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Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

COMPLAINING IS IMPORTANT

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

HOT ROD HEAVEN

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 sarahbrightwell022@gmail.com

December 2016

Intro

Ok, now you can get excited... it's finally Holiday season and this is our last issue till 2017! Thank you to all our contributors during the year, without your eyes and ears in the community we wouldn't have had such great content all year. To all those that advertised with us, thank you for contributing to the publication and the sustainability of our local businesses. Of course I couldn't forget our wonderful team who make this magazine come to life each month. Graham, Stacey, Geoff and Gail thank you for your hard work this year – you are greatly appreciated! As the year is not quite over I feel I should mention some parting words before we wrap up for the holidays (pun intended). As always, safety of our loved ones, homes and property during the holidays is first and foremost. Check out the great tips on page 28 for keeping your pets safe, cool and healthy over summer. If you are one of the lucky ones going away for a summer break, perhaps take 2 minutes to check on elderly neighbours and friends before you leave. I would hate to think that in this day and age, and especially in our tight knit community, that someone was lonely and forgotten during what should be the happiest time of the year. Maybe a cold beer with your neighbours could be just the ticket to spread some Christmas cheer. Rebecca Stenbeck who is a Kumeu local and brewer for The Herbalist craft beer has just bottled a limited edition Nettle & Bilberry Lager perfectly suited to be enjoyed on those long, sunny, summer days we have all been waiting for. Check out their Facebook page or website for local stockists www.theherbalist.co.nz; facebook.com/theherbalistcraftbeer. For those of you mad about cars like Ken and Desma Galvin featured on our cover, the annual Kumeu Classic Car and HotRod festival will be held on the 21st and 22nd January at the Kumeu showgrounds. A wonderful line up of live music, food and entertainment will be available over the weekend and visitors can explore more than 70 trade stalls, check the "swap meet", sample 26 food stalls, or test children's rides and a firefighters' Wendy House. Whatever you choose to do over the summer break we hope to see you all back again next year, relaxed, renewed and ready for a fantastic 2017.

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

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



kumeu Courier

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HOT ROD HEAVEN

Ken and Desma Galvin love cars. It's what brought the two Kumeu Classic Car and Hot Rod Festival organisers together 40 years ago. Desma's car was broken into in Auckland and wiring pulled out. "I was walking down the road crying and Ken and his brother were leaning over their fence. I thought 'here's a guy who can fix my car,'" Desma recalls.

Both were interested in cars early on. Ken grew up in a family of car enthusiasts and was so keen he fudged his age to get his driver's licence at 14.

"I've always been into cars," he says. "I love old machinery and talking to the people involved."

The self-confessed "tinkerer" will tackle anything with an engine.

They have seven vehicles at their Kumeu home, including a 1948 Ford truck Ken's working on for their son. Their children and grandchildren have the car bug too. Ken's doing up a kid's drift kart for grandson Indiana Galvin-Pates, aged 1, already showing a fascination for machinery. Some vehicles are used regularly, like the 1938 Chevrolet coupe Ken got Desma on Mother's Day in 1987. Others need work, such as the Pontiac yellow taxi used in Sir Peter Jackson's King Kong movie.

"It's a way of life," Ken says. He's a life member of the New Zealand Hot Rod Association and Wheels Incorporated, as well as being a National Street Rod Association member. Ken's passion, particularly through custom painting and pin-striping cars, led to him own a corporate branding company. He did many of the 1990 Auckland Commonwealth Games signs.

The couple have been involved in the Kumeu hot rod show from the outset and are already preparing for its 25th anniversary in 2019. Meanwhile, they're hard at work on the 23rd festival on January 21 and 22 at the Kumeu Showgrounds, with more than 40,000 people expected.

At least 5500 classic cars and hot rods feature outdoors. Indoor

exhibits include a construction shed with cars in various rebuild stages, one for custom built and painted cars where the People's Choice award winner is usually found, and a model car display. Last year's People's Choice, a Mad Max style "Volksrod salvage wagon", is on festival posters.

A Miss Kumeu contest has been introduced for girls 10 and under. Other categories include up to 21-year-olds and a Mrs Kumeu, contestants dressing 1950s style for prizes. The same theme is carried through the "Retro-o-rama" market area.

A Jimi Hendrix Tribute Show features on the Saturday and a Fleetwood Mac Tribute Show is on Sunday, 11am-5pm.

American style dragsters or "funny cars" fire-up at Gasoline Alley. Visitors can explore more than 70 trade stalls, check the "swap meet", sample 26 food stalls, or test children's rides and a firefighters' Wendy House. Collections are taken for surf life-saving.

Show entry is \$15 adult and under-12 free on Saturday 7am-6pm and Sunday 8am-5pm. Parking's free. Motorcycles, dogs, and showground "cruising" are banned.

• The Kumeu Courier offers 10 family passes. Email your name,



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PEOPLE & PLACES

address and contact details to geoffdobson2017@gmail.com to be in the draw.

Photo: More than 40,000 people are expected at the January 21-22 Kumeu Classic Car and Hot Rod Festival. Photo: David Watson.

BERRYLICIOUS

Strawberry season is here, and many love the delicious small, red fruit for Christmas feasting. But this summer's not been a good one for the berries, no thanks to a prolonged wet start. So you'd better check or order early to ensure you have some



for Christmas Day.

The strawberry season is about three to four weeks behind because of the weather, Huapai based Best Berries general manager Phelan Pirrie says. He says the weather is similar to last season so the fruit could be hard to get for Christmas.

Best Berries supplies Foodstuffs' North Island stores, growers providing mainly strawberry varieties like Camarosa – a big, flavoursome fruit, Ventana – an early fruiter with eye appeal, and Camino Real – a good export crop.

Many of these are derived from Californian varieties which usually prefer cool night and warm days, don't like the wet and tend to produce most fruit around late November to early December, Phelan says. "January and February can be too hot for the plants."

Phelan says while many are changing from the traditional Christmas dinner, there's still plenty of demand for strawberries at this time.

North West Auckland is one of the biggest strawberry growing areas in the country, but Phelan sees changes coming. One is that Auckland land prices are so high some strawberry farms are going into housing, like one near the NorthWest shopping centre, with growers either moving further out or discontinuing.

Then there's the likelihood of more industrialisation, including automation and growing more under cover.

Tunnel houses are common in parts of the world like the United Kingdom, but Phelan says growers there can get subsidies, whereas here the capital outlay is high. He believes though that many strawberries here could end up being grown in greenhouses like tomatoes and capsicums. Advantages include supply reliability. That could mean fewer family strawberry businesses and larger companies involved, Phelan says. Under cover growing could also reduce reverse sensitivity issues, particularly with more residents moving into traditional growing areas.

Huapai – which means good fruit – is one such area already seeing increasing development and productive land loss. Local grower Phil Greig, pictured, intends carrying on, despite the pressures and a poor start to this season. He's been growing strawberries for 26 years, beginning at Whenuapai and then based at Phil Greig Strawberry Gardens on State Highway 16's city-side entry to Kumeu for 23 of those years. He employs up to about 450 people from September to the end of January.

"It's been a struggle this year," Phil says. Exports are going well though, with big demand from Thailand, Hong Kong, Singapore, the United Arab Emirates and the USA.

Phil supplies markets throughout New Zealand too, and his highway shop front is renowned, with visitors also stopping for real fruit ice-cream, berry jam, their family farmed UMF manuka honey, and coffee. Highway congestion is noticeable, but the car park is busy throughout summer, including pick-your-own after Christmas. Phil's seen the pressure on local growers from

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development, increased costs and compliance. He says it's possible the strawberry industry will become more automated and be done largely under cover by bigger companies in the future. So perhaps it won't be "strawberry fields forever". Contact Phil Greig Strawberry Gardens www.philgreigstrawberrygardens.co.nz, Best Berries on www.bestberries.co.nz or search on Facebook for more.

WAIMAUKU WINERY TRADITIONS CONTINUE

Friends of the former Matua Valley winery's original owners are carrying on the Waimauku estate's traditions.

It will continue as a winery and vineyard, host functions and weddings, provide a family zone with interactive events for children, run musical events and provide a beautiful setting for family picnics. A wine tasting afternoon and a chance to do some Christmas shopping at the Waikoukou Valley Rd venue on Saturday December 10, 1pm-4pm, gives visitors a taste of what's to come.

That includes the release of eight wines under The Hunting



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Lodge brand from winemaker Pete Turner, pictured, and his team. They include Marlborough pinot noirs, an albarino and a pinot gris, plus a Gisborne marsanne/viognier blend and a Hawke's Bay syrah.

The historic hunting lodge established by the Kerr-Taylor family will be open and serve as a temporary cellar door until reconstruction of the former Matua winery cellar door is completed, later resuming as a restaurant. All the revitalisation and new work should be ready by mid-January. The 31.68 hectare property was bought by former dairy products exporter Sutton Group Holdings earlier this year from Treasury Wine Estates. And the new owners, who formed Brix and Co, a contract wine-making and bottling operation, will market the estate and its wines under The Hunting Lodge brand.

They have big plans. "We want a place where families and visitors can come for picnics and enjoy the setting," spokeswoman Rachelle Sutton says. The Suttons are long-time friends of the Spence and Margan families and have great memories of the estate.

The vineyard was founded by Bill and Ross Spence who planted some of New Zealand's first sauvignon blanc vines.

The Hunting Lodge wines will continue that innovative trend, producing new varieties and blends, and serving them not just in the standard bottles but in 1.5 litre magnums and 3 litre jeroams as well for those special occasions.

An on-line VIP wine club is also starting on December 10, and Pete expects the first crop of Waimauku chardonnay will be available this season from vines planted about six years ago. There's much more in the pipeline too. Pizza and pinot events will start again in February, Rachelle says. And perhaps musical events, like the UB40 visit earlier this year, can be reintroduced. The new owners are also working with the North West Country promotion group to once again establish the estate as an important visitor drawcard.

Search for the Hunting Lodge NZ on Facebook (@thehuntinglodgenz) for more information.

BANG FOR YOUR BUCK

A big bang for your buck is what David York delivers.

The Taupaki resident has been involved with fireworks most of his life, after his father Gerald set up Universal Pyrotechnics Ltd, part of the York Group of Companies, in 1948. The fireworks were made in Henderson, but since 1989 David's company has been importing them from China under a joint venture, with several hundred tonnes arriving annually.

"We supply many retailers and display operators around New Zealand, particularly for Guy Fawkes and New Year," David says. Many of the company's fireworks are destined for the retail market through its Bad Boy Fireworks brand (including Shogun and Vulcan), and a number of display fireworks are used for public and private events. These include charity occasions, like the Monster Fireworks October display at the Kumeu Showgrounds, a major fundraiser for Taupaki School for 31 years. David donates the fireworks' cost, valued at about \$40,000. He and son James, who manages the fireworks business, also assist with the display's set up and computerised firing.

