

kumeu

Courier

FREE monthly community magazine for Kumeu & districts

December 2015 / January 2016

EVENTS AND UPDATES

LOCAL BOARD UPDATE

- Health and beauty
- Christmas fruit cake
- Home and garden
- Property market report

INSIDE WEST HARBOUR

Circulation is 12,000 print copies and 3371 opened and read email copies.
Editorial contributions are free from cost. Advertising starts at \$75 plus gst for a business card size.
Contact Sarah Brightwell on 021 250 7324 or sarahcartwright022@gmail.com

Intro

Welcome to our final issue for the year! Christmas is closing in and as we make plans for our summer getaways we need to remember what this time of year really means to us and our loved ones. Before heading away on holiday, don't forget to check on your neighbours and those in the community who have no family or friends. It can be a lonely time of year for many but all it takes is a few minutes of your time to make someone feel better. Presence over presents should be the motto this year and small gestures go a long way. In this issue we have a look at the gorgeous area of West Harbour and all it has to offer. Muriwai surf club is holding a twilight Xmas market on the 6th December. Bring along your whanau friends, neighbours and some cash for a relaxing Christmas shopping experience and support our local Artisans. For more information, contact Erin Griffin on 021 411 568. Don't forget the Kumeu Rotary Christmas Parade is on Friday 4th December road closes at 6.45pm, the Parade starts at 7pm. Be there by 6.30 and find a spot for a picnic with your family and friends. Lastly, I would like to offer a huge thank you to the Kumeu Courier team – Graham and Stacey you do a wonderful job and I know many people in the community appreciate what you do. Thank you to all our faithful readers, Merry Christmas and Happy New Year to you all.

Sarah,
Editor.



kumeu Courier

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PHELAN'S LOCAL BOARD UPDATE

I have done a bit of driving across the city over the last few weeks and I was stunned at the level of construction going on. Every major highway and road seems to have some kind of work being done on it, housing development is underway across the city and change is apparent almost everywhere I went. Billions of dollars of investment and it's still not enough to keep up with the speed of growth as Auckland adds the equivalent of the population of Napier every year. Council commissioned a report to look at its assets and how these could be utilised to cope with the unprecedented growth we face. Asset sales always seem to be controversial with accusations of 'selling the family' silver being made. I am constantly asked to do something about the lack of infrastructure around transport. Investment of 10s of millions is required around our district to accommodate the growth and everyone seems to agree our transport networks require urgent attention.

Council borrows to fund growth infrastructure, it increases rates, it can levy Development Contributions (something Government has significantly curtailed in an effort to keep building costs down) and it can carefully examine its current assets to see if the investments are ap-

propriate. Rates are higher than people want, borrowing is at prudent limits and the government is slow to contribute, this leaves little options if ratepayers want the investment they say they do. The report questions the need to hold onto shares in the Airport and Port, and it may be time to consider selling these and reinvesting the money back into key transport infrastructure everyone is crying out for.

2016 is going to be a critical year for Kumeu and the surrounds. The year will start with a review of the structure plan for the township and the development of a revised Centre Plan, this will allow the Local Board to work with the community on identifying key infrastructure and public amenities so we can start work on securing funding for these in the next Long Term Plan.

Brenda Steele and I have spent the last few months actively lobbying on gaining transport investment and planning. Like you, we want a coherent plan to be developed to show the community how things will shape up over the coming years and when key investment will take place. Auckland Transport has agreed to undertake some specific work for Rodney on identifying issues and solutions in the New Year, plus we are working hard to ensure the Transport Accord between council and government delivers some wins for SH16.

I hope everyone has a safe and enjoyable Christmas!

If you need advice or assistance with any issues relating to Council or if you want to achieve something locally for the community please don't hesitate to contact me. phelan.pirrie@aucklandcouncil.govt.nz or 021 837 167.

KUMEU GYM'S SHAPE UP FOR SUMMER TEN WEEK CHALLENGE IS CLOSING WEEK EIGHT

With over 60 participants of different fitness levels pushing their way through Fitness Programmes and Team Challenges the race is on to win the \$5,000 First Prize. We have some amazing sponsors on board this year including AON New Zealand Insurance Brokers, The Riverhead, AC Diggers, Mr Binz and Mike Pero Real Estate. Teams have recently completed a 240km Cardio Challenge which pushed them to their limits. With only 2 weeks to go - watch this space for the winning results. If you need that extra motivation and encouragement to get back on track - come on in to Kumeu Gym and check out what we can offer you. Get Fit in Your Community. Kumeu Gym - phone 09 412 8932 - www.kumeugym.co.nz.



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COMMUNITY NOTICE BOARD

KUMEU MONTESSORI PRESCHOOL

Kumeu Montessori Preschool has relocated from Oraha Road to stunning new premises at 8 Grivelle Street, Kumeu (off Access Road). The purpose built preschool has two separate classrooms, each catering for a maximum of 25 children, which means that the preschool's existing small intimate feeling is replicated in the new space. With a magnificent physical environment inside and outside, opportunities for play, discovery and learning abound.

Kumeu Montessori combines the rich tradition of Montessori education with modern teaching practices for 21st century kids, to create an environment where learning is not just fun...but irresistible. Each child has a programme uniquely tailored to own individual strengths, needs and interests, enabling them to learn in a style and at a level and pace that is just right for them.

The new building offers easy road access and good parking. Pop in and visit, or check out www.kumeumontessori.co.nz. PS Ask us about our opening special!

FAREWELL FROM VINEYARD COTTAGES

After 16 years we are stepping aside to allow someone new to take the Vineyard Cottages and Function Centre into the future. We leave you in very experienced

hands, the new operators having 23 years' experience running five star international hotels in the Asia/Pacific region.

We would like to take this opportunity to say a big "Thank You" to everyone who has visited and supported us over the years. It has been a pleasure meeting you and sharing in some of your biggest life decisions. We have hosted beautiful weddings, romantic getaways, family reunions, Christmas parties and some truly inspired corporate events. We wish each and every one of you health, wealth and happiness and for those of you who are yet to visit the very special experience that is Vineyard Cottages and Function Centre we know that Troy and his team will take exceptionally good care of you. Best Wishes Eileen and Bill Spence.



NORTH WEST DISTRICT BUSINESS ASSOCIATION

The new committee members are starting to get their heads around work that is in the pipeline and making headway rapidly into new initiatives. Within one week of our inaugural meeting we had worked with Auckland Council around the issue of mowing the roadside berm through Kumeu and had that resolved in time for the Christmas Parade. The area has now been picked up regularly for mowing. Ai-

mee Brock from the New Zealand Transport Authority came and spoke at our November meeting and took us through the growth areas of the North West and when roading upgrades will be undertaken to support that growth. Muriwai Road intersection works commence in the summer of 2015/2016. Serious consideration is being made about how to provide roading for the Special Housing Areas in the North West with a guarantee from NZTA that they will consult with us through that process.

ATEED has made a video of key areas across Auckland with North West Country being one destination and Robyn Malcolm being the front woman. To check out our local video go to www.aucklandnz.com/love/akl-akl.

GIRL GUIDING UPDATE

We now have a complete range of units to suit all ages, from 5 to 17 years. Our Pippins unit has just started, with a new programme and lots of fun activities coming up.

Pippins (5-6 years), meet Tuesdays, 4pm at St Chads, Huapai (NEW group)

Brownies (7-9.5 years) meet Tuesdays, 5pm at St Chads, Huapai

Girl Guides (9.5-12 years) meet Thursdays, Waimauku Memorial Hall

Rangers (12-17 years) meet Tuesdays, 6pm at St Chads, Huapai

Call 0800 22 22 92 to arrange a visit

We are busy fundraising for Jamboree, which will be held in January, in Christchurch. If you're visiting Art in the Garden this weekend, you'll find us selling the most delicious baking to raise funds for our Guides to attend this awesome event. Look for the Girl Guide tent!

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and this is our busy season. Crias are being born. These delightful babies are gorgeous and we are expecting to have 50 over the next few months. Shearing has started, we like all our alpacas to be shorn before the hot humid weather of February/March arrives. Already they are taking turns standing in the water troughs to cool off in the heat of the afternoon. Alpacas love standing in water, and fortunately because they have feet with pads and nails they are not prone to foot rot. We have just weaned the last of last season's crias, and at 6 months or over they are available to purchase. Depending on your circumstances, they may need to stay on our farm to grow a bit older, but be quick as we already have customers securing their favourites by paying a deposit. We have had very successful open days this year, with attendance being well up. Average would be 100 people over the 4 hours, some days a lot more. So keep it up - we love having you all come. Watch the website for the Open Days, this year they will be on Sunday 22nd November, Sunday 6th, 13th and 20th December. Our Open days are from 12 midday until 4pm, and entry is FREE. We do of course have a shop where you can buy all your Christmas gifts which is open over those hours. Our address is 107 Monk Rd, Helensville, which is found by driving to Parakai and then another 22 km. We look forward to seeing you. Phone 09 420 2185 www.waitakerealpacas.co.nz info@waitakerealpacas.co.nz



KUMEU-HUAPAI RESIDENTS AND RATEPAYERS

In November we started on the home run with the Auckland Unitary Plan hearings that will determine the shape of our district for years to come. For the Kumeu-Huapai Ratepayers Association the main issues are the Rural Urban Boundary (RUB), the zonings of the countryside and presenting to the hearing panel a vision or concept of what our district should look like. We believe it is important to present that concept/vision to the commissioners as the council has not presented any zoning solutions for the district and the proposed population growth. The commissioners will determine the content of the Unitary Plan and the rules that will govern future development in our district. The Unitary Plan will be finalised by July 2016. In July a questionnaire was posted to every residence and business in the Kumeu-Huapai, Riverhead and Taupaki areas. The response was less than anticipated but still of sufficient size to present a coherent community view to the commissioners at the January (Rural Urban Boundary) and the February and March 2016 (Rezoning & Precinct) hearings. The results of the survey will be published on our website (www.khrra.org.nz) once our submissions are finalised.

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SAFER COMMUNITIES

Safer Boating Week started with a splash – with 27 splashes, in fact, as 27 representatives of agencies and organisations with an interest in maritime safety leaped into Wellington Harbour. The attention-grabbing plunge had a very serious side, reflecting the 27 people who died in recreational boating accidents last year. Another 16 people have so far died this year. It is estimated that two-thirds of the deaths could have been averted if the victims had been wearing lifejackets.

The jump was organised by the Safer Boating Forum, which was established to coordinate and implement recreational boating safety initiatives. It is made up of government agencies and local government, water safety and recreational boating organisations, and the marine industry.

Safer boating messages - The three key Safer Boating Week messages are all about what to do before going on the water.

- Prep your boat – service the engine, check and change the fuel, check the battery and generally give the boat a good once-over.

- Check your gear – make sure lifejackets are fit for purpose and you have enough. Service inflatable lifejackets and ensure you have two reliable means of communication.

- Know the rules – ensure you know the “rules of the road” on the water and check your local bylaws so you understand the requirements in your area.

For more information about safer boating visit the Safer Boating NZ Facebook page and www.saferboating.org.nz. In an emergency dial 111.

Waitakere Volunteer Fire Brigade wishes you all a safe and Merry Christmas! We thank you all for your support throughout the year. To our wives, husbands, partners, children, family, friends, work colleagues, team mates and anyone else we have had to up and leave at the sound of the siren - thanks for your support. In October, 7 Brigade members received National Qualifications in rural fire fighting. This is a great achievement and represents many hours of study and practical courses.

The festive season is fast approaching so a few tips to stay safe while cooking:

BBQ fires can be caused by too much fat collected in the fat tray - so replace with new fat absorbent (kitty litter does the trick). Ensure there is adequate clearing around the BBQ, supervise children at all times and ensure you regularly check and maintain BBQ fittings and connections.

25% of all house fires start in the kitchen so please be extra careful and turn stove top off when you leave the room.

Have a safe and happy holiday break with your family!

Dennis Cooper
Officer in Charge
Waitakere Volunteer Fire Brigade
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FACEBOOK CYBER TALK

For Sale Kawasaki KX250 1997 dirt bike. In good body condition – does need a bit of TLC Has a new sprocket and forks have been done. Selling as have upgraded. \$2,000 ONO, make a reasonable offer needs to go. Contact 021 167 5485 for details (text is best).



Job Vacancy at Awa Nursery Waimauku - Experienced Sales Person - Part Time. Awa Nursery is a wholesale plant nursery open to the public and landscapers alike 7 days a week and located in Waimauku, north west Auckland. We currently have a vacancy for an experienced sales person to join our very busy team. The applicant needs to have good general plant knowledge, be well presented and have good phone and people skills. The position is part time with one weekend day required. To apply email Joan at info@awanursery.co.nz.

Waimauku Lions have finished their clock project in Waimauku. A lot of effort has gone into this community project that was partially funded by the Rodney Local Board and money raised by the hard working volunteers of Lions.



Concrete Placer/Labourer wanted: We are looking for a keen worker to help with residential concrete placing work- Driveways, paths, patios and slabs. You will be given the opportunity to work outside in the sun & to learn from a professional. Part time leading to full time work over summer. Open minded

creativity would be a plus! Full driver's licence needed as well as being energetic, enthusiastic and honest with own transport. Please phone/txt Sarah on 027 485 7308.

