

She says about half of what she raises will go to a charity of her choice. In this instance it's Variety – the Children's Charity, which gives disadvantaged Kiwi kids the childhood they deserve. That's something very close to Amber-Lee's heart.

She has helped take a few children to Rainbow's End and planned a 'Fit 4 Kids' event in the Whenuapai hall to promote fitness and well-being. Brochures are available to help children with fitness at home without the need for gym equipment.

Amber-Lee says her goal is to be a model, but she also wants to do more in graphic design. In the future she'd like a family too. Amber-Lee also visits a younger sister who has followed in her footsteps by taking up cheerleading.

"She's gone much further than I did at that stage and has represented New Zealand."

Amber-lee says a famous quote perhaps sums up her own situation.

"We are all in the gutter, but some of us are looking at the stars," Oscar Wilde wrote in his play Lady Windermere's Fan early on in his career.

It means everyone has their struggles but that some people remain positive despite their challenges and stay focused on their dreams and goals, eventually finding success in life.

**Andrew Jackson**  
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To vote for Amber-Lee in the Miss Universe New Zealand pageant visit [www.iticket.co.nz/go-to/miss-universe-2018](http://www.iticket.co.nz/go-to/miss-universe-2018), or search Facebook.

## HUAPAI MAN BUYS A TANK

Motorists won't be messing with Crown Xu on the roads.

He's just bought a tank – no, not a yank tank or dilapidated vehicle – a genuine ex-British Army tank.

Crown got the 1979 FV433 Abbot tank at an army supplies auction and he understands it saw service in the Gulf War.

The tank's road legal, with rubber pads in the tank's tracks to prevent road damage.

Oh, and Crown will be fixing the 105-millimetre gun so it can shoot blanks, plus there's a 50 calibre machine-gun.

But don't worry drivers – Crown plans to use it mainly in parades like those on Anzac Day and school demonstrations, but especially for events involving the Special Operations Force Re-enactment club that he leads.

The camouflage-coloured tank arrived at Crown's home with a spare diesel engine and a spare gearbox, plus all the accessories and hardware associated with such a piece of military equipment.

Crown believes it's probably the second Abbot in the country, but the only one in its paint pattern.

He's got the required licence to drive it, but needs at least three more people with military backgrounds or engineering experience to help.

"It takes four people to operate the tank," Crown says.

Meanwhile, he's been grappling with a slight parking issue. It was temporarily parked outside his home (his garage was obviously insufficient) until secure storage was found.

"I don't think anyone would want to steal it," Crown laughs. He also owns an armoured personnel carrier.

Two military Hummers (Humvees) are coming, which will make a total of seven military vehicles owned by club members. Others include two six-wheeled trucks from Australia, two Land Rover vehicles and a military buggy which looks like something out of the movie Mad Max.

"It's very exciting," says Crown who established the club about three years ago.

The club has had displays at the Kumeu Show, the Museum of Transport and Technology, a Warbirds open day at Ardmore and even appeared in Christmas parades.

Interest and membership is growing – the club now has 26 members and hopes to get around 50-70 to put on top-notch shows.



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A couple of military trained German Shepherd dogs are also in the club.

Regular training sessions for members are held, usually on private farmland under former Special Air Services members' instruction. Crowns say the club will soon have its own training ground.

He expects shows featuring the Special Operations Forces club will feature this summer.

"Usually in winter the weather and ground is too wet for heavy military vehicles to be shown off properly," Crown says.

Anyone interested in joining the club or seeking more information can contact the re-enactment unit on [www.specialops.nz](http://www.specialops.nz), email [specialopsreenactment@gmail.com](mailto:specialopsreenactment@gmail.com) or phone 021 66 80 28.

## WOODHILL SCHOOL NEW PRINCIPAL STARTS

Dawn Fenn has begun her new role as Woodhill School principal this term.

She's already met many of the pupils, parents and staff.

"I have been warmly welcomed and have been particularly moved by the care, dedication and shared values everyone holds for the students and our school," Dawn says.

Involved in education for the past 28 years, Dawn has held several leadership positions in both large and small schools.

Up until the move to Woodhill, Dawn was Paremoremo's RidgeView School principal for 10-and-a-half years.

She previously held the lead principal position across the seven Albany/Greenhithe Community of Learning schools. "This work has involved developing leadership and improving teacher capacity and raising student achievement in Years 1-13," she says. Dawn has also been an assessment facilitator, supporting schools across Auckland, Northland and the Waikato to develop effective teaching strategies and in providing meaningful feedback to pupils to allow them to excel.

Teaching students from Year 1 to Year 8 at primary and intermediate schools, Dawn says she thoroughly enjoys interacting with pupils and working alongside staff and the board of trustees.

"I feel privileged to have the best of both worlds."

Dawn and her husband have lived in West Auckland for 20 years and enjoy the ready access to bush and beaches.

A 19-year-old son is on his OE and working in England.

Studying for a Master's degree, Dawn enjoys reading, walking and travelling.

She is keen to meet the wider community and to work with iwi,



community groups, businesses, pathway schools and families. Anyone is welcome to introduce themselves to her at Woodhill School at 1555 State Highway 16, Woodhill, phone 09 420 8108.

## BIG CHANGES AT KUMEU-HUAPAI LAW CENTRE

The Kumeu district has changed considerably, and so too has the Kumeu-Huapai Law Centre.

It's been at 250 Main Road (State Highway 16) for many years, though.

Russell Lawn bought the practice from former Helensville MP Dail Jones, QSO, in the late 1990s, with Dail staying on. Dail spent more than 13 years in Parliament with National and then New Zealand First.

Sadly, Russell died on January 2, 2018, following a short illness, a shock not only to his wife and children but also his colleagues and clients.

In April 2018, Kumeu-Huapai Law Centre merged with ClearStone Legal, which also has offices on the Te Atatu Peninsula and has been operating for four years.

Debra Barron is the Principal of the firm, and Jane Barclay a Legal Executive.

Jane and Debra saw the opportunity with the merger to create a modern business with a model built around both the clients' needs and their own family needs.

Debra is a mum of two young boys and is married to Stacy, a carpenter who grew up at Muriwai Beach.

Jane, originally from Fairlie in the South Island, has two teenage boys and is married to Phil, an insurance advisor. They have lived in West Auckland nearly 20 years.

Debra and Jane are supported by a team of five other staff - all women.

"We are far from the typical city-corporate lawyers who work 9-5," Debra and Jane say.

"We are everyday people who try and help clients manage their own demanding schedules juggling work and family."

Jane often sees clients in the evening or on the weekend at their home, while it's not unusual for Debra to have clients visit their office on a Sunday afternoon.

Both are embracing the opportunity the Kumeu-Huapai Law Centre offers.

"We are excited to work with Russell and Dail's clients and are available to discuss any concerns that they may have," Debra says.

Their Kumeu office is open Tuesday to Friday.

Visit [www.cslegal.co.nz](http://www.cslegal.co.nz) or phone 09 973 5102 for more information.



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# SAFER COMMUNITIES

Sadly we attended another tragedy in Muriwai recently where a mother and father lost their lives whilst fishing at the beach. What was supposed to be a fun day fishing with three of their children, quickly turned to tragedy and it is a terrible reminder of how quick life can change.

I'd like to take this opportunity to thank our wonderful community members, our Volunteer Firemen, Surf Life Savers, Park Rangers, First Responders and Ambulance staff, and members of public who were first on the scene and did everything they could to assist. These volunteers are our real heroes and all too often drop everything to assist with tragedies like these.

I would also like this to be a reminder of just how dangerous our beautiful beach can be.

If you are planning a trip to Muriwai, know your own abilities and limits, be responsible and don't take unnecessary risks. Conditions can change quickly and even the most experienced fishermen, surfers, and swimmers can get into trouble.

Swim only in designated swimming areas and between the flags, if you're not a confident swimmer, I'd advise not to swim there at all; it's just not worth the risk. If you decide to fish off the rocks, wear appropriate clothing and a life jacket. Wearing heavy layers of clothing, shoes, gumboots etc is not advised. If the weather conditions are bad avoid recreational activities at the beach.

We have so many visitors to Muriwai beach and some are genuinely unaware of the risks the beach can pose. If you are a local and you witness someone doing something or about to do something you feel is unsafe, don't be afraid to speak to them as long as it's safe for you to do so, and offer them some friendly advice. Your advice may just help prevent another tragedy.

Winter is certainly upon us now with rain, wind and cold weather so make sure you follow these fire-safety tips to help keep you and your family safe and warm.

**Electric blankets:** If your electric blanket or cord is showing any signs of wear, have it checked by a competent service person or have it replaced. Don't take the risk, always make sure that your electric blanket is switched off before getting into bed. Never use pins or sharp objects to secure the electric blanket to the bed and never tuck it in under the bed. If the blanket becomes soiled, sponge it lightly and allow to dry naturally on a flat surface. Do not dry-clean or use a washing machine or spin dryer. When putting your electric blanket away for summer, don't fold it – roll it.

**Heaters & clothes dryers:** After kitchen fires, fires involving heating and drying are the next most common reason the Fire Service is called out. Remember the heater-metre rule – always keep furniture, curtains, clothes and children at least one metre away from heaters and fireplaces. Don't store objects on top of your heating appliance. Never cover heating appliances. Don't overload clothes dryers and clean the lint filter after each load cycle.

Fire stations welcome new members so if you live close to a fire station call in and say hi or go to [fireandemergency.nz/volunteering/with-us/](http://fireandemergency.nz/volunteering/with-us/) to find out more about being an emergency responder.

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# COMMUNITY NEWS

## AUCKLAND SWIMMING LEAGUE NEWS



The Fools Pools, Auckland Swimming League team, were placed 2nd in the Auckland Primary Schools League for Term 2. The competition was held over 4 meets at Cameron Pools in Mt Roskill. The team trains with head coach Brad Mullins at Fools Pools Swim School based in Oaia Rd, Muriwai. They swam exceptionally well throughout the competition, and particularly in the final and finished in 2nd place overall behind Ponsoby. There is some very competitive racing in this competition, and the Muriwai team were up against some top level age-group swimmers, but pulled out all stops for the finals.

## THE MOBILE CAR SPECIALISTS

Buying or selling a car? The best thing you could do to maximise the sale price is have a paint corrective cut and polish done to remove / minimise fine scratches, blemishes, sunscreen marks, oxidation and most other unsightly marks. The condition of the exterior makes a big

impact with potential buyers so make sure it's looking good. Likewise, if you've just purchased; often your vehicle could do with a professional polish, or dents removed, and NOW is the time to do it, otherwise you'll never end up getting it done until it's time to sell. Our other services include: Dent removal – small to large, yellow/foggy headlight restoration, deep clear coat scratch removal, ceramic coating paint protection and signwriting removal. We are a fully mobile operation, meaning we come to you to make your life easier. Contact us on 0800 20 30 20 for a quote, or visit [www.TMCS.co.nz](http://www.TMCS.co.nz) to see our work and 5 star reviews.

## BIG SHOWS ABOUT TO START



The first National SJ show of the season will take place at Woodhill Sands this August. Top show jumpers from around New Zealand will come out for the first competitive show of the year. National series points for Junior, Amateur and Pro Am riders will also take place the weekend 18th and 19th of August. Spectators are welcome, no dogs please. Espresso coffee and fresh food on site. Megan Schischka rides Hollywood Wannabe in the Amateur Rider competition 2017. Photo credit Cheleken Photography.

## BESTSTART ORAHA ROAD



BestStart Orahā Road is for families who want more from early childhood education. Safe, nurturing and educationally focused, our centre is committed to growing caring people with curious minds. With five separate learning spaces tailored to each age and developmental stage, and spectacular outdoor play areas, BestStart Orahā Road is your child's new home away from home. Centre Manager, Odele Nicholas, says "My team and I are committed to providing a high quality, educational learning journey. We facilitate physical, intellectual, emotional and social development. We're devoted to demonstrating an appreciation and respect for each child's uniqueness." The team at BestStart Orahā Road believe in establishing trusting, genuine relationships. We acknowledge the importance of children, families and educators as partners in a learning community that promotes the wellbeing, education and development of children. We invite you to come along, meet the team and see what we have to offer. Contact us today on 09 282 8170.

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for experienced orchard workers to join our orchard team servicing our Kumeu-based orchards. You will assist the orchard manager to produce a high-quality fruit crop suitable for export and/or local markets. Key responsibilities: Picking fruit, Kiwifruit vine work including, but not limited to pruning, picking, girdling, vine work, training, leading, cutting, thinning, Harvest preparation, Recognise and report vine disease and pests. You will need: Experience in orchard/farm work is desired, but not required, Ability to stand on feet for long periods of time, Ability to carry weighted Kiwifruit harness/bag on body for long periods of time, A valid NZ driver's licence, own transport, NZ citizenship or permanent residency, good standard of health and fitness, positive attitude and reliability. In return, we can offer you: Workplace wellness scheme. Contract pay rates for picking and pruning work – ability to earn piece and bin rates. In addition to a competitive remuneration package, Punchbowl offers a relaxed environment in a company that truly lives and breathes its values. This is a unique opportunity to join a friendly and professional team and get involved in a diverse and interesting industry. Please apply with CV to jobs@punchbowl.co.nz. \$16.50 – \$18 per hour.

## KUMEU BAPTIST CHURCH



Kumeu Baptist Church has sold their facility at 21 Access Road to help finance a new church/community/school building on land they own on Old Railway Road. A final service was held at 21 Access Road on Sunday the 24th of June. It was a wonderful time of celebration and thanks-

giving with many memories shared and fellowship enjoyed over lunch. In the interim period before a new facility is built, the church are holding their Sunday morning services at the same time of 10am in the local Kumeu Community Centre (with the exception of a few dates where it is unavailable). Mainly Music is also being held in the Community Centre on Wednesday mornings during the school term. The Op Shop has closed down until further notice. Information on other church ministries can be found on our website (www.kumeubaptist.org.nz) or Facebook page (search for Kumeu Baptist Church). Pastoral services are also still available through the same landline number – 09 412 9154. The church is looking forward to this new and exciting journey, and the potential to better serve the community in new facilities in the not so distant future. Blessings! Pastor Sam Schuurman, 021 795 708. First picture: Final service at 21 Access Road – certificates being given out to church volunteers.