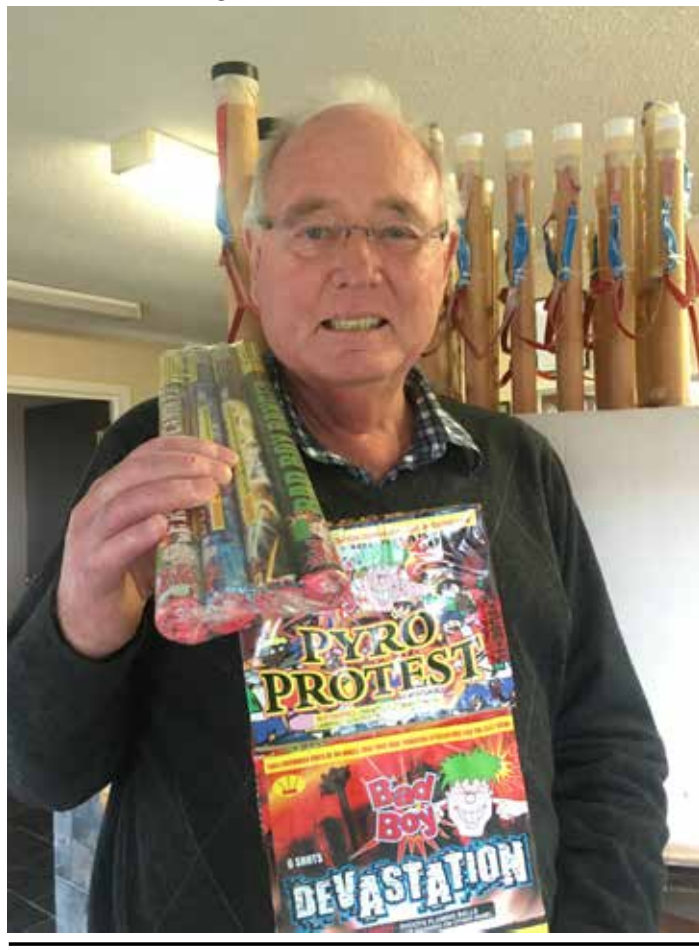
They have been involved in displays world-wide, winning an international event in Oman. "About six or seven countries are

invited to put on displays running over a number of days, and some enormous prizes are put up," David says. "It gives us an opportunity, for James especially, to work on some very big shows." These are set to music and may include light shows and other entertainment. One in Hanover draws about 100,000 people each night. "What we do in New Zealand is minor by comparison," David says "We're talking millions of dollars and months of planning and set up." He'd like to see something similar here, perhaps for a major event or anniversary.

David sees public displays becoming more popular but doubts calls to ban retail fireworks will see them restricted to just public events. "Some New Zealanders have been trying to ban fireworks here since 1948, but the laws have made it a lot safer now," David says. Skyrockets and crackers were banned in the 1990s, so roman candles which fire balls of flame into the air are now among the most popular fireworks, David says. People who remember the Mighty Cannon, Jumping Jack and Double Happy are often nostalgic and seek something similar. "Many still want the best and loudest," David says.

Large ground cakes and shells fired into the air from mortar-like devices are now very popular, bursting into patterns way overhead. But for safety reasons these are limited to displays put on by professionals. All such displays are electronically or radio control operated. David says major fireworks shows are heavily regulated, involving permits, site inspections, and may include notifying agencies like Civil Aviation and emergency services – all at considerable cost. Adding traffic management and security can mean displays like the Taupaki School fundraiser have to raise a huge amount to help cover costs while providing enough for the school.

Contact sales@shogun.co.nz for more information.



SAFER COMMUNITIES

With all the new building developments happening in the Huapai, Riverhead and Waimauku areas, Police have seen an increased rate in thefts and burglaries happening at various building sites around these areas. If you are out walking, cycling or travelling in your vehicle and see anything you do not feel comfortable with, please report the activity you observe straight away.

There is a misconception from the general public that 111 is purely an emergency telephone number. This is not always the case, and Police urge members of the public to call 111 or *555 when seeing any suspicious persons, vehicles or other incidents in your neighbourhood.

It is better and more likely Police will speak to or apprehend suspects and offenders if it is reported on these numbers at the time, not waiting until the next day to report to the local Police Station. It is for the call dispatchers to decide the priority given to the incidents, so please do not feel you are wasting Police time calling 111 or *555 for what you think are trivial incidents.

Remember, registration numbers, colour, type and make of vehicles are important.

For more information contact
Phone 09 412 5192

We were very busy over the Guy Fawkes weekend. The first alarm went off late Thursday night to send specialist rural fire fighters to Browns Island to try and control the fire during the night. Over the following two days Waitakere sent a further team of fire fighters and a Logistics Officer to help coordinate the helicopters, boats and equipment.

On Saturday night we were all back home resting when the alarm went off again to a bonfire that had spread to a hedge of trees. Sunday was the same as Saturday with a large scrub fire that got out of control.

The hours of training have paid off and we were more than happy to be able to help out in the greater Auckland region. Have a safe and happy holiday break with your family!

Keep safe

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COMMUNITY UPDATES:EVENTS

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Mon 28th Nov - Fri 23rd Dec 2016. Art-work and crafts created by local artists and crafts people. Your chance to buy unique and affordable gifts for yourself, handmade right here in our community. We are open 9am - 5pm weekdays and 10am - 3pm on Saturdays. www.kumeuartscentre.co.nz



WAIMAUKU SCOUTS

Are very proud to advise that we will have made our target of \$50,000 of fund-raising to be able to have all 30 Scouts & leaders attend Jamboree in Blenheim for 10 days in December.

Along with successful applications for grants, we also spent many busy weekends doing firewood, a Metal Drive, providing parking assistance at The Kumeu Show & The Truck Show, marshalling at Bike the Bridge & assisting at the Auckland Marathon, we have sold Alan Gibbs

Sculpture Farm tickets & first aid kits & chocolate bars...we have organised fun Trivia nights & Horse Race nights...raffles & auctions... phew!

Our kids are going to have the most amazing experiences at their 10 day Jamboree, and we would like to extend a huge thank you to our wonderful community, we couldn't have done it without your support.

THE MAN IN RED

Sunday 18th December, 10am to 1pm. Santa has once again found time in his busy schedule to come to the Historic Kaukapakapa Library, which has been themed as his sparkly Grotto. Those who visit have the chance to pass on their wish list, take home a souvenir photo and maybe even receive a gift from the man in red if they've been very, very good.

Fully grown kids are welcome to pop in, too, and Grotto guests are asked to make a gold coin donation - Santa tells us Mrs Claus and the Elves are very high maintenance!

Library open on the third Sunday every month in conjunction with Kaukapakapa Village Market. For more information contact Megan, phone 021 959 017 or email threehorses@xtra.co.nz.

THE RIVERHEAD GALLERY

With Christmas fast approaching pop into the gallery for that special handmade gift that will last a lifetime. We have items ranging in price and size from Miranda Caird's iconic NZ prints at \$39 to

gorgeous large original artworks (and plenty in between).

The gallery is looking great with some stunning new works on the walls, one of which is Chloe King's latest work. Chloe is easily recognised for her lovely quirky summertime pieces perfect for the bach or home. I (Donna Massey) have some new original works as well as some prints I haven't released before ...and of course all the lovely pieces from my talented group of ceramicists, painters etc.

Have a fabulous Christmas break and summer holidays...big thanks to all of you who have visited me in the gallery. I have thoroughly enjoyed talking to you all.

We will be open our normal hours Wednesday to Sunday from 11am - 5pm until the 24th but will be closed until the 11th January (unless my Open sign is out). Also happy to open by appointment anytime phone 027 227 8450. 1044 Coatesville-Riverhead Highway (opp Riverhead dairy).



SENIORNET KUMEU

Our AGM and final monthly meeting of 2016 was held on November 7th.

There was an excellent turnout to thank Joan Crowe for the sterling work she has done for the club as our Chairman these past few years. Two new officers were approved and welcomed to the committee, Brian Lacey (Chairman) and Nigel Dempster (Course Coordinator)

Nigel gave an informative presentation on the workings of Windows 10 followed by a hilarious video of how one man dealt with the unsolicited emails from his local supermarket. The good humour was continued as the members took a break for drinks and refreshments organised by Bev Meredith. In keeping with the friend-

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ly and informal style of the club many members brought plates of cakes and savouries, which were enjoyed by all. The Xmas raffle was a great success, thanks to Judy Cooper for organising it all.

Our next meeting will be on Wednesday February 1st 2017 at St Chads Church hall, Huapai

Remember, technology is not going away, it will continue to play an ever bigger part in our everyday lives, so why not find out how it can work for you by joining us in 2017. It's educational, fun, and you will meet like-minded people, who want to learn how to get the most from their mobile phones, iPads, computers, and tablets etc, with this knowledge we can also show our grandchildren what we learn, and maybe teach them something new.

For more information contact Brian Lacey on 09 282 8238.



BRIDGESTONE KUMEU

Holidays are coming to Bridgestone Kumeu but we are still focused on keeping you safe on the road, we are open through Christmas and New Year's (only close stat days) and are happy to check your tyres and pressures before you head off on holidays - feel free to call in to 43 Main Road, Kumeu (opposite Z) anytime Mon - Fri, 7.30 am to 5.30pm and Saturday 8am to 1pm.

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Bridgestone Kumeu wish you all a Safe and Happy Holiday.

DECOUPAGE

Have you heard of decoupage? Ever thought it would be fun to try? Well, you would be right! It's a lot of fun and a very inexpensive and fun hobby. Decoupage comes from the French word Decouper - to cut up - or cutting or tearing paper designs, pictures, and glueing them to the object of your choice, then applying many layers of varnish to create a seamless, smooth, finish.

Decoupage can be applied to just about anything....wood, plastic, leather, tin, canvas, to re-create a pair of shoes, a handbag, furniture, Glass plates, vases, ukuleles etc.

The Decoupage Diva aka Lynn Walters runs daytime classes and workshops from the Decoupage Shed in Royal Heights where you will also find an eclectic supply of beautiful products for sale. Classes are Monday to Friday 10am -4pm with an evening class on Tuesday from 5-7pm, cost \$10 per hour. Check her out on Facebook and Instagram.



WAITEMATE SCOTTISH COUNTRY DANCING

Join us every Tuesday evening from March to the end of November at Kelston Community Club corner of Awaroa Road and Great North Road for a great night of Scottish Country Dancing. Beginner

classes: 7:00 PM to 8:00 PM; Regular dancing 8:00 to 10:00 pm. Coffee, tea, snacks at 9:00 PM. No partners or experience necessary. An evening of fun, friendship, and healthy activity.

First night free! Annual fee only \$50.00.

By joining you can also participate with likeminded folks in many other Scottish dance evenings at various clubs throughout the city as well as a variety of Scottish shows, musical performances, dinners, and ceilidhs For more details call 09 838 7263.

KUMEU BRASS INCORPORATED

Readers may recall last year when Kumeu Brass won the title for their grade in Rotorua at the New Zealand Championships. At the same event held in Napier this year the almost-unheard-of happened: Kumeu Brass collected all but one of the five trophies on offer taking home the award of first overall for the second consecutive year. Kumeu Brass Inc., comprises three bands: Kumeu Evolution and Kumeu Brass while the third, Kumeu Vintage Brass, has capped its membership at 50. They perform mainly within Auckland but this year picked up triple standing ovations at the Napier Art Deco weekend and has been invited back next year. Last month both Kumeu Brass and Evolution Brass in conjunction with Kumeu Blend Choir performed a free concert by way of a thank you to their community. Watch out for all three bands this Christmas and give them the support they deserve. www.kumeubrass.org.nz/index.php.

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THE CHRISTMAS BREAK IS AN OPPORTUNITY TO TAKE STOCK OF YOUR FINANCES AND PLAN FOR 2017 AND BEYOND

If you're a NZ resident with a company or private pension in the UK, you have three options to consider: either leave it where it is, move it to a SIPP (Self Invested Personal Pension) or transfer it to a NZ QROPS (Qualifying Recognised Overseas Pension Scheme). An independent pension transfer specialist can help you weigh up your



priorities, so that you can determine which action is most appropriate for you and your personal goals. Tony Chamberlain of GBPensions says, "Although Brexit concerned many people, it has actually had a positive effect on the transfer value of some UK pension funds. My advice is not to wait and worry, but to investigate now. Once you've all the facts in front of you then you can make a truly informed decision." A pension transfer to a SIPP or NZ QROPS may not be relevant or appropriate in all instances. The decision whether to transfer or not is complex, and it is important to consider the benefits, risks and disadvantages before determining if a transfer is suitable.