Jaison's Custom made wine tray. This tray is made from the stave of a French Oak red wine barrel, the NZ Rimu base is from our 110 year old homestead's kitchen when we renovated. The ends are NZ macrocarpa milled at Kerr Farm Vineyard in 1990 and the black handles are French oak internal barrel staves. It is coated with 5 coats of Danish oil which gives a soft and silky low maintenance finish. This is a great gift for a wine lover. Each one is custom made so place your orders now. \$220 – Email me at jaison@kerrfarmwine.co.nz or call 021 778 702.



Motutara Waimauku Scout Cub pack visited the Muriwai Volunteer Fire Brigade recently. A HUGE thank you to the team there who demonstrated their skills to the Cubs. We got to see and use the various hoses, how the vehicles work, rescue techniques and how the Stokes rescue basket is used. The finale was to watch from a very safe distance as a car was set on fire and then put out. Thanks again for an amazing night; I am sure the Cubs will remember it for a long time.



Lombardi's cafe is making some changes - with a new chef and new ideas, we're excited to share some great food with you. Have a look at our Facebook page to see what we have been up to. www.facebook.com/Lombardis-Cafe-499696793542166/

Want to get your favourite photos printed? I'm a Muriwai photographer/artist offering a photo printing service to locals. I use a high quality printer and papers and can also help with editing your photos to get the best possible images. Print sizes from 8x10" up to A2. Good quality, quick turn-around and reasonable prices. I can also cut matboards, advise on framing etc. Contact me at: k.reid@xtra.co.nz.

Hi all, are you looking for a sports opportunity for your child aged 5 – 7 (school year 1 & 2)? I currently have limited spaces available for Monday afternoons 4-5pm at Huapai school, for a Fun Sticks Hockey course, run through North Harbour Hockey. Come along this afternoon for a trial, and register below if you are interested in this programme runs for 6 weeks (until December 7th) and hockey sticks are provided. Come in and give it a go! event-desq.imgstg.com/index.cfm?fuseaction=main&EventDesqID=15122&OrgID=20725

Room for Rent: Spacious double room for rent in Huapai with large walk-in wardrobe and ensuite (shower and toilet). Share with one adult and child (school age). House is generous in size, furnished and has two living areas. Walking distance to Huapai shops/bus stop. Singles \$180pw / Couples \$250pw plus bills (Sky/Internet/Power). Text/call or pm Kylie 021 0819 2636 to view.

The shop is full of amazingness! Pop in and say hi and grab some beautiful blooms. 2 until late Wed-Fri and 10-12 Saturday. 3 Kaipara Portage Rd, Riverhead. Peonies \$5 a head.



Ballet & jazz classes with experienced qualified teacher (& mum!) at Waimauku Dance. www.waimaukudance.com.

IN BRIEF

UPDATES:EVENTS

CONFECTIONERY PALACE

Boaties are no strangers to freeze dried food. When you are out on the water for days with little space in your refrigerator then you need to pack nutritious food that keeps a long time without spoiling. The same principle applies with your stash of snack food for the car, gym bag, or pantry at home when there's little time to keep replenishing the fresh products that deteriorate quickly in the heat of summer. The Confectionery Palace is offering an introductory product special on Re Fruit – a 100% fruit all natural freeze dried product in a handy snack size pouch that contains the equivalent of 100 grams of fruit. Choose from Apple, Mango, Banana, and Pineapple - all including strawberry as a complementary tangy sensation to each bite of fruit. Check out our www.snackit.co.nz site or visit us at 7 Shamrock Drive, Kumeu between 8.30 and 5pm Mon – Fri for a 3 for \$5 special deal on Re Fruit.

SOLJANS ESTATE WINERY

Relax, enjoy and savour the summer & festive season at Soljans Estate Winery & Café. Bring in your family, friends & visitors for a meal from our new Summer Menu and soak up the amazing atmosphere in the sunshine or a stroll through the vines. Visit our cellar door and taste our new vintages and check out our amazing Fusion series special. If you are still stuck for Christmas ideas, have a look at our fantastic gift shop, the stock is constantly changing.

If you'd like corporate gift ideas, packages & prices, please email support@soljans.co.nz for the flyer.

The team at Soljans wish you a Happy Christmas, a safe holiday season and we hope to see you again, a warm welcome awaits!

We will be open over the holiday period, closed only Christmas Day, Boxing Day and New Year's Day.

Soljans Estate Winery & Café, open 7 days
Phone: 09 412 5858, email: cellar@soljans.co.nz or visit: www.soljans.co.nz.

CHRISTMAS TWILIGHT MARKET

On the 6th of December from 4pm at the Muriwai Surf Club, I am organising an Art and Craft Market. This is a great opportunity to avoid the stress and hassle of the malls, buy and support local while enjoying live music and maybe feeding the family at the same time. There will be around 40 stall holders with a great range of products from women's clothing, kid's toys, natural skin care, jewellery, natural scented candles, breadboards, original paintings and prints, harakeke weaving, children's books, soft furnishings, photography, kid's dress ups, terrariums and much more. You will be able to purchase kai for dinner and Berry Yummy will be there with their organic ice-creams. Bring along your whanau, friends, neighbours and some cash for a relaxing Christmas shopping experience and support our local artisans. For more information contact Erin Griffin kinsale@clear.net.nz or 021 411 568.

SUMMER AT THE RIVERHEAD

I read the other day something that made me think.

'If your aim is to reach more people, you need to aim for the average.' Think about it, the best way to be instantly successful is to aim low. Pretty sad, but all too often that is the way the conservative middle class prefer you to tread.

That isn't the way that we went into developing The Riverhead. In the first two years we had a lot of people squeal in our ears about the changes and the direction we wanted take the venue. We are still pushing to keep the venue fresh and to develop new experiences to the wide range of people who visit us, no matter where and when.

Our new lawn area with the addition of the marquee give even more options for large private groups, the perfect venue for a family celebration or midweek company functions... so now can offer more areas making it even more flexible. Come and talk to us about what you have in mind and we'll work with you to get the result you want.

Our new summer menu is now running with light, tasty and inspiring options for the warmer weather. It still has your favourites; our light and crisp beer battered Fish & Chips and of course our famous Riv's Ribs. Some of the new additions include a light saffron poached pear salad, a pepper chorizo salad (returned by popular demand), a delicate lamb rack with kumara, celeriac, broad bean, pea, mint and red wine jus and a confit duck with rosemary, spring onion, bokchoy, orange ginger jus. Of course we also have a variety of vegetarian, gluten and dairy free options available.

Don't forget our decks for brunch on the weekend...there's nowhere no more appealing than sitting on our decks with the sunlight filtering through the oak trees indulging in our scrummy brunch menu. A great kick start to the day.

Don't be average. Resist bland! Booking are essential by calling us on 09 412 8902.

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KUMEU ARTS CENTRE

Affordable Art Exhibition - All \$200 or under. 1st - 19th December 2015. Artworks and craft created by our local artists and crafts people.

Your chance to buy unique and affordable gifts or something for yourself handmade right here in our community. All for \$200 or less.

Undercurrents: 11 Jan - 6th Feb 2016, an exhibition of work from Libby Patterson, Gretchen Blyth and Margie Phillips.

"Beneath our observations of life, we dip into undercurrents, sometimes capricious, sometimes serious". Work on display will include both ceramics and paintings.

School Holiday classes in January 2016: Classes on offer include kid's clay, card making, painting and more.

Adults classes include: Clay, Painting, Abstract Art, Printmaking, Adults with Special Needs and Botanical Art. Groups include Life Drawing, Knitting/Crochet and Kumeu Photography Group. Please see our website: www.kumeuartscentre.co.nz for more information or phone 09 412 9480.

THE RIVERHEAD GALLERY

Summer has come to the Riverhead Gallery with bright colours, florals, birds and NZ images. All my artists have been carefully selected to provide a wide range of high quality artworks, ceramics, glasswork and jewellery. We also have a good selection of cards and art calendars (the perfect gift to send to kiwis overseas).

Come and visit us at 1044 Coatesville-Riverhead Highway (opp Riverhead dairy) from Wed-Sun 11-5pm or check out the website at www.theriverheadgallery.nz.



KUMEU CHRISTMAS PARADE

Don't forget the Kumeu Rotary Christmas Parade is on Friday 4th December - road closes at 6.45pm, the Parade starts at 7pm. Be there by 6.30 and find a spot for a picnic with your family and friends. The Lost Child Station will be at the Huapai Fire Station.

SENIOR NET

Once again Senior Net members were entertained and left in AWE by our November speaker Thom Epstein. Thom passed on knowledge about the new and fascinating technologic gadgets that are coming onto the market nowadays. Fitbits is a new type of wrist band that is in-sync with your cell phone whether it is Android or Apple (iOS). You can receive notifications of emails, texts and calls on the screen of a Fitbit. Some models even have heart rate monitors and GPS tracking - it all depends which model you buy. It shows what an amazing amount of technology is held in such a small wrist band! This gadget is like having a butler. How many steps have you done this morning /do more /walk faster /how much energy have you used/ Time to take ones medication/ time for bed/ time to get up/ you have a message. This can be programmed to do almost anything, the more you pay for it the more it does, go to the latest Noel Leeming or JB Hi Fi mailers or to the stores and see them for yourself. Programming it could be the hardest part. I would like one.

Our December 14th St Chad's morning will be the final one for the year where Grant Sidaway of the SeniorNet Federation will be our quest. Grant is a great speaker and always has the latest information for us in a way we can all understand.

To make our last morning special could we please all bring a small plate of finger food, something which represents the up and coming festive season. Or party food to have while we mix and mingle for the

last time. Our committee wishes all members a very Merry Christmas and a great New Year.

NATURES EXPLORERS

The Riverhead Fright Night on the 31st of October was an amazing Halloween community event. Natures Explorers opened their doors as a Safe House



and welcomed over 300 scary children and their mums and dads. The effort that everyone had put in was spectacular. Nobody got their treats until they reached into our slime for treasure or tried the upside down bobbing for pegged goodies. At Natures Explorers we love being a part of our community and we welcome your children to be a part of ours. Natures Explorers - 09 412 8800.

LOOKING FOR SOME FINANCIAL ASSISTANCE?

Smashing promotions can assist you in helping you to secure local sponsorship within your community. We have a stable of local businesses keen to showcase their brand and support community groups and likewise several sporting groups looking for businesses to assist with the costs of their uniforms. We can match up likeminded people and offset production costs, its win-win. We have recently provided assistance to Kumeu Cricket, Parakai Netball and the RNZAF Cricket team. Call Mark and the Smashing team, on 09 412 6235 or email sales@smashingpromotions.co.nz.

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Give yourself a health boost and hone your skills with the established community choir, Kumeu Blend. We welcome new singers of all ages and abilities into the friendly and relaxed culture of the choir. It's a great place to make new friends, develop your vocal talent and be enriched by a varied repertoire of music. All vocal parts are welcome; but especially tenors and basses. So c'mon guys – it's a great way to unwind and enjoy life.

Rehearsals are Mondays 7.30pm at St Chad's in Huapai. No auditions needed, just try it out. Sight-reading is a bonus but not essential. Margaret Lindsay the conductor will be happy to answer any other questions – 09 849 8070 or email margaret@lindsays.co.nz.

Come along with the family to our Christmas concert on Sunday December 13th at 7:30pm at St. Chad's Church, Huapai. And you can also hear us at the Norwest Shopping Centre on Monday December 21st. Come along, listen, enjoy – and join us!

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PADDYS BAR

Paddy's Bar is a family friendly place to come and relax with a cold one after a long day, or sit in the sun with friends in the garden bar. Whether you want to have a flutter on the TAB or gaming, challenge your mates on the Foosball table, have a round of darts or play a game of pool, there is something for everyone. Our friendly staff know just about everyone's name and if not will be sure to make you feel welcome at our place. We offer a free community function room for groups, clubs or private functions. We run "Texas Holdem on a Tuesday night (7pm) Bingo Wednesday night (7pm - with proceeds to Huapai District School) and an open Mic / Karaoke on a Thursday night (8pm). Check out our Facebook page for upcoming events - Paddy's Kumeu or Call us today to book your next function - 09 412 5216, 16A Shamrock Drive, Kumeu.

TAKEAWAYS FISH AND CHIPS NOW AVAILABLE AT THE KAURI GUM STORE

Enjoy our famous small or large fry (all day breakfast), homemade pies, rustic homemade cakes and slices, wicked chocolate brownie served with homemade chocolate sauce and cream



and all created by our awesome Chef (Winston Dunlop) and his team in the Kauri Gum Kitchen.

The team thanks all our regular customers, friendly locals and welcomes anyone new to the Riverhead area.

Come and experience the ambiance of the cafe and its famous character.

We are open 7 days 7-3pm Mon – Fri & 7– 4pm Sat / Sunday.

Everything on our Menu can be dine in or takeaway.

We also offer a Coffee Card - Buy 9 get one free - go into a monthly draw to win a prize.

Takeaway fish and chips on a Thursday night 4pm - 8pm, phone your order through in advance on 09 412 9555.

Christmas lunches available - call Tanya Shields to discuss further or email on tanya.shields@vodafone.co.nz.