## MEET OUR NEW APPRENTICE



Jake submitted his C.V. and approached the owner of New World saying he wanted to become a butcher. He had a love of hunting and fishing and thought that this passion would transfer well into the work place. Jake's enthusiasm was rewarded with an opportunity to join the butchery team for a three month trial so that he could see firsthand what the industry was about. At the conclusion of his trial, he was adamant that he wanted to pursue a career as a butcher and he has been signed up on the four year

apprenticeship programme offered by FoodStuffs. His training will involve block courses with specialist butchers and on the job training overseen by our butchery manager Caleb, who is an approved verifier. At the end of his four years he will receive a nationally recognised qualification and have a solid career ahead of him. The photo is of Jake (left) and Caleb (right).

## RETIREMENT VILLAGE FOR NOBILO WINERY SITE



A retirement village offering more than 250 dwellings and an aged care service is being built on the former Nobilo Estate winery in Huapai. The Country Club Huapai sales office has opened at The Vines, 1A Tapu Rd, Huapai, and visitors are welcome. The village is a joint venture with lifestyle property and retirement developers Hopper Developments and Cabra Developments and is part of the Hopper Living Retirement Group. Country Club Huapai is the third retirement village to begin construction under the Hopper Living brand and will offer high quality lifestyle retirement options for its residents. Hopper Developments is a family owned business established in 1956, known for its lifestyle waterways projects in Coromandel and Northland and the successful Maygrove Retirement Village in Orewa. Cabra Developments is also a family established business that has over 30 years' experience in the land and property development industry. It has several high quality sub-division communities under development, including the neighbouring Huapai Triangle project which upon completion will house up to 2500 new residents. Machines are preparing the Country Club Huapai site and the first village housing begins soon. This comprises 15 single-level villas. The

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main building facility and apartments will start early 2019. Facilities will include a reception area much like a resort hotel, a restaurant and bar, meeting and social activity spaces, plus 46 apartments on the upper levels. Residents can select from a range of accommodation types under an "occupational right agreement" including a choice of spacious freestanding single storey villas and stylish apartments. A wellness centre will include a luxurious indoor pool, spa and gym facility and the landscaped outdoor leisure area will have a bowling green. The Country Club is well located within a short drive of the North-west shopping centre, wineries, restaurants, cafes and beaches. Ignite Architects took inspiration from the site's winery heritage to create the village model. The village is registered under The Retirement Village Act and is a member of the Retirement Villages Association. Visit [www.countryclubhuapai.co.nz](http://www.countryclubhuapai.co.nz) for more information.

## KAUKAPAKAPA LIBRARY

Sunday August 19th 10am to 1pm. Our guest writer on 19 August, June Allen, has lately come out of retirement; her days are taken up writing and publishing children's books. At one time June shook off all shackles and went to live on Norfolk Island where she took the opportunity to perform on stage once again. As a result she was asked to research and write an historical script which became the well-known tourist attraction 'The Sound and Light Show of Norfolk Island'. That was the beginning of many play scripts, many of which have won writing awards in New Zealand. June took up the challenge to write a children's story just six years ago. Her first story, 'The Little Glow Worm who Couldn't Turn on his Light', has sold over 1400 copies. The author achieved that without any funding, and very little support from mainstream bookshop chains. Specialist bookshops treat her better, and libraries and schools snap up her publications. June has been a teacher, specialising in the teaching of reading, and a qualified school librarian. You'll have a chance to buy her very newest book on Sunday 19 August at Kaukapakapa. All we can tell you now is that Grandma's in the strawberry patch. You'll have to wait to see why, and what

happens. Note: The accompanying illustration is copyright to Polly Whimp of Pawprints New Zealand. It wasn't always easy for June. Reflections of when she was homeless in Auckland and her children in care were published last year as 'I'll Have you Home by Christmas'. But she's going to bring her sunny side to you in August. June Allen is a Life Member of Playwrights Association of New Zealand. Her children's books are printed in New Zealand, and published by her boutique company, Kwizzel Publishing. You'll find it on Google and Facebook. [kwizzelnewzealand@gmail.com](mailto:kwizzelnewzealand@gmail.com) or Facebook KwizzelPublishing.

## KAUKAPAKAPA VILLAGE MARKET


Sunday 19 August 8.30am to 1pm. A great morning out for the family, this village market has something for everyone; friendly people, great atmosphere a fabulous selection of handmade goods plus everything from locally grown fruit and vegetables to pre-loved goods – a great opportunity to pick up something unique or grab a bargain. Enjoy a delicious snack from the market café, freshly baked cakes & bread, doughnuts, barista coffee or a sausage from the Helensville Lions sausage sizzle while you enjoy live music from Jessica on the keyboard performing from 10am to 12pm. Plus free face painting between 10am & 12pm and a craft table for the kids. For more information contact Sarah 027 483 1542 or email [sarah1@maxnet.co.nz](mailto:sarah1@maxnet.co.nz).




## MATARIKI CELEBRATIONS

May and June hold great significance for the Maori culture... We have been super busy celebrating Matariki together at Kindy. From creating our own stars to cooking our very own soup, it has been a fulfilling two weeks. The children have enjoyed being involved in collaborative experiences that encourage them to all come together, create alongside one another and learn about Matariki. Tina from the Kumeu Library came in to read Matariki books to us at mat time and a group of children helped make galaxy playdough one rainy afternoon. Such group experiences are a wonderful way for children to extend their vocabulary, strengthen language skills, develop friendships, gain an understanding of the Maori culture and build their confidence, all while having fun. We have a few FREE spac-







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es at Kindy available for this year - feel free to give us a call on 09 412 8800 or pop in to see us at 1 Maude Street Riverhead if you would like more information.

## RESULTS OF A "WEEK IN THE LIFE OF THE KAUKAPAKAPA' PHOTOGRAPHIC COMPETITION

A win for the Matteucci family with Mum Lottie and 12 year Tom winning top awards for the Senior and Junior categories of the second annual Kaukapakapa Photographic Competition. Lottie's picture of Kaukapakapa in the morning mist, "Caught the moment fulfilling the brief," commented photographer Colin Lunt, "It just goes to show how much mobile phones have progressed with a combination of perspective, light and mood beautifully captured". Tom's photograph of morning mist covered valley with Gibbs Farm in the background also illustrated a "well seen" photo especially coming from a 12 year old. Both received certificates, \$50.00 Westfield Vouchers and an A3 print of their winning entries. The Peoples' Award, was judged during the Sunday Morning Kaukapakapa Market. It proved to be a difficult choice for more than 100 people who were at the market – but the clear winner was 13 year old Luka Richards for his photo of a Kingfisher. He also received a \$50.00 Westfield Voucher and an A3 print of his entry. Judges, Megan Paterson, (competition organiser), Sarah Legg, (Kaukapakapa Sunday market organiser) and photographer Colin Lunt were unanimous in their choice of winners. Certificates of Merit were also presented to: Junior: Landscape by Rebecca Kenny, The Frog by Macey. Senior: Two flood pics by Ann Jones, Jo James' B&W pic of the girls on the fence and 14 year old Luka's photo of the running dog.



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## DENTAL ASSISTANT WANTED

Local person wanted for a dental assistant position for a Dental clinic in Huapai, no experience necessary, full training provided. Please phone Alex on 09 281 5005 for further information regarding this position.

## SHORT TERM TENANCY

Are you needing accommodation in-between house sales, a new immigrant, on sabbatical, or working in the area on short term contract? Bush Sand and Sea Bed and Breakfast is a self-contained and elegant accommodation at Bethells Beach and is on a private 10 acre block of land, nestled in native bush of the Waitakere Ranges of Auckland's wild west coast. It is suitable for a single person or a couple, no children or pets. We are 40 minutes from Auckland Central or Auckland Airport, 25 minutes from Kumeu, 12 minutes from the Swanson train station, 10 minute drive to the beach or Lake Wainamu, or the local golf course. The single bedroomed bungalow is fully air-conditioned and heated, flanked with 2 decks, which allow private views of

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# IN BRIEF

## UPDATES:EVENTS

### SENIORNET KUMEU INC



It's a really nice feeling when you receive an email from a distant relative or friend, especially if they attach a photo of the latest addition to the family or some special event in their lives. It's also good to be able to keep in touch with them, through email or one of the many social network sites on the internet. If you would like to do these things but feel "It's too late for me to start learning about this stuff" Think again! 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. Membership costs just \$20.00 a year. Our monthly meetings cost just \$3.00, which includes a break for free drinks and cakes when members can chat and get to know each other better. The meetings are open to non-members who want to visit and find out what our friendly and informal club is all about. So how about joining in the fun and learn how to do the things that you would like to do. In our small, friendly and stress-free classes, you'll gain the

skills and confidence you need to get the most out of information technology. Our monthly meetings are held on the first Wednesday of each month (next one August 1st) at Norwest Soccer Club in the Huapai Domain Huapai, or for more information contact: Brian Lacey on 022 183 1811 or [brian@lacey.nz](mailto:brian@lacey.nz).

### THE VINEYARD VILLA



Chris Penk was recently invited to the opening of the Vineyard Villa, a new part of Kumeu Village rest home. Speaking in his capacity as local MP, Chris noted that the amenities had been designed in such a way as to match the look and feel of any home. He also commented that, even with such impressive new physical surrounds, it will be people who are special in that place. Residents, staff and visiting friends and family will all create the memories. Guests were offered tours of the Vineyard Villa facilities, which include a residential care unit with 15 rooms, a shared lounge and kitchen and

dining area, along with a mini farmlet complete with a goat, ponies, hens and rabbits. Along with the other assembled well-wishers, Chris watched as the residents' representative, Dawn Norton cut a ribbon to open the new wing officially.

### 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 rings, 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](http://www.preciousimprints.co.nz) for inspiration or feel free to email me [jo@preciousimprints.co.nz](mailto:jo@preciousimprints.co.nz) so we can start creating an original gift for Dad, one that he can treasure forever. Father's Day – Sunday 2nd September – order now to be sure you have the perfect gift in time. And don't forget the Grandads too!

### KUMEU LIBRARY

Kumeu Library is a warm and welcoming place to visit on these cold winter days. Our Winter Craft Series continues through August, with two events during the month. Join us on Saturday 4 August to create your own mini album, using a file folder to create an embellished flip-book (gold coin donation). And on Saturday 18 August we will have a "bring your own project" event, where you can

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bring along whatever craft you are working on and relax as you work alongside a friendly group of fellow-crafters. Learn how to stitch a pennant brooch on Saturday 1 September (gold coin donation). Use simple embroidery stitches and scrap fabric to make your own unique personalised pin. These events start at 2.00pm and finish at 4.30pm. Another way to take your mind off the winter weather is by creating poetry. Kumeu Library is celebrating National Poetry Day (Friday 24 August 2018) with a Book Spine Poetry Contest. To enter, stack book, audiobook or DVD spines using the titles to create an original poem. It doesn't have to rhyme, but your poem should have a minimum of three titles and a maximum of eight. Choose your titles, stack them in order and take a photo of your creation. Submit your poem in photographic form with your name and the age category you are entering either 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. We have two categories: 13 years and under, and 14 years and over. The contest starts on Wednesday 1 August and closes at 5pm on Friday 24 August. There is a prize for the winner in each category, and winners will be announced on Wednesday 29 August. You can enter as many times as you like, but you can only win one prize. Follow Kumeu Library on Facebook ([www.facebook.com/kumeulibrary](http://www.facebook.com/kumeulibrary)) to keep up with all our news and events.

## HELLOWORLD

I have returned from Florida where we went to the Orlando Theme Parks, cruised on the mega-ship Oasis of the Seas, and self drove around Florida Keys, what an experience. We didn't have enough time in Orlando to do more than a couple of the theme parks but the "Wizarding World of Harry Potter" was my favourite area, the rides were great even for my



thrill avoiding husband. We had our two adult kids with us and everyone loved this area. While we were there "Toy Story" opened but we didn't have time for that. There are queues everywhere so definitely upgrade your tickets to front of line or express where you can; otherwise you are limited to only a few rides each day. We also went to the Kennedy Space Centre, well worth spending a full day there and we ran out of time. This was one of our highlights of the holiday, just fantastic. And shopping, shopping, shopping, the outlets are fantastic no matter where you are in the USA.

I chose to cruise on Oasis of the Seas, wanting to experience what they offer and why they wow people everywhere. This is my third cruise this year so I have now experienced Ponant – small expedition cruising 5 star, Seabourn – ultra luxury 6 star inclusive cruising, and now mega size 6000 passenger cruising. The first thing you notice is the number of people exploring Central Park on the ship, hard to move. After the first day people spread around the ship more and if you didn't want to stand in the pool then the other areas were pretty good. Stand, not swim, too many people. The ship was great actually; we loved the shows which were world class. The Aqua show had Olympian divers, and world class synchronized swimmers and the pool/stage was sometimes full, then empty and then full for the divers which were diving from a huge height. The show in one of the theaters was fantastic, aerial and Cirque de Soleil style – wow! One of our favourites was on the ice rink (yes ice rink onboard), and was themed around the movie Frozen. The ice dancing was

something you would see at the Olympics with lifts, jumps dancing and the costumes for the characters was fantastic. Once off the ship we picked up a car and drove down to the Florida Keys, I loved this area. A huge Spanish speaking area only 10 miles from Cuba and Jamaica but the weather, restaurants, accommodation, was all something to love. We didn't have enough time here either but would have loved to hire a boat to explore much more. Come and see me if you want to know more about these cruises and these areas, as there is not enough room here to talk about it. If you want to find out more about any of this please phone 09 416 1799 or email [hobsonville@helloworld.co.nz](mailto:hobsonville@helloworld.co.nz).

