

kumeu

# Courier

FREE monthly community magazine for Kumeu & districts

**EVENTS AND UPDATES**

**RENEWING CONNECTIONS**

- Safer communities
- Food & beverage
- Home & garden
- Property market report

**BRENDA STEELE: SAY IT LIKE IT IS**

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Contact Geoff Dobson on 027 757 8251 or [geoffdobson2017@gmail.com](mailto:geoffdobson2017@gmail.com)

December 2019



## Greetings

'tis the season to be jolly - and damn careful on the roads.

Speed limits are expected to soon drop on many roads around Auckland following the Auckland Transport Board's bylaw approval, but New Zealand's Christmas holiday road toll may still be high.

That's because many people travel outside of Auckland, especially to beach and holiday places at this time.

Nine people were killed during New Zealand's official holiday period last year from December 24-January 3, and 11 prior (December 22-January 3, which was longer), mostly through loss of control, followed by driving too fast for the conditions, with alcohol/drugs and inattention thrown in.

Will lowering Auckland speed limits make a difference?

That's the whole idea behind the Speed Limits Bylaw which includes sections of many roads around the northwest.

The NZ Transport Agency also plans to cut at least 10km/h off most State Highway 16 speed limits - meaning travel through Kumeu and Huapai will be 50km/h instead of 60, Huapai to Waimauku will drop from 100 to 80, and speed limits through Waimauku will be 60 rather than 70.

Public consultation on SH16 speeds was due to close on November 26.

Then there's the safety improvements planned by the agency for SH16, likely early next year, expected to reduce speeds during works.

Auckland City speed limits will be reduced under the AT bylaw to 30km/h in the city centre (Nelson, Hobson and Fanshawe Streets will be 40).

The bylaw applies to 700km of the city's rural roads - except for 20 roads in Rodney and Franklin, deferred to allow more consultation.

The reductions aim to cut Auckland's death and serious injury toll of about two people daily - three times higher than other New Zealand areas.

The changes targeting the highest-risk roads are forecast to stop 87 deaths or serious injuries over five years.

While some agencies welcome the changes - saying lower speed crashes improve survival rates, others like the transport industry believe investing in proper road infrastructure would be better.

People may ignore the speed limits anyway, resulting in more fines and revenue for road upgrades perhaps.

Geoff Dobson, editor



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### ENQUIRIES / FEEDBACK:

Geoff Dobson

P 027 757 8251

E [geoffdobson2017@gmail.com](mailto:geoffdobson2017@gmail.com)

W [kumeucourier.co.nz](http://kumeucourier.co.nz)

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# People & Places

## A driving force behind Riverhead

George and Tilly Yelavich of Riverhead celebrated their 60th (diamond) wedding anniversary with a party at the Dalmatian Cultural Society where they first met.

It was known as the Yugoslav Club and was in Hobson Street when they first set eyes on each other in about 1958.

They were married a year later in St Patrick's Cathedral in the city centre on November 14, 1959.

Their diamond anniversary saw the pair partying with about 80 people at the Dalmatian Cultural Society centre in Eden Terrace, also receiving congratulatory messages from the Queen, Prime Minister Jacinda Ardern and Governor-General Dame Patsy Reddy.

Born in Kaiataia and raised just north of there on a Waiharara dairy farm following the gum digging boom, George came to Riverhead in 1947 and soon became established in his local community.

He formed Yelavich Bros carrying company there with brothers Wally, Bob and Lou – another brother 'Bunny' Branko settling in Australia.

So began a life-long association with the Kumeu Rugby Club (previously Riverhead then Western United), the Riverhead Tennis Club and the Riverhead War Memorial Reserve committee, starting the committee for the latter in 1950 to fundraise for the park which opened in 1956 and was run by volunteers until the then Waimemata City Council took over maintenance.

George instigated the annual Anzac Day commemorations at the memorial reserve gates about 20 years ago. He recalls the first one involved playing a tape of the Last Post and the flag flying at the

Scout Den flagpole.

Tilly (Theresa Mary) grew up in Grey Lynn in the Vujnovich family and learnt sewing at school – something she's done all her life.

She began in baby's wear and moved into women's clothing, her sewing skills also useful for a growing family of three daughters and now four grandchildren.

Tilly became involved in the Riverhead community too, her clothing selling for charities such as Riverhead School galas and Riverhead Plunket fundraising stalls where she served for 17 years.

Her dressmaking and sewing also won her many prizes at the Kumeu Show and the Royal Easter Show.

Tilly's a life member of the Dalmatian Cultural Society and was its "wardrobe mistress" for 13 years.

George and Tilly enjoy traditional South Slavic kolo dancing – "It's good to keep up cultural traditions," Tilly says.