THANK YOU TO OUR SPONSORS

Thank you to our sponsors for their amazing donations; Kumeu Gym, Team Management Services, Waimauku Village Beauty, The Riverhead, Westpac Kumeu, Waterboy, Little Miss Enchanted, Hallertau, New World Kumeu, Beau Beauty, Muriwai Stables, Clara Donne - Muriwai Stables, Boric Food Market, Saddlery Warehouse Kumeu, Twofriendsandco, Little Potter, Eco Organics, Neighbourhood Wash, Julian's Kitchen, Juicy and Harvey Norman. Thanks again for our awesome community for helping us raise over \$1,700 to improve our library corner for our children at Waimauku Playcentre.



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IN BRIEF

UPDATES:EVENTS

STIHL SHOP KUMEU

Stihl Shop Kumeu celebrated its first birthday party on 29 October 2016 and the owners, Craig and Margaret Walker would like to extend their thanks to all who came to join in the celebrations. "We were very surprised with the turn out, it's great to see a community get in behind a local business", said Craig. Being a contributing part of a local community is important to the Walkers, who opened their doors for their local customers to enjoy a bouncy castle, kids treats and games, home baking, and free BBQ demonstrations during their birthday celebrations. On the day of the party a "gold coin donation" sausage sizzle was run by the Kumeu Volunteer Fire Brigade, which Stihl Shop Kumeu has matched (and rounded up), making a total of \$500 donated to the fire brigade.



NORTH WEST BUSINESS AWARDS

The inaugural North West Business Awards is set to launch. The Awards, initiated by the North West District Business Association (NWDBA) and sponsored by many local businesses, aims to find the 'Best in Business' amongst a range of categories, celebrate their success and com-

municate both the quality and quantity of businesses in the North West District.

There are eight different categories to enter and two special awards: Retail, Hospitality (non-licensed), Hospitality (licensed), Recreation, Health & Beauty, Business & Professional Services, Rural Services, Manufacturing and Trade, The People's Choice Award and The Supreme Award.

Nominations will open in December and run through until the end of January and participants may nominate their own business or any other business within the NZDBA boundaries. Following the nominations finalists will be selected, a mystery shopping firm will assess all of the entrants on customer service attributes and formal entries will be submitted. The event culminates in a black tie Awards dinner in early April 2017.

Nomination forms will be in retail shops across the district in December and further information can be found on the NWDBA website (www.northwestcountry.co.nz).

Kaipara Cruises

Often we don't realise what attractions are on our own back door, here in the North West we have access to New Zealand's largest inland water way the mighty Kaipara Harbour.

This summer Kaipara Cruises are offering a variety of cruises departing from Helensville to explore the Kaipara. We have cruises available from our 3-hour River Cruises to the ever popular Two Day Cruises exploring the Northern reaches of the harbour with overnight stay in old

time riverside hotels.

The Kaipara is a harbour of contrasts, from bush lined rivers to deserted white sandy beaches, it has a unique history where one can almost reach out and touch the past as we cruise past bays where the early gum diggers camped and whole kauri forests were felled and loaded onto ships for export.

Join us this summer retracing the old steamer and sailing ship routes out across the historic Kaipara Harbour.

For more information visit our website www.kaiparacruises.co.nz.



MEACT

The day after the US election was called, I was lucky to accompany a Waimauku School trip to Tiritiri Matangi. Many thanks to the educator Barbara, who gave the kids three take-home thoughts and encouraged them to change the world: Reuse and Recycle (and by inference use less)

Volunteer (with acknowledgement to the boy who interpreted this as working for a better environment - not working for nothing)

Plant a tree. Native birds will thank you, habitat will regenerate

It was a lucky day for our group, which saw a kokako, recently crowned Bird of the Year by Forest and Bird poll. About 60 kokako (of total population 600) inhabit the island.

Consider your water footprint as containers of Christmas goods unload at the port... I thought I was thinking of ours - we are excavating for a 2nd water tank, feeling lucky to drink and wash in fresh rainwater. But 3% of a household's water

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footprint is from that sort of personal consumption. 97% of our water is brought at cost from far away water. A pair of jeans takes 10,000l water to produce. A hamburger takes 2,500l. Think before you buy (or bite!!)

BENJAMIN BOWRING PRINTING ARE RELOCATING

You may have noticed some changes recently at Benjamin Bowring Print & Signs on the Main Road in Huapai. Buildings have gone, the landscape is different and we are on the move to make way for a new Medical Centre, Pharmacy and Retail Hub (some space still available). But were not going far! After 25 years we will be relocating just down the road to new premises located at 10B Shamrock Drive, Kumeu. You can find us here from January 23rd 2017. Still providing the same great products, services and offers Benjamin Bowring will still be your one stop shop for all design, copy, printing and signage requirements. Thank you to all of our customers for your continued support. We trust this will be a smooth transition and all contact details will remain unchanged. Contact us on 09 412 9521, orders@bbp.co.nz, or visit www.bbp.co.nz or call in and see us at our new store anytime in the New Year. We look forward to seeing you there.

SPRING EXPRESS EVENT A SUCCESS FOR AES

Auckland Equestrian Sports saw the completion of their first event of the season over the weekend of the 12th and 13th of November. Woodhill Sands hosted this unique express style event and what a great weekend it was. Special congratulations go to Sarah Young for taking the win in not only the CNC105 Open and the 1*, but also the 1* plus! Other notable class winners were Olivia Chitty (80 under 21), Sofie Boswell (80), Leisa Keightly (95

Amateur), Ella Poole-Crowe (95 under 21), Lauren Alexander (95), and Susan Le Mesurier (105 Amateur). The courses were dressed beautifully, the entire event ran like clockwork, the weather turned it on and the prizes were spectacular. Congratulations riders and AESI. Keep an eye out for their next event, scheduled for Auckland Anniversary weekend. Pictured is 1* plus winner Sarah Young with the class sponsor - Lesley Going from Peninsular Medical (far left) and AESI's very own super woman Angela Nobilo.



CHRISTMAS MARKET

St Chads Church in Oraha Road, Huapai, along with the Kumeu WI, is holding a Pre-Christmas Market on Saturday December 3rd, 9am - 3pm. Come and buy your Christmas presents and save money! There will be new and pre-loved Toys, Bric-a Brac, Decorations, Cards, Cakes, Produce, etc. The Op Shop will also be open. All proceeds will go towards buying a seat, to be positioned along-side the new Walking Path in the Huapai Domain.

9 NEW CASTLES

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prices starting from as little as \$140. We offer a 4, 6 or 8 hour hire service. All of our bouncy castle hire prices include LOCAL (within 25km from our base in Kumeu) delivery, set-up, and collection. No deposits are required to confirm your booking for a bouncy castle.

Contact: Cindy 021 1192 573, kumeubouncycastleles@gmail.com or visit www.kumeubouncycastleles.co.nz.



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PROPERTY NEWS & ADVICE

MARKET REPORT WITH GRAHAM

Let's consider the facts in this market. Houses are selling, albeit slower than normal and at prices comparable with sales over the last 12 months but without the month on month increases expected previously. The global influences on mortgage funding is not yet overly evident and banks continue to operate in an envelope of cautiousness. The reserve bank is signalling a need to boost and stimulate the market with a reduction in the .25% base rate. Very attractive rates are available for fixed term mortgages through HKSBC, Kiwibank and TSB Bank and shopping around is important in this market. Consider where you want to be in three years and make some decisions about where you are, and where you want to be. Having a plan and working towards that goal is very important. It starts with understanding:

Helensville residential \$579,000 to \$885,000. Helensville lifestyle \$1,200,000 to \$1,800,000. Parakai residential \$450,000 to \$795,000. Woodhill lifestyle \$1,501,000 to \$1,680,000. Waimauku lifestyle \$865,000 to \$2,400,000. Muriwai residential \$800,000. Huapai - Kumeu residential \$828,000 to \$1,046,000. Kumeu lifestyle \$1,550,000 to \$2,598,000. Riverhead residential \$790,000 to \$1,090,000. Taupaki lifestyle \$2,500,000. Waitakere residential \$745,000 to \$1,270,000. Waitakere lifestyle \$1,450,000 to \$1,635,000.

Before you start your journey I would like to meet with you to discuss your many options, the strength within this market, options that you may not have considered and in turn the time frames that you

should consider. While I appreciate you have many agents and realtor partners to choose from, I believe that I offer a very honest and transparent approach that will deliver peace of mind and drive confidence. See more at www.grahammccintyre.co.nz or phone 0800 900 700. Mike Pero Real Estate Kumeu - It's not about the talk, it's walking the talk. Licensed REAA (2008).

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MONEY MATTERS

If you are thinking of buying an older style villa and in particular, anything built before 1940, you need to be aware that an Insurer is likely to ask some specific questions around things like the piling of the home and the electrics. Specifically, in relation to electrics, older style wiring. You will most likely recognise it when you see it because it is generally wrapped in fabric insulation rather than modern day plastic. It can be deemed to be a fire hazard. The Insurer may ask for an Electrician's Certificate, or in a worse-case scenario, for the dwelling to be re wired. My tip is to obtain a builder's report before you buy and at the very least try and find out from the vendor who the current house insurance is with. An informed buyer is a wise buyer and a little information today can save potential heart ache at a later stage. 09 411 9251 / 027 411 9255 or david@davidlloydmortgages.co.nz.

NEW YEAR'S RESOLUTIONS FOR HOME SELLERS

With every New Year comes a raft of noble New Year's resolutions – eat healthier, join a gym, quit smoking, save money, manage debt and the list goes on. However, if you're thinking about selling your home in 2017, then here are some resolutions that could help boost your chances of a swift and successful sale.



David Lloyd
Director

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Avoid over-spending on renovations: Sometimes people will look to renovate their home prior to selling with the intention of adding extra value. However it pays to tread carefully, mammoth make-overs are very risky and it's best not to try and anticipate what buyers want in terms of décor and design. Remember that renovations don't necessarily translate to market value. Smaller and more affordable ways to add value to your home could be as simple as replacing door handles or updating kitchen cabinetry.

Don't neglect minor repairs: It's a wise idea to set aside a few weekends to fix those pesky pieces that need to be repaired. Whether it be that dripping tap or small crack in the wall - ensure that they aren't a symptom of a larger problem that will crop up in a builder's report. Rope in a friend or family member to take a tour through your home. Ask them what imperfections meet the eye and make sure they are brutally honest. They will pick up on things that potential home owners will also notice.

Always be one step ahead: It's important that you don't let your future plans get lost in the whirlwind of selling your home. It's best to be prepared for where you will be going once your home has sold - especially if it sells quickly. On the other hand, you also need to pre-

pare yourself with a plan B if your home doesn't sell quite as quickly as you anticipated. Mike Pero Real Estate phone 0800 900 700. Licensed REAA (2008).

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 says 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 number of people using their garage as extra living space. Carpet can be professionally fitted in just half a day and will transform the look of your garage. Call your local Deck and Fence Pro Specialists, Zane and Jaimi

Scott for a free no obligation quote, on 022 096 3172 or email zane.s@deckandfencepro.co.nz.

RELATIONSHIP PROPERTY AGREEMENTS

Relationship property is something which must be shared equally between the parties at the end of a relationship. However, there are three sorts of relationship property agreements. The first is often called a prenuptial agreement because it comes before the relationship is one which qualifies for the equal sharing provisions under the property relationships act 1976 ("PRA"). The 2nd is often made during our relationship and endeavours to contract out of the equal sharing provisions for various reasons. Reasons include protecting assets to ensure children from a prior relationship are protected. The 3rd sort is usually made at the end of a relationship and usually allows for any equal sharing of the relationship assets as at the end of the relationship. Frequently, it will involve a division of actual assets as between each party as an alternative to an outright sale of all of the assets.