## BOUNCY CASTLES



Winter is here but there are still many opportunities to host a party with a bouncy castle so why not book one of our fantastic, bright, colourful castles for a fun filled day. Suitable for work functions, parties, school events, etc. Amazing face painter and entertainers - pirate, fairy, clown, magician and balloon twister. Remember to ask us about local community halls for hire so that you don't need to worry about the weather. Link on our website with the venues available. 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 cancellation fee! Cindy 021 1192 573 or [kumeubouncycastle@gmail.com](mailto:kumeubouncycastle@gmail.com).

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# PROPERTY

## NEWS & ADVICE

### THE 5 C'S OF LENDING, WHAT DO LENDERS LOOK FOR?

When applying for a loan, it's important that you have a good understanding of where you sit in the big world of lending. Below are some of the areas that lenders look at.

**Character** - When banks evaluate character, they look at stability — e.g. how long you've lived at your current address, how long you've been in your current job, and whether you have a good record of paying your bills on time and in full. If you want a loan for your business, the lender may consider your experience and track record in your business and industry to evaluate how trustworthy you are to repay.

**Capacity** - Capacity refers to considering your other debts and expenses when determining your ability to repay the loan i.e. in the banks eyes, do you have enough income to pay back the loan? Not many people know, but some banks use 7% in their calculations, even though most rates currently sit in the 4% range.

**Capital** - Capital refers to your net worth — the value of your assets minus your liabilities. In simple terms, how much you own (for example, car, real estate, cash, and investments) minus how much you owe.

**Collateral** - Collateral refers to any asset of a borrower (for example, a home) that a lender has a right to take ownership of and use to pay the debt if the borrower is unable to make the loan payments as agreed.

Some lenders may require a guarantee in

addition to collateral.

**Conditions** - Lenders consider several outside circumstances that may affect the borrower's financial situation and ability to repay, e.g. what's happening in the local economy. If the borrower is a business, the lender may evaluate the financial health of the borrower's industry, their local market, and competition.

Some lenders develop their own loan decision "scorecards" using aspects of the 5 C's and other factors.

For further details feel free to contact Ivan on 027 577 5995 or email [ivan.urlich@mikepero.co.nz](mailto:ivan.urlich@mikepero.co.nz).

Ivan Urlich is a registered financial adviser specialising in mortgages, his disclosure statement is available free of charge on request.

### PROPERTY MARKET REPORT

Three years ago we experienced annual property price increases of 20 percent, and this year the property prices in Auckland are down 2.2 per cent to March year end.

But let's put this into context. The number of properties sold under the \$750,000 price band experienced 4 percent more sales to March year end and the \$750,000 to \$2 million price band had 5 per cent fewer sales for the same period. New Zealand's total number of house sales fell almost 10 percent over this period and took longer to sell.

The number of houses sold fell to 7,768 in March down from 8,622 a year earlier, which was the biggest single sales month in 2017, with Auckland sales numbers

down 12 percent to 2,386. While activity has been slowing, prices remain resolute, with the house price index rising 4.2 percent in New Zealand. Excluding Auckland, the index climbed 7.2 percent, while Auckland property had a modest 1 percent increase.

House sale records were set elsewhere in New Zealand. Gisborne prices rose 17.9 percent year on year to reach \$330,000, the Hawke's Bay rose 11.7 percent to \$445,000 and Wellington prices rose 10 percent to \$583,000.

Auckland has also featured some way down on a global measure of house price rises. In April, The Guardian newspaper reported on the Knight Frank residential index: "London was ranked 101st with a 2 per cent gain while Auckland, dropped to 99th. Berlin topped the index with a 20.5 percent jump last year.

Property enquiry numbers and open home traffic is running positively and we certainly are seeing a lack of supply and an increase in purchaser demand in the current market. Let's have a look at those sales for the month:

Coatesville \$2,265,000 to \$2,270,000. Helensville Residential \$810,000 to \$910,000. Huapai Residential \$955,000 to \$1,130,000. Kumeu Lifestyle \$1,480,000 to \$2,650,000. Muriwai \$920,000 to \$1,237,000. Parakai \$565,000. Riverhead Residential \$835,000 to \$1,350,000. Taupaki Lifestyle \$1,500,000 to \$2,630,000. Waimauku Residential \$970,000 to \$1,560,000. Waitakere Lifestyle \$1,300,000 to \$1,500,000. Whenuapai Residential \$1,030,000 to \$2,675,000.

If you are seeking an opinion, thinking about improvements or change, I would suggest a no-obligation chat with me that will provide some clarity on potential gains, market changes and values that are at play in your street and area. Like-wise, before you go to market, have a chat with a few highly educated real estate professionals about the best process, marketing support and relationship that will deliver the best return on your asset. It may well save you thousands, make you thousands and deliver a much more



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## WHAT IS FRINGE BENEFIT TAX (FBT)?

Fringe benefit tax affects many business owners. A fringe benefit arises when an employer provides a non-cash benefit to an employee or their associates. With the exception of a wage/salary or residential accommodation, most benefits provided to employees (arising as a result of the employment) are classed as fringe benefits. Cash benefits (wage/salary/residential accommodation) given to employees are taxable to the employee and employers must deduct tax in the form of PAYE. On non-cash benefits that are classed as fringe benefits, the employer is liable for tax in the form of FBT. The major forms of taxable fringe benefits are motor vehicles made available for an employee's private use, goods/services provided to employees either free or subsidised, low-interest loans advanced to employees, and employer contributions made to sickness/accident/death benefit funds, superannuation schemes (excluding KiwiSaver) and specified insurance policies. To find out more about fringe benefits and how they affect your business, contact your local specialist Mark Foster and the friendly UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email [kumeu@uhyhn.co.nz](mailto:kumeu@uhyhn.co.nz).

## BRIGHT LINE TEST AND THE FAMILY HOME

Most homeowners are aware that the family home is exempt from the bright line test. However, this does not mean one can sell the family home freely during the bright line test period (which is now 5 years). Firstly, it has always been

the law that if you purchase a house with the intention of reselling it, you are probably carrying out a taxable activity. Secondly, Inland Revenue policy (usually available from the Inland Revenue website) indicates that you may only claim the main home exemption twice over any two-year period.

Moreover, there are other issues arising such as whether you rent out part of the house or the minor dwelling. You risk losing the main home exemption if you do not use more than 50 % of the space in the main home for your living purposes. These are always areas for specialist advice if you have any doubt - Luke Kemp or Dail Jones – Solicitors, 09 412 6000.

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## SELLING YOUR HOUSE



By Carmen Franich, Smith and Partners lawyers. Do you understand the Vendor Warranties & Undertakings clause?

In the standard agreement for Sale and Purchase, the clause for Vendor Warranties and Undertakings provides warranties from the vendor to the purchasers as to the state of the property and set actions that will take place as part of settlement.

For example, they provide that the vendor confirms that the chattels are in working order, any work done to the property meets government regulations and that the vendor has not provided undisclosed consent to third parties which may affect the property.

Vendors should read the vendor warranties very carefully to ensure that there are no outstanding issues that they are aware of, especially where they might have done work to the property. If there are any issues, a special condition can be included that will put the purchaser on notice and shift the burden. An example of this is a "as is, where is" clause which might relate to, say, an unpermitted garage.



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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	1,900,000	2HA	164M2	2,270,000
	2,100,000	1.7HA	345M2	2,265,000
Helensville	920,000	1214M2	240M2	910,000
	1,000,000	1HA	201M2	810,000
Huapai	1,200,000	741M2	250M2	1,135,000
	1,175,000	729M2	255M2	1,100,000
	1,025,000	450M2	212M2	970,000
	1,175,000	711M2	236M2	1,100,000
	1,080,000	682M2	237M2	1,080,000
	1,225,000	976M2	232M2	955,000
Kumeu	1,100,000	630M2	220M2	972,000
	1,650,000	1.9HA	170M2	1,750,000
	1,400,000	6825M2	222M2	1,480,000
Muriwai	1,925,000	1.1HA	328M2	2,650,000
	880,000	814M2	71M2	920,000
	1,400,000	809 M2	282M2	1,205,000
Parakai	1,450,000	5.3 HA	150 M2	1,237,000
	500,000	0M2	110M2	565,000
Riverhead	1,225,000	1123M2	228M2	835,000
	700,000	1826M2	148M2	1,040,000
	870,000	809M2	71M2	842,500
	1,150,000	621M2	217M2	1,048,000
	1,025,000	2060M2	129M2	1,350,000
	1,375,000	600M2	280M2	1,082,000
Taupaki	1,175,000	607M2	201M2	1,010,000
	2,275,000	5.3HA	155M2	2,630,000
Waimauku	1,300,000	1.1HA	600M2	1,500,000
	1,100,000	1948M2	182M2	970,000
Waitakere	1,075,000	1HA	182M2	1,560,000
	1,400,000	1.3HA	230M2	1,050,000
	1,150,000	4.1HA	150M2	1,300,000
Whenuapai	1,475,000	4HA	200M2	1,500,000
	1,200,000	357m2	264m2	1,188,000
	1,350,000	395M2	302M2	1,225,000
	2,050,000	1998M2	289M2	2,675,000
	1,125,000	304M2	241M2	1,061,000
	1,075,000	301M2	226M2	1,035,000
	1,180,000	344M2	256M2	1,080,000
	1,150,000	330M2	249M2	1,130,000
	1,150,000	330M2	249M2	1,125,000
	3,790,000	1.6HA	184M2	3,000,000

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then 1.95%  
thereafter”

\* plus \$490 base fee and gst

“We also provide statistical data, free from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a free summary of a property and surrounding sales, at no cost, no questions asked”

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Graham McIntyre  
Brand & Territory Owner

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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 misinterpreted on compilation. Furthermore these figures are recent sales over the past 30 days from all agents in the area.

Mike Pero  
REAL ESTATE

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MITRE 10  
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**CLOSE TO EVERYTHING**

3 1 1

**\$540,000**

**2A Parakai Avenue, Parakai**  
**\$540,000**

This private three bedroom bungalow is close to everything, across the road from the shops an easy walk to school, surrounded by the various hot springs and pools Parakai is famous for and just down the road from the park. What more could you want? This weatherboard bungalow has good indoor/outdoor flow with a great deck off the large lounge room. There is a large single car garage and a large secure paved parking area, an easy care garden will give you plenty of time to enjoy the local attractions. 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 [lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com).

[www.mikepero.com/RX1401169](http://www.mikepero.com/RX1401169)



**Lyndsay Kerr**  
027 554 4240  
09 412 9602

[lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com)



**PERFECTLY POSITIONED, HOBSONVILLE POINT**

3 1 2

**By Negotiation**

**9 Kanuka Road, Hobsonville Point**  
**By Negotiation**

This Jalcon, sun-filled beautifully finished and spacious, two-level, three bedroom, two living, free-hold home, offering the best of modern designer living and convenience. Downstairs a separate entrance, leading to a living room that enjoys the morning sun, a patio and front garden. The second open plan living room offers a well appointed large modern kitchen and dining area. Perfectly landscaped, entertainer's back yard, with covered pergola, providing alfresco dining all year round. Upstairs, a large landing, main bathroom, three spacious bedrooms, including the gorgeous master with huge walk in wardrobe, ensuite and its own balcony complete the second level. Two carparks, two heat pumps, security alarm, keypad entrance and visitor parking ensure ease of living.

[www.mikepero.com/RX1545579](http://www.mikepero.com/RX1545579)



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**BRICK AND TILE ON 2403SQM - ELEVATED VIEWS** 4 2 2

**By Negotiation**

**14 McEntee Road, Waitakere**  
By Negotiation

Elevated views over the valleys and green fields of Waitakere Township with over half an acre of land this hidden away treasure is worth digging deep for. Not only is the land footprint big, the home, constructed of beautiful big brick and concrete tile roof offers good insulation properties, durability and styling. A spacious four bedroom home with two living areas, two bathrooms, separate laundry and oodles of storage is an outstanding family friendly layout with separation and integration when and where you want it. The CV on this property is \$1,275,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX1425082](http://www.mikepero.com/RX1425082)



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**SUPERIOR BUILD, SPACIOUS LIVING, HOBSONVILLE POINT** 3 2 2

**By Negotiation**

**16 Harvard Street, Hobsonville Point**  
By Negotiation

This two level spacious home is an exceptional Beacon Pathway demonstration home packed with additional features. Located in the original Buckley Precinct, prized for its established gardens and design. A light filled home with street appeal, high ceilings, a corner position with plenty of windows and set adjacent to a small street bush reserve, allows this property to really stand out from the crowd. A large North facing, sunny and easy care back garden provides alfresco dining, entertaining and outdoor fun. Ground level offers an open plan well-appointed designer kitchen and two living areas. Upstairs is the large master with ensuite, two additional double bedrooms and bathroom, all boasting loads of light and a lovely outlook. Includes guest bathroom, four heat pumps and plenty of storage.

[www.mikepero.com/RX1522096](http://www.mikepero.com/RX1522096)



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CENTRAL MASSEY LOCATION, ELEVATED AND WELL PRESENTED



By Negotiation

**19 Zefiro Drive, Massey**  
By Negotiation

Three generous bedrooms upstairs and a bedroom or rumpus downstairs. On a fully fenced, easy care, landscaped section this home offers some great options. Open plan expansive entertainers kitchen, lounge and dining with hallway access to bedrooms and bathrooms. Elevated home over two levels with mature trees and good hard and soft landscaping features. North facing decking upstairs and patio downstairs. A two car garage off the road makes for easy pull in and relax out. The CV on this property is \$770,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX1505411](http://www.mikepero.com/RX1505411)



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STUNNING, SUN-FILLED AFFORDABLE CORNER HOME



By Negotiation

**30 Oioi Road, Hobsonville Point**  
By Negotiation

Occupying a prime position on a sun-filled North facing corner site, this immaculately finished near new G.J. Gardner two-level, two bedroom freehold townhouse offers modern designer living. Downstairs you will enjoy a sleek open plan living and dining area, perfect for entertaining. High stud ceilings complete with designer lighting, sophisticated kitchen, ample custom cabinetry and large storage cupboard flow onto a lovely outdoor area complete with low-maintenance garden. Upstairs you will find two spacious bedrooms with built in wardrobes along with the main bathroom. The very large master enjoys afternoon sun with the second generous bedroom enjoying morning sun and sea views. With its own large car-park, located directly outside your front door, and plentiful street parking.