MEACTIVITY, NEWS FROM THE BEACH

After long years and many sidetracks, the news hot off the press is all about Muriwai's Village Green

After two long years of bureaucratic hurdles and Council procedure, MEACT have a lease agreement to occupy land behind the Surf Club, and to set up our new nursery there. Well done to Erin Griffin, Phelan Pirrie, Gerry Henley and Ross Land for driving things to here. Thanks to Karen Walby our council contact. Thanks to Stephen Theobald, who has said that the Lions will provide a container for use as a storage shed at the nursery.

Anyone interested in being part of the working committee to design and apply/fundraise for materials please contact Phelan phelan@muriwai-environment.org.

The existing wide path through the Village Green is to be shaped, boxed and laid with a Muriwai clay slurry mix. The path runs from the entrance, zig zags through the new planting, and ends up at the half pipe end. We'll need to bridge the creek – design and build submissions welcome, anyone stepping up with the skills or expertise can have naming rights!

Please get in touch if you'd like to be part of the next stage of this project – we have space for anyone with a bit of time and enthusiasm for the Muriwai environment – we are imagining that we can get a nursery up and running for autumn seed collecting – we'd love some extra hands – all enquiries welcome email ruth@muriwai-environment.org or gerry@muriwai-environment.org.

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PROPERTY

NEWS & ADVICE

MARKET REPORT

Welcome to your December market report, which highlights the trends in our individual markets, the buyer groups operating and some of the guide prices being achieved in the area from Bethells to Muriwai and Coatesville to Woodhill.

So let's recap the last month.

Coatesville property is in very high demand with prices ranging between \$1,000,000 and \$3,000,000. Demand in the area is strong from family buyers wanting small acreage.

Helensville continues to perform well as traditional North West Auckland buyers venture north to the area, good buying at \$485,000 to \$700,000 for residential while lifestyle is \$750,000 up to \$1,200,000. We are seeing good interest from families and investors in this market.

Huapai and Kumeu delivers residential sales from \$740,000 through to 1,275,000 while lifestyle sales simmer in the \$1,300,000 to \$1,900,000 price band. Strong demand from families and investors at present.

Muriwai has had very little on market and sales have been around \$750,000 to \$870,000 for traditional homes. Good demand from overseas buyers and families. Parakai has come of age delivering sales from \$450,000 through to \$650,000 and good interest from families.

Riverhead sales continue to be strong with bungalows selling from \$725,000 through to \$880,000 while recent homes in new developments seek \$1,000,000 to \$1,300,000. Family buyers are still the biggest group in this area.

Waimauku market is short of listing sup-

ply with prices holding firm between \$800,000 and \$970,000 while lifestyle properties represent good buying at \$950,000 to \$1,150,000. At these prices and with restricted development expect this area to lift in value. Family market is significant in this area.

Waitakere and Taupaki market is short of listing supply and limited sales activity between \$1,000,000 and \$1,350,000. Family market buyers are significant in this area.

Woodhill market is short of listing supply with interest between \$1,000,000 to \$2,500,000. Family market buyers are significant in this area.

We have some very good selling months coming up and we would encourage you to do our pre-sale checklist over the next month if you are considering selling shortly. This is without cost and will highlight some areas that will deliver good returns. The biggest thank you to all our clients, customers and supporters for helping us painting the town red. If you'd like to join the revolution drop us a line on 0800 900 700 or visit www.grahammcintyre.co.nz.

Call us today on 0800 900 700 or view www.grahammcintyre.co.nz – Licensed REAA (2008).

MONEY MATTERS

There are many ways to manage your home loan. Make sure you know the options that best suit your circumstances. And there lies the key – your circumstances. Circumstances of work, family, household income and children can

change significantly and will have an impact on your financial situation.

If you are lucky enough to get a pay rise in the New Year, consider increasing your loan repayments. You will be surprised at the impact of even small increases. For example, let's take a \$300,000 loan over 25 years at \$934 per fortnight repayments. If you added \$100 to each payment you could pay off your loan 5 years earlier and save over \$70,000 in interest costs.

You may also be able to refixing your loan on the new lower interest rates, which may have a big impact. We can help you look at your options of refixing, restructuring and reviewing your loan to your best advantage.

09 411 9251 or 027 411 9255 or david@davidlloydmortgages.co.nz.

TIPS ON CHRISTMAS DECORATING WHILE YOUR HOME IS ON THE MARKET

With Christmas fast approaching, most of us are itching to pull out the Christmas decorations eager to start the seasonal celebrations. Having your home on the market



shouldn't stop you from doing this, however, there are a few key staging rules that you can follow to help with the sale of your home at this time of year.

A well staged home is clutter free so a dedicated place in one or two rooms is enough. Think about size, it's better to have one large piece rather than lots of small ones. Use your decorations to emphasise your home's best features, e.g. if you have a high ceiling a large Christmas



David Lloyd
Director

David Lloyd Mortgages Ltd
Tel: 09 411 9251
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AREA PROPERTY STATS

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

Suburb	CV	Land Area	Floor Area	Sale Price	
Coatesville	1,725,000	4.2HA	230M2	1,150,000	
	1,075,000	27.3HA	130M2	12,300,000	
	1,325,000	2.4HA	120 M2	2,075,000	
	1,850,000	2.1HA	446M2	3,150,000	
Helensville	485,000	22M2	214M2	655,000	
	600,000	7027M2	110M2	1,200,000	
	375,000	915M2	80M2	562,000	
	520,000	604M2	237M2	701,000	
	405,000	772M2	126M2	595,000	
	395,000	0M2	128M2	495,000	
	500,000	692M2	140M2	485,000	
	570,000	10003M2	175M2	749,000	
	1,150,000	2.3HA	350M2	1,060,000	
	880,000	1.32M2	218M2	782,000	
Huapai	760,000	2249M2	177M2	1,275,000	
	560,000	1019M2	150M2	795,000	
	855,000	888M2	0M2	1,042,000	
Kumeu	550,000	692M2	130M2	740,000	
	3,700,000	4.3HA	150M2	406,956	
	6,600,000	8.3HA	238M2	14,680,000	
	1,315,000	12132M2	206M2	1,920,000	
Muriwai	620,000	842M2	111M2	769,000	
Parakai	380,000	1062M2	158M2	549,000	
	370,000	1012M2	210M2	600,000	
	315,000	102M2	415M2	464,000	
	470,000	535M2	170M2	635,000	
Riverhead	840,000	1602M2	138M2	1,325,000	
	600,000	1214M2	117M2	880,000	
	900,000	601M2	232M2	962,000	
	920,000	801M2	260M2	1,100,000	
	510,000	0M2	110M2	525,000	
	400,000	807M2	0M2	1,040,000	
	650,000	809M2	120M2	750,000	
	610,000	810M2	100M2	725,000	
	1,500,000	2.5HA	301M2	1,910,000	
	Waimauku	780,000	1199M2	144M2	965,000
		910,000	7.5HA	100M2	1,150,000
750,000		2016M2	110M2	789,000	
Waitakere	620,000	2.5HA	84M2	1,000,000	
Whenuapai	1,075,000	0M2	128M2	985,000	
	3,275,000	9608M2	219M2	3,600,000	
	795,000	923M2	215M2	1,221,000	
	1,860,000	1652M2	340M2	2,800,000	
	815,000	2701M2	154M2	1,057,000	
	2,100,000	4.0HA	231M2	5,350,000	
	3,200,000	12697M2	183M2	4,600,000	
Woodhill	1,450,000	4.4HA	363M2	2,500,000	

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then 1.95%
thereafter"**

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Phone

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Graham McIntyre
Brand & Territory Owner



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

**List today
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ROYALLE VISTA ESTATE FOR OVER 50S

2 1 1

Asking Price \$519,000

34 / 197 Royal Road, Massey
Asking Price \$519,000

Too young for a rest home but looking to downsize? This stylish townhouse in an "over 50s" residential complex could be the answer. Royale Vista Estate is a tastefully designed residential village of 43 semi-detached units. With an on-site manager and a body corp fee that covers rates, insurance and external maintenance you can feel safe and secure in a neighbourhood of like-minded people. The complex is only metres away from a shopping precinct with a medical centre, pharmacy, Post Office, café and supermarket. The home itself features low-maintenance materials, 2 bedrooms, internal entry garage, a walk-in shower suitable for wheelchair access and is compact but roomy. For outside living there is a covered deck with views to the Waitakere Ranges.



Graham Gill
 021 588 661

graham.gill@mikepero.com

www.mikepero.com/RX628145

Graham Gill

Many baby-boomers will remember Graham Gill as a member of Auckland pop group The Dallas Four with appearances on television shows such as "C'mon" and "Happen Inn" and residencies at night-spots "Monaco", "Top 20" and "Platterack" in addition to performing at shows throughout NZ.

Outside of his involvement in the entertainment industry Graham has forged a career in real estate spanning more than 25 years.

Beginning as a salesperson in 1988 he quickly established himself as a successful practitioner specialising in the sale of high-end lifestyle properties by both auction and private treaty methods.

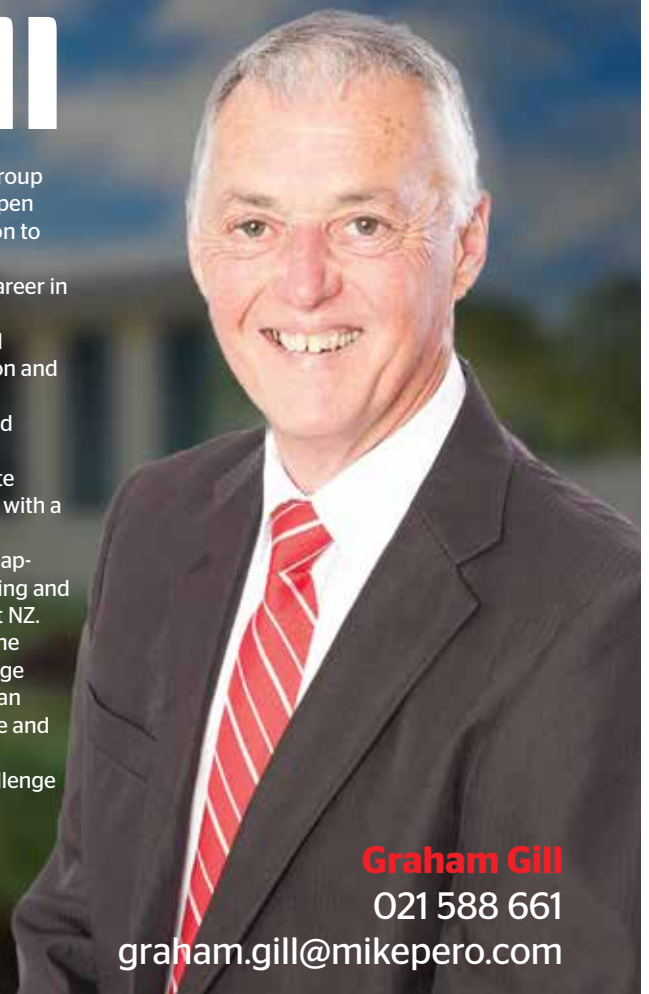
Continuing his studies over the following years he qualified to Licensee status and became an Associate of the REINZ.

From the early 90s Graham held management positions in a number of real estate offices throughout Auckland and established a reputation as a "straight-shooter" with a bent for "best practice", honesty and integrity.

His ability in the areas of compliance, dispute-resolution and arbitration saw him appointed as a member of the Auckland District Committee of the REINZ investigating and resolving complaints from the public and disputes between agencies throughout NZ.

After 20 years of managing, mentoring and training salespeople Graham made the decision to return to his passion of selling property. The experience and knowledge built from his years in the industry make him the obvious choice when selecting an agent who demonstrates professionalism, integrity, negotiation skills, persistence and the drive to achieve results.

With his relaxed, friendly and confident style Graham consistently meets the challenge of achieving the best possible price in the shortest possible time.