In each case, a PRA agreement is not binding unless it has a lawyer's certificate. It could therefore allow your ex-partner to ask for further assets from you at a later date. It is essential to involve your lawyer in making and carrying out such agreements. Luke Kemp, phone 09 412 6000 or email luke@kempsolicitors.co.nz.

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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
Helensville	385,000	567M2	100M2	675,000
	300,000	809M2	110M2	579,000
	670,000	1277M2	150M2	1,200,000
	1,375,000	7041M2	275M2	1,800,000
	580,000	556M2	160M2	885,000
	530,000	698M2	190M2	740,000
Huapai	810,000	649M2	210M2	1,046,000
	660,000	610M2	150M2	828,000
	790,000	3301M2	176M2	2,879,333
Kumeu	470,000	825M2	120M2	852,000
	1,475,000	6292M2	394M2	2,182,500
	1,500,000	1.5HA	345M2	2,598,888
	870,000	2HA	180M2	1,550,000
	1,810,000	2HA	250M2	4,150,000
Muriwai	540,000	865M2	80M2	800,000
Parakai	610,000	1263M2	244M2	795,000
	300,000	1012M2	130M2	450,000
	265,000	506M2	80M3	525,000
	275,000	451M2	100M2	560,000
Riverhead	600,000	809M2	80M2	790,000
	660,000	809M2	159M2	850,000
	800,000	605M2	195M2	1,090,000
Taupaki	1,450,000	5HA	340M2	2,800,000
Waimauku	630,000	1245M2	177M2	865,000
	670,000	1686M2	170M2	1,428,280
	1,000,000	4HA	120M2	1,620,000
	1,100,000	4HA	209M2	1,425,000
	970,000	4.3HA	250M2	1,350,000
	1,550,000	2.5HA	365M2	2,400,000
	Waitakere	510,000	809M2	140M2
530,000	3278M2	104M2	756,000	
590,000	908M2	176M2	780,000	
700,000	7314M2	271M2	1,270,000	
905,000	1.3HA	304M2	1,450,000	
525,000	959M2	70M2	850,000	
405,000	1138M2	162M2	880,000	
770,000	1695M2	245M2	1,635,000	
Woodhill	1,050,000	1.5HA	197M2	1,501,000
	900,000	2.5HA	176M2	1,680,000

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

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

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By Negotiation

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09 412 9602

graham.mcintyre@mikepero.com



MODERN - MASONRY OVER BRICK IN WAIMAUKU 3 2 2

By Negotiation

25 Buttercup Place, Waimauku
By Negotiation

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

www.mikepero.com/RX952890



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



RIVERHEAD HISTORIC BUNGALOW - A BEAUTY ON 809SQM 3 2 1

By Negotiation

15 Great North Road, Riverhead
By Negotiation

This beautiful weatherboard bungalow enjoys the elegance of yester-year with a twist of contemporary living. Set on an 809 sqm section the property is fully fenced with security gate, and the land peppered with established trees and shrubs. The home enjoys a formal entrance with open plan living which extends to a modern entertainers kitchen. Wide hallway space to an extensive alfresco area to the rear of the property ensuring sunny days are enjoyed to their full potential with lovely park like grounds. Three bedrooms plus study nook, full bathroom and laundry delivering the very best use of space in this wonderful home. The addition of an independent well presented double garage.

www.mikepero.com/RX981242



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027 632 0421
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NEW WITH VALLEY VIEWS NEAR RIVERHEAD AND KUMEU 4 2 3

By Negotiation

26C McEntee Road, Waitakere
By Negotiation

Set on over an acre of land. A brand new executive home offering well thought out entertaining areas and spacious living with clever modern elements including Butlers Pantry and extensive alfresco to covered courtyard and entertaining areas. Meticulous attention to detail from formal entrance way to storage areas including dry-store attic storage, central heating throughout all rooms. The home enjoys modern planning with all bedrooms off a central corridor and constructed to make the most of semi-rural valley views. 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/RX883782



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



ELEVATED BRICK AND TILE, PRIVATE CUL-DE-SAC - WAIMAUKU 4 2 2

By Negotiation

41 Freshfields Road, Waimauku
By Negotiation

The property is 1520sqm, with full boundary fencing, established planting and loads of room for the toys and the tots. Small vegetable garden and flower bed ready for personalisation. With four generous rooms, two lounges, bathroom, ensuite and separate laundry the home offers excellent flow through to patio and decking while an integrated internal access double garage and workshop delivers great storage and tinkering space. A refurbished kitchen with servery window and entertainment island will certainly lift your attachment to this outstanding executive home. The CV on this property is \$870,000. 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/RX985258



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



NEAR NEW - BRICK AND TILE IN OLD RIVERHEAD 4 2 2

By Negotiation

1008 Coatesville-Riverhead Highway, Riverhead
By Negotiation

Well positioned, well considered, and very established, this four bedroom two bathroom home delivers ease of living, open plan lounge-dining through to alfresco. An all-together balanced home, offering generous entertainers kitchen and easy flow to north west entertaining and relaxing patio area. Clever main bathroom and master bedroom with walk in and ensuite also having access to the private patio. Set well off the road down an attractive, established drive and entrance with internal access double garage and workshop. The property has provision for two separate dog friendly areas, fenced off and providing peace of mind for buyers. We are happy to supply a list of the last 12 months of transactions in this area please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX952442



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



SERENITY

4 3 2

By Negotiation

241 Ararimu Valley Road, Waimauku
By Negotiation

Nestled on just under 11 acres amongst a beautiful garden and surrounded by mature trees this very private lifestyle home has everything you need to sit back and enjoy country life. The well appointed four bedroom plus study, two bathroom home opens out onto a large flat lawn surrounded by mature English Oaks, anybody for Croquet! Four well fenced paddocks with laneways provide excellent grazing. The water troughs are fed from a deep freshwater bore. This same water is bottled and sold under a number of brands from further down the road. Access to the Ararimu stream is through a lovely stand of native bush with this section of the stream wide enough and deep enough to launch a canoe. There is a very large three door garage linked to the house.

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very versatile and adaptable trees. They thrive in most soils and climatic conditions. Care and attention at planting time is key to a healthy maple. Japanese Maples have a shallow fibrous root system. Be sure to apply a mulch around the tree to help retain moisture. Your planting site must be reasonably well-drained to avoid waterlogging. Your maple will thrive if they are planted in a location where they get sunlight during the day a small amount of shade in the afternoon, and are sheltered from the wind. Sunlight enables the deep rich colours in the foliage. Major pruning should be done in the dormant season after all the leaves have fallen off. Corrective pruning can be done at any time of the year except between late winter and early spring when the tree is devoting all of its energy into the development of new foliage. Many Japanese maples are well suited to growing in containers. It is important the tree is planted in a mix that drains well to prevent waterlogging of the roots. Looking after a maple is surprisingly easy. Some care and attention at planting time will result in a low maintenance tree for years to come

– Japanese maples can live for up to 150 years. Come and visit us at Awa Nursery and see for yourself these beautiful specimen Japanese Maples or contact us on phone 09 411 8712 or visit www.awanursery.co.nz.

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SPARKN ELECTRICAL

Well, it is that time of year again, although the weather has not been too warm as I write. We are now very much involved in checking out camper vans and boats, making sure they are as summer ready as they can be. Now is a great time to check the batteries and run up all the systems and making sure you have enough battery capacity for some time away over the (hopefully) beautiful summer months. We can install LEDS in boats, houses, gardens, pools and campers, not only to save power and reduce the load on generators but to enhance entertainment areas. For further information on how SPARKN Electrical can make your life easier, please contact Tony on 021 772 756.

LIVESTOCK REPORT

Saturday saw another very strong cattle sale at Pukekohe as a big buyer attendance ensured prices were very solid throughout the auction. With fewer 15 month cattle on offer, prices for weaner cattle were very good as purchasers look for quality cattle to eat the grass which is responding so well to recent wet conditions. Small WF weaner heifers sold to \$600 and small white Hereford heifers to \$580! Killable cattle continue recent strong trends despite all the gloomy post U.S. election predictions!

Medium prime steers	\$1,310 to \$1,680
Light x bred steers	\$1,050 to \$1,245
Medium x bred 15 month steers	\$840 to \$990
Very light yearling steers	\$570 to \$740
Medium x bred weaner steers	\$660
Small weaner steers	\$490 to \$570
Tiny steers	\$105 to \$380
Medium prime heifers	\$1,200 to \$1,600
Store 2 year heifers	\$1,060 to \$1,170
Medium 15 month heifers	\$730 to \$920
Very light x bred heifers	\$540 to \$660
Small/medium weaner heifers	\$500 to \$600
Medium x bred Dairy x heifers	\$380 to \$480
Boner cows	\$1,020 to \$1,460
Very light cows	\$240 to \$580
Bulls	\$910 to \$1,200
Fat lambs	\$75 \$110
Store lambs	\$51 \$74
Hoggets	\$65 \$79
Rams	\$20 \$35
Ewes	\$54 \$74

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It was amazing to hear of the success our franchise group experienced at the recent Westpac NZ franchise awards. These awards are promoted by the franchise association of NZ, and use a comprehensive four stage process to evaluate the associated businesses. The NZ business excellence foundation evaluate the entrants using the internationally recognised Malcolm Baldrige criteria. This is a system used to measure standards of quality in over 25 countries.

We are very proud to announce that our franchise group won the coveted Supreme Franchise System of the Year award. Our New Zealand brand boasting over 30 years of experience, was singled out for its world class systems.

One of the highlights mentioned in the judging was the independently-bonded building guarantee programme that offers security by ensuring the completion of the clients' home to the standard in the build agreement. Additionally the guarantee covers weather tightness, structural and non-structural defects.

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As proud supporters of the New Zealand Breast Cancer Foundation, G.J. Gardner Homes Rodney West and East offices went pink for a day this October. We managed to raise a record \$10,405.20 with the sale of pink frosted cupcakes and raffle donations from generous local businesses. Thanks so much to all of the amazing people in our community that helped make our

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pink day such a huge success. We couldn't do it without you. And now with Christmas just around the corner we'd like to let you know our office will be closed from the 22nd December 2016 and will reopen on the 12th of January 2017. Show homes will reopen at our normal advertised opening days and times from 7th January.

All of the G.J. Gardner Homes Rodney West team would like to wish you a very Merry Christmas and we look forward to building with you in the New Year.

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MADDREN HOMES

Maddren Homes would like to congratulate Teo Markov from Casa Ceramica for being our November Tradie of the month.

Teo and the Casa Ceramica team continually provide a professional high quality job that fits in perfectly with the Maddren Homes ethos.

However it's Teo's can do attitude that has won him this month's award, continually going above and beyond the call of duty.

In a heated building environment, service and delivery are paramount factors in keeping our clients happy. So on behalf of all the team at Maddren we would just like to say a big thank you to Teo and the team for all the hard work and effort, it certainly is appreciated.



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PETS

TIPS & ADVICE

IS YOUR DOGGIE LOOKING A BIT 'RUFF'?

Pop into 'The Pet Stylist' dog grooming salon in Massey for all your doggy's grooming needs. Being passionate dog lovers ourselves, we understand how precious your dog is to you which is why we offer full individual treatment while your dog is in our care. We offer a selection of services to keep your best mate looking great and feeling gorgeous. We do not discriminate – all dogs deserve the best, which means ALL our packages include premium and best quality shampoos, conditioners and other products. For more information and other services offered, please visit our website www.thepetstylist.co.nz. We are open 7 days by appointment only. For bookings call Sonia on 09 833 3112 or 021 766 421 or send us a message via our Facebook page www.facebook.com/thepetstylistnz. We'd love to meet you and your dog. A Merry Christmas and Happy New Year to all our clients, and their dogs.