[www.mikepero.com/RX1534452](http://www.mikepero.com/RX1534452)



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POTENTIAL, PERSONALITY, POSSIBILITY AND FUTURE URBAN - KUMEU

2 1 1

Offers Over \$789,000

**46 Oraha Road, Huapai**  
Offers Over \$789,000

Often Sought, seldom found, this character filled stucco bungalow offering an honest and genuine two bedroom, one bathroom home with separate kitchen, dining room and lounge leading to westerly decking. Rustic storage building and ROW access top and bottom, the door is open to explore development options given the large section size. This treasure trove of opportunity, within a stone throw of convenience shopping and a short drive to school and transport links. The CV on this property is \$760,000. We are happy to provide a list of the last 12 months of sales in the area, please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



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VENDOR SEEKS OFFERS - HOME, VIEWS ON 1092M2

4 2 1

Asking Price \$1,050,000

**77 Royal Road, Massey**  
Asking Price \$1,050,000

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



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**THIS IS THE ONE! SUNSHINE, VIEWS AND TWO PARKS**



**Set Date of Sale**

**301A/160 Hobsonville Point Road, Hobsonville**  
**Set Date of Sale - 5pm, Thursday 9th August 2018 (unless sold prior).**

Wow check this one out! Stunning views, two double bedrooms, two bathrooms, a bath, two car-parks, your own storage locker, access to a bike room and extensive quality chattels. This well presented Brickworks apartment delivers value in spades! Fabulous easy care apartment living or a great rental property for the discerning buyer. Enjoy the sunny North facing aspect, corner windows, alfresco dining on the covered deck and wide views across the park through to the Inner Harbour. Whether you want lock and leave or the simplicity that this property can give you, it is a real winner. Quality Chattels included with the Apartment.

[www.mikepero.com/RX1431549](http://www.mikepero.com/RX1431549)



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**EXTENSIVE PANORAMIC VIEWS - VENDOR SAYS SELL**

**Offers Over \$784,000**

**731A Ridge Road, Riverhead**  
**Offers Over \$784,000**

Elevated mixed pasture and bush in an upmarket and established development. One of the last sections available. Options here to capture the view, create a little paradise and enjoy. 2.3943 ha (approx 5.6 acres) of land in an established country lane, a short distance to Riverhead shops and school. The land is semi fenced post and rail and has a house cut in place. From this cutting the views are plentiful through the valley and afar. Additional information is available to purchasers keen to put the dream home on a great land holding. Services at the lane side close to the proposed house site. The CV on this property is \$810,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX1055369](http://www.mikepero.com/RX1055369)



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## AFFORDABLE SECTION - CLEARED BUILDING SITE

Tender

### 747 Scenic Drive, Henderson Valley

For sale by Tender - 5pm, Friday 12th August 2018 (unless sold prior).

This flat circa 1600 sqm section boasts a flat, cleared building site with plenty of potential and possibility, delivering an opportunity to create a footprint of peace, tranquillity and sustainability. Elevated and generous sunshine envelopes the section which currently has an old derelict work-shed on site. A great opportunity to create your hideaway from the hustle and bustle of the city yet only 10min drive away (off-peak) from Swanson train Station. Value has been added to this property by an architectural design house which gained Resource Consent. All relevant investigation have been completed and approved e.g. Geotechnical Report, Storm Water Mitigation Report etc. All of these are available as part of the negotiations.

[www.mikepero.com/RX1449850](http://www.mikepero.com/RX1449850)



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## BUILD YOUR DREAM HOME WAIMAUKU

By Negotiation

### 908 Old North Road, Waimauku

By Negotiation

Often sought but seldom found, this flat easily accessed 1.7 hectare site ticks the boxes for the lifestyle buyer that seeks a flat no nonsense property to create a piece of magic. It features: 1.76 hectares, No building covenants. Down a private ROW, Fenced, Flat site, In a rural glade with shelter belt trees to the south west. A short drive to Kumeu and Waimauku shopping centres, transport links and schools. The CV on this property is \$760,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

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



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## PANORAMIC VIEWS - EASY LIVING IN SWANSON

4 2 2

By Negotiation

### 1069 Scenic Drive North, Swanson By Negotiation

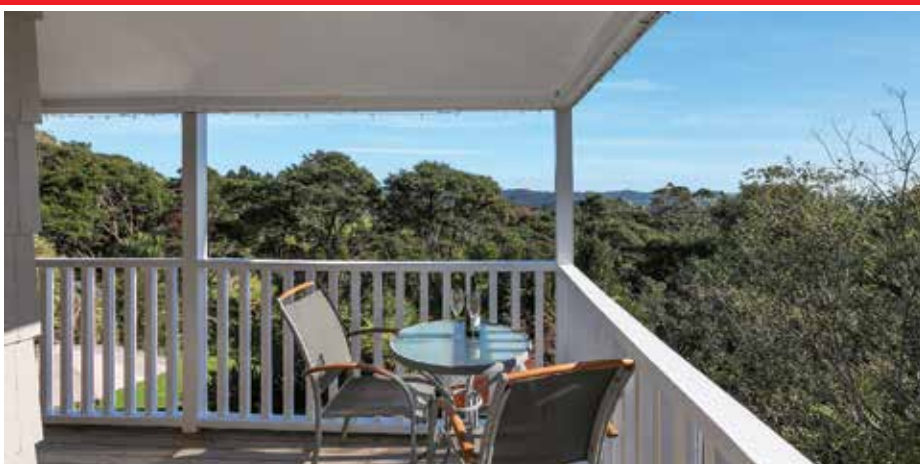
Easy living on a traditional ¼ acre site (1012 sqm). The large north facing home offers a modern open plan kitchen and dining, opening up to a large lounge, leading out to decking area with panoramic views of the Waitakere 's. Three generous double bedrooms, master bedroom with ensuite and wardrobe, main bathroom over one level, the ground level has a large rumpus or extra room perfect for teenagers or extended family, with its own ranch slider leading to bottom grassed area. This modern entertainers family home, is fully fenced in its own perimeter, independent double garage, overlooking jaw dropping views, private, calm and relaxing. A short distance to Swanson Rail Station, Swanson Café, convenience shopping and multiple primary schools and day care options.

[www.mikepero.com/RX1570684](http://www.mikepero.com/RX1570684)



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## NORTH FACING WITH VALLEY VIEWS - SCENIC DRIVE

3 1

Offers Over \$780,000

### 1143 Scenic Drive North, Swanson Offers Over \$780,000

This generous three bedroom refurbished home delivers comfortable living, easy care section, great neighbours and views as far as the eye can see. North facing, the home is elevated and provides an excellent open plan family kitchen, lounge and dining with sunroom and wrap around decking. The wow factor is certainly the view but behind this view is some excellent value and options to further develop underneath the home, currently a storage area. Close to Swanson Café and train station, convenience shopping and multiple primary schools and day care options. The CV on this property is \$715,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX1510406](http://www.mikepero.com/RX1510406)



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# RURAL NEWS

## DORPER - A GREAT LIFESTYLE BLOCK ANIMAL

Here is another animal well suited to lifestyle blocks; these were once very expensive stock due to their unique characteristics. Now they are quite affordable. The Dorper is a fast-growing meat-producing sheep. The Dorper is an easy-care animal that



produces a short, light coat of wool and hair that is shed in late spring and summer. It was developed in South Africa and is now the second most popular breed in that country.

The Dorper adapts well to a variety of climatic and grazing conditions. In Australia, Dorpers are now farmed throughout the arid and tropical areas as well as the high rainfall southern States, thriving even in the extreme cold and wetness of Tasmania.

The breed is extremely adaptable with a high ability to flourish, grow, produce and reproduce in irregular and low rainfall environments. Dorpers are known to adapt well to feed lot conditions which offer farmers an alternative method to finish lambs in times of drought. The breed is regarded as having the ability to graze and browse which suggests it will consume plants seldom eaten by other sheep breeds.

The Dorper is an easy-care breed which requires minimal input of labour. The Dorper has a thick skin, which is highly prized and protects the sheep under harsh climatic conditions. The Dorper skin is the most sought-after sheepskin in the world and is marketed under the name of Cape Glovers. The skin comprises a high percentage of the income (20%) in South Africa. Unlike most sheep, Dorpers do not need shearing, crutching, or mulesing, and they do not get flystrike. For more information contact The New Zealand Dorper sheep breeders Association on [www.facebook.com/nzdorperbreeders](http://www.facebook.com/nzdorperbreeders).

If you require any further information on this fine animal or other lifestyle block animals give me a call, if I don't know the answer I will know somebody who does. Lyndsay Kerr your local Mike Pero Real Estate lifestyle and residential expert. 027 554 4240 or 09 411 7854, [lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com).

## LIVESTOCK REPORT

Fewer numbers of killable cattle sold briskly at Pukekohe on Saturday, with buyers competing strongly, particularly on the better finished cattle. Best steers sold well to \$1,970 and medium heifers made to \$1,430. A nice line of Hereford heifers made \$1,190. Young cattle are selling well enough considering the amount of rain and lack of grass. It is only the very poorly bred or fed, young stock that are extremely hard selling.

Cattle	Lowest Price	Highest Price
Best steers	\$1,440	\$1,970
Other good steers	\$1,150	\$1,330

Light x bred steers	\$920	\$1,070
Small rising 1 -year steers	\$475	\$510
Very small off -bred steers	\$100	\$360
Best heifers	\$1,190	\$1,430
Forward 2 -year heifers	\$900	\$1,080
Medium rising 1 -year heifers	\$530	\$600
X bred weaner heifers	\$260	\$350
Boner cows	\$650	\$1,610
Bulls	\$1,710	
Fat lambs	\$135	\$57
Store lambs	\$60	
Ewes	\$90	\$100
Sow	\$30	
Weaner	\$80	
Boar	\$30	

## RURAL/LIFESTYLE BLOCK & FARM SUPPLIES

Whether you have a week-end project underway, building and maintaining farm fencing/sheds or constructing your dream home, no job is too big or too small for the team at Western ITM in Kumeu. Our Kumeu store



stocks a comprehensive range of Urban and Farm Fencing materials that can add so much value to your rural/lifestyle property. Fencing not only provides you and your animals security and privacy, it can also provide shelter from the elements. Just some of the vast range we carry in stock are listed here. Wire and Batten Fencing - Batten and wire fences usually consist of seven or eight wires, using 2.5mm hi-tensile. The posts can be number one or two, which relates to the diameter of the post. Posts are usually spaced at 4.5m with five battens per space. Post and Rail Fencing - Post and rail fencing is a popular option for lifestyle blocks and equestrian facilities, often used for driveways, road frontages and tree surrounds. Gates - Our stores stock an assortment of wooden and galvanised Farm Gates which are available in a variety of lengths and styles. A full range of quality, hard wearing gate hardware is available instore. Strainers and Stays - Strainers are larger fence posts, which provide anchoring points and extra strength for your fence. Chain Fencing and Hex Netting - Offering transparent design, our range of chain link fencing is suitable for boundary separation, pet enclosures and animal compounds. Electric Fencing - Our stores stock a comprehensive range of the Gallagher Electric Fencing System, with mains power and solar options. Our stores also stock a wide range of Strainrite fencing tools, equipment. Water Troughs - Our Western ITM Kumeu store carries rectangular and round troughs. These come complete with a built in covered ball float. Light weight, easy to handle and available in a variety of sizes. PurePine Shavings are dust free, dry, natural and hygienic and come in easy to handle (19kg) water resistant plastic bales. These shavings are ideal for domestic animal bedding, commercial stables and farms. Just \$26.00 incl GST per bale! Visit [www.westernitm.co.nz](http://www.westernitm.co.nz) today for a free online quotation or for further advice or information visit us instore today. Western ITM Kumeu - 154 Main Road, Kumeu Phone 09 412 8148. Open Monday o Friday 6:30am-5pm, Saturday 8am-4pm.

# HOME & GARDEN

## VIREYAS — GROWING TIPS

Awa Nursery currently has some beautiful Vireyas and the colour display is very eye catching. The Vireya is such a popular plant that will reward you with regular displays of exotic blooms in an array of colours. We thought we would pop a few tips on the general maintenance of these beauties. Where to Plant: Vireyas need to be grown in a frost-free location, with good light, preferably where they will receive full sunshine in the morning and dappled light in the afternoon. They will need very free draining soil as they dislike becoming water logged. Ideally when planting the Vireya, make the hole shallow and mound the soil up above the ground just enough to cover the root ball. These plants are easily grown in pots, having the advantage of portability. Pruning: When a plant is young, it is a good practice to pinch out the new growing tip as it emerges at the end of each branch. This encourages the plant to put out more growth, making it more compact and bushy. Feed the plant before pinching helps with this new growth. If your Vireya has become too leggy with many bare lower branches, this could be a result of too much shade, and it is worthwhile moving it to a sunnier site. This will often promote new growth on the stems. However, if a large



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plant needs reducing in size, cut one third of the branches back to the desired height, cutting just above a set of leaves, leaving a few leaves on each stem. Once new growth has emerged and hardened, you can repeat the procedure. Awa Nursery phone 09 411 8712 or visit [www.awanursery.co.nz](http://www.awanursery.co.nz).