In fact, George has remained active in his later years, playing tennis at the Waimauku Tennis Club up until about a year before his 90th birthday. He played rugby until he was 51 as well.

Both have also been closely associated with Riverhead School, noting its growth over the years.

George was on the school committee for 10 years, including four as chairman. Tilly even made "Dally doughnuts" for the school as well.

They were invited to cut the ribbon to officially open a new two-storey classroom block.

Both say they're in exalted company with former Prime Ministers Helen Clark and John Key officially opening facilities there.

Noting other changes in the area, including the extensive housing developments around them, George is astounded about the traffic congestion.



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# People & Places

"I never thought I'd see the day when you had to queue up to get on the highway (State Highway 16) with traffic backed up past Boric's (Boric Food Market)."

They had a museum collection of mementos from the area in their previous home but cannot fit them all in their new Riverhead residence – one reason George as a member of the NorWest Heritage Society was keen to see it establish a district museum.

Says George: "I'm quite proud of all the contributions the Yelavich family have made to the area."

## Brenda Steele: say it like it is

After nine years on the Rodney Local Board, Brenda Steele has moved to the political high ground.

"If I have an opportunity to make change I'm going to go for it and give it my best shot," she explains.

A northwest resident all her life, living in Wharepapa in Woodhill for the past 30 years, Brenda remains actively involved in the community while being approached by various Government ministers to help with reviews.

She recently passed a commissioner's course and can sit on resource consent hearings, but her heart lies in helping Defence with cadetships working with the Ministry of Social Development offering six-week courses for young people to gain confidence in job seeking.

"They're like work-ready courses, taking a back-to-basics approach, challenging them physically and mentally to look at themselves," Brenda says.

"Talking about giving young people opportunities really lights my fire."

Brenda works with limited support volunteers (LSVs) and says she can contribute by connecting businesses and Defence to help get cadets into apprenticeships or job opportunities.

"I said we're the only ones with a bombing range in our backyard," Brenda told questioners about her credentials for such a role.

She reckons about 2000 pass through the services annually for training.

Known for her straight talking, Brenda caught the attention of several Government ministers after she was appointed by Whanau Ora Minister Peeni Henare to help with a review which provided a "warts and all" report.

"That opened doors as to whether I would be interested in doing more reviews."

As a result, Brenda's also been added to an independent review committee on benefits and is presently attending a workshop on

understanding the role including Housing New Zealand issues.

Her skills for such roles have been honed through many years of work in local body politics and on community groups.

She's chair of the Ngati Whatua Whiti Ora Charitable Trust, for instance, the social arm of the Kaipara settlement trust Nga Maunga Whakahii.

Speaking of the Kaipara, Brenda rates as one of the highlights of her involvement with the former Rodney District Council (where she was the Ngati Whatua liaison officer for four years) and later the Rodney Local Board to establish the Kaipara Moana Co Governance meetings, which started out as the Kaipara Political working party.

"We had the blessing of the mayor of the day (Len Brown) and support from Rodney to set up a committee of representatives of all the councils around the harbour to start the discussions on environmental impacts from land use, water, and fisheries. This also gives the Integrated Kaipara Harbour Management group a platform to speak to all the councils in the one place and vice versa.

With the staff, the group has been working with farmers and landowners on planting and sediment control, coastal management plans, sand movement, invasive pests and more towards what will it take to restore the harbour environment, water quality and fisheries.

"Collectively, all the data about the harbour and its environs are now compiled in one place so we better understand what's happening to the harbour," Brenda says.

"That also gives us a platform to leverage off and have ministers come to the table because we're speaking with one voice."

In August, the Kaipara Harbour was the first to tap into the Government's \$12 million clean waterways fund.

"If all goes well, the Kaipara Harbour will be the first North Island harbour to have a settlement deed that has a co-governance entity for the whole harbour," Brenda says. And let's get real, up till now it has been under the legislative responsibilities of regional councils and clearly that has not worked so a co-governance entity is a great way forward."

She's also proud of her efforts around Helensville's Rautawhiri Park in encouraging community groups to relinquish their leases for the council to pay and maintain the park. "We had community groups – all volunteers – struggling to pay for insurance, maintenance and to find funds. Why should they have to do it when some other parks in the area were being paid for by the council and ratepayers?"

Brenda's proud too of local organisations such as Lions, the Helensville Museum, Rural Women and others who work hard for their communities.

If there are any regrets about her council involvement, Brenda says earlier decision makers had the chance to avoid many of the Kumeu-Huapai district's traffic issues associated with growth. She believes a lack of foresight and planning evident then still exists to



**Pete Sinton**  
Managing Director

**09 4122016 | 021 637772**

49 Beach Street, RD 2, Sandspit, Auckland 0982

**petesinton@townplanner.co.nz**

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# People & Places

some extent today.