FINDING AN INJURED ANIMAL

Imagine you're on the way back from the shops and you spot a cat lying on the side of the road. You pull over to check on it, but can't see it moving. You need to check if it's alive, but how do you do that on an animal?

If you're shocked that you're not sure what to do don't worry, you're not alone. Even though lots of us have pets many wouldn't know what to do! This article will teach you the basics of helping an animal whether it your own or someone else's.

First thing you need to do is look out for any signs of movement as you're approaching the animal. If the animal moves at all it is



alive and you need to get it to the vet.

If there is no obvious movement then focus on whether or not you can see the chest rising and falling, this will show if the animal is breathing. If you can't see the chest moving then try putting your hand in front of their face to see if you can feel their breath. If they are breathing then they are alive so get them to the vet.

If they are not breathing it is time to check for a pulse to see if the heart is still beating. Just like us you can feel for an animal's pulse on their neck but they have a lot of extra skin and fur there so it could take a while. The easiest thing to do is to feel for the femoral pulse on the inside of the animal's back leg.

If the animal had a pulse then their heart is still beating but you need to get them breathing again so start rescue breathing. If there is no pulse the heart has stopped and you need to start compressions. Unfortunately rescue breathing and compression can't be explained in this article but attend a PET First Aid course and you will learn these essential skills as well as many others. Laura Purkis - www.petfat.co.nz.

SUMMER DOG CARE

With the weather heating up we can all look ahead to summer again.

I want to share with you some useful tips to make summer easier on your furry family member.

In the colder months it's great to pop your dog in the car with you as you drive around to do jobs, but as the weather heats up your car becomes an oven for your pet. It's best to leave them at home where they have access to shade and water.

When you are popping out and leaving your pup at home to relax, leave out at least two water bowls in case he gets really thirsty or knocks one over. If they are inside leave a few windows open for airflow or leaving the air conditioning on low is also a great option to keep your dog comfortable.

When walking your dog try and get out early in the morning or later at night when the pavements are cooler. Not sure if the pavement is too hot for your dog? Place the back of your hand down on the concrete and hold it there for a count of 5 - if you can't then it's too hot and you will burn your dog's paws.

But what do you do if you need to walk them when it's hot? Take your dog to a dog park where it can walk on grass or to one of Auckland all year round dog-friendly beaches so they can get in the water (Kennedy Park or St Leonards beach) and remember to take a bottle of drinking water with you for them too.

Most important of all is to have fun with your dog this summer get out in the great weather and explore around Auckland as



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SNIFF - PLAY - RUN - REPEAT

These are pretty much the standard MO for the dogs that come and hang out at Waimauku Dog Daycare. We are now exclusively a dog daycare, sharing our 16 acre rural playground with dogs every day. Something for everyone - huge paddocks to zoom around in, a watering hole to swim in, a swamp to stomp in, a forest to snuffle in and a cozy, fully insulated, double glazed den to laze about after all that fun. Your pal will go home happy and tired. It's all about your dog here, small numbers means no overcrowding or overwhelming and are fully supervised at all times. We back this up being certified in canine behaviour and care, canine body language and pet first aid for extra piece of mind. Super value for money with at least 7 hours of good old fashioned fun. Get in touch for a free evaluation today - all the details are on our website www.runplaystay.co.nz - check out the Facebook page and Instagram as well, or give us a call 021 266 6370.

HEALTHY SKIN & COAT FOR CATS AND DOGS

We're well into spring and that's usually associated with allergies for both humans and pets. Scratching and biting can quickly impact on the condition of your pet's skin and coat, but it's important to take into account the bigger picture, beyond just the allergy season.



The condition of your pet's skin and coat is a good indicator of their overall health. As the skin provides protection, sensory data, regulates body temperature, prevents dehydration and produces vital nutrients, looking after it year round is essential for your pet's well-being. Your pet's skin should be soft, smooth and free of lumps, flakes or raw red spots. The coat should be shiny and smooth, without bald patches or excessive loss of hair.

The Vet Care Group has teamed up with Animates to bring you the Top Five Tips for skin and coat care.

Top 5 Tips from the Vet Care Group

1) Allergies: Allergies can be difficult to diagnose with symptoms varying greatly. If you have any concerns or notice your pet excessively scratching or licking, thinning hair, bald patches or red skin see your vet for advice.

2) Brushing: All pets benefit from regular grooming sessions

which should be carried out at least once a week. It's important that you use the correct tools for your pet's coat type. We recommend using a brush with widely spaced teeth for the outer layer, and a finer soft-bristle brush or comb to maintain their inner layer of fur and the fur around your pet's face. Using a slicker brush is a great way to finish grooming as it smooths down the top layer of the coat.

3) Bathing: How often your pet needs to be bathed depends on their lifestyle, age and coat type. The average dog only needs to be bathed every 4-6 weeks when they get dirty. Cats only require bathing when their coat is particularly greasy or dirty with grime or a sticky substance they can't remove themselves. It is important that you are not bathing your pet too regularly and are using a shampoo designed specifically for your pet.

4) Nutrition: A balanced diet with adequate quantities of protein will help strengthen your pet's fur as it's mainly made up of protein. Dull, fragile hair which shreds excessively can be an indication of ill health or that your pet isn't getting everything they need from their diet. The first ingredient on the food label should be a source of easily digestible protein.

Omega-3 fatty acids in flaxseed and fish oil may reduce itching and inflammation in skin and add shine to a pet's coat. Zinc and vitamin A can help pets that have dry scaly skin, however it's important to always get your vet's recommendation on supplements suitable for your pet as excessive amounts may cause harm if given for long periods of time.

5) Flea and parasite control: Keeping your pet's flea and parasite treatments up-to-date is vital to their health. The presence of parasites can lead to allergic reactions, infections and itchiness and discomfort for your pet, all of which are avoidable with regular treatment.

For more information, or to purchase product online - see www.animates.co.nz. For more information, or the location of Vet Care Group clinics see www.thevetcaregroup.co.nz.

KANIKA PARK

Whether you are looking for a short stay or long stay for your feline baby, then look no further than Kanika Park. Our boutique country retreat for cats will offer indoor living, luxurious spacious individual suites with a stimulating play area. Designed and decorated as you would expect from a 5star retreat. Kanika Park is a purpose built "new build" indoor facility, nestled in the heart of our 10 acre Waimauku property. Planned to open mid-December, unfortunately we have encountered delays, which have been out of our control and set us back. You can follow the build progress on our Facebook page Kanika Park - Country Retreat for Cats, or phone us on 09 948 6595.

Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at enzcatfoundation.org.nz/donate. Please get in touch with Carolyn on 021 143 6815.



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FESTIVE NUT TARTLETS

Pastry:

1 cup flour

½ cup icing sugar

Pinch salt

125 gm cold cubed butter

3-4 tsp cold water

Place dry ingredients in food processor and pulse to combine. Add cubed butter

and process till crumbly. Add 3 tsp of cold water and process until it forms a ball; only add extra water if necessary. Line 24 greased mini muffin tray with pastry and place in fridge for 30 mins. Heat oven to 180 degrees Celsius. Lightly toast 1 cup of chopped mixed nuts: macadamias, Brazil nuts, pecans etc. Divide nuts between cases.

Filling:

1 Tbsp. melted butter

½ cup brown sugar

2 Tbsp. golden syrup

1 egg

In a bowl beat all filling ingredients together till smooth. Pour a little of this into each nut filled case and bake for 20 – 25 min. Cool in tins then if desired dust with icing sugar or drizzle with melted chocolate. 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.

WONDERFUL JAPANESE RESTAURANT AND CAFÉ IN HUAPAI

We offer 30% discount on our displayed photos for your Christmas presents. Café menu but we also have the option of Japanese meals for lunch and dinner to give you the ultimate cultural experi-



ence within your meal. Our community is continuously growing and so is our menu to satisfy our customers and keep things exciting for you all. If a romantic dinner for two or a family dinner with the kids sounds like what you're after give us a call and book in now. Not only do we deliver delicious meals but our talented chief has previously done photography for National Geographic and has some of his work on display right here for all of you locals to come view and even purchase. All of his photography currently has a 30 percent discount. So be sure to pop in for a coffee, breakfast, lunch or dinner and check out what The Gallery Café and Restaurant has to offer. Pop online to our Facebook page (www.facebook.com/thegalleryjapaneseandcafe) too find out a little bit more about us and the food on offer. 329a Main Road, Huapai 09 412 8983.

HEALTHY BRAND HABITUAL FIX OPENS IN NORTHWEST MALL

Habitual Fix, a brand that focuses on providing healthy options and prides itself on delivering on its promise of serving good food, fast has now opened inside Northwest Mall. The brand is known for creating salads,



sandwiches, wraps and smoothies all made from fresh ingredients right in front of the customer which seems to have hit a chord with the local public who have been looking at healthier options in the fast food category. The store is a kiosk concept located outside the entrance to the Countdown supermarket inside the mall which makes it an easy option for those visiting to shop or those local who just want to pop in for a quick fix. They have a range of food which caters to all tastes as well as gluten free, vegetarian as well as vegan meaning anyone can get a healthy bite or drink. Their fresh juices are also a hit with both young and old. Franchisee Evie Rua identified the brand as

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filling a gap in a growing category "healthier options" so after completing a business degree was ready to jump in with both feet when the opportunity arrived. She has made it a family affair with her mother and sometimes teenage children handling the make and cashier duties and looking after hungry customers. Habitual Fix is part of Mad Group, which in 2015 was crowned NZ's fastest growing retail business in the Deloitte Fast50 and has further sites planned this year and early next year.

PEKO PEKO JAPANESE TAKEAWAY

Season's greetings. We will close from 24th December to 9th January 2017; we will be back to our usual trading hours from Tuesday 10th January, at Passion Produce car park, 92 Hobsonville Rd. Please check our Facebook page for any updates. We appreciate your continuing support and we were pleased to see and know lots of lovely people through the year. We will continue to keep up our hard work 2017 and look forward to seeing you all soon. Have an awesome Christmas and New Year with your loved ones. Aki, Kazu and the team.



GET READY FOR SUMMER WITH SOLJANS

Soljans Estate Winery has been making quality wines since 1927. We are proud to present New Zealand's most awarded sparkling wine - Fusion Sparkling Muscat. Low in alcohol with well balance of juicy fruit flavours makes it a must- have bottle on Christmas day. Six-pack cases are now on promotion (18 Nov 2016 to 08 Jan 2017). We are open over the Christmas break, only closed on 25th, 26th Dec & 1st Jan. Please come along with your family and friends for brunches/ lunches and wine tasting. Our excellent services have won us repeatedly the Beef and Lamb Award and Trip Advisor's 'Certificate of Excellence'. We will provide you with the warmest welcome. For booking, please call our café on 09 412 2680.

THE RIVERHEAD

I read an interesting article the other day written by Verity Johnson (from Paul Henry's bunker) about her generation, Instagram and Social Media. She explained the compulsion of taking selfies, continual posting and the seemingly intimate relationship this generation have with their personal devices. She says, they just like pretty things and want to share all their experiences

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with others. Is there anything wrong with that (within reason)? Maybe 'we older' people simply need to accept & embrace? Just to put it into perspective I found this quote, which is food for thought: "I see no hope for the future of our people if they are dependent on frivolous youth of today, for certainly all youth are reckless beyond words... (Hesiod, 8th century BC)! We all need to keep up & get with it..."