FAMILY FRIENDLY, SUNNY LARGE SECTION - RIVERHEAD

3 1 1

AUCTION

23 Queen Street, Riverhead
Auction - 6:30pm Thursday 3rd December 2015 (unless sold prior)

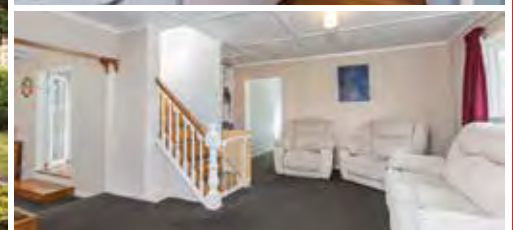
Set on 809 square meters of flat fully fenced yard enjoying plentiful sunshine. This north facing bungalow delivers three bedrooms and an office/study or nursery room. The home has significant old world character, lovingly restored with ornate paneling and polished flooring leading onto large decking and lawn with well established fruit trees. Situated in "old school Riverhead", the home is in close proximity to The Riverhead, Boat Ramp, Riverhead School, Riverhead Domain and convenience shopping. It does not get better than this. The CV on this property is \$700,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX495373



Graham McIntyre
 027 632 0421
 0800 900 700

graham.mcintyre@mikepero.com



CHARACTER COTTAGE IN WHENUAPAI - 1135M2 OF LAND

3 1 1

By Negotiation

58 Waimarie Road, Whenuapai
By Negotiation

Cute as a button, this two level board and baton cottage has plenty of character and room to spare, resting upon 1135 square meters of flat land. The home enjoys three bedrooms (one up, two down), open plan lounge and entertaining leading out onto patio and gardens. If you next home is about character and personality, this is a must see. An independent single garage with carport delivers additional value. A short distance from convenience shopping, restaurant, schooling, parks and inner harbour. The CV on this property is \$675,000. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX625777



Graham McIntyre
 027 632 0421

graham.mcintyre@mikepero.com



QUALITY TWO LEVEL HOME NEAR HOBSONVILLE

4 2 3

AUCTION

45A Hogarth Rise, West Harbour

Auction - 6:30pm Wednesday 2nd December 2015 (unless sold prior)

Elevated quality built home in West Harbour offering three bedrooms plus an office or fourth bedroom, three toilets and a generous open plan entertainers kitchen leading to lounge and dining areas with views. The home offers easy flow to bedrooms downstairs and office/extra room upstairs. Very quiet location and private with established trees, screens and fencing for pets and child safety. Good alfresco living, bar-b-que area ready for summer and minimal maintenance garden and lawn area. A very well constructed warm home that offers easy living, peace of mind and tranquility. A short distance to convenience shopping, marina, primary and secondary schools and transport links. Auction: 6:30pm, Wednesday 2nd December 2015 at 2 Clark Road, Hobsonville (unless sold prior).

www.mikepero.com/RX452411



Graham McIntyre
027 632 0421
0800 900 700

graham.mcintyre@mikepero.com

Introducing Joanne O'Brien

Jo comes from a background in business management, administration and accounting. She has run her own successful Health & Wellness Consultancy business for the last 9 years.

Jo has just completed the last 12 months in Property Management as a Letting Specialist and is now ready to sell you your next home.

Jo is a motivated and positive person with high energy, she is warm, friendly and approachable, a person with heart, she connects well with people from all walks of life.

Helping people is paramount to Jo, so give her a call so she can deliver great service to you.



Joanne O'Brien

027 683 3366

joanne.obrien@mikepero.com



ELEVATED FAMILY HOME CLOSE TO WESTGATE

3 2 1

By Negotiation

7 Holmes Drive South, Massey By Negotiation

Generous home with single garage and independent double garage on over 860 square meters of land. Elevated sunny home offering open plan living, private outlook, with internal access single garage downstairs. A good lawn area and children's playground delivers great family play, while the fully fenced property keeps pets and children safe. Three generous rooms with separate bathroom, toilet and laundry has an ease of operation. The property is close to Royal Heights shopping, easy motorway access and close to Westgate and the new North West Mall. Transport, schools, parks and convenience shopping is moments away. We are happy to supply a list of the last 12 months of transactions in this area email graham.mcintyre@mikepero.com.

www.mikepero.com/RX576632



Graham McIntyre
027 632 0421
0800 900 700

graham.mcintyre@mikepero.com



EXCLUSIVE MURIWAI BEACH HOME WITH A OUTSTANDING VIEWS

4 1 2

Enquiries Over \$1,495,000

151 Motutara Road, Muriwai Enquiries Over \$1,495,000

An executive home and retreat that competes at the very top of the Muriwai property tree. From the designer kitchen to the elaborate alfresco options. The care and workmanship of the home is only comparable with the immense view that wraps around the north west of the home. A picture postcard balancing the breaking surf line with the shading of the native bush and the deep green of the forest canopy. Four bedrooms and an office, set over two levels offering options for guests or family. Three well featured Italian porcelain bathrooms, with underfloor heating and the mandatory outside shower. Four separate outdoor settings offering entertaining and sun/shelter options. Off street parking and garaging, storage and laundry room add to this elaborate picture.

www.mikepero.com/RX628126



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



WELL CARED FOR - HENDERSON TWO BEDROOM HOME



Enquiries Over \$539,000

1/ 131 Swanson Road, Henderson
Enquiries Over \$539,000

Clean and tidy and looking for a new Owner/ Investor. This two bedroom character bungalow offers a one level easy living environment overlooking the sports fields of Waitakere College. Quaint and original the home offers a relaxed living environment, alfresco living to north facing patio, including single garage and garden shed on approximately 400 square meters of flat land. Fully fenced the property provides safety for pets and children, while the school field outlook changes, sometimes busy, but most times quiet and tranquil. In close proximity to convenience shopping, easy transport links (bus and train), schools and parks. We are happy to supply a list of the last 12 months of transactions in this area email graham.mcintyre@mikepero.com.

www.mikepero.com/RX627783



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- Brand new 3 & 4 year leases in place
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www.barfoot.co.nz

Elaine Tutty

021 951 810 | e.tutty@barfoot.co.nz

Chase Erceg

021 049 0079 | c.erceg@barfoot.co.nz

HEALTH AND BEAUTY

NEW HERBAL STRESS BUSTER TREATMENT INTRODUCED BY SPA DI VINE

Always passionate about finding the next level of stress-busting and relaxation, Spa Di Vine have now introduced Herbal Compress Therapy Massage. This very eastern way of treating the body is a "must try" experience!

The treatment offers the healing effects of herbal therapy, aromatherapy, heat and massage therapy. Some of the herbs used are ginger, turmeric, tamarind and patchouli and healing Thai white clay balances skin, replenishes moisture levels and helps retain skin's natural healthy glow. It's a muscle-melting & sensory journey you simply have to experience! Phone Paula at Spa Di Vine – 09 411 5290 for bookings and vouchers.



LIVING WITH ARTHRITIS

Did you know that one in six New Zealanders have arthritis and that there are over 140 different forms of arthritis? Whether you have arthritis or not, chances are, you know someone who does and can see the effect it has on them. Many people believe that the symptoms of arthritis such as pain and stiffness are in-

evitable and that they must live with it. However, the following advice can help you to manage your symptoms.

1) Exercise: Stretching and strengthening helps to reduce pain, improve circulation and balance (your qualified massage therapist/Osteopath can give you an exercise regime). 5-10 minutes of gentle walking or Thai Chi can make a huge difference.

2) Manual therapies such as Massage and Osteopathy can help to improve blood flow and reduce muscle tension which can reduce pain, improve swelling and stiffness and improve overall mobility.

3) Glucosamine and Chondroitin supplements can be effective in reducing joint pains (talk to your doctor or local pharmacy)

If you need more advice or information please contact The Body Clinic 09 320 3803, info@thebodyclinic.co.nz or visit www.thebodyclinic.co.nz.

BENEFIT AS LONG AS YOU WISH

Have you heard the common urban legend that "once you go to a Chiropractor you have to go for the rest of your life"? It's not true.

There are five ways people choose to use Chiropractic care in our office.

1. Relief Care – This is where most people start. Our focus is to address the underlying cause of whatever it is that has prompted you to consult our clinic.

2. Corrective Care – With your major symptoms improved, continued visits are designed to strengthen and retrain muscles and soft tissues to make more lasting

spinal changes.

3. Maintenance Care – Like regular teeth brushing and flossing, periodic visits, even without the presence of obvious symptoms, are intended to help avoid a relapse.

4. Preventative Care – These visits are less often and comparable to an annual medical examination. Early detection may help catch small issues before they become serious.

5. Wellness Care – With the visit frequency dictated by the unique stresses and health goals of each individual, wellness care is designed to help you be all that you can be.

We see our responsibility as offering the best recommendations based on our education, training and clinical experience. Your responsibility is to decide how far you want to take your care and let us know how we can best serve you.

The bottom line? How long you choose to benefit from Chiropractic care is always up to you. Give us a call and get started today – Kumeu Chiropractic – 09 412 5536.

ARE YOU GOING ON HOLIDAY?

We wait all year to have a holiday and if you are lucky you may get two, but how many times do you go away on holiday and don't sleep well?

Or even better, go away and have the 'best sleep' of the year. It's because you're on holiday...right? What if it isn't? What if that old bed at the bach or the caravan, tent or in the luxury hotel where you are staying, is just in a 'clear' GEOPATHIC STRESS free zone.

What is Geopathic Stress you may ask, it is made up of the magnetic earth fields that are everywhere, you just don't want them under your bed.

If it's under your bed at home, it will irritate and cause uncomfortable sleep, irritable legs, nightmares, bedwetting, allergies, and many more chronic illnesses. Notice when you are holiday, how you



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R.D.1
Kumeu 0891



sleep? Compared to home? Which one needs checking? A simple Building biology test of home could save sleepless nights in the future and 'home' could be the holiday!

Call Nicky at Clear Energy Homes to arrange this. www.clearenergy-homes.com or 021 545 299 or 09 213 7301.



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Pure Balance caters for everyday needs of waxing, tinting, spray tans and also invigorating facials.

With Christmas fast approaching, a Gift Voucher is a fantastic idea for a loved one or friend and Sandy can make recommendations for different ages.

Sandy is a fully qualified Beautician, also with an ITEC International Qualification – mature, easy to communicate with and down to earth.

Don't delay, book now for your Christmas appointment 09 412 7238 or sands@purebalance.co.nz.

ZASH HAIR SUMMER HOLIDAY TIPS

As our spring clothes make their way back into our wardrobes, it's time to soak up the sun and make merry for Christmas once again!

But summer can also translate into dry, greasy and lifeless hair. Sometimes hair that appears healthy from the outside might be damaged from the inside, so here are some summer care tips that will keep your hair looking stylish, soft and healthy as you step out into the sun.

1 Clean up; Hair during summer tends to become greasy due to excessive sweating and grime. Therefore it is so important to wash the hair with a shampoo that protects the strands.

2 Miracle worker; Suffering dry and dull hair? Add a dose of Wella Enrich Treatment which promises to restore hair health overnight. It makes up for protein and moisture loss, giving you stronger and beautiful hair

3 Healthy inside; Eating right is crucial to great hair. Keep hydrated by drinking plenty of water. Stock up on fresh fruit and vegetables to ensure your hair is getting all the vital nutrients it needs.

4 While you are out; Why not protect your hair from the harmful

rays of the sun too? Cover up with hats, scarves or bandanas. Or cover up the hair with leave-in spray conditioners or serums for that extra protection.

5 A spark of life; summer tends to make hair dry, frizzy and look listless. The excessive use of heat styling tools such as curling tongs, hairdryers and straighteners will only make matters worse. Try Wella's Enrich leave-in Straight Crème or Flowing Form to help achieve that smoother sleek hair without the added heat.

So take some time out this summer and try these tips.

I hope you all have a fantastic Christmas and summer holiday and enjoy spending quality time with your loved ones. Carla at Zash Hair 021 814 663.

COLLAGEN AND AGEING

As we age, Collagen in our body diminishes, collagen and Keratin are crucial in maintaining structure of the living organisms within the body.

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This formula is a breakthrough with two key nutrients required for the support of the skin, hair and nails. With extensive use of the Collagen Hydrosolate formula incorporating a compound called Complex K, this new exclusive ingredient is a food grade keratin. 100% Collagen "K" capsules will help you to feel younger, improve your skins elasticity, reduce fine lines, sagging skin and wrinkles. Collagen will help to knit your skin together, give you better hair condition and strengthen your nails.

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not only wishes them a Merry Christmas, but lets them know your opening hours over the holiday period. You should also put this onto your website so anyone needing to get in touch with you will know when you are around. If your website has a Content Management System you should be able to edit the pages yourself. Utopia can update your website if required regardless of how it is designed or who hosts it. The team at Utopia would like to take this opportunity to thank everyone in the community who we have created websites for in 2015. Have a safe and well-earned break over Christmas and we look forward to seeing you in the New Year. Our office will be closing on the 23rd December and re-open on the 18th January. If you wish to discuss any website work in the meantime please contact us here at Utopia on 09 412 2473 or michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.

AWARD WINNING LOCAL TRAVEL BROKER

I am back from a recent and successful Travel Brokers Annual Conference, this was held at the lovely Sofitel Broad Beach on the Gold Coast.

A fantastic opportunity for us to get together once a year and network with fellow Brokers from all over NZ, brainstorming ideas and learning so much from each other.

We focused on marketing our businesses and had some inspirational guest speakers.

I have been a self-employed Independent Travel Broker for 3 years now, and I was awarded High Flyer for Top Achievement for the National Business Awards for 2015, for the second year running! Yay!

We made my conference into a family holiday. The Gold Coast is a wonderful playground for families, and we loved the theme parks, Sea World, Movie World, Wet & Wild, and the Outback Spectacular Dinner & Show was a real highlight.

Catching up with family was a huge bonus too; the boys got to play with cousins they haven't seen for a little while.

On that note – as family is such an important topic at this time of the year - I would like to take this opportunity to wish you & your families a very Merry Christmas, and all the best for the new year. I hope 2016 brings you all much Health & Happiness! For all your international travel needs please contact:

Tanya Franklin, your local Travel Broker, 09 411 9105, or 021 254 9169, or email: tan-

ya@ttb.co.nz. Make an appointment to see me in my home office in Waimauku to chat about your next holiday! See: www.thetravelbrokers.co.nz/tanyafranklin.

THE CERTAINTY OF YOUR FUTURE COULD BE HOLDING YOU BACK

You will most likely have a tomorrow. It is not guaranteed but a safe assumption based on the past. It is also likely that you will have a next weekend... it's pretty much a matter of sitting back, doing what you did last week and waiting for it to happen. And in the background we are waiting for a pretty certain next year and next Christmas.