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## KUMEU GARDEN HUB

It's all about the roses. Plant now to enable the plant to get the roots established before the summer months. Rose care is easier than you think—anyone can grow them successfully. For the best show of flowers and the healthiest plants, rose bushes should receive six to eight hours of sunlight daily. Roses also thrive when planted in well-drained soil that is rich in organic matter. Fertilise when planting with a controlled release fertiliser and then every 4 weeks during the growing season. Watch for diseases like powdery mildew or black spot. We have a very good three in one bee friendly spray that is seaweed based. An insecticide, fungicide and fertiliser - three jobs in one. Water regularly in the drier months especially the first year. We have a lovely



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selection of plants at the Garden Hub. It's time to prune existing roses too. It's not as hard as you think! There are good tutorials on YouTube or come into the garden centre for advice.

## PREVENT STAFF INJURIES WITH THIS 8 POINT CHECKLIST

Even if you are confident that your organisation is compliant in terms of Health & Safety, remember that being compliant is measuring just a moment in time. Use the following checklist to reconsider some of the ways that your staff could be injured in your workplace. See if you can score all 8 points.



### 1. Does Your Workplace Have An Accident Register?

Q: Does your workplace have an Accident Register? [1 point]

Q: Do you encourage the reporting of staff injuries? [1 point]

Remember a basic rule of health and safety is that all accidents and incidents need to be reported and recorded.

### 2. Does Your Workplace Have a Risk / Hazard Register?

Q: Does your workplace have a Risk/Hazard Register? [1 point]

Q: The Risk/Hazard Register should be available for all staff to read and access. Is yours? [1 point]

In most businesses, slips, trips and falls, carrying heavy loads, lifting and standing for long periods of times can all lead to injury.

Q: Do you have an item in your Risk/Hazard Register that deals with slips and trips? [1 point]

Controls may be cleaning up slips promptly or buffing the floors so that they are not over slippery. Diseases, such as mumps,

chicken pox, or the flu, are spread through the air when infected people cough, sneeze or speak and is a common risk for people working in a close proximity environment.

Q: If your workers work closely together, for example in retail or in an open office area, have you checked your Risk/Hazard Register to see if the above items are mentioned? [1 point]

If they are, then that is good. If not, ensure that they are added to the Register with an action or control to help minimise the possibility of catching the flu – especially at this time of the year. In the case of the flu an action would be that all staff wash their hands regularly.

Q: You can put signs on the mirrors in the washroom to remind staff about the need to wash their hands – a simple action to prevent spread. Do you have these signs in place? [1 point]

### 3. Are you protecting lone workers?

Remember that lone workers can sometimes be prone to confrontation, especially in retail, in construction and the service industries.

Controls may be that such workers report the reason for the visit, destination and perhaps advise a third party prior to undertaking it.

Record the timeframe from start to end that someone is likely to be alone, ensuring they report back in upon return.

Just as important is that all the risks and hazards should be rated to record the likelihood of an occurrence and the consequence of an event.

This becomes the review point to follow up on minimising or eliminating identified hazards going forward.

Q: Are you protecting lone workers? [1 point]

Need Help? How did you go? Did you score all 8 points? If so, great! If not contact John Riddell H&S consultant Securo, email [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or phone on 027 477 9750.

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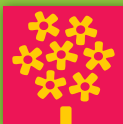
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## WAIMAUKU GARDEN CLUB

No bus trip this time ... instead we celebrated a Mid-Winter Christmas together at one of our local venues, The Settlers Country Manor, in Waimauku (the old Dairy Factory). Our festive lunch date was on such a cold, wet day, even the fire struggled to warm us in the high-studded room. However we were cheered up by the hearty and attractively plated lunch delivered to us with precision by our two waitresses. Following our meal, Janice Chandler entertained us by taking us on a journey through Eastern Europe. For a time we were made part of that particular culture, as this quick-change artist draped herself in colourful costumes decorated with embroidery and embellishments, along with trinkets and jewellery, giving a taste of how other people express their culture. What a compulsive retail therapist she is. August we're off to Titirangi. Te Uru, Earthsong Eco community, Althea 021 123 6448, Bette 021 145 1854, Diana 027 478 8928, Jan 021 108 7925, Judith 027 272 9994.

## WARM AND DRY STORAGE IN YOUR OWN GARAGE

The big spring wet seemed to start in autumn this year and hasn't let up - I can't imagine how boggy things are going to get by spring. If you're lucky enough to have a garage with internal access there is nothing better than driving in or out of your garage without getting your feet wet. You can only take advantage of this if your garage is clear enough to get your car inside. If storage is a problem and you need space to put all that stuff, take a look at Stealing Spaces ceiling storage racks. They clear the floor and put everything up near the ceiling where it is warm and dry. We're delivering and installing locally - take a look at [www.stealingspaces.co.nz](http://www.stealingspaces.co.nz).



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# THE GREAT OUTDOORS

Provided you're in range (a significant opening statement to consider), the knowledge and convenience you can access from the touch of a finger on your mobile phone is as remarkable, as it is prolific. Finding your way through the myriad of mobile applications that are now available relies on not much more than a topic of interest, or need, keyed into the search bar.



Land and water based activities can now be supported by valuable information ranging from the environments and conditions of your activity, the gear to use to how to use it. Clever tips and suggestions on what you might consider next, that's the technology age we now live in and the icon on your home screen takes you where you want go in an instant. Some free, some subscriber based, the options seem endless, but here are a few good ones you might want to look at.

### Tramping - Ilikegps

1. View your current location and direction, a track of where you've been, waypoints of important places, and routes to guide you.
2. Shows an elevation Graph for tracks & routes. View time & speed. Includes waypoints to pinpoint key locations.
3. Sets a GoTo waypoint or route and see Distance, Bearing, Course, Compass Heading, and Estimated Time of Arrival.

### Boating

#### Swellmap:

1. Accurately forecasts weather patterns for boating such as swell, wind direction, wind speed & tides.
2. Easy to read format isn't confusing and uses an "out of 10" rating for periods throughout each day.
3. Make informed boating condition predictions for safe and enjoyable boating.

#### Bouyweather:

1. A customized marine weather application directed towards mariners, coastal residents, fishermen and watersports enthusiasts.
2. Marine forecasts, passage forecasts, weather widgets and marine charts
3. Recognize when bad weather is going to present uncomfortable and potentially dangerous conditions and quickly check up-to-date forecasts

### Salt water fishing

#### Fish Track:

1. Live time temperature SST charts and updates on changing weather patterns that affect fishing.
2. Pinpoint hotspots at sea to target areas that hold fish.
3. Plot waypoints and coordinates to plan trips in advance.

### Fresh water fishing

#### Sun Surveyor

1. Gives an accurate prediction on sun positioning using your phone camera and a virtual sun path map.
2. Includes a moon phase calendar.
3. Sunrise and sunset times using your location.

### Hunting

#### Bullet Flight:

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2. Makes for consistent long range shooting and is versatile for hunting situations.
3. Works across a vast range of different firearms and ammunition.

#### NZ Game Calls

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4. For best results use with an amplified or bluetooth speaker. If you are using a bluetooth speaker you can set it up away from and call the animals to the speaker. Or set up the speaker next to your decoys. For more information phone 09 869 3331 or go to [www.huntingandfishing.co.nz](http://www.huntingandfishing.co.nz).

## MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Wed 1 Aug	00:17	06:44	12:39	18:58	-
Thu 2 Aug	00:54	07:22	13:17	19:37	-
Fri 3 Aug	01:34	08:03	13:59	20:20	-
Sat 4 Aug	02:19	08:49	14:47	21:11	-
Sun 5 Aug	03:10	09:42	15:43	22:10	-
Mon 6 Aug	04:09	10:43	16:47	23:19	-
Tue 7 Aug	05:15	11:51	17:58	-	-
Wed 8 Aug	-	00:32	06:27	13:02	19:11
Thu 9 Aug	-	01:41	07:39	14:08	20:17
Fri 10 Aug	-	02:42	08:44	15:07	21:15
Sat 11 Aug	-	03:37	09:40	16:00	22:07
Sun 12 Aug	-	04:28	10:32	16:49	22:55
Mon 13 Aug	-	05:16	11:19	17:35	23:40
Tue 14 Aug	-	06:02	12:05	18:20	-
Wed 15 Aug	00:24	06:47	12:49	19:05	-
Thu 16 Aug	01:08	07:32	13:33	19:50	-
Fri 17 Aug	01:52	08:17	14:18	20:37	-
Sat 18 Aug	02:39	09:05	15:08	21:30	-
Sun 19 Aug	03:31	09:59	16:05	22:30	-
Mon 20 Aug	04:31	10:59	17:11	23:39	-
Tue 21 Aug	05:40	12:06	18:20	-	-
Wed 22 Aug	-	00:47	06:48	13:11	19:22
Thu 23 Aug	-	01:46	07:47	14:07	20:14
Fri 24 Aug	-	02:35	08:37	14:53	20:58
Sat 25 Aug	-	03:18	09:20	15:34	21:37
Sun 26 Aug	-	03:56	09:57	16:12	22:12
Mon 27 Aug	-	04:32	10:32	16:47	22:45
Tue 28 Aug	-	05:08	11:06	17:22	23:18
Wed 29 Aug	-	05:43	11:40	17:58	23:53
Thu 30 Aug	-	06:19	12:15	18:35	-
Fri 31 Aug	00:29	06:57	12:52	19:14	-

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



# CENTRAL'S TIPS

## AUGUST 2018



The end of winter is in sight and it's time to plant potatoes and sow tomato, capsicum and zucchini seeds indoors.

Prune hydrangeas, plant hedges and borders and clear areas with planted bulbs to help them grow.



### Plant Potatoes

Plant sprouted potatoes in a trench and lightly cover with soil, every few weeks 'hill' up the soil about halfway up the stem to get a better potato crop.

### IN THE VEGGIE PATCH

- **Plant sprouted seed potatoes** by digging a trench and cover lightly with soil. Every few weeks 'hill' up the soil as plants grow
- **Sow tomato, capsicum and zucchini seeds indoors** or under cover
- **Lift mint and give the roots a trim**, then replant. Mint increases its root size very quickly in proportion to its foliage growth
- **Rosemary varieties can make a great hedge** or border and its blue flowers brighten the winter vegetable garden.

### LAWNS

- A gentle but effective early fertiliser for lawns is **Garden Supreme**
- **Avoid mowing very wet lawns** until they have dried out a little.



### Rosemary makes great hedges and garden borders

With its pretty blue flowers and delicious taste get some rosemary into your garden!

### THE REST OF THE GARDEN

- **Prune hydrangeas** and apply lime around the bush to encourage pink flowers, or Aluminium Sulphate for blue. If you are planting white flowered types avoid full sun – they look best in dappled shade
- Late August is a great time to **plant hedges** and **perennial borders** for the summer garden. Mulch after planting
- **Clear areas** in the garden where bulbs and deciduous plants are poking through the soil again – exposes them to the sun to encourage growth.



### Sow tomato, capsicum and zucchini seeds indoors or in a covered area

Now's the time to plant your spring produce like tomatoes, capsicums and zucchini. Put them into pots or containers and leave them somewhere warm to germinate, watering daily. They should sprout up within 2 weeks.



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# BUILD

## NEW

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What is a house and land package? House and land packages are created when a company such as Signature Homes secures land from a developer or property owner and matches the land with a home design perfect for the section. The company then finds the right buyer for the section, works with them to personalise the home to their tastes, then manages the consent process and project manages the build. It's an easy, secure way

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What makes Signature a great provider of house and land packages? There are lots of house and land packages out there but Signature Homes offers a service unique for its guaranteed outcome.

"We give people transparency and surety of costs," says Brad Hay, National Sales Manager for Signature Homes. "Where possible, we offer our customers a firm and final price that we can go to contract with, as per our advertisement."

Where in New Zealand can I purchase a house and land package? Signature Homes has House & Land packages available from Northland to Otago and pretty much everywhere in between. We have worked with developers to find great sections, and then match each section with the perfect house plan to suit its climate, topography and orientation to the sun – all you need to do is add your personal touch.

Can Signature Homes help me demolish my home and build fresh? Yes! If you are thinking of removing or demolishing an existing dwelling, you have many different options to choose from (see the Knock Down & Rebuild home on page 36 of Signature Style magazine, Issue 4). You can knock down the old house and build the home of your dreams, or build two, rent one and live in the other, or simply sell one or both. The Signature Homes Knock Down & Rebuild service offers expert guidance on all aspects of your project. Signature will manage the project for you and guide you through the process every step of the way.

Can Signature Homes help build my dream home from existing plans?

Signature Homes has been building houses across New Zealand since 1983, and can build from architectural drawings or plans that you have drawn up for your new home. We will work with you to ensure your home is built to plan and on budget. Quantity Surveyors are on hand to price up your plans prior to con-

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What will I need to do to move in?

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Can Signature Homes help find the perfect home and section for my family?

If you've decided a Signature Homes House & Land package is right for you but can't see an existing home on our website that suits your needs, we can help. Our expert team can help you find the perfect piece of land and take you through the process of selecting and building a home to suit you and your family.

I love my existing house but want to subdivide. Can Signature Homes help?

Subdividing and building on your property can be a great option, potentially offering very good financial rewards. However, the subdividing process can be complex and time-consuming, with consents, hidden costs, council restrictions and planning regulations just a few aspects of the project that will need to be considered. And all of that comes before a new home is built on the site! Signature Homes has created a one-stop solution we call Subdividing Services. This streamlined service puts together a number of specialists to guide you through the process of subdividing from start to finish. Our team will also be able to give you a much clearer idea of the costs involved to complete your project.

I live in Auckland and am worried about how the Unitary Plan might affect me. Can Signature Homes help?

We are the Auckland Unitary Plan experts and can give you a quick and easy assessment of what could be possible on your property. Signature Homes phone 0800 020 600.