THE HERBALIST CRAFT BEER - NEW LAGER

The Herbalist craft beer has been created by local woman Rebecca Stenbeck, who has lived in Kumeu all of her life. Rebecca was exposed to brewing from a very young age by her Grandmother and has carried on this ancient tradition of women brewing for their menfolk. Incorporating brewing and her experience as a qualified Herbalist and Naturopath has allowed Rebecca to create a range of tasty craft beers that are infused with herbs and brewed with GE-free New Zealand barley and hops. Rebecca and her husband have just bottled a limited edition Nettle & Bilberry Lager containing six very special herbs making this Herbal Lager perfectly suited to be enjoyed on those long, sunny, summer days we have all been waiting for. Local stockists: The Bottle-O Huapai, Norwest Liquor, Boric Food Market Kumeu, Hobsonville Kitchen and 4 Square Parakai. www.theherbalist.co.nz; facebook.com/theherbalistcraftbeer.



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A NEW HOLISTIC PREGNANCY & BIRTH CLASS IS COMING TO KUMEU

In addition to teaching pre-natal yoga in Huapai for 5 years now, Maree Delmar is excited to be offering a new holistic pregnancy and birth class, EmbodyBirth. This class incorporates Bellydancebirth, as well as gentle pregnancy exercise, meditative movement, and holistic pre-birth education.



"It is thought that the Belly Dance actually began as a birthing dance", says Maree, who is also mother to a four year old daughter. The Bedouin people actually taught belly dance movements to girls in puberty to help them prepare for pregnancy and birth. So the performance side of Belly Dance we see today is only a small part of the tradition. "We use very simple movements- circles and figures of eight for example, to tone the pelvis and muscles used for birthing. These movements also help a woman learn to move her pelvis prior to birth, an area that in our culture we hold quite rigidly compared to more traditional

cultures." The classes also use meditative and somatic exercises to help tune in to the body's inherent birthing knowledge. "Your body knows how to give birth safely" Maree says "we are learning to listen to that birthing knowledge".

Dancing during pregnancy can also help ease aches and pains and can help assist an easier, more empowered birth.

For details on Maree's next EmbodyBirth course see www.treeoflifeyoga.co.nz or phone 021 022 93012.

GEOPATHIC STRESS

Geopathic stress is not new; it has been around since day dot. However in the last 20 years we have changed the earth more than any other time in history.

Certainly in the last 10 years with the massive increase in cell phones, WiFi and Wireless everything. By the end of 2016, we will reach 2.1 billion mobile phones in the world...wow.

The Earth's magnetic fields have always been there, as has underground water. With 70% of Earth's water underground, that is not hard to work out. However we are living closer and closer together, and on top of each other in high-rise, apartments therefore it's becoming more problematic.


Unlike NZ, many countries have had apartment living for years, but with all these new 'man-made' stresses, and every person having a mobile phone, as well as cell towers everywhere, the stress on people is increasing by the day. You must know where the invisible ones are, like Geopathic Stress. Let me help.

Call Nicky from Clear Energy Homes phone 021 545 299 or visit www.clearenergyhomes.com.

PILATES – WHAT IS IT?

Pilates is a complete exercise method, developed by German-born Joseph Pilates who believed mental and physical health were closely connected and is suitable for people of all ages and levels of ability and fitness. Pilates is based on eight principles: relaxation, alignment, control, precision, routine, breathing, centering, and flowing movement, helping you develop an awareness of how your body works. It focuses on building your body's core strength (back, abdominal and pelvic muscles) through a series of low repetition, low impact stretching and conditioning exercises. Pilates can help improve posture, muscle tone, balance and joint mobility, as well as relieve stress and tension. Exercises can be done on a mat without special equipment. Shamrock Physio holds Pilates classes on Tuesday





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PAMPERING GIFTS AT SPA DI VINE

The kind of gift that is always appreciated is time to relax and to be pampered.

Over the past 15 years Spa Di Vine has offered spa packages and spa treatments in a private and tranquil environment, with the packages for two becoming more popular each year. A voucher for a Couples Massage, Mum and daughter or Friends Escape is the perfect gift.



Many happy voucher recipients go on to buy vouchers for their friends and family.

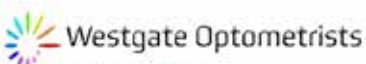
All treatments are performed by friendly and highly experienced therapists and are always customised to individual needs, so your special someone will feel truly relaxed and refreshed. Spa Di Vine has sunny outdoor areas and a beautiful massage gazebo, where outdoor (couple) massages are possible, alongside a waterfall feature embedded in the picturesque garden scenery surrounding you....dream away!

Other than vouchers for spa treatments and services, there are also boxed skincare gift packs available for purchase.

To order a voucher or skincare pack phone Paula on 411-5290, you can also send an email to relax@spadivine.co.nz or order online www.spadivine.co.nz.

WE GIFT YOU A MERRY CHRISTMAS

For our team at Westgate Optometrists Christmas means a kiwi summer, spending time with loved ones, jandal tan lines, baches in the boon-docks and eating ourselves silly.



This year we're embracing the Christmas spirit by thanking our loyal clientele. For the entire month of December all those who purchase a complete pair of glasses may select a complimentary gift from beneath our Christmas tree. We wish you all a very merry Christmas and may your coming year be filled with high spirits and

haleness.

Phone: 09 831 0202, visit www.westopt.nz or Facebook: www.facebook.com/westgateoptometrists.

HOW TO MANAGE YOUR BODY AND STRESS THIS HOLIDAY

The silly season here. Around this time of year, things get very stressful and your body ends up taking the toll.



Here are some top tips to keep you injury and stress free this Christmas. Plan ahead- Don't leave appointments until the last minute as it gets very busy, and avoid those last minute fights over the last item in store. Exercise- even 10 mins of walking increases endorphins and improves your mood. An Epsom salt bath helps to relax the muscles. A few drops of lavender scent on your pillow to help you get the rest you need. Get enough Vitamin D, but make sure you're careful not to burn. Simple breathing exercises. Start the year with a body wof/tune up to get on top of any niggly issues before they crop up.

Don't forget if you are struggling gifts for your loved ones, an Osteopathy or Massage gift voucher is always a great gift. We are also open a few days over Christmas for those needing an emergency appointment.

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

CHIROPRACTIC AND HEADACHES: WHAT'S THE CONNECTION?

A headache is the body's way of telling you something isn't right. But what you may not know is that the headache doesn't always originate in or near the area where you feel pain.

When it comes to your body, everything is connected. For example, a wrist problem can actually be a spinal complication, whereas elbow trouble can actually result from a shoulder issue. Of course, headaches can also be directly related to the spine, being caused by a number of reasons including: Compensation for low back problems, misalignment, poor posture, and muscle spasm.

Chiropractic care is a natural regime that promotes the body's own healing ability. At Kumeu Chiropractic, we see many practice members who come in seeking relief for headaches. To their surprise, Chiropractic isn't just about bringing relief—

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Auckland 0810
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0212330413
gill.wiltshire@gmail.com

adjustments may actually help correct the underlying issue at hand to help prevent a relapse in the future, and other health issues can often resolve as well.

Are you tired of taking painkillers for the pain in your head or neck? Whether you've exhausted traditional methods or are just starting to look for a more natural way to eliminate your headaches, contact Kumeu Chiropractic today to find out how we can help. 8 Shamrock Drive, Kumeu. Phone 09 412 3356.

HOW DO YOU MOULD AND STRETCH A PAIR OF SHOES TO FIT YOUR FEET WHEN YOU ARE SHORT ON TIME?

This is Shoe Talk's guide on how to make your new shoes fit your foot shape when you have purchased something new that you need to wear soon after purchase. Please note this only works if the footwear actually fits your foot correctly to start with - shoes will only ever give in width a few mm and not at all in length.



So follow the following tips:

- If the shoes pinch your heels you can soften the heels by gently rolling the back of the heel over with your thumbs to soften the edge.
- Put on a pair of socks; grab your new shoes and your hairdryer. Turn the hairdryer onto warm and gently direct the head towards the shoe, approx. 15cm away be careful though as you do not want to burn the leather, if it's suede put the heat even further away. Heat the leather up to where it feels malleable. Put the shoes on your feet and walk around them as they cool. The heat will soften the leather and allow it to mold to the shape of your foot. Repeat if required.
- Finally notice any points that feel like they will rub on the first wear and put a plaster on this will ensure you have a great night

and no sore feet or blisters.

SUMMER'S HERE, SANTA'S ON HIS WAY, ITS PARTY SEASON

Whether you're catching up with friends for breakfast or that afternoon barbeque, attending a Christmas function or hitting the beach, you want to turn up looking and feeling fabulous.

Nails are the ultimate pre-party necessity for any occasion and can sure help a girl feel fabulous. Soak off gel polish on your natural

nails is the hottest fashion accessory this summer. Applied just like traditional polish to your natural nails, but cured in an LED lamp to a high gloss shine in 30 seconds and lasting 3 weeks, and can then be soaked off without damaging your nails.

Specialising in natural nails we offer a huge range of nail art - chrome or holographic pigments to vivid foils, amazing glitters or even a touch of hand painted art. Your one stop shop for all nail lovers. To book your manicure or pedicure 027 407 2264, for more info see www.facebook.com/thepolishroom.



HAVE A REAL CELEBRATION

I think it's a pity that here in New Zealand our summer holiday and Christmas are linked in tandem and we can't look forward to one until the other one is done. Christmas in the northern hemisphere is a very welcome short break from work that is focused on family, food, church and a bit of cheerful festivity. Their summer holiday in July is a standalone rest time.

Whether it is a religious or secular celebration, it's great if you are in the mood for them, but they can be torturous when you are not. In December many average Mums and Dads are already exhausted from their normal life difficulties. You may have experienced work stress, marital stress, family disputes, illnesses or a life transition. You may be lonely and isolated. Not everyone has a family to celebrate with. Or the thought of being with your family for the day might stress you out as there are unresolved issues from the past that disturb your peace.

Why would you place yourself under additional stress to forcefully create a Happy Christmas? Does your inner perfectionist hold yourself up to extremely high standards? Do you collapse in the summer holiday to recover from the busy-ness generated by the relentless demands of this time of year? Psychotherapy with me can help you understand why you have approached

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the holidays the way you have, and could help you create a different experience this year.

Allow yourself to think "Bah humbug" if that is genuine. Nothing bad will happen if you don't participate in the fake 'cheer'. Be real. Don't be a martyr. Give if you feel like giving. Go to parties if you feel like going. Make other people happy if that is what makes you happy, but feel free to create your own authentic way of doing that day. Ask other friends what they do to make sure the work of creating a happy Christmas doesn't fall on one person's shoulders. Think of creative ways to escape or participate in meaningful ways. It may sound obvious to say but we are free to choose. For help with any or all of the above call Sarah Hamilton on 021 477 523.

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

WHY AM I SORE AFTER MASSAGE?

So you've been for a therapeutic/deep tissue or sports massage and the next day you woke up feeling like a truck ran over you! The massaged part of your body is tender to the touch and perhaps a little puffy. It is common to have some mild pain and

even slight swelling after receiving deep corrective massage - this is called therapeutic inflammation. It's the result of new white blood cells arriving at the area to clean out all the old, dead waste products in your tissues. Unfortunately, that can cause a little discomfort. Sometimes when muscles are tight for a long period of time, your brain can shut off sensation to that area. Massage re-awakens your brain's awareness of those tissues, causing tons of new working blood cells to come in and clean everything out that has built up over time.

The takeaway is that massage can be uncomfortable at times but should never be intolerably painful. Stay hydrated, communicate your comfort levels with your therapist and be aware of the original reasons for coming in for a massage. Debbie, Body-Balance Massage & Neuromuscular Therapy - 021 120 2175.

WAIMAUKU MEDICAL CENTRE/PHARMACY HOLIDAY HOURS

This is a time of the year where our staff also enjoy taking some time off. Therefore we will provide one site to be open during this 2 week holiday period. We would encourage our patients to ensure they have all required medicines before they venture away for their Christmas break.