But what if the certainty of it all is actually doing us an injustice? Perhaps there are projects, travels, business ideas, love or studies we could be experiencing but that our life hides from us. The fact that there will always be a tomorrow and no end in sight creates laziness and limits possibility.

Those suddenly diagnosed with a fatal disease or who perhaps lose a loved one are shown a unique perspective of life that we only sometimes get a glimpse of. A new perspective on life would bring about different actions. Knowing that there might not be a next year could bring about a level of happiness and satisfaction not experienced before, as we set about living life in a different way.

We think about our wish list and dreams. We have them in our minds but, certain of a future we mindlessly let our fears win. Fear of falling short. Fear of not being enough. Fear of failing keeps us from even starting. These worries won't kill you, in reality don't happen often and will ultimately create inner strength. These fears are never talked about (that's not the kiwi way) but decisions in life are based around them. We are running out of time people! Recently Jake Bailey the head boy at a Christchurch high school said in his inspiring speech 'I know one thing for sure, none of us get out of this

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life alive! And we won't. But the habitual, certain way of living our certain lives can be detrimental to our happiness as we put off really living until it's too late.

One day never comes. Today is here. Perhaps don't put off buying that caravan. Are we waiting for 'when the time is right' or for when it feels 'safer' to put a new deck on or to have another baby or for the much needed kitchen reno? Ask the hot girl out. Try that haircut you've always wondered about. Send that email you're putting off. Go for that big client. Sign up for that team. Hold your head high up, and speak your mind with love and humility.

They say that material things won't bring happiness but when we start living in more truthful ways, from our hearts, then life certainly starts to show up differently for us. It's about who we are being when we decide not to waste each precious day. Watch this space. What would bring happiness? What makes you smile? When did you last belly laugh? If you were truly following your heart what would you do differently? For a session ring or email Anna Wheeler 021 555 658 or anna@thinkyouurbest.co.nz.

IT'S PARTY SEASON

Are you looking for a special venue for your little, or not so little one's birthday party? We are pleased to



announce that we are now taking 2015 and 2016 bookings for the Ultimate Pony Party at our stunning rural property in Muriwai. We are situated just 5 minutes' drive from the popular West Coast beach. Our awesome facility is custom designed with a

large 21m x 12m American style barn. There is the opportunity to meet our beautiful and charming Miniature Horse foals, plenty of pony contact with Pony Rides, Grooming the Ponies and use of the Hobby Horses. You will enjoy plenty of party games including sack races, horseshoe throw and pin the tail on the pony to name a few. The gardens are just beautiful with natives, palms, bromeliads, iris and an amazing display of Day Lilies. You are welcome to take a stroll down the secret path to the mini lake where you will see tuis, ducks and of course hear the fascinating sound of the resident frogs. All party décor, platters, cutlery and furniture are provided. All you need to bring is the children's party finger food, drinks and don't forget the birthday cake! For more information please visit www.ponies4parties.co.nz or email us on info@ponies4parties.co.nz.

CHRISTMAS LILIES, GIFTS AND MORE

By the time you are reading this I am sure the buzz of Xmas has already hit!! Boy - this year has gone by with a big hiss and a roar and I bet you are all eager to find out about our Pick your Own Xmas Lilies too. At the time of writing this our Xmas Lilies have now formed their first buds – and some are really big with 5-6 buds per stem! So they are about three weeks away and I have worked out our Pick Your Own. These will be Sunday 6th, 13th and 20th December, rain or shine from 12 – 4pm. You must have a booking to pick. Call us on 09 4127606. For Xmas we will be offering special Xmas Bouquets and Gifts so come down and see us @ 108 Station Road, Huapai. Remember we can also deliver. We will be closed on 25th – 27th Dec, 2015 and 1st – 3rd Jan 2016.

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Thursday 31st December

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CONFECTIONERY PALACE

With Christmas season coming up, some of us may already be wondering how we are going to get through it and still keep to our weight loss plans. The Confectionery Palace has a product that can help you. Slim Fruits have been specially developed to support a weight loss diet. They contain only 2 calories per sweet and are fat free and sugar free. Slim Fruits have fibre in the form of Acacia gum. This natural soluble fibre helps increase your dietary fibre content and reduces hunger pangs. The pastilles contain elderberry juice which has the added benefit of boosting immunity against viruses such as the flu. Slim Fruits come in two great flavours; Peach Melba, and Rhubarb and Strawberry and contain no artificial colours or preservatives. They may just be the healthiest sweet on the market! Pop in to the Confectionery Palace at 7 Shamrock Drive, Kumeu 8.30 – 5pm Mon to Fri or purchase online at www.snackit.co.nz.

FROG POND READING TUITION

We offer weekly one to one sessions with a qualified teacher who is trained to target your child's specific learning needs. Unlike other tuition providers we offer sessions with one teacher to each student.

We follow the carefully written programme by NZ author Jill Mitchell who has continued to test and enhance her programme for the last 20 years! The Frog Pond Tuition programme is made up of 6 different levels of ability and 73 beautifully illustrated and captivating books. Each weekly session is focused on developing your child's specific needs until mastery is achieved. Regardless of where your child's gaps in literacy knowledge are, we can help!

So far we have tuition pods in Henderson and Titirangi and now we have our eyes set on the NorthWest. Please contact us today to discuss your child's individual learning needs with us. Amanda@tallpoppies.org.nz, phone 09 412 7753 or 027 473 6036.

WOODHILL SANDS

December will see the Waitemata Dressage Champs at Woodhill Sands (11th,12th & 13th) three days of New Zealand's top horses will be competing at this regional show featuring Grand Prix and Freestyle (Dressage to Music classes each day).

A small break over Christmas and we are right back into it with New Year Show Jumping (January 2nd & 3rd) a fun thing to do with your holidays. Two weeks later will see World Cup SJ happening (January 15th -17th) voted NZ best Show Jumping Show two years running. Eventing is the other discipline for the

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New Year with two horse trials planned for 9th & 10th of January and 30th & 31st. Food available on site, free entry to most shows, no dogs please.

COUNTRY BEARS EARLY CHILDHOOD CENTRE NATURE WALKS



Over the 22 years that Country Bears has been open we have seen the Huapai/Kumeu area grow and change with new people being drawn to the more relaxed and clean lifestyle that it has to offer. One of the many things that make our centre and this area so beautiful is the rural aspect that is still strong all around us. Country Bears Early Childhood Centre is very lucky to be situated on a very large site and to have a wonderful farm behind us where we visit our animal friends. We

have our bush/tree area and large open spaces for our children to explore and discover the many things that nature can offer. We believe that nature walks are an integral component of our programme and we are lucky to have a variety of landscapes within our property to explore. We remain the providers of original and inspirational early childhood experiences. We continue to be inspired by meeting amazing people that enjoy seeing children joyful in the wonders of discovery. As parents, whanau and teachers we can inspire children to take the time to see, listen, smell and feel the world around them. Through our support we hope to install a love and appreciation of the wonderful world we live in. From day one, Country Bears has always strived to reinforce our core value of respect in the everyday things we do and in everything around us, from all living things to the very air we breathe. It is our obligation as adults to ensure that all the wonderful things that we experienced when growing up, are preserved and provided for our children to enjoy.

Just a snippet for your information from Peggy Ashbrook, the author of Science Is Simple: Over 250 Activities for Preschoolers, she teaches preschool science in Alexandria, Virginia, and leads workshops for early childhood teachers throughout USA.

Key idea taken from Peggy Ashbrook book 'Science is Simple': Every walk is an opportunity for children to learn about the natural world. Walking around the block with my child when he was 2 years old could take an hour because there was always something new to explore. Please feel free to come to see our centre and meet our amazing team of qualified/experienced teachers. Phone Angela on 09 412 8055 79 Oraha Road, Kumeu.

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Current fees from April 2014

Babies 3 months – 3 years old

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

3 & 4 year olds

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

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

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

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



Waimauku Kindergarten

Northern Auckland Kindergarten Association

18 Freshfields Road,
Waimauku, Auckland 0842
Ph: 09 411 8890 Fax: 09 411 5200
waimauku@naka.co.nz

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

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

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

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

CHRISTMAS FRUIT CAKE

800gms fruit mix
250gms butter
1 cup brown sugar
½ cup brandy or sherry
½ cup water
1 ¾ cups plain flour
1/3 cup self-raising flour
½ tsp baking soda
5 eggs, lightly beaten
1 Tbsp Treacle



Combine fruit, butter, sugar, brandy and water in a large saucepan. Stir until sugar is dissolved and simmer for 10 min. Transfer to a large bowl and cool to room temp.

Mix in beaten eggs and treacle. Add dry ingredients and mix well.

Pour into a fully lined tin – approx. 8 inch square.

Bake at 160 until skewer comes out clean – approx. 2 hours

If cake starts to darken too much on top then cover with a sheet of baking paper.

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



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Perfect for little hands, arthritic hands or hands with gripping difficulty, the No Drippity IceBlock Buddy is your Summer Must Have! Get one for \$12.95 or two for \$19.95! [www.nodrippity.co.nz](http://www.nodrippity.co.nz) [www.facebook.com/nodrippity](http://www.facebook.com/nodrippity).



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Director

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## MURIWAI TIDE CHART

| Date       | High  | Low   | High  | Low   | High  |
|------------|-------|-------|-------|-------|-------|
| Tue 01 Dec | 02:11 | 08:31 | 14:33 | 21:02 | -     |
| Wed 02 Dec | 02:56 | 09:15 | 15:19 | 21:52 | -     |
| Thu 03 Dec | 03:45 | 10:05 | 16:11 | 22:46 | -     |
| Fri 04 Dec | 04:43 | 11:02 | 17:10 | 23:45 | -     |
| Sat 05 Dec | 05:46 | 12:06 | 18:12 | -     | -     |
| Sun 06 Dec | -     | 00:44 | 06:50 | 13:10 | 19:12 |
| Mon 07 Dec | -     | 01:41 | 07:49 | 14:08 | 20:07 |
| Tue 08 Dec | -     | 02:32 | 08:42 | 14:59 | 20:56 |
| Wed 09 Dec | -     | 03:19 | 09:28 | 15:44 | 21:40 |
| Thu 10 Dec | -     | 04:03 | 10:09 | 16:26 | 22:22 |
| Fri 11 Dec | -     | 04:44 | 10:49 | 17:07 | 23:03 |
| Sat 12 Dec | -     | 05:24 | 11:27 | 17:47 | 23:43 |
| Sun 13 Dec | -     | 06:05 | 12:06 | 18:28 | -     |
| Mon 14 Dec | 00:24 | 06:46 | 12:46 | 19:11 | -     |
| Tue 15 Dec | 01:06 | 07:28 | 13:28 | 19:55 | -     |
| Wed 16 Dec | 01:50 | 08:13 | 14:13 | 20:42 | -     |
| Thu 17 Dec | 02:38 | 09:01 | 15:02 | 21:34 | -     |
| Fri 18 Dec | 03:30 | 09:54 | 15:56 | 22:30 | -     |
| Sat 19 Dec | 04:29 | 10:54 | 16:56 | 23:30 | -     |
| Sun 20 Dec | 05:33 | 11:58 | 18:01 | -     | -     |
| Mon 21 Dec | -     | 00:34 | 06:41 | 13:05 | 19:07 |
| Tue 22 Dec | -     | 01:38 | 07:49 | 14:11 | 20:13 |
| Wed 23 Dec | -     | 02:40 | 08:53 | 15:12 | 21:15 |
| Thu 24 Dec | -     | 03:38 | 09:50 | 16:08 | 22:10 |
| Fri 25 Dec | -     | 04:31 | 10:41 | 16:58 | 23:00 |
| Sat 26 Dec | -     | 05:19 | 11:27 | 17:45 | 23:46 |
| Sun 27 Dec | -     | 06:04 | 12:10 | 18:29 | -     |
| Mon 28 Dec | 00:28 | 06:46 | 12:49 | 19:11 | -     |
| Tue 29 Dec | 01:08 | 07:26 | 13:27 | 19:52 | -     |
| Wed 30 Dec | 01:46 | 08:05 | 14:04 | -     | -     |

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

## JUSTICE OF THE PEACE AVAILABLE AT THE HUAPAI LIBRARY ON SATURDAY MORNINGS

A Justice of the Peace (JP) service is available every Saturday morning at the Library in Huapai between 10am and 12pm. JPs are happy to help and there is no charge for their services. No appointment is necessary at the library on Saturday mornings. Whilst JPs are not legal advisors, there are legal processes that a JP can assist with. A JP can witness signatures on docu-

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ments, certify copies of documents as true copies, take oaths, statutory declarations, and sworn or affirmed affidavits. There are many documents and processes that require these. Some examples are Sponsorship applications and other immigration related matters, change of name, dissolution of marriage, Kiwi-aver withdrawal documents, citizenship applications, declaring or swearing or affirming the truth of statements, loan application documents, rates rebates applications, witnessing deeds and some land related documents, and certifying photographs as a true likeness. Even certifying that someone is still alive!