## MADDREN HOMES TRADIE OF THE MONTH

She's mysterious, can inspire people to work on Saturdays at short notice and is an expert at getting clients out of a pickle. While she's not Spiderman, Sara from Safety Nets is as close to a superhero as you can get, and also Maddren Homes Tradie of the Month. When an install date comes in at short notice, she moves heaven and earth to make it happen using her calm and unflappable communication skills. And it's this can-do attitude that deserves recognition. Well done Sara, you've earned yourself a little something from Western ITM.



## \$85 = EXPOSURE FOR A MONTH

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



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# PETS

## TIPS & ADVICE

### DOG SAFETY TIPS

With the ever growing number of home delivery services being provided by retailers and other grocery suppliers, staff will increasingly need to be aware of the risks associated with entering a private residence, or even some businesses, where there may be a dog present.

Over the past 10 years New Zealanders have reported over 123,000 bites at a cost of over \$40 million. Last year alone there were over 14,500 dog bites reported that required medical attention.

So how can we protect our workers? Education and training is the key. Does your staff understand why a dog may bite? Do they recognise the signs when a dog is nervous? Are they inadvertently behaving in a manner that may scare the dog or intimidate it thus causing a bite?

Here are some tips from The Dog Safe Workplace around miscommunications between humans and dogs that can help keep your staff safe:

**A wagging tail** – many of us have been told that this is a sign that the dog is happy. Unfortunately this is not always true. Research has shown us the tail wagging shows that the dog is engaging with something in its environment. They could be engaging in a positive or negative way. The Dog Safe Workplace has videos of aggressive dogs with their tails wagging.



Rolling on its back – again many of us think this is because they want their belly rubbed. Again not true. They are actually telling us that they are scared and small so please don't hurt me.

**Bringing you their toy** – yes they are showing you their toy and want you to play with them. Not always true. They may want you to play with them. Though this is not always the case and if you go to take the toy or pick up the ball they may try to snatch it back which could result in a bite. Also there may be certain rules that need to be followed or commands given when playing with that particular dog.

If you have staff entering properties with dogs it is your responsibility as the PCBU to ensure you are educating your staff to avoid known risks. Dogs on properties are a known risk, we cannot eliminate the risk but we can take steps to minimise the risk as much as possible.

Please pass these tips onto your staff and for more information contact The Dog Safe Workplace on 0508 DOG SAFE or email [admin@dogsafeworkplace.com](mailto:admin@dogsafeworkplace.com).

### YOUR CAT'S FAVOURITE PLACES TO BE PETTED

by Katie Finlay from "I heart cats". All cats are individuals with their own likes and dislikes, but there are some generalisations we can make. **Chin** - Most cats love a good chin scratch. A chin scratch is enough to make most cats even doze off a little bit. **Base**



**of Ears** - When you rub this area, you're not only giving the physical satisfaction of the massage, you're marking yourself with your cat's unique scent. **Cheeks behind Whiskers** - Whiskers are sensitive, so be sure not to scratch them too hard, just behind the whiskers on your cat's cheek is an area that sets the purring machine off quite often. **Base of Tail** - This seems to be a love or hate thing for cats. Some cats hate it, but most cats love getting the base of their tails scratched. For the full article go to [www.facebook.com/kanikapark/notes](http://www.facebook.com/kanikapark/notes). For more info contact 09 411 5326 E: [info@kanikapark.nz](mailto:info@kanikapark.nz).

### WHAT IS THE PURPOSE OF A PET PHOTOGRAPHER?

Some people have a little giggle when I tell them I'm a professional pet photographer. Others think that I've taken my passion for dogs a little too far by focusing on what they think is such a limited service ... however most



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don't realise the extent and purpose of my job.

So, what is my role as a pet photographer? Yes, the goal of many of my photo sessions is to capture adorable portraits of your four legged family members (because who doesn't want a beautiful image of their pet on their wall?). But, I also do family shoots, romantic couple sessions, engagements, weddings, and more ... as long as pets are involved. I am a specialist in working with pets in any photography scenario. You know the saying "never work with kids or animals" right? Well I'm the crazy one who is happy to take on both at the same time! Over the years, I have gained valuable experience by working as a dog handler at Sharrow Boarding Kennels in Waitakere. Understanding and dealing with different temperaments is a strength of mine, so don't worry if you think that your dog isn't cut out to be a model - I know how to make it work. Being a pet photographer is a job which requires endless patience, treats, toys, and an interesting repertoire of weird noises and whistles. I know how to get those cute head-tilts!

The pet culture in New Zealand is growing substantially. Pets are now being referred to as "fur babies". Some doggy daycares even give your dog a report card and school photo at the end of the year. Our pets are family members, so of course we want to involve them in our special occasions, and include them in the memory-making moments of our lives. Whether that be family portraits, engagement photos, pregnancy reveals, or walking down the aisle at your wedding. These are the moments we want captured to treasure forever.

If you've been considering getting some photos involving your pets, I'm your photographer. Plus, we are so lucky here in West Auckland that we have some of the most beautiful locations for photoshoots. Bethells Beach is my all-time favourite, especially with the sun setting. Sound appealing? Get in touch! [www.dogandco.nz](http://www.dogandco.nz). [kirsty@dogandco.nz](mailto:kirsty@dogandco.nz). 021 024 1575.

## WEST HARBOUR CATTERY

Is your cat's vaccination still current? According to Veterinary Care NZ, due to cat's natural roaming habits often bring them into contact with other animals which increases their exposure to disease. Several diseases can be fatal especially for kittens. Fortunately vaccinations are available to prevent many cat diseases. It's highly recommend that cats are vaccinated against Feline Enteritis, the two viruses that cause Feline Respiratory Disease and Feline Immunodeficiency Virus (FIV).



Feline Enteritis is highly contagious and causes vomiting, diarrhoea, fever and intense abdominal pain. 75% of kittens who get this virus die within one week.

Feline Respiratory Diseases also known as the cat flu, are highly contagious and easily spread in the air from cat to cat. They cause sneezing, coughing, discharges from the nose and eyes and ulcers in the mouth. The diseases can be fatal in young kittens and older cats.

Feline Immunodeficiency Virus. This virus causes a potentially fatal disease which interferes with the immune system of a cat. At the West Harbour Cattery, all cats boarding with us MUST be vaccinated yearly against cat flu and feline enteritis and the vaccination must not be given no later than 10 days prior to arrival. We insist to sight the current veterinary certificate when you drop off your cats. If you need more advices on cat vaccination, please feel welcome to contact us on 09 416 5586 or contact your local vet. Cat joke of the month - Q: What is the cat's favourite TV show? A: The evening mews!



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# FOOD & BEVERAGE

## LEMON AND POPPYSEED MUFFINS

2 cups self-raising flour  
1 cup sugar  
1/2 cup poppyseeds (one packet)  
Finely grated rind of 2 lemons  
100g butter  
2 large eggs  
1 cup milk



### Topping:

Juice of 2 lemons  
1/4 cup sugar

Measure flour, sugar and poppyseeds into a large bowl. Grate in lemon rind. Melt butter, add milk and eggs. Beat with a fork to combine. Tip liquid ingredients into dry and fold together until flour is dampened. Do not over mix. Spoon into 12 greased or oil sprayed muffin tray and bake at 200°C for 10-15 minutes.

### Topping:

While muffins cook, squeeze lemon juice and mix with sugar. As soon as muffins removed from tray, brush lemon sugar glaze over top of muffins. Cool on a wire rack.

Recipes supplied by Wedding and Birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021 273 6139, email [info@paulajanecakes.co.nz](mailto:info@paulajanecakes.co.nz) or visit [www.paulajanecakes.co.nz](http://www.paulajanecakes.co.nz).

## THE GALLERY CAFÉ AND JAPANESE RESTAURANT

At the Gallery Café we offer a delicious all day café menu but we also offer the option of Japanese meals for lunch or dinner to give you the ultimate culture experience within your meal. Our community is continuously growing and so is our menu



to satisfy our customers and keep things exciting for you all. If a romantic dinner for two or a family dinner with the kids sounds like what you're after give us a call and book in now. Not only do we deliver delicious meals but our talented chief has previously done photography for National Geographic and has some of his work including his own publishing book "Land of the long white cloud New Zealand" on display right here for locals to view and even purchase. So be sure to pop in for a coffee, breakfast, lunch or dinner and check out what The Gallery Café and Restaurant has to offer. Go online to our Facebook page ([www.facebook.com/thegalleryjapaneseandcafe](http://www.facebook.com/thegalleryjapaneseandcafe)) too find out a little bit more about us and the food on offer. 329a Main Road, Huapai 09 412 8983.

## BIG NEWS FOR THE TASTING SHED

Reopening on the 1st of August after our winter hiatus, The Tasting Shed team are ready to deliver our 8th year of award-winning food and service. And we have BIG news! We're thrilled to announce that Head Chef Alok Vasanth from Auckland's number one award-winning



restaurant, Cassia, is joining The Tasting Shed family and manning our stoves from August, bringing his unique and exciting passion for Kiwi produce to you. We're looking forward to kicking things up a notch and giving our customers a destination dining experience to remember. For bookings online go to [www.thetastingshed.co.nz](http://www.thetastingshed.co.nz) or phone 09 412 6454.

## GGs WOOD FIRED PIZZAS

GGs is now running our winter menu with some great new prices and tasty new pizzas. Remember if you have a wood fire at home and like to cook your own pizzas but don't have time to make your own dough, we sell dough balls and precooked

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## THE HERBALIST CRAFT BEER

This is a tasty mustard recipe with a strong mustard seed flavour which pairs well with salted or cured meats e.g. corned beef or ham and hard cheeses. It is based on a recipe from the New Zealand Gardner's The Art of Preserving book. Beer & Honey Mustard Recipe: Combine 100g yellow mustard seeds, 100g brown or black mustard seeds and 1 cup of The Herbalist Manuka Ale in a small bowl, cover and allow to soak overnight. The next day, set aside half of the soaked mustard seeds and puree the rest along with 140ml runny honey, 2 tablespoons olive oil, 2 tablespoons apple cider vinegar, 1½ teaspoons salt, 1 teaspoon Worcestershire sauce and 1 teaspoon tamari. Once pureed, scrape out of the blender into a bowl and stir in the reserved whole mustard seeds. Mix well. Store in the refrigerator. Makes approximately 3 cups. You can also add fresh herbs, chilli or citrus peel for additional flavour. The Herbalist stockists: The Bottle-O Huapai, Black Bull Kumeu, Fresh Choice Waimauku, Boric Food Market, Soljans Estate Winery, Riverhead Fine Wines and select West Liquor stores.



## SOMETHING SPECIAL FOR DAD

With Father's Day looming on the horizon, NoShortcuts are making available for the very first time, free delivery North Island wide on each of their gift packs. It's so easy to choose from the NoShortcuts range, because it offers something for every taste, from the tried and true Mustard Pickle and Gherkin Relish through to the spicy Sambal Ulek and exotic Feijoa Kasundi. These products and all the others are handmade – just like mum used to make – meaning all the health benefits, flavour and aroma are retained. And of course, there are no added artificial flavours, colours or preservatives. The award winning range of 'NoShortcuts' chutney, pickle, relish



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## NEW RELEASE 2016 SOLJANS TRIBUTE

Last month at Soljans we released the new vintage of our top, premium red wine, Tribute. This has been a long wait, being a blend of Merlot and Malbec that has seen 18 months in French Oak Barriques. Displaying blackberry, red cherry and a savoury spice on the nose. When sipped you get deep plum, cocoa and a hint of liquorice. Mocha and leather add to the complexity with an underlying spice that grows over time. A luxurious finish with firm tannin structure that makes you fall in love with red wine, all over again. Tribute is a gorgeously succulent and rich red which is best drinking now through to 2028. This wine is truly a 'tribute' to the Soljan family's winemaking heritage. This is the perfect wine to have alongside a variety of meals in our award winning café. Come along and enjoy at 366 SH16 Kumeu.



## HALLERTAU'S DIVINE SEED

Early August see's Hallertau's latest seasonal beer release 'Divine Seed' Saison 6.5%. Saisons are a sturdy farmhouse ale style that were traditionally brewed in the winter, to be consumed throughout the summer months. Not so long ago it was close to being an endangered style, but over recent years there's been a massive revival. A very complex style with yeast tones, mild to moderate tartness, lots of spice and with a medium bitterness. Try it at the brewery with some available as a limited edition 500ml bottling.

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# HEALTH AND BEAUTY

## SKIER'S THUMB CAN HAPPEN TO ANYONE

Skier's thumb injuries involve a sprain or tear of the ulnar collateral ligament (UCL) of the thumb. Commonly seen in the 1980's, it derived its name, when skiers bracing themselves for falls would land on an outstretched hand onto poorly designed ski pole grips. With the advent of better designed ski poles, the incidence of this injury has reduced amongst skiers. UCL injuries are still very common. Anyone falling onto and outstretched hand is at risk of developing skiers thumb. It is commonly seen with rugby, snowboarding and netball injuries. We can initiate an ACC claim or treat you on an existing claim number. Call us at the Hand Institute on 09 412 8558 for an appointment.



## CHIROPRACTIC CARE AND PREGNANCY

Many people have experienced a greater level of health and wellbeing by having their spine and nerve system checked by our chiropractors here at Kumeu Chiropractic. Pregnancy is a beautiful process, but it does require a lot from both mum and baby. Chiropractic care ensures that the brain and the body are well connected, so both the mum and the baby can go through the pregnancy with ease. For example, a study published in 2016 stated that females under chiropractic care had increased function, control and relaxation of their pelvic floor muscles. This is essential when it comes to a confident and comfortable delivery. We love helping pregnant mums function at their best, so that the new



family member can thrive from its first breath. To start your chiropractic journey, or if you have any questions, please call us at Kumeu Chiropractic on 09 412 5536.