Waimauku Doctors/Waimauku Village Pharmacy Open December 28th, 29th, 30th. No Saturday surgery 31st but Waimauku Village Pharmacy will be open on this day.

Silver Fern Medical closed this holiday week. Silver Fern Medical/Waimauku Village Pharmacy open January 4th, 5th 6th.

Waimauku Doctors closed this holiday week BUT will hold Saturday surgery for emergencies on January 7th. Waimauku Village Pharmacy will be open on this Saturday also.

Remember, our After Hours service will still be available during the public holidays. We wish you all a safe and happy holiday.

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AREA COLUMNISTS

DO YOUR CUSTOMERS KNOW YOUR CHRISTMAS HOURS?

Keep your customers informed about your opening hours this Christmas by sending them an email that not only wishes them a Merry Christmas, but lets them know your opening hours over the holiday period. You should also put this information on 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. If you are having trouble contact us here at Utopia and we can make the updates for you. The team at Utopia would like to take this opportunity to thank everyone in the community who we have created websites for in 2016. 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 21st December and re-open on the 16th January. If you wish to discuss any website work in the meantime please contact us 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




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At Kumeu Montessori Preschool, our goal is to make learning irresistible, by providing an environment where each child's unique talents, beliefs and experiences are valued, where their interests are nurtured and where a child's natural love for life and learning are encouraged.

We believe that children learn through play and through structured teaching, and we offer richly varied opportunities for learning in both areas.

While our programme includes preparing children for the academic aspects of school, of greater importance is that they also develop the social and emotional skills they will need, not just at school, but in life. These skills include being able to focus on a task, follow directions, persevere, be able to take turns, impulse control, problem solving, negotiation and conflict resolution, being able to communicate well with other children and adults, and be able to articulate needs and feelings in a socially appropriate manner.

These skills are developed in both the playground and the classroom, creating happy, confident and lifelong learners.

Kumeu Montessori Preschool - 8 Grivelle Street, Kumeu phone 09 412 9885.

FUN IN THE SUN FOR THE JULY SCHOOL HOLIDAYS

Now is a great time to think ahead and lock in that school holiday for a week in the sun for next winter. Believe me, if you don't book this soon, you WILL miss out!

Because these are group allocated allotments, just a deposit of \$ 250 per person is all that is needed to lock this in to secure your family holiday, with full payment due mid-April, giving you plenty of time to save.

Fantastic 7 night package pricing from as little as NZD \$4869 for a family of 4 (2 adults & 2 children 11 & under) what's not to like? You can choose from 07/15 July at \$5239, or 15/22 July at \$869

The \$ 4869 Package includes:

- Return airfares 15/22 July on Fiji Airways including meals/drinks/checked bags
- Return coach transfers
- 7 nights' accommodation 15/22 July in a family Frangipani bure at Fiji's Hideaway Resort & Spa on the Coral Coast
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Other Coral Coast located resorts are the popular Shangri La Fijian starting from \$6035, and the Outrigger Resort starts from \$6735

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Outer Island deals: The gorgeous Treasure Island with its turtle sanctuary/nursery starting from NZD \$7725, and Plantation Island, always popular, starts from just NZD \$5079. All costed for a family of 4.

Give me a call or flick me an email and I can email you the Special Fiji School Holiday 4 page flyer – and this will give you all the inclusions.

Ask me for the deals for families with one child, or families with 3 children or more, as I can cost these options up for you.

Costs are quoted subject to availability, until sold out.

Please take a moment to check out my website below to find out what the current deals are, and click on the link to be added to my newsletter database. I only send out one newsletter every month or so with specials, so I will not clutter your inbox!

Please contact me: Tanya Franklin, your local Travel Broker, a member of helloworld, on 09 411 9105, or 021 254 9169, or email: tanya@ttb.co.nz. Make an appointment to see me in my

home office in Waimauku to chat about your next holiday!
See: www.thetravelbrokers.co.nz/tanyafranklin/aboutme.

FUN WITH CLAY

By Alison, Shar, Brodie, Nic, Rachel and Jo at Waimauku Kindergarten.

Clay is part of nature. It comes from our planet. Clay is not only great to push, pound, squeeze, smooth, cut, roll, it feels good in our

hands. By learning a few simple techniques, children can create amazing sculptures. What children create comes from their interests building on their knowledge and learning. It comes from their creative heart and soul.

We are truly lucky to have a clay artist at Kindergarten who is also a teacher. Alison has taught our children how to create with clay over several years. Many of you out there will have clay plaques or creatures which were made while your children were at Waimauku Kindergarten. This month has been clay month.

The children planned their clay creations, learned to join clay together which used concentration and persistence, developed an eye for detail, and learned patience – clay is not an instant art, it requires a number of steps: moulding the wet clay, drying, transport to Alison's house for bisque firing in her kiln and glazing.

The children have really enjoyed creating their clay works and they will remain treasures for years to come.

If you are interested in finding out more about us, please drop in or give us a call. We have a fantastic policy of NO FEES for Under



3 year olds (if doing under 20 hours per week).
 Waimauku Kindergarten: 18 Freshfields Rd, Waimauku, Phone
 09 411 8890, email admin.waimauku@naka.co.nz, visit <http://www.naka.co.nz/kindergartens/waimauku/>.

TWO WAYS WITH CHRISTMAS HAM

This is a good opportunity to use these products both for the Xmas table (roasted ham/turkey/chicken/pork etc) as well as for leftovers.

Ham with Brie and Tamarillo Chutney - 1. Choose your bun. 2. Layer with rocket, piles of sliced Christmas ham and brie. 3. Smother in Tamarillo Chutney. Enjoy

Ham Toastie - 1. Fill sourdough bread with layers of cheese and Christmas ham and toast in your sandwich press. 2. Lift the lid and add your Mustard Pickle. Enjoy! www.noshortcutschutneys.bigcartel.com/ and noshortcutsnz on Facebook.



SUCCESSION PLANNING: SAFEGUARDING THE FUTURE OF YOUR BUSINESS

Studies show that over half of New Zealand SMEs don't have any succession plan in place. A succession or exit plan is a formal plan that prepares you and your business for the future. Many business owners believe they don't need a succession plan because they are not planning on exiting the business for a long time. Ironically, though, succession plans are invaluable for preparing a business for the unexpected.

Succession/exit plans force business owners to consider their end goal and how they will get there – everyone's ideal future looks different. Some owners may want a strategic, overseeing role, while others will want to exit the company completely. Succession takes thorough planning, and therefore we recom-

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ment beginning early – long before you actually intend to exit. Starting early prepares the business for sale or transition, provides more control over the timing and more chance of a successful outcome.

We have personally witnessed very different outcomes in businesses with a succession plan in place versus those without when the unexpected occurs, such as an illness or death. The devastation caused by these sudden events is difficult enough without the added pressure of trying to transition a business with no succession strategies in place.

Your local succession planning experts UHY Haines Norton are located at 329A Main Road, Kumeu. If you have any accounting, tax or business finance enquiries please phone them on 09 412 9853 or email kumeu@uhyhn.co.nz.

NEW BEGINNINGS AT COUNCIL & BOARD

The October Local Body elections made substantial changes for Rodney both at the Board & Council level.

The existing Board now has only 3 out of 9 of the previous Board members returned with Brenda Steele, Phelan Pirrie & Beth Holbrooke for a future 3 years.

The biggest change has been with our Councillor Greg Sayers, a previous member of the Rodney Board for 2 terms, being elected with a large majority over the previous incumbent Penny Webster. The Board Chairperson is now from the North with Beth Holbrooke taking over from Brenda Steele. The Board and Local Councillor will give a fresh look to the District which is needed.

The opportunity exists to put a case in front of the Auckland Council for a transport solution and structure planning for Kumeu-Huapai.

The traffic solution is still in a draft stage with options not final-

ised for release to the public at this stage. The bizarre situation is now land zoning have been confirmed by the Auckland Council increasing the values of properties around Kumeu-Huapai in the 'Future Urban' areas, but the Council have not firmed up on the infrastructure details. Clearly with zoning increasing values, it is going to cost the Council and the ratepayers more for purchase of roading, land, infrastructure & school sites etc.

The 'Future Urban' zoning has been confirmed, also encouraging land owners to provide for 'ad hoc' zone changes because the Council has not progressed 'Structure Planning' for our District.

Whenuapai's 'Structure Plan' on the other hand was approved mid November 2016. The concept was paid for by the developers and hence the advancement of their area for zoning changes. The Whenuapai area will be with Rule & regulations being advertised in April 2017.

Kumeu-Huapai has been promised a 'Structure Plan' in 2018 which I believe is far too late for the District. The development pressures are on us and with the Auckland Council confirming on 15th November 'live zoning' for the 'Countryside Living' zone around Taupaki, Waitakere & Pomona Road areas.

Development can now occur in these areas as there are no appeals against the zoning. The lack of a 'Structure Plan' for Kumeu-Huapai leaves the infrastructure options and solutions unresolved. The Association will be making an application early 2017 for funding to be set aside for the 'Structure Plan' process. Delaying this work is not an option.

Pete Sinton, Chairman Kumeu-Huapai Residents & Ratepayers Association. Phone 09 412 2016 or petesinton@townplanner.co.nz.

COMPLAINING IS IMPORTANT

I'm never sure if it's because we live in a largely rural area and are

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used to being self-sufficient, or whether we don't like to complain that people put up with some pretty poor service levels from council in our area.

Roads are the best example. I'll frequently see people taking the time to complain on Facebook about a persistent pot hole or poorly done maintenance, but that doesn't change anything as the people they need to be complaining too aren't watching a local Facebook group.

Perhaps we all need to look at this differently. We need to see ourselves as customers who are paying for a service that we aren't getting. If your telephone stops working you phone your teleco to get it sorted, it's the same with roads.

Logging issues with council, and encouraging your neighbours to do the same, is a vital part of insuring the services we are provided with are of a high standard, and that the contractors who carry out the work are doing this to the standard council expects.

Council has made it easy to do this, there is an app available through the Apple or Android App Store or you can also simply go online and fill out a form. The app is especially convenient because it allows you to take a photo of the issue to attach to the complaint.

You can find the app here: www.aucklandcouncil.govt.nz/en/onlineservices/pages/mobileapps.aspx.

The online contact form here: www.aucklandcouncil.govt.nz/EN/Forms/Pages/contactusononline.aspx.

An online or in app complaint will generate an automated response with a job number and this will be followed up within 10 days. This information also feeds into annual maintenance assessments so is important in assessing the levels of service required.

We're entitled to the same levels of service across Auckland whether we're in Remuera or Waitoki, but it does rely on us all taking the time to bring issues to the attention of council staff. If you're finding you're not getting a satisfactory response you are welcome to email the reference number to me so I can follow it up for you: phelan.pirrie@aucklandcouncil.govt.nz.

THE FLAGSHIP BAR & RESTAURANT

Kids are always welcome at The Flagship. We have a kids menu and a separate play area to keep them entertained while you enjoy a bite to eat. Ask our team about signing your kids up to the Little Pirates Club, they'll receive meal discounts, a free club t-shirt and invitations to special events just for members. We're located in the West Harbour Marina, and we hope to see you and your Little Pirates here this summer.



IF IT DOESN'T FEEL RIGHT – THEN DO IT

There is a part of our brain, a way we operate has humans that wants to keep us safe. Some people call it our ego, some call it our unconscious brain. But it's keeping us stationary. This part of us wants us to stay in our comfort zone and doesn't want us to feel uncomfortable - ever. Believe me, if we just ignored this little wee voice the forward momentum in our lives would be extraordinary.