There are a few things to remember that people needing a JP should do before they come. If they want a copy of a document to be certified as a true copy, make sure they bring the original with them. If the original is only viewable on a computer screen, make sure that this document can be viewed on the library computer or a smartphone. If swearing or affirming an affidavit or making a Statutory Declaration, bring identification documentation like a Driver's Licence or passport to the library. Don't sign the document before you come, as the JP will want to view the signing. There are forms for Government departments covering a myriad of circumstances including health, education and immigration. Many of these can be completed with a JP. Please fill out the documentation wherever possible before you come.

There are about twenty J's in the Muriwai, Taupaki, Kumeu, Waimauku, Huapai, and Riverhead areas and these JPs are happy to see people by appointment at the their home. Addresses and phone numbers of JPs can be found in the Yellow Pages or at [www.jpfed.org.nz](http://www.jpfed.org.nz). Many people however are diffident about doing this and prefer to go to somewhere like a library or CAB to get JP assistance. There is a also a JP available at the Massey Library CAB every Monday to Friday between 1pm and 3pm, and at the Helensville CAB on Monday and Tuesday between 12.30pm and 3pm.

The Saturday availability of a JP at the Kumeu/Huapai library now provides another day when local people can readily obtain JP assistance. Clive Preston-Thomas JP, 14 Gumdiggers Lane, Riverhead. Phone 09 412 7312.

## BRIDGESTONE KUMEU

Before you head off on a long car trip this summer, Bridgestone Kumeu have some tyre tips for you:

**Tyre Pressure** - Correct tyre pressure ensures balanced braking and lengthens the life of your tyres. Call to us at 43 Main Road, Kumeu (Opposite Z) any time and we will check your pressures for free.

**Tread Depth** - this is very important for the safety of your vehicle, we will check that your tyres are at least the legal minimum of 1.5mm and are wearing evenly.

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We can help you with all your tyre needs, call us 09 412 9111, email [firestonekumeu@xtra.co.nz](mailto:firestonekumeu@xtra.co.nz) or pop in and see Johnny and the Team. Bridgestone Kumeu, we live local, work local and support local, we take pride in keeping your family safe on the road.

We would like to wish all our customers Happy and Safe Holidays on the road this summer.

## THE FIREPLACE, CAFÉ, RESTAURANT AND BAR

As of the end of November, The Fireplace has been rebranded as Café, Restaurant & Bar to reflect the change in our business. We will be opening from 10am in the morning to 3pm in the afternoon as a café serving brunch/lunch and the dinner service will stay as usual from 5.30pm onwards. We have a new day menu offering a selection of dishes with classics such as - Sweetcorn Fritters, Bacon 'n Eggs, Portobello on Toast, Eggs Benedict, French toast plus selection of salads. In addition we still have our regular Lunch Dishes - Caesar Salad, Fish 'n Chips, Curry of the day, Char Grilled Vegetable Pasta, Gourmet Burgers (Beef, Chicken, Pulled pork) etc.

For the customer on the go, we have a selection of cabinet food offering freshly baked scones, muffins, fresh gourmet sandwiches and other deli dishes. For all you coffee & tea connoisseurs we will be serving the award winning ALTURA COFFEE and a selection of exclusive Harney Teas. We are fully licensed and located at 64 Main Road, Kumeu. Check out our new day menu on line - <http://www.thefireplace.net.nz/lunchmenu.htm>. Bookings: [info@thefireplace.net.nz](mailto:info@thefireplace.net.nz) - 09 412 6447.

## HEART SAVER WINNERS

We did it, we were super proud and humbled to be named finalist in a few categories of the Westpac Auckland Business Awards 2015 and The David Awards 2015. We are now over the moon to announce we won!

- Excellence in Strategy and Planning – Westpac Auckland Business Awards 2015; and

- Most Outstanding Established Business – David Awards 2015

We had a wonderful night at the Westpac Business Awards, celebrating with our team and the other finalists and winners. It was a great opportunity to meet the other amazing businesses we have out West and celebrate with them.

We would like to take this opportunity to thank those who have supported us through our journey so far, our amazing family, staff and the wonderful mentors we have working with us keep us focussed and on track to keep meeting our goals. We would also like to send a big thank you to our customers!

Next time you are in Kumeu come in and say hi (Level 1, 80 Main Road Kumeu) or visit our website [www.heartsaver.co.nz](http://www.heartsaver.co.nz)

## \$75 = EXPOSURE FOR A MONTH - KUMEU COURIER

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

### Why is it that I can hear some people clearly and others sound like they're mumbling?

This is due to the huge variation in how high or low pitched different peoples' voices are, and how loudly or softly they speak. Our ears are tuned in such a way that low pitched sounds will usually cover the higher pitched ones.

If a person has a deep voice and doesn't project their consonants (high pitched) well they really will sound like they are mumbling as the vowels (low pitched) will often mask the beginnings and endings of their words. We may hear them easily, but not understand them. I often meet people who are convinced that their friends or family are speaking like this when in fact the speech is clear.

When we perform a hearing test we may see a 'sloping' high-frequency hearing loss, meaning that high pitched sounds are being missed while the low pitched ones are easy to hear. A person with this kind of hearing loss will often have more difficulty with womens' and childrens' voices as they are generally higher pitched. If instead the hearing test shows a 'flat' hearing loss we will know that low pitched sounds are also hard to hear. This makes it really difficult to understand people who speak clearly but softly, or perhaps even at normal volume.

## Hearing Health

Your questions answered



**Lisa Greene**

Audiologist  
Kumeu & Helensville clinics

**If you suspect that you are having more difficulty hearing than you have in the past, call Bay Audiology's Kumeu and Helensville clinics now on 09 447 0280 for a FREE hearing check.**

# PETS

## TIPS & ADVICE

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### RAW-FEEDING AND MIXED FEEDING

A well-planned, species-appropriate raw diet promotes strong gastric acidity in carnivores.

This enables them to fully digest raw meat, bones, organs and tripe. Strong acidity promotes absorption of the nutrients from this diet.

It also protects the carnivores from disease-causing bacteria that can be present on all food.

Processed diets (including grain-free products), with their higher carbohydrate content, impair the production of strong gastric acidity. If a cat or dog is fed a mixed diet - raw and processed - they are at risk of not being able to fully and safely digest their raw food.

This is why we advise pet owners to make a choice - feed either a processed diet, or a well-planned raw diet, but never both!

So if you are ready to go raw, visit Raw Essentials Kumeu, where store manager and veterinary nurse Amanda, and her team, will help you achieve the very best real raw food diet for your cats and dogs. 250D Main Road, Kumeu. Phone 09 281 055, email [info@rawessentials.co.nz](mailto:info@rawessentials.co.nz) or visit [www.rawessentials.co.nz](http://www.rawessentials.co.nz).



### CHRISTMAS GIFTS FOR PETS

Summer is here, Christmas is around the corner, and holidays along with longer daylight hours mean more time to spend with loved ones - Including our furry, scaled and feathered family members! At Animal Avenue we involve our pets with every aspect of the holiday season possible and this

includes giving them their own special gift under the tree to open on Christmas morning along with the rest of us. We've been busy sniffing out the best 100% Natural treats and products around guaranteed to entertain and excite your beloved pet. We have a range of gift options for any pet and now offer Gift Boxes, packed with treats, toys and products for you both to enjoy together. Gift Boxes are perfect for if you are on the run or as a present for friends and family pets too. Come in and see us at Animal Avenue for great activities for you and your pet to enjoy together this Holiday Season. Christmas cakes for pets, personalised pet Christmas cards and homemade toy ideas.



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## THE GREAT DOG BITE

Should we touch a strange dog? Where should we touch a strange dog? What are the rules of engagement? We all know that we should ask permission prior to touching a dog. But when permission is given where do we then touch it?



When I was growing up we always thought if a dog was wagging its tail it was happy, that you greet them by patting them on the head and if they roll on their back they want their belly rubbed. Every part of this is now known to be incorrect.

Now the recommendation is to touch them under the chin, don't look them in the eye and don't put your face close to them. When you are a child how can you achieve that without putting yourself in front of the dog?

Logically - does this make sense? Lets look at your body positioning when you pat a dog under the chin.

- You are standing in front of the dog
  - You crouch down or lean over
  - Children step forward
  - The dogs mouth is often at the same level as the child's face
- Children automatically make eye contact with a face and this begins when they are only a few months old it is called "mutual gaze". Look at any baby, toddler or a young child, they will look you in the eye to try and get an understanding of what you want them to do.

Consequently children may think the dog is smiling at them when it is showing its teeth.

Now what if the dog decides that it does not want to be touched?

Of course the child has followed the first rule of always asking permission prior to touching a dog. The owner has said yes.

But what if the dog decides that it does not want to be touched....

The child is either standing or crouching in front of the dog. The dog could lunge forward, where is the child going to be bitten? Logic says - why position a child or yourself at the business end of the dog?

Studies completed in Germany in 2014 support the belief that touching a dog on the head is the second most stressful place for a dog to be touched. PET First Aid & Training (NZ) Ltd have 3 Golden Rules for anyone who is looking to pat an unfamiliar dog.

1. Always ask permission from the owner and never approach a dog that is alone.

2. Once permission is given then stand to the side of the dog and touch only its shoulder or side.

3. Stand like a tree if a strange dog approaches you. Phone 0508 PET FIRST, website [www.petfat.co.nz](http://www.petfat.co.nz) or Facebook: PETFirstAid-NZ.

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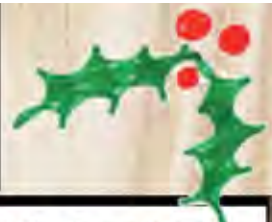
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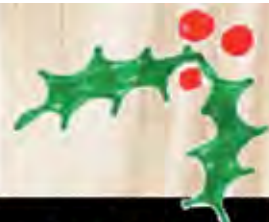
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# INSIDER WEST HARBOUR

## WEST HARBOUR CHRISTIAN KINDERGARTEN

West Harbour Christian Kindergarten is a relatively new early childhood centre situated in the heart of Massey/West Harbour. Our kindergarten is a vision turned into reality, by people who wanted to invest in the local community. We believe in the value of children, the importance of their whanau, and the sharing of Christian values. This will provide a community partnership in the raising of our children.

West Harbour Christian Kindergarten caters for children from 3-5 years, however children from 2 ½ are welcome. We provide 20 hours free early childhood education for all children over the age of 3. Children under 3 will be required to pay full fees until their 3rd birthday.

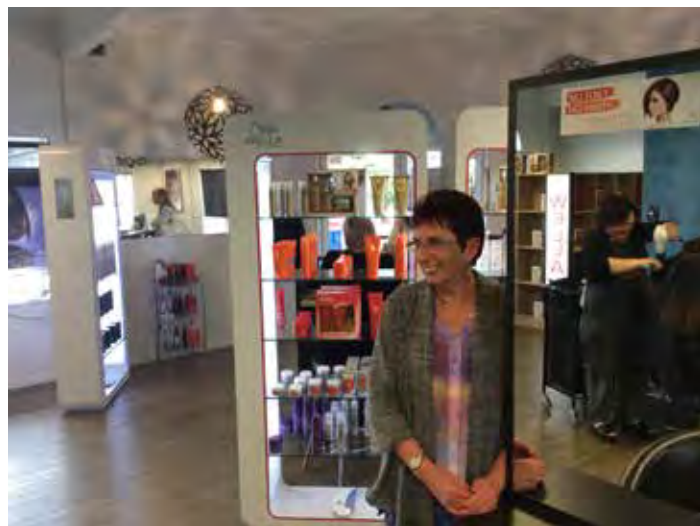
Our centre hours are 8.30am – 3.30pm and we are open during the school term holidays. We would love to meet you and show you around our centre. Everyone welcome. 145 Moire Road, West Harbour - Phone 09 416 8091, email: info@whck.org.nz or visit: www.whck.org.nz.



## STYLE AHEAD - MICHELLE

Styles Ahead was created over 24 years ago, based in Luckens Road as Simply Hair the salon was relocated to West Harbour Marina in 2008 and became styles Ahead. "We took over in May 2014 after being loyal customers for over 20 years and still have some of the original staff. My husband and I are local residents and wanted to invest in a local business, although not a hair stylist we have had businesses before and it has the same make up of service and staff" says owner Michelle Evans.

"We have lived in West Harbour for 30 plus years and we just love it, the growth in the area is huge and this has represent-



ed growth in the business, new customers are growing and the environment is amazing with such a unique and relaxed atmosphere. Clients say that they love the personalised service, regular faces and feel the extended family touch that the salon offers. They enjoy the additional bonus of wifi facilities, complimentary beverages, endless chit chats, and not to mention our continuous promotions and weekly specials"

All staff attend regular training and this reflects within their professional and creative techniques. Styles Ahead is exclusive stockiest of Wella Professional Haircare products and have only the top line products on offer which is well received by staff and customers. Ongoing product knowledge and information sharing continues to deliver excellent results.

Recent changes have included a complete shop make-over making it brighter and more personalized with designated individual areas and this has achieved a rewarding and positive response from our clients. The name, branding and web site have all been upgraded to reflect the new look together with a fresh new face book page so check us out. The girls love that when things need to happen, they happen and Michelle pops in most days to ensure that things are running smoothly and to help out with anything from shampooing, floor sweeping to making bookings. It is important to be 100 percent supportive of your team and ensuring that they feel supported leads to an enjoyable working environment.