## WHAT YOUR EYES CAN TELL YOU ABOUT YOUR HEALTH

Our series continues as Natasha Herz, M.D.\*, clinical spokesperson for the American Academy of Ophthalmology, explains what your eyes reveal about your health, and how you know it's time to visit your optometrist. Today's tip: You need more ZZZs. If you notice that your eyes are puffy and red, don't assume you have an infection. It might just be a sign that you're tired. "In addition to twitching, lack of sleep can make the eyes more irritated and red," Herz explains. Optometrists Matthew and Molly Whittington suggest you note when the redness appeared - if it doesn't get better over two weeks, or if it gets worse, book in for a top quality eye examination at For Eyes in the Kumeu Village - Phone 09 412 8172. We also supply spectacles for treatment of colour-blindness, headaches and reading difficulties. (\*Acknowledgement: M. Bonner, Marie Claire).



## IS PAIN CRAMPING YOUR STYLE?

If you ever have experienced this sudden and intense pain, getting cramp can be extremely frustrating when it happens. Myths of cramping: Muscle cramping is said to be linked to low electrolytes after exercise, dehydration or exposure to extreme weather conditions (hot and humid environments) but these 'theories' have never been proven. What is proven: Accumulating evidence suggests it has a neuromuscular basis and is associated with the nervous system telling the muscles to contract, lengthen and relax. Posture issues, short muscles, intense exercise and exercising until fatigue will ramp up the nervous system to increase muscle activity and provoke cramp. Prevention: Muscle stretching which is done slowly is the most common and effective therapy for relieving acute muscle cramps. Within the muscles, receptors are inhibited to stop cramp. Useful strategies: To lessen the effects of cramping here are some useful strategies to implement. 1. Have a good warm up, followed by a well-controlled exercise session (avoid going too hard too soon), a good cool down with stretches and adequate rest. 2. How's your fitness? Are you fit enough to perform the activity and are you giving your body enough time to adapt to your training programme? 3. Commence regular stretching - the

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## KEEP ACTIVE CLASS AT NORTHWEST PHYSIO+

Physical activity and exercise can help you stay healthy, energetic and independent as you get older. As we age we are more likely to become more sedentary. This can lead to higher rates of falls, obesity, heart disease and earlier death compared with the general population. As you get older, it becomes even more important to remain active if you want to stay healthy and maintain your independence. You may find activities you previously enjoyed becoming more of a struggle, such as playing with the grandchildren, walking to the shops, leisure activities and meeting up with friends. You might start to get aches and pains you never had before and have less energy to go out. At NorthWest Physio+ at 4B Shamrock Drive, Kumeu, our physio Laura runs the Keep Active class on Thursdays at 4pm. This class incorporates reformer Pilates along with a variety of strengthening and balance exercises in a circuit-based class. We love to welcome new faces to our class of all abilities. For more information contact [laura@nwphysio-plus.co.nz](mailto:laura@nwphysio-plus.co.nz) or 09 412 2945.



## ARE YOU LACTOSE INTOLERANT OR GLUTEN FREE?

Are you looking for a non-dairy milk alternative? Have you heard about the benefits of coconut milk? Have you tried the new COCOSOUL Organic Coconut Milk? Made from 100% Organic coconuts this is a yummy milk alternative for everyone. COCOSOUL coconut milk content is over 4 x higher than other coconut milks currently on the market, making it not only creamier, richer and tastier, but also highly nutritious. Rich in fibre and vitamins C, E, B1, B3, B5, & B6 and high in lauric acid. COCOSOUL Organic Coconut Milk has no added sugar and no preservatives. If you are a coffee lover, then this coconut milk, with its creamy consistency, makes it perfect for frothing in your morning coffee or hot chocolate. It's also great as a non-dairy alternative for breakfast and delicious in smoothies. COCOSOUL Organic Coconut Milk has no added sugar and no preservatives. Available now from Huckleberry Farms, leading health food stores, selected cafes and soon to be released at Countdown supermarkets. Ask for it today or contact [admin@motheratures.com](mailto:admin@motheratures.com).

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## DOES CLICKING YOUR KNUCKLES CAUSE ARTHRITIS?

I recently posted a new video which looked at this question I am asked all the time, "Does clicking my knuckles cause arthritis?" The simple answer to this question is no, but clicking your knuckles can cause other issues. In the video I discuss what it can do to joints and how it relates to clicking your own back or neck. If you are someone who clicks their knuckles or their back or neck, you may want to watch this video. To watch the video simply look at the blog section on our website or on our Facebook page. [www.facebook.com/elevatechiropractic](http://www.facebook.com/elevatechiropractic) or [www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz). Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.



## COGY FOR MIRO

Miro is a 24 year old boy, with cerebral palsy. He lives with his mother, who is his full time care giver, just outside West Auckland. Miro and his family are raising funds for purchasing a COGY for him. Miro cannot walk, talk, sit unaided or feed himself. He communicates by pointing to symbols in a communication book. Miro loves trains, music, animals, movies, swimming and catching up with friends and family. The first time Miro tried COGY, we were not sure how much Miro understood what he was doing. Miro does not have



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strength enough to pedal forward by himself, so we pushed him from behind. The pedals went around. But we were not sure if he understood the consequences of pedaling movement and going forward. The second time he tried, we became sure that he does understand. We clearly saw that he made an effort to move his legs. Still not very strong, but we saw his legs and upper body made slight twitching movements when COGY actually moved forward on a slight downward slope. For Miro and his mother, keeping Miro fit is vital. He needs help transferring himself to toilet etc. If his legs are too weak, his mother cannot hold him by herself and their freedom would be very limited. They want to introduce COGY into their lives and not only for strengthening Miro's legs. COGY activity is one of very few activities Miro can enjoy. I love his smile when he moves on COGY. Boys love bikes, skateboards, scooters etc. For Miro, that's COGY. Your donation would be extremely appreciated. Please visit give-a-little, search "COGY for Miro", or [givealittle.co.nz/cause/cogy-for-miro](http://givealittle.co.nz/cause/cogy-for-miro).

## DANGERS OF TRAVELLING

Many of us manage to escape the winter cold and wet times by going to warmer and dryer places overseas. For New Zealanders this often means long flights and heavy luggage. This is where strains and sprains frequently happen. What is the best way to avoid coming home with sore lower back or stiff spine? First of all, one needs to be extra careful lifting suitcases and bags from the luggage carousel. Keep your back as straight as possible and use your legs to lift the load. Stand as close to the carousel as possible. Next important thing to remember is to get up and move during the flight. Joints and muscles get stiff and tight with prolonged sitting on the plane. It is a good idea to get up and stretch at least every couple of hours, for example, when going to the toilet. If you end up aching and stiff after travelling osteopathic manipulation may help to relief the discomfort. At Family Osteopathic Clinic we often help patient who get sore after travelling. Usually they recover quickly with gentle manual treatment. See us at 39 Hobsonville Rd, phone 09 416 0097.



## 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 and are fit for purpose. So whether you are buying functional every day shoes 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, and 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 foot 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. Shoe Talk - 401A Great North Road, Henderson phone 09 835 9936 or [www.shoetalk.co.nz](http://www.shoetalk.co.nz).



## GONE TO THE DOGS

Hobsonville Optometrists - Glasses and Gifts has a bit of an animal theme in store at the moment. Our sweet doggie doorstop and beautiful dog encyclopaedia are joined with other beasts to warm your heart during this cold, wet winter. Retro spectacle frames are all the rage - again - and we have a large collection - our dog in the pic is wearing a pair. Come and browse in the shop anytime or have a look at our frame selection - which is very diverse in both style and price. We love to help you choose and can offer very experienced advice from Monday to Friday 9am to 5.30pm and Saturdays. [www.hobsonvilleoptometrists.co.nz](http://www.hobsonvilleoptometrists.co.nz) Phone for an appointment: 09 416 3937.



## TIBIAL STRESS SYNDROME

AKA...shin splints - every runner's worst nightmare. Tibial stress syndrome is an overuse or repetitive overload injury of the front/back/side of the shin bone. More commonly known as shin splints. Incidence - 10-15 % of runners. Females have a higher incidence rate when compared to males. Risk factors -




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History of previous lower leg injuries, Improper running technique/form, Low running cadence, Training errors- i.e. too much too soon or for too long. Causes - Muscular imbalances around the hip, knee and ankle, inappropriate footwear, too much load. Symptoms - pain localised to the inside of the lower shin, made worse by running initially but when the area warms up it tends to improve. Once the exercise is ceased the pain returns and is usually higher in intensity. It can also be aggravated by jumping or high intensity ballistic type exercises. Treatment - Activity modification initially- bike/swim/cross trainer/walking, Load management – reduce the milage, Physiotherapy modalities addressing muscle imbalance and core activation. Running technique retraining (if appropriate). Possible complications - If not addressed appropriately then recurrence can be high and progression on to a tibial stress fracture is possible. This is very, very bad and can mean using elbow crutches and non-weight bearing for up to 6 weeks. What should you do next? If you are feeling pain, discomfort and/or stiffness in your calf, shin or lower leg region then I recommend you get in contact with us at the clinic and we will be able to help you moving forward with your rehabilitation. Happy running.


## WHOSE RESPONSIBILITY IS YOUR HEALTH?

The number of stroke sufferers will balloon by a massive 40% within the next ten years. The Stroke Foundation CEO Mark Vivian said "Three quarters of strokes can be avoided by following a healthy lifestyle. But the government must do and spend more to help Kiwis reduce their stroke risk." Really? Over the last two weeks we have stood in local shopping malls inviting passers-by, both young and old if they would like a FREE trial visit to experience yoga, Pilates and a sauna. The most common replies from the over 60's generation are "I'm too old for that", "No, it doesn't interest me." "I don't need it". Is our government really to blame if those around you prefer to ignore the value of regular exercise and eating healthily? Or should we each be totally responsible for our own health? Club Physical.



## ACUTE PAIN MECHANISMS

Ever wondered why we experience pain, what causes pain and why some injuries feel different or some people feel pain more than others? Pain is defined as an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage. So, what does this mean? Pain is classified as either acute or chronic pain: Acute pain is a normal, protective response to warn you of ac-



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tual or potential tissue damage and will subside once the damaged tissue heals (usually in less than 3 weeks). Chronic pain is when pain persists for 3 months or more and serves no biological function. It is a maladaptive response, it reduces function and has adverse emotional effects. Untreated, long-term pain can lead to depression, insomnia, depressed immune function, abnormal eating patterns, relationship issues, employment problems, and other health conditions. Appropriate control of pain requires a reasonable scientific understanding of pain mechanisms to enable the application of treatments that address these mechanisms. At Massey Physiotherapy our highly trained physiotherapists can address your pain using a multi-faceted approach to best manage your pain. Call us on 09 832 3619 to make an appointment.

## NANO FRAMES FOR KIDS

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# AREA COLUMNISTS

## IT'S OK TO BE MATERIALISTIC

Wanting new fancy stuff is often frowned upon. We have been trained with the idea that material stuff is not what we are supposed live for, that being materialistic is not what life is about. We are supposed to be grateful for what we have, and to not complain. We are supposed to emphasise friendship and family and being happy. These things are not wrong, but I think that wanting better stuff is not a worthy cause or is not spiritual is missing the point. All your materials things are an extension of you; they are the same as your relationship and your job. Everything in your life cannot be separate from you. If someone has stuff that you don't have it's because they thought different things about themselves. If something exists in your life, then you had a hand in it being there (the good and the bad, in this way we are transparent. The things in our life show us exactly where we are at. If you don't have something that you want, it's only showing you where your next lesson is. We cannot suddenly outgrow our own beliefs about ourselves.

So want your stuff. Dream big and enjoy it. Part of our physical experience here is to experience physical stuff. But here's where to watch yourself - it doesn't matter how much you want something, if something else in your thinking is contradicting it, telling you it's not possible, or not realistic, then no amount of dreaming is going to get you your thing. If your deep-down thinking is in lack or 'life doesn't work like that' then life will tend to be equal to that. Beliefs are thoughts we have thought over and over and they can be hard to shift. A belief is your deep-

down thinking about anything. They are what you really think, they are on default and what we really think can surprise us and can be keeping us stuck. If you have things in your life that are not going away (a stuck relationship, hardship with money etc.) it's because they will somehow exist equal to whom you are being. Life is responding to our emotions. Life is listening to you. It's a subtle thing to start being aware of and gets easier. The pure joy of thinking about that thing you want is gold. Perhaps choosing any joyful emotion in any moment is the wisest thing you can choose to do. See if you can stay in that positive awareness. Stay there if you can without contradicting it with emotions giving you an opposite feeling. I help clients get clear on what thinking has lead them to where they are and what thinking will get them what they want. Nothing is coincidence and luck comes to those giving out the right signals. Life is giving you back what you are giving out. We should start to be pickier with our thoughts! Anna 021 555 658. [anna@thinkyourbest.co.nz](mailto:anna@thinkyourbest.co.nz).