Most of us will live within our comfort zone our whole lives without ever realising it. Often the way we are 'being' hides from us. My personal experience and what I have seen in clients is that life feels somehow dissatisfying, there is anger and sadness - we ask 'Is this it?' Not realising that the gift of life has been right in front of us and we choose to stay where it feels 'right'. But it's not that it feels right, it's that it feels familiar. We are allowed to say no to someone, we are allowed to start that business, we are allowed to wear the funky dress in the wardrobe that we never wear. But we choose to stay where it feels comfortable. Almost everything in our lives right now is a bunch of lovely comfortable habits. Our perspective (or lack of) keeps us right where we are.

Most of the time new ideas or changing something in our lives is NOT going to lead to our demise or death. Usually once actioned, we would be either in the same position we are in now, or BETTER. Rising to a challenge usually brings deep satisfaction. We have all had fantastic ideas, and inspiring in the moment thoughts and it's us being creative and brave and authentic. Then the damn ego gets wind of it and we reason our way to 'it doesn't feel right, I don't have time' 'it's just not me' 'it's too expensive' 'I don't believe in it' 'I'll start tomorrow' 'I will look silly' or will even give us anxiety. We think about this future event and emotionally embrace it in negative self-debilitating ways. What we are resisting right now is our biggest teacher!

But how do we know the difference between intuition or gut feeling and negative self-talk? Gut instinct is different from thinking. Perhaps intuition or inner knowing happens in the present moment. It's what propels us to do something or not to do something, or it gives us that inspired idea. The negative after voice is thinking. It's us thinking about a future outcome. Mulling over how something might be in the future is not intuition.

That place where we make decisions from and reason from is not logical - it's emotional. Over 70% of the time our thoughts are negative, and keeping us stationary. Our thoughts come from our past. They only mean what we make them mean. Once we get our head around this we can start to take control. And this is just a habit too. Changing the thought and feeling is just practice. Great success stories, humans who have done amazing things in the world all had to push past a voice that said 'you can't do this'. Your voice isn't that special. Everyone bloody has

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From the team at e-pack - Kathy, Mike, Anna & Alex we wish everyone a happy, safe and magical Christmas and New Year.

As always we are on hand to send any Christmas gifts you need to send to your rellies across NZ and the world.

See you in 2017.



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one - stop listening to it.

Our resistance is teaching us something. Next time don't run – look at it for what it is. I give people visualisations to practise being in the space of 'yes of course I can'. You would be amazed at how rarely we are in the vibration of POSITIVE. Where we put our attention expands – what we focus on grows. Perhaps you're ready to set some New Year's goals – come for a session and ensure your mind stays in the zone. For a session call Anna 021 555 658, anna@thinkyourbest.co.nz or visit www.thinkyourbest.co.nz.

CELEBRATION OF CULTURES

At Country Bears we are recognising our fast changing community, not only in population growth, but also in the increase of different cultures.

Our New Zealand Curriculum Te Whāriki recognises a bi-cultural education. As individual teachers, we must first understand and accept ourselves and our own unique identities. Then, if we are able to view New Zealand as a bi-cultural country, we are able to accept and understand that New Zealand has diverse multi-cultural communities.

Children from a very early age are able to learn and understand languages and the difference between them. Even though they may themselves not be able to communicate verbally, their understanding of the languages are there. We often see with bi-lingual children the understanding comes really early on, and then the verbal communication in both languages follows shortly afterwards. The old saying "children are like sponges" is



very appropriate in this instance.

Recently, we celebrated Diwali, the Festival of Lights, and the children were able to experience some traditional Indian snacks (provided to our centre by a parent), traditional hand painting and designs (similar to the henna designs), and the making of candles and mandalas using natural and creative mediums. We at Country Bears feel very strongly that if we can teach our children to have respect, they will grow up to be respectful and respected members of our community.

If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual pace, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: www.facebook.com/cbearsecc.

GET YOUR BOOCH ON

Some call it mushroom tea or the "elixir of life," but no matter what you call it, kombucha is one of the hottest trends in health beverages. The fermented tea has been around for more than 2500 years but more recently has become popular because of its purported health benefits. Regular kombucha drinkers claim it aids digestion, sleep, weight loss and detoxification; stimulates the immune system, stops hair loss and improves liver function. The fermented beverages are high in acid and contain sugar, vinegar, B vitamins, antioxidants (from the tea), and trace amounts of alcohol (a





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natural consequence of fermentation). Kosmic Kombucha NZ is a locally, hand-crafted small batch brewed business which offers four refreshing flavours; Lemon Ginger, Original, Apple Cinnamon and Coffee. You can find them at The Hobsonville Point Farmers Market ever weekend from 9am to 1pm, or you can place an order at www.facebook.com/kosmickombuchanz.

KUMEU LIBRARY

How can you encourage your children to keep reading over the long summer break? Bring them to Kumeu Library! Dare to Explore, our free summer reading programme for children aged 9 to 13, begins on Monday 12 December. This exciting programme aims to increase children's reading confidence and ability, and provide fun learning opportunities to children and whanau that build language and literacy. Children receive a booklet full of challenges, activities and ideas, and check in with library staff to earn stickers for completed challenges – those who complete a minimum of four challenges are invited to the Dare to Explore party in January. Check-ins can be made at any of Auckland Libraries' 55 branches, so you can join in even if you are on holiday. Online registration opens on Monday 28 November, or call in and see us at Kumeu Library to register. Kumeu Library has drop-in and do activities for children available any time over the holidays, so come and spend some time in the air-conditioned comfort of the Library. And adults and teens don't miss out either – our Great Summer Read runs from Thursday 1 December to Monday 30 January, and provides challenges and rewards for participating adults. All challenges can be completed with print books, eBooks, or audiobooks. Or try something new with one of our pre-pack-

aged Book Bundles. Even if you only have time to read one book this summer, you could be a winner with The Great Summer Read.

Kumeu Library will be closed between Christmas and New Year. Our last day open will be Saturday 24 December, and we re-open on Wednesday 4 January – so make sure you get in to find some holiday reading. Extended loan periods apply over the Christmas break, so your items won't need to be returned to the library until after Wednesday 4 January. The closest library open over the holiday period is Massey Library.

Follow us on Facebook (www.facebook.com/kumeulibrary) to keep up with events and news at Kumeu Library.

HAPPY HEARTS

Riverhead Early Learning Centre has just celebrated turning ONE last month, with a BBQ and fun with many of our wonderful families joining the occasion. Nina, Allan and Alicia and our very first children cut a birthday cake that someone had delightfully arranged with a pencil fence around the outside.

We can't believe that it's a whole year since we were granted our first licence and opened our doors in Riverhead. We are grateful for the amazing support from all of the families who registered with our childcare centre and became part of the Happy Hearts family. We are delighted to now be caring for more than 50 children across our three rooms; we will fondly remember those who have graduated, and are excitedly awaiting those



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who have booked with us to start in the future. We have had so much fun and learning over the last twelve months, and of course this continues. We have recently had a visit from a number of community members, including a nurse who plays such an important role in the lives of children with their health and well-being, and a chiropractor who taught us about our skeleton and bones. This month we continue our community focus, with a number of exciting activities planned. See more www.facebook.com/RiverheadELC/ or www.happy-heartsehc.co.nz.

THE VINTAGE SHOP SUPPORTS LOCAL COMMUNITY

Operating at the Pomona Hall in Access Road next to the Community Centre, The Vintage Shop returns all its profit to worthy local causes. The shop, run by rostered volunteers is a Huapai-Kumeu Lions initiative and is proving popular with people looking for small vintage or retro items of good quality. Small furniture pieces, handcrafted fabric pieces, craft materials and a large range of pottery and crockery and crystal is tastefully displayed for customers in the historic, re-furnished Pomona Hall. For many people the display brings back memories of an earlier era when many households located such items in the china-cabinet in the sitting-room. Crown Lynn pottery and crockery is well-represented and The Vintage Shop makes a special feature of this, many local people having had connections with the Crown Lynn factory in its hey-day. Customers wanting to supplement their set or with an incomplete set of Crown Lynn may find what they want on display at the shop. With the coming of Christmas the Vintage Shop may be the place to visit for that special gift. Shop managers also welcome donated items which people may no longer have use or space for and on occasions they have been grateful to receive items from a deceased estate. Members of the Huapai-Kumeu Lions Club are grateful to the band of volunteers working on a rostered basis at the shop which is open from 10 am to 4 pm Tuesday to Friday and until 12 noon on Saturday and anyone able to give three hours of their time to this community service activity should call in at the Pomona Hall and talk to someone there. Over the past two years that the shop has been operating Huapai-Kumeu Lions have been able to donate over \$15,000 to local community groups. Recent recipients have been Kumeu Plunket, Kumeu Playcentre and Kumeu Cricket club. With continuing community support in terms of purchases and gifted items, Huapai-Kumeu Lions are envisaging that The Vintage Shop will become an important funding source enabling them to support worthy causes in the local community and it would encourage people to call in at the Pomona Hall in Access Road – even if only to view the historic hall itself which is worth a visit.



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MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Thu 1 Dec	-	05:57	11:57	18:17	-
Fri 2 Dec	00:10	06:32	12:31	18:54	-
Sat 3 Dec	00:46	07:09	13:07	19:32	-
Sun 4 Dec	01:24	07:47	13:45	20:12	-
Mon 5 Dec	02:05	08:28	14:28	20:58	-
Tue 6 Dec	02:51	09:15	15:16	21:49	-
Wed 7 Dec	03:44	10:09	16:11	22:47	-
Thu 8 Dec	04:45	11:11	17:14	23:51	-
Fri 9 Dec	05:51	12:19	18:19	-	-
Sat 10 Dec	-	00:55	06:59	13:26	19:25
Sun 11 Dec	-	01:59	08:06	14:31	20:29
Mon 12 Dec	-	03:00	09:08	15:30	21:30
Tue 13 Dec	-	03:56	10:05	16:25	22:26
Wed 14 Dec	-	04:49	10:57	17:17	23:18
Thu 15 Dec	-	05:39	11:46	18:06	-
Fri 16 Dec	00:07	06:26	12:33	18:54	-
Sat 17 Dec	00:54	07:12	13:18	19:41	-
Sun 18 Dec	01:40	07:58	14:03	20:28	-
Mon 19 Dec	02:27	08:44	14:49	21:16	-
Tue 20 Dec	03:15	09:32	15:38	22:07	-
Wed 21 Dec	04:07	10:24	16:31	23:02	-
Thu 22 Dec	05:04	11:22	17:29	23:59	-
Fri 23 Dec	06:05	12:24	18:29	-	-
Sat 24 Dec	-	00:58	07:07	13:27	19:28
Sun 25 Dec	-	01:55	08:06	14:25	20:24
Mon 26 Dec	-	02:48	08:59	15:16	21:14
Tue 27 Dec	-	03:36	09:44	16:01	21:58
Wed 28 Dec	-	04:19	10:25	16:42	22:38
Thu 29 Dec	-	04:58	11:02	17:21	23:16
Fri 30 Dec	-	05:36	11:38	-	-

Source: LINZ

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

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

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fresh living

KUMEU LAUNDROMAT

OPEN 7 DAYS A WEEK - 24 HOURS A DAY

- **COMPETITIVE PRICE**
- **SELF SERVICE COIN OPERATED MACHINE**
- **NEW WASHERS & DRYERS**



- **E-2 WASH**
- **CHANGE MACHINE**
- **LAUNDRY POWDER**
- **COLD DRINK & SNACK MACHINE**

250B/3, MAIN ROAD, KUMEU, NEXT TO CURRY LEAF, KUMEU PH: 021 900 736

**IT REPAIR CENTER, 250B/1 MAIN ROAD, KUMEU
(FOR ALL YOUR COMPUTER NEEDS) PH: 09 412 2010**