"The future is bright and we will be busier, we thrive on the new growth in the area, new staff and clientele and this will see the business further cement its place in the community and region". People travel from all over the Auckland region to catch up with their personal stylist. "We have a pricing structure that reflects each stylists' expertise which provides our customers with an added choice in value. We are always encouraging and training our team and get great satisfaction seeing budding new stylists progress through their career, increasing not only their professional skills but also their client base. This is most certainly a people business and it is important to acknowledge on behalf of the salon the huge amount of customer loyalty and support that we continue to receive from within the community."

"A best kept secret here at Hobsonville Marina we are always thriving to provide an even greater service to not only our existing clients but to all new customers that visit and are keen for everyone to experience our professional and personalized services so spread the word, visit our website or face book page to see our full range of services on offer. Part of our attraction is the relaxing Marina environment our customers get to enjoy during their visit but compliment this with a highly service driven approach and you won't be disappointed. You have to experience the complete service to respect how unique the feeling is". To book or discuss your styling needs please phone 09 416

9221, visit us online at [www.stylesahead.co.nz](http://www.stylesahead.co.nz) or call in to the salon for a free consultation.

## BELAIRE FERRIES LTD

Belaire Ferries has been operating the West Harbour Ferry for the past ten years. They have carried more than 600,000 passengers on the 30 minute scenic trip from Hobsonville Marina to the Downtown Ferry terminal.

With a fleet of ferries ranging from 49-149 seats there are 14 return trips every Monday to Friday. Tickets are available for purchase on board with Cash, Eftpos, Visa and Mastercard accepted. Cash fare prices are Adult \$10 and Child \$6 but a 20% discount is available when passengers use an AT HOP Card. Supergold card holders travel free from 9.00am onwards.

A park and ride facility is available for early travelers and further street parking is available on Clearwater Cove. There is plenty of signage at the marina directing passengers to the ferry terminal at Pier C where the ferry staff are waiting to greet you.

Full timetable available online at [www.belaire.co.nz](http://www.belaire.co.nz).

## WEST PARK MARINA LTD

Location: 18 Clearwater Cove, Hobsonville, West Harbour, Auckland. Contact: Marina Office, Phone: 09 416-7447 Email: [info@hobsonvillemarina.co.nz](mailto:info@hobsonvillemarina.co.nz). Opening Hours: Weekday: 8.30am to 5pm, Saturday, Sunday: closed.

Built in the late 80's, Hobsonville Marina is New Zealand's third largest marina. Hobsonville Marina is an extensive privately operated recreational boat harbour in Auckland's upper Waitemata Harbour, a short distance beyond the harbour bridge or via highway 16 from Auckland's CBD. Hobsonville Marina is surrounded by a comprehensive marine service centre, the trav-



elift haulout and hardstand facility can cater for a pre-race water-blast or a full refit – short or long term boat storage. As well as providing a local hub of retail and services at the shopping centre conveniently located within walking distance of all piers. Hobsonville can provide for short or long term berthage for vessels up to 30 metres. As part of our marinas group, we also offer berths for vessels up to 40 metres at Bayswater Marina.

Hobsonville Marina offers a comprehensive range of services onsite for your convenience. The marina's friendly customer services team and Marina staff are happy to assist with your berthage and maintenance queries. Hobsonville marina has an onsite security team which continuously monitors the marina 24/7. The marina pier gates are accessed via card/pin and camera surveillance is enabled via our CCTV network of cameras.

Hobsonville Marina has a total of 592 berths (slips) ranging in length from 10.4m to 34m. Each berth has a half-length finger alongside and shared access to utilities. Access to berths is electronically controlled with gates at each pier head. Marina operations staff are available to assist with berthing at any time.

The Hobsonville Marine Services Hardstand boatyard is where you have complete choice as to how, when and by whom your boat's maintenance is carried out. Hobsonville Marine Services hardstand is one of the largest in Auckland and has covered facilities available. Whether it is merely re-applying anti-foul or a complete refit, we have the space and the facilities to assist you. Hobsonville Marine Services on-site partners offer a wide range of services, capable of handling any work required, or if preferable, owners are able to carry out their own work provided they conform to the normal occupational safety and environmental protection rules of Hobsonville Marine Services Ltd..

Hobsonville Marine Services has two Travelifts capable of lifting up to 75 tonne for vessels with a Maximum Beam of 6.3 metres. We have a team of experienced, dedicated staff who will ensure the safe lifting of your vessel.

## THE MARINA RESTAURANT AND BAR

Location: 15 Clearwater Cove, Westpark Marina. (Entrance from Marina Carpark). Phone: 09 416 6173. Opening hours: Wednesday - Saturday 11:30am – Late, Sunday 10am - Late.

Overlooking the magnificent upper reaches of the Waitemata Harbour, The Marina Restaurant and Bar is a hospitality haven for those seeking a great seaside dining and drinking experience right on their doorstep.

A cafe, a bar, a restaurant and a function venue, The Marina boasts an unrivalled flexibility in its unique style and unparalleled location. With stunning views overlooking glistening waters and the gently lapping sea, The Marina is West Harbour's only true local restaurant and bar.

Whether it's for a few quiet drinks after work, somewhere to sit back and enjoy a casually relaxed meal during the week, or your 'cafe of choice' for a weekend brunch with the family, The Marina Restaurant and Bar caters for all dining and drinking occasions. The Marina Restaurant and Bar is also fully licensed to supply yachties and boaties with a full providore service for on board hospitality – featuring an outstanding selection of beers and wines, along with a sumptuous selection of platters for a day or weekend's sailing on the harbour.

The Marina is a naturally designed sun trap – with expansive open decks meaning customers can catch the early morning sun as it rises over the harbour and enjoy a silky smooth coffee over brunch. Then later as the sun sets in the west, the final rays of the day glow over The Marina's wrap-around balcony.

Offering something to everyone throughout the week, The Marina Restaurant and Bar brings a vibrancy and sense of pride to West Harbour. The Marina Restaurant and Bar – your 'local' in the heart of West Harbour marina. Don't forget that Thursday is quiz night and there are restaurant vouchers to be won!

As a function venue, The Marina's modern bar and restaurant facilities are ideal for your next special event: Birthdays, anniversaries, corporate functions, Christmas parties

The Marina is able to accommodate groups of up to 50pax. We can offer a range of menus to suit a variety of budgets. We can offer guests the outside dining areas for a fee of \$300, with a tailored food/beverage package of their choice. To book for functions we need: numbers booked and confirmed a week in advance, the room hire fee and a 10% minimum deposit.

Join our Loyalty Club and let us keep you up to date about the exciting and ever-changing menu of promotions happening at The Marina.

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## WEST HARBOUR VETERINARY CLINIC

Location: 77 Hobsonville Road, West Harbour. Phone: 09 416 6388, email: info@westharbourvets.co.nz. Opening Hours: Weekdays: 8am to 7pm, Saturday: 9am to 12pm.

We understand that your animals are not just your pets but much loved companions and members of your family, and as such we strive to give them the best quality care possible. Independently owned & owner operated for over 30 years, we have a friendly, caring and compassionate team offering quality and up to date veterinary care for your pets.

West Harbour Vet Clinic has been part of the landscape of West Harbour for the last 30 years and was originally started as a small branch clinic in 1985 by Bruce Waldock. Since then it has grown into a modern and busy two vet clinic for small companion animals. Bruce and Ee bring over 50 years of combined veterinary experience when it comes to looking after your pets. They also strive to keep up to date with the latest treatment options and techniques by routinely attending conferences and seminars. Our fantastic team is actively encouraged to participate in regular continuing education. Both our vets are graduates from Massey University Vet School in Palmerston North and all of our nursing staff have NZQA qualifications. We pride ourselves in being a friendly, caring and compassionate team offering quality and up to date veterinary care for your pets. Our modern clinic is well equipped to serve your pets' needs. We have a range of diagnostic equipment as well as intravenous fluid pumps, blood pressure monitoring, ECG machine and pulse oximetry to enable us to diagnose and treat your pets' medical conditions. We have a comprehensive pharmacy and have access to a wide range of treatment options for your animals if required. We are



also fortunate to have a team of dedicated, caring, compassionate and trained nurses who are driven to provide the best care for your pets if they are required to stay in hospital.

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## WEST HARBOUR COMMUNITY

The Westerly is a fantastic community magazine that allows locals to talk about common likes, values, opportunities and any issues in need of resolution. One issue that I would like to clear up is the media hype and speculation around plaster finished homes. Let me say that it is not a finishing compound, nor the insulation properties within a home that make it leak. Further let me suggest that all houses are subject to leaks at some stage in their life-cycle. It is more about how the home owner deals with this maintenance in a way that safe guards the home. Certainly I appreciate that care and research must be taken when purchasing any home but I would never discount viewing a home based on cladding and insulation system. I suggest that there is some very good buying available in plaster finished homes that provide good value, and in general good insulation properties. If you are selling a plaster clad home give Graham a call on 0800 900 700 for a no obligation chat about gaining the best value for your home.

---

## THE LITTLE CASTLE

Location: 5 Luckens Rd, West Harbour, Auckland 0618, New Zealand. Phone: 09 416 5580 or email: tlc.4kids@xtra.co.nz.

Welcome to The Little Castle Early Childhood Centre, where we provide care and education for children under 6. We are licensed for 45 children at one time. We have two separate areas: upstairs for 3 months to around 2 years and downstairs for 2 years to school age. At The Little Castle, we know that Tender Loving Care is a primary component of early childhood education. For young children, the concepts of 'care and education' cannot be separated. We provide a learning programme based on both child-initiated and teacher-directed activities with the aim of supporting each individual child's learning and development. We believe that children learn best when they are given time to chose their interest areas and activities, to socialise with their peers, and when they are supported by qualified, caring and professional Early Childhood Teachers. At The Little Castle we provide an environment conducive to this.

"Our aim is to provide a service to parents and caregivers in our community who need quality care and education for their preschool children, in a warm, safe, nurturing, learning environment".

Our centre is owned and run by Beryl and Mike Langford. We have two adult daughters of our own. Emily is part of the TLC team of teachers and our assistant manager. Our trained teachers have a sound background and knowledge in the care and education of children from 0 – 8 years and are encouraged to take part in professional learning throughout the year to keep up to date with current research and theory. We believe, in providing an environment, where children are respected and valued as individuals, where their emotional, spiritual and physical needs are met in a loving, caring manner. We believe that children need a strong sense of self-worth. That they learn best if they are given opportunities to explore their environment, to create and act upon their own ideas, to develop knowledge and skills in areas that interest them. This will ensure that they experience a sense of achievement, so that when they leave The Little Castle they will go on to school with the knowledge that "I am a confident learner and communicator."

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## SALVATION ARMY VISITS KUMEU AREA 29TH MARCH 1917

Kumeu was visited by 25 members of the Salvation Army (Newmarket Corps) last Saturday. They arrived by train from Woodhill at 1.30pm, marching into the Kumeu Hall grounds under the command of Adjutant Wyatt, where a picnic function had been arranged by the Kumeu residents. Later in the afternoon the Kumeu Girl Scouts under the command of Patrol-Leader Mavis Barnes, arrived and extended greetings of welcome to the visiting party.

After an enjoyable afternoon was spent, the visitors were invited to partake of tea provided by the Kumeu residents.

The thunderstorm, accompanied by vivid lightning and heavy rain threatened the prospects of a large gathering for the concert, which was given by the visitors under the conductorship of Mr Bridge. Despite the weather conditions, about fifty people were present to enjoy a very carefully chosen programme of sixteen items. The girls played their parts splendidly in the dialogues, action songs, monologues and recitations. Mr Bridge gave two recitations and Miss Holland "lead kindly light". The illustrated song "Rock of Ages" was rendered with marked impression. The programme lasted two hours and was much appreciated.

On Sunday morning the visitors conducted a service in the Kumeu Hall. At 2.00pm the Company was given orders to march to Taupaki to conduct a service there. The singing by the children, solos by Mrs Lay and Miss Holland, recitation by Mr Bridge, addresses by Adjutant Wyatt, Mrs Wyatt, Mr Lay and Mrs Bridge concluded a very pleasing and well-spent afternoon.

The visiting Company left Taupaki for Kumeu (where they were billeted by willing friends) and again rendered a very pleasing programme of songs, recitations etc. The Company left Kumeu by the first train on Monday morning for Newmarket, carrying with them the good wishes of all.

## LIVESTOCK REPORT

The auction at Pukekohe saw the largest number of cattle sold for many years with farmers unloading huge numbers of cattle before the expected drought and trying to beat a rapidly falling schedule. Despite significant schedule drops over the weekend, cattle sold right up to value, with steers to \$2,000, heifers \$1,690, cows \$1,620 and bulls \$2,340. The store cattle sold remarkably well considering the number on offer. It is very notable that better quality cattle are most sought after, if cattle are poorly bred, or too light (weaners especially) demand is very subdued. Small weaner heifers made between \$415 - \$470 and some nice WF weaner heifers made \$605.