## THE TRAVEL BROKER

A fascinating stopover in Hong Kong, travelling over to the island of Lantau, seeing the giant buddha, travelling on one of the longest & highest gondolas in the world, with planes landing at the HK Airport beneath us, plus a fun filled day at Ocean Park: part theme park, part zoo, part aquarium. Visiting family in Holland & showing my boys their heritage, we then took the Eurostar across the 'ditch' to the UK, at over 300kms an hour through the 25 min 'Chunnell', and did the essential sights of London including a lovely cruise on the Thames as far as Greenwich - were time begins. We took the train down to Cornwall & then hired a car and travelled around the beautiful south west of England, and on to Southampton to cruise out on Royal Caribbean Navigator of the Seas for 13 days to Gibraltar, 3 ports in Spain, including a bonus of an overnight at the fabulous island port of Palma de Marjorca, and a stay in Cagliari - on the island of in Sardinia, then onto fabulous Lisbon in Portugal on the return journey to Southampton. We were blessed with calm waters, blue skies, and had a fantastic time on board as well as onshore. The 'at sea' days were great fun with fantastic shows of Ice Skating on the on board ice skating rink, the Majestic Theatre hosted both The Beatles & a Queen tribute band, a magician, a comedian, a ventriloquist, & a hypnotist! Musical entertainers of all sorts in the several bars, and even a Promenade Circus on the last day. For the active - there is The Flowrider, a rock climbing wall, mini-golf, jogging track, gym, Spa, jacuzzi, 3 pools (one for adults only)... need I go on...? Buffets, a la carte, and 5 Specialty restaurants, plus 24/7 snacking! Amazing! On our return we flew to HK again & traveled out from the Airport directly to Macau by hydrofoil Jet ferry for a couple of nights here to experience the old & new of the Portuguese history, plus the new Las

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Vegas style Cotai strip, then a couple of nights on Hong Kong Island before heading home. What a simply amazing break away, creating fabulous family memories, learning from different cultures, with incredible history lessons, and shared experiences. My travel destinations already lined up for the next 6 months are: Bali, Cairns & Adelaide. I may even squeeze one more trip in if I am lucky! There is nothing like first hand experience!! I have a wealth of knowledge on my 25+ years of experience in the travel industry, and I am happy to pass this on to you. 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!

## THE VALUE OF MUD PLAY

At Country Bears we value outside play, no matter what the weather! As seasons change, we embrace the diversity of change as a valuable learning opportunity for both children and teachers.

There are many values for children to explore, experiment and just to have fun with mud. A lot of children find the texture of mud between their fingers and toes to be very soothing and relaxing and this type of experience can be enjoyed individually or in groups of any size. Through these experiences, the children are learning social concepts such as emotional and language development and the sharing of space and resources.

Children's senses are stimulated as the texture, smell, sight and taste of the mud is exploding the child's whole body with curi-



osity and wonder. Children gain an understanding and learn to trust their bodies in the natural environment creating a love for the outdoor world.

Engaging with the natural world also opens the doors to a child's emotional development, arousing many emotions as their senses are receiving information from nature. During conversations, the children can explore and learn to communicate their feelings from uncertainty or distress, to sheer joy and happiness. As they dig and explore the mud, the children find earthworms so fascinating. Through teacher led conversations, they are also learning the importance of worms in nature, how they aerate the soil and create space for planting and smaller plants to push their roots down into the soil. Some of the questions that arise are testing the teachers own levels of knowledge, creating reciprocal learning experiences.

Here at Country Bears, the children have created their own 'Mud Pit', which is embraced as the seasons change. When children are given these opportunities, they can test out their theories about the natural world. A child-led curriculum allows the children to develop independence, develop and expand their self-esteem in a positive manner, and learn about team work, whilst also strengthening social skills.

If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: [www.facebook.com/cbearsecc](http://www.facebook.com/cbearsecc). Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu, phone 09 412 8055.

## PHELAN'S LOCAL BOARD UPDATE

Much of what Council does is defined by central government decisions that drive and regulate the services and infrastructure



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In June the government released its National Policy Statement on transport which signalled a pivot towards road safety and public transport.

This decision shaped Council's Regional Land Transport Plan because to achieve maximum government subsidies for its projects it needs to align with the transport agencies direction.

The change in government direction and subsequent change in focus of Auckland Transport and NZTA, the government agency responsible for State Highways, has worked in Rodney's favour. Auckland Transport's independence from political interference means it works on prioritising its budget on areas of need.

Rodney has the highest road death and serious injury statistics in Auckland, these have got worse over the last few years. This was behind the government's decision in 2017 to approve the Safe Roads Alliance's \$70 million project which will transform SH16 from Brigham Creek to Waimauku. NZTA also has a programme of safety improvements along SH16 to Wellsford.

Auckland Transport has allocated more money to Rural Road Safety improvements and a significant increase in the road sealing budget. This will see welcome improvements to our roads.

Public transport is a major beneficiary of the new direction, we don't have much of it in Rodney but demand will grow as traffic inevitably worsens on the motorways. The proposal for light rail to Kumeu could be described as being in 'gestation'. It's a partially funded idea not a reality. AT's studies show a busway along SH16 like the North Shore's would be quicker and cheaper to build. Rail to Huapai seems to have disappeared off the radar of the government who will ultimately be paying the biggest share of upgrades to make it work. All of these things have vague start dates past council and general election cycles that make them subject to political change.

The Local Board is well aware that scale of transport infrastructure needed across Auckland and the billions of dollars required to build it mean any solution for the North West could be a decade away and residents are clear they don't want to wait that long.

We have an increased discretionary transport budget to \$1 million pa and with the targeted rate there is now a 'Rodney Transport Fund' of \$56 million which gives the Local Board an unprecedented budget that is purely for the benefit of Rodney. Obviously, we want to leverage this money to attract government subsidies and have started work with AT planning a park'n'ride for Kumeu and bus services that will link Huapai and Riverhead to the CBD and Albany, there is also work being done on a service linking Helensville and Kaukapakapa to Silverdale. Your Local Board has quietly worked behind the scenes on evidence-based solutions to our issues. This requires a lot of effort and is not the easy route, but we believe that it is the one that will best serve Rodney. Our goal is to cement in long term gains for our region; this requires a collaborative approach that builds trust and confidence in the Local Board as a partner with councillors and the Mayor (regardless of who that is) who ultimately

**Kumeu Huapai**

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make the decisions about how funds are allocated across Auckland.

If you want to contact me about council matters I can be reached on 021 837 167 or phelan.pirrie@aucklandcouncil.govt.nz.

## AUCKLAND'S TOP SUPERMARKET CHECKERS

In July, 253 checkout operators from New World, PAK'nSAVE and Four Square stores across the Auckland region went till-to-till in Foodstuffs North Island's 70th annual Checker of the Year competition, which has attracted a record number of entries this year.



The top three checkers from Auckland Central were Reuben Jamieson-Soper from PAK'nSAVE Glen Innes in first place, Maryanne Faleta from New World Stonefields in second place, and Blessing Taulagi from New World Stonefields in third.

The top three checkers from Auckland North were Debz Bott from New World Warkworth in first place, Cathy Elloso from PAK'nSAVE Lincoln North in second place, and Isabella Burns from New World Whangaparaoa in third.

The top three checkers from Auckland South were Paige Brown, New World Waiuku in first place, Shahil Raj from PAK'nSAVE Botany in second place, and Bronwyn Webber from New World Botany in third.

The checkers competed on stage against one another while being judged by a team of eight senior Foodstuffs staff. Checkers were assessed on their speed, presentation, customer service and accuracy as they scanned 30 items as quickly as possible, while also staying friendly and composed.

Foodstuffs North Island CEO Chris Quin said this competition celebrates the skills of those who are at the front-line of the public's experience of their local supermarkets.

"Our checkout operators are the face of our business, and this event is an opportunity to shine the spotlight on them and show our sincere appreciation for the contribution they make every day to our success in meeting customer expectations.

"The fact that this is the 70th anniversary of the competition, and that it is bigger than ever before with over 120 stores participating, reflects the value that our staff see in it. It gets quite competitive, but is also a chance to have fun and build relationships," said Mr Quin.

When it began in 1948, it was known as the 'Listing and Adding' competition, and was a maths-based challenge requiring checkers to add the prices of items manually. Reflecting the changes over the years since then, the competition has evolved to focus on a broader range of skills.

With a 'blast from the past' theme this year, competitors' colleagues, family, and friends dressed up to reflect a decade of their choice from the past 70 years, cheering the competing checkers on with banners, chants and store mascots.

The winners received an HP Sprocket Printer, while the second place-getters won a Bluetooth Speaker and the third place-getters won an Omen Headset. The other checkers in the top 10 each received a \$50 Prezzy Card. There were also prizes for the best dressed team and the best supporting team.

As the winners of the Auckland regional heats, Debz Bott, Reuben Jamieson-Soper and Paige Brown will go on to compete against the winners of the seven other regional heats held over June-July. Each regional winner will be mystery shopped between August and November to determine the overall North Island Checker of the Year winner and two runners-up, which will be announced in November.

## TRANSPORT ISSUES AND TRANSFERABLE TITLES

At the time of writing this article, we are only two days away from a meeting with the NZTA over transport issues. The Association, along with our committee, Greg Sayers & Local MP Chris Penk are to attend.

We all need the certainty over roading and Bypass alignment. The timing and location of development is critical to our District services for the future.

As we can all see the housing development is taking place in the Huapai Triangle & Oraha Road. Traffic generated by the new housing will only contribute to the overloaded S.H/Way 16. As soon as we can report to the public, we will do so.

The Association isn't looking for the detail design of the Bypass,

## PUBLIC MEETING FOR 'COUNTRYSIDE LIVING' LANDOWNERS

### Kumeu-Huapai Residents & Ratepayers Association

**Invites land owners to an evening at the Kumeu Community Centre, Access Road, Kumeu**

**Date: 14<sup>th</sup> August at 7:30pm**

**Discussion: Will be over utilising Transferable Development Rights (Transferable Titles) for subdividing in the 'Countryside Living Zone'.**

**Contact: Pete Sinton [petesinton@townplanner.co.nz](mailto:petesinton@townplanner.co.nz) Ph. 021-637-772**

**or Denis Massey [info@thelandvault.co.nz](mailto:info@thelandvault.co.nz) ph. 027-495-0195**

but we need to know generally what the position is and the proposed build time.

From this base, the Association can start a 'Framework Plan' for the District.

Unless NZTA deliver a speeded up roading solution, the community will have to endure slow traffic to Auckland in the morning and return in the afternoon.

The S.H/Way 16 isn't coping with the traffic now, it will only get worse based on our projections.

Turning to other development pressures, the 'Countryside Living' zone is now being subdivided into 1 hectare blocks. Whilst this will provide the low density rural house sites, it is still contributes to growth in housing and traffic.

Transferable titles and the Council rules associated with subdivision are not completely understood. That is why the Association is giving the August meeting to a discussion on the process of obtaining and using transferable titles.

The meeting is relevant for all 'Countryside Living' land owners. Hope to see you at our meeting. Pete Sinton phone 09 412 2016 or email [petesinton@townplanner.co.nz](mailto:petesinton@townplanner.co.nz).

## COUNCILLOR'S CORNER

By Rodney councillor Greg Sayers. Last month nine Auckland councillors, including myself, signed a highly publicised letter criticising the leadership style of Auckland Mayor Phil Goff, a style labelled secretive and non-inclusive.

This was followed by further accusations which included the existence of a corrosive culture within the Auckland Council.

I keep asking the tough questions about reining in the council's overspending, getting financial transparency and fighting rate increases. That creates a powerful political tension and I always anticipated some political push back by the mayor and those heavily aligned with him wanting to introduce new taxes.

Ratepayers deserve the best return on their rates. Sometimes the flame has to be held to the council's feet in order to get Rodney what its ratepayers fairly deserve.

My job is to fight for Rodney's voice to be heard and for our rates to be spent back in Rodney.

The result has been that Rodney emerged as one of the real winners in the latest budget released by the council. Although this is a good start, Rodney still needs a lot more spent due to years of under-investment.

Over the next 10 years, Auckland Council and government have approved spending \$12 billion across Auckland on transport issues. Much of this is earmarked for the major Auckland CBD projects. However, Rodney did win over \$1.3 billion of it. That's a massive win for Rodney. An excellent start.

A significant win was wresting money as part of a \$20 million budget to finally look at where a bypass road to alleviate Kumeu's traffic congestion will be built. This money is approved and the work is already underway. The public will be able to see

the plans and comment on them in a few months. Furthermore, another \$104 million is to be spent on safety improvements between Brigham's Creek Road and Waimauku, which helps all out local townships.

What's missing, however, is investment for greater equality into our smaller townships, a rail service to help out with the traffic until the bypass road is built, and a drive for quality maintenance of our roads. I will keep fighting for this.

Of the \$1.3 billion package, only about 8% of it will be funded from the regional fuel tax. The rest is funded from rates, development contributions and government subsidies.

Overwhelmingly, Rodney's residents did not support the regional fuel tax. Rates, fees, government subsidies and development contributions already exist and should fund all of Rodney's desperately needed projects.

Across all of Auckland rates will increase on average by 2.5% this year, except for Rodney where they will go up 8.4% thanks to the imposed Rodney local tax, with fuel taxes on top. I vigorously argued and consistently voted against these increases.

Our least resilient residents will bear the greatest burden of these costs.

## JP'S GET TOGETHER WITH THEIR LOCAL MP

Justices of the Peace serving the Northwest area and their partners met with Local Member of Parliament, Chris Penk at a successful social evening held at the Riverhead Bowling Club on Saturday 14 July. Recognising the voluntary nature and valued services of its local JP's, local businesses generously contributed towards the evening.

MP Chris Penk warmly acknowledged the important contribution of the local Justices of the Peace. He spoke of his formal role in interviewing prospective JP's, assessing their suitability and how many are needed in areas of the Northwest, before making recommendations to the Ministry of Justice. There was also a lively discussion about local issues, particularly infrastructure and transportation.

There is no charge for JP's services in NZ. People needing this are welcome to make prior contact and see them by appointment at the JP's home. Increasingly with the advent of JP Service desks at Citizens Advice Bureau, libraries, and shopping malls, people get assistance from a JP there without the need for prior contact and appointment. There are now many options in the Northwest. Its JP's are at the Kumeu library on Saturday mornings 10am to 12 noon., They also assist with the JP service in the concourse at the Northwest Mall( Thursday evening 6pm-8pm and Saturday morning 10am to 12 noon) and Massey Library CAB ( weekdays 1pm-3pm). A JP service is also available in Helensville CAB on Tuesday 10am-12noon, Wednesday 12.30pm-3pm and at the Plunket rooms on Saturday 10am-12 noon.



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