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| <b>CATTLE</b>                   |                    |
| Best prime steers               | \$1,270 to \$2,000 |
| Other 2 yearsteers              | \$1,040 to \$1,190 |
| Very light x bred 2 year steers | \$670 to \$1,120   |
| Medium yearling steers          | \$820 to \$940     |
| Small x bred yearling steers    | \$615 to \$740     |
| Weaner steers                   | \$585 to \$700     |
| Very small steers               | \$315 to \$450     |
| Best prime heifers              | \$1,190 to \$1,690 |
| Lighter heifers                 | \$1,070 to \$1,150 |
| Light 20 month heifers          | \$860 to \$935     |
| Good yearling heifers           | \$750 to \$800     |
| Lighter x bred heifers          | \$600 to \$725     |
| Good weaner heifers             | \$550 to \$605     |
| Other weaner heifers            | \$415 to \$500     |
| Boner cows                      | \$780 to \$1,620   |
| Very light cows                 | \$350 to \$485     |
| Bulls                           | \$825 to \$2,340   |
| Cows & calves                   | \$1,170            |
| <b>SHEEP</b>                    |                    |
| Prime spring lambs              | \$98 to \$130      |
| Prime hoggets                   | \$80 to \$94       |
| Spring lambs                    | \$60 to \$82       |
| Ewes                            | \$15 to \$90       |
| Ewes with lambs                 | \$40 to \$57       |
| <b>FEEDER CALVES</b>            |                    |
| Beef bulls                      | \$150 to \$210     |
| Beef heifers                    | \$90 to \$200      |
| Fresian heifers                 | \$90               |
| <b>PIGS</b>                     |                    |
| Weaners                         | \$121 to \$130     |
| Store                           | \$120              |

## CHRISTMAS CUPS BRING FESTIVE CHEER TO THE COFFEE CLUB CUSTOMERS WHILE RAISING AWARENESS FOR DISADVANTAGED KIDS

The Coffee Club New Zealand and KidsCan have unveiled four new Christmas takeaway coffee cup and napkin designs designed by school children that won a nationwide Christmas Cup Art Competition.

The cups and napkins will be available through all The Coffee Club stores from this week until mid-January. The winning images were chosen from more than 300 entries received from KidsCan supported schools.

The aim of the competition has been to raise awareness of the work being done by KidsCan to support the education, health and wellbeing of children living in hardship. The winning schools and children also received prizes. The first placed



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school has received \$4,000 from The Coffee Club. Second place received \$3,000, third place \$1,500 and fourth place \$500. The four young artists also each received \$250 Westfield vouchers. "We are so pleased to have been able to run this competition for a second year," says Brad Jacobs, co-director of The Coffee Club. "We've been mind blown by the response from the schools and kids. We received three times more entries than last year and the standard was very high. It was extremely difficult to narrow them down to just four winners!"

The competition was open to children from KidsCan partner schools, and asked them to submit a unique and eye-catching design that reflected how they felt about Christmas.

First place, to feature on the large takeaway cup, went to 12-year-old Rebecca Fruean from St Edmund Hillary Collegiate School in Otago. Her design featured Rudolph and Santa Claus, along with the Maori word for Christmas: Kirihimete.

Second place was won by David Ly (age 9) of Edmonton Primary School in Te Atatu South, whose design is on the medium takeaway cup and third place went to Raine Tauatevalu, aged 8, from Wymondley Road School whose design is featured on the small takeaway cup. Fourth place was awarded to 12-year old JayLo Burton, from Oceanview Heights School in Timaru. Her colourful design has been printed onto The Coffee Club luncheon napkins.

KidsCan works to aid individuals, communities, businesses and the government to co-operate in providing food, clothing and basic health care in schools to enable all disadvantaged children to reach their full potential. The Coffee Club New Zealand has been involved in a number of campaigns and initiatives with KidsCan including The Big Night In Telethon back in 2009, the Mystery Envelope Appeal, Christmas Crackers, Campbell Live Lunchbox Day Appeal and KidsCan Online Auctions.

"We are thankful for the continued support of The Coffee Club New Zealand," says Sophie Martignier, Brand and Sponsorship Manager at KidsCan. "We love the interactive competitions they run, which inspire the children to be creative, as well as draw attention to the cause."

For more information on KidsCan, including information on how you can get involved either as in individual or business, please visit the website [www.kidscan.org.nz](http://www.kidscan.org.nz). For more information on The Coffee Club New Zealand please visit the website [www.thecoffeeclub.co.nz](http://www.thecoffeeclub.co.nz).

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## DT DENTURE CLINIC

The team at DT Denture Clinic have put together some of the frequently asked questions:

My dentures have broken and I tried to glue them back together but it doesn't seem to hold. Can this be repaired?

In most situations, yes, this can be repaired and, depending on the severity of the damage, we can repair the same day. Meaning you don't need to go overnight without your dentures.

My dentures have broken in the past and are constantly getting repaired. Is there no real solution?

Dentures that are constantly cracking or breaking need to be reinforced with something stronger than the high-impact acrylic the dentures are constructed of. We can do this by reinforcing the denture with a cobalt-chrome alloy: none of which is visible when you smile.

Do I really need a new denture? What is a reline?

Over time the bone beneath the gum shrinks and this makes the denture loose. A reline is where we renew the fitting surface, updating it to what you have presently, minimising the looseness. Don't suffer with an ill-fitting denture. We offer same-day relines.

Go gummy for 3 to 6 months? What is an immediate denture?

No need to go gummy when immediate denture treatment allows you to have your new smile fitted in the same appointment that your teeth are extracted. Prior to having your teeth extracted, we take impressions of your mouth and make a den-

ture, working with you to design that brand new smile.

If you have any questions, don't hesitate to contact our friendly team at DT Denture Clinic, 67 Brigham Creek Road, Whenuapai, 09 416 5072 [www.dtdentureclinic.co.nz](http://www.dtdentureclinic.co.nz)

## LIGHTS, CAMERA, ACTION - MIKE PERO HOBSONVILLE

The beverages and food were in full flow on Wednesday 18th

November as the office was officially opened by Mike Pero Real Estate, Chief Executive Mike Pero and General Manager Josephine Kinsella. Over 70 people enjoyed a mild evening with flags, marquee and Greg Murphy



look-alike racing car. At the ribbon cutting ceremony Mike Pero announced it was the 56th Mike Pero Real Estate Office to be opened and that he was opening on average a new office every 29 days. The office is a brick and mortar commitment to Hobsonville and surrounding areas from which the sales team will deliver a more sensible real estate commission and a \$6,500

marketing kick start to all exclusive listings. We suggest you contact Graham McIntyre and the team on 0800 900 700 for a chat today and find out what makes Mike Pero Real Estate your number one choice.



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# HOME & GARDEN

## PREPARING YOUR HOUSE FOR SALE

When considering preparation of a property for sale the first rule is to put yourself in the shoes of a prospective buyer.

First impressions are all-important and how the buyer sees your home from the road or from the gate can seriously impact on whether or not a closer inspection takes place.

The initial items on your "to-do list" should include tidying up and enhancing all that meets the eye of the prospect as they approach.

This may entail such basic operations such as keeping paths cleared, mowing lawns, trimming bushes and maintaining fencing.

Gardens and areas around the house should be kept free from rubbish bins and left-over building materials. Toys and sports equipment should be stored in a garage or shed to create a clutter-free environment.

Attention to the house itself should include touching-up faded paint on trim, washing windows and keeping gutters free of debris. The front door and porch should be spic and span to create a welcoming feeling and if selling the home during winter you may want to consider including practical items such as a rubber mat and a container for umbrellas.

Finally to create some colour, give consideration to planting some flowers near the entrance. There is a common belief that yellow flowers evoke a buying emotion and Marigolds are inexpensive. This may be the finishing touch that ensures

your home's inclusion on a prospective buyer's shopping list.

Contact Graham Gill on 021 588 661 or email [graham.gill@mikepero.com](mailto:graham.gill@mikepero.com).

## DECK AND FENCE PRO

After withstanding all sorts of weather for years, wooden decks, fences and outdoor furniture can look decidedly unattractive. Replacing them completely or trying to restore them yourself can involve lots of time, expense and frustration. But now there's another option that's not only affordable, but will also bring them back to their original beauty, just in time for summer. Deck and Fence Pro specialise in the complete restoration of weathered decks, fences, garden furniture and more – and the results are so good they astound customers, say local franchise owners Zane and Jaimi Scott. Fully trained in the latest techniques they employ professional cleaning and restoration technology which is environmentally friendly. They use Deck and Fence Pro's own range of special cleaning solutions before applying the company's specially formulated range of linseed oil-based stains, or paint if you prefer, to make the restored items look like new. Removing UV damage, lichen, dirt and stains is no problem and the service is quick and efficient. The company also cleans and restores brick, block and plaster fences, as well as water blasting to clean driveways, garden paths and other outdoor areas. Deck and Fence Pro also supply and fit garage carpet, an option that appeals to an increasing

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## AMBIENCE HOMEWARES & GIFTS

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## NAIL THE LODGE LOOK

Before we get started, I'd like to propose a challenge. Next time you see an image of an interior you like, and before you say to yourself "I could never get my room to look like that," I challenge you to take another look and write down what you like about it - why you think it works. It's a great habit to get into as it helps you

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become conscious of your own personal reaction to a space. Pick it to pieces, it's easy I promise! Once you've done this a few times, similarities will start to emerge and you will then have the confidence to start pulling your interior together successfully.



Huka Lodge, Kauri Cliffs, Matakauri Lodge - we've all seen images and wished we were there. The key to nailing the lodge look is getting the right balance between rustic and luxe. Let's look at the most important elements to achieving this look.

Keep your colour palette reined in - Combine warm earthy paint colours with the natural tones of wood, stone, leather, fur and iron. One of my favourite colours is Eggshell Acrylic paint in Cardamon from Porter's paints - to die for! Or if dark is your flavour, Karen Walker Resene Fuscous Grey is a lovely warm grey. The secret, of course, is to keep your colour palette restrained; this also applies to your soft furnishings.

Go crazy with texture - Ok so you've kept your overall colour palette restrained, now you have the licence to go crazy and add interest with loads of layers of texture. Think a smooth low sheen wooden floor (an oiled finish will draw out the natural grain) layered with a soft rug that anchors your leather furniture. Add a sprinkling of woven wicker, luxe fur, deep velvet and slubby linen accessories and, finally, top it all off with a roaring fire framed in raw stone - ahhh now that's what I call rustic luxe!

Go big or go home - Go big. Add instant grandeur with one oversized pendant or chandelier and don't be afraid to drop it low when it's placed over a table. I'm constantly noticing gor-

geous chandeliers that have been tucked up high into the ceiling - drop it like it's hot!

Even your accessories need to be big! Oversized cushions (600 x 600mm), chunky candles, large table lamps (at least 700mm in height) urns, pots, and antlers and so on.

A lodge style living room has to have a bold focal point. Bulk your fireplace up with something substantial above the mantel; an oversized mirror, a large deer's head or textured oil painting. But make sure this is grounded by a substantial mantel piece, something with weight. No point in having a bold statement above the fireplace when you have it anchored by a pathetic wafer thin mantel. True- no?

Greenery? Finally, the lodge style, of course, is inherently inspired by nature so you can't go wrong dotting an abundance of plants around. Again, try to go large - large pots, large arrangements, large vases and large plants.

So that's it for me today, stay tuned and never miss a post by signing up to the Lou Brown Design blog at [www.loubrown.co.nz](http://www.loubrown.co.nz). I'm also constantly updating my Facebook so you can keep up to date with my journey through the exciting world of interiors. Hayley - Anne Brown - Phone 021 814 329 or visit [www.facebook.com/loubrowndesign](http://www.facebook.com/loubrowndesign).

## SPARKN UPDATE

This month has seen us scheduling jobs up to Christmas. Now is the time to do a quick check of the house, gardens, RV and boat to make sure everything is in working order prior to the Christmas break. It is great to see the sun shining finally and

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# Christmas gift ideas



The sun is shining and Christmas is almost upon us, but it is still a great time to be planting before the silly season arrives.

Sow your favourite seeds such as ageratum, cosmos, cyclamen, rudbeckia and zinnia and plant seedlings such as chrysanthemum, dianthus, gypsophila, portulaca and salvia for a garden filled with colour. Lift your spring flowering bulbs once the leaves have died down completely, being careful to store them in a cool dry place.

For the kitchen garden, December is a month of rapid growth so ensure you pay attention to watering, weeding, feeding and spraying. You can still sow seeds directly into the soil like beans, beetroot, parsnip, swedes, radish, lettuce, spinach and sweetcorn, and sow every two weeks so you can enjoy a regular supply of your favourite veges throughout the summer months. Tomatoes will be really thriving at this time so make sure you feed your plants at least once a week with a fast acting liquid feed such

as Seasol or an organic fertiliser.

Now is a great time to get your outdoor area looking great for Christmas picnics and BBQs. We have a huge range of new season's outdoor furniture in store, including hanging capsules, bar settings and day beds. Need a new BBQ? Come in and check out our new range of Webers. You can even try before you buy, with demonstrations throughout this month.

We've got loads of gift inspiration in store from games and books for kids, to giftware and wrapped houseplants ready to go! Come and enjoy our relaxing Christmas shopping environment.

*Merry Christmas*

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11149-1 KC

we have been working on a number of pool installations in the area. This includes the pump house, heating and pool lighting. Underwater LEDs look great and can change colour adding to the atmosphere of that evening swim or the pool party. For further details please contact the office on 09 411 8526 or email us info@sparkn.co.nz . Our website www.sparkn.co.nz.

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