She first served on the Rodney Local Board in 2010, then became chair for three years before not seeking re-election to the board in 2019, explaining she did not always see eye-to-eye with the Rodney First ticket on various issues.

"I'm also a strong believer that you shouldn't stay in the position too long - we need to let new blood come in because parts of the community are changing fast."

She sees a divide growing between urban centres and rural parts of the district, especially in the area's representation.

Brenda's all for bringing people together and admits her ability to motivate people for a cause is among reasons she's been chosen for ministerial review panels.

She's demonstrated that in her own life, gaining considerable experience along the way.

After living in Muriwai Beach, Brenda moved to Kumeu when her father Percy Monk became a poultry farm manager in Tawa Road.

Her dad was heavily involved in the local community, coaching Kumeu Rugby (then Western United) with Merv Castle, and in the Kumeu Lions, four-wheel drive and fishing clubs.

"We'd get dragged around as kids and have to do things like help on the gates at the local shows."

Attending Kaipara College at first, Brenda went to Massey High School following the Kumeu move "because the Massey bus went down Tawa Road".

Told she'd better not leave college without a job, Brenda became an apprentice boat builder, working with wood and fibreglass until her skin reacted to the materials.

Brenda then did fencing with Cam Crawford and went to Gourmet Paprika to pick and grade basil before that company got into capsicums.

"I became the classic young Maori unmarried mother for a while," Brenda says.

"My partner's family were very supportive, then he died at 23 of an asthma attack."

Brenda went on a benefit and then did a nurse aide course provided by Work and Income New Zealand for rest homes.

She met husband Aaron Steele 32 years ago and had three more children.

"As a mother you become involved in your children's school, sports and other organisations," says Brenda who remains associated with Woodhill School through the Woodhill Hall committee, recently attending a meeting called to consider its demolition for health and safety reasons. She's also still involved with the South Kaipara Hippy (Home Intervention Parenting Programme for Youngsters).

Her move into the local body political sphere didn't come about

because great, great, great grandfather Richard Monk had been Waitemata MP for 10 years in the 1880s, or because her father-in-law David Steele had been a long-serving Rodney councillor.

No - Brenda got involved because she wanted to understand how and why decisions were made for the district.

Citing the lack of earlier planning as a reason for standing, Brenda says there was little forethought about the later impact of some decisions.

"I was watching things happen with little consultation with the community and groups and I wanted to learn about the processes and structures and what was required in decision making.

"Serving on a board of trustees was a good foundation for my council role."

Her experience should now serve her and the community at large well in her new roles.

"I am very grateful for the support of this district who voted for me which give me their voices to speak on their behalf at the Rodney Local Board and Auckland Council for nine years. It has been a privilege and thank you."

## Kumeu hot rod show's new features

"Lots of different things" are planned for the 26th Jack Daniel's Classic Car and Hot Rod Show at the Kumeu Showgrounds on January 18 and 19.

A revamped show sees some old and some new - and that's not just the cars.

Organisers Ken and Desma Galvin of Kumeu say plenty of different attractions are planned, including the "fire breathing" Wild Bunch NZ drag cars of yesteryear performing startups, a pedal car display, and The Inflatables run where people race in blow-up costumes such as dinosaur and sumo wrestling outfits.

"It's very funny," Ken says of the run which is restricted to those aged 18 and over and involves few rules with pushing allowed.

Two days of the New Zealand Strongman contest will be held with more than 30 entrants.

A massive 45 teams have entered the Jack Daniel's National BBQ Championship with about 35 judges selecting winners in four categories, Sunday show goes expected to be able to sample some of the food.

"We hold the biggest one of that competition and it has a huge following worldwide with people coming to the event from all over," Ken says.

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# People & Places

The Miss Kumeu and Ms Timeless competitions return, along with a men's beard contest, and the Beauty School Drop-outs will be providing retro hair styles and beauty products in one of the show's sheds.

A Retro Caravan display features more than 30 back-dated and novel caravans, including one made out of car parts.

A Retro-O-Rama Alley has 1960s style clothing and fashion, while an indoor motorcycle display has about 35 motorcycles on show supporting Paw Justice to help rescue and rehome our furry friends.

More than 1000 classic cars and hot rods will be displayed indoors and out, with show sheds including unusual cars rarely seen now on the roads, like a Studebaker painted metallic gold.

About 120 trade sites and 300 swap sites are in the show, a website map helping people locate such features.

Milwaukee Tools, for instance, will be selling products at special prices during the festival, and Mega Mitre 10 Westgate is also a show supporter.

There's plenty more to see with live music, a food hall, and a merchandise stand included.

Many events are planned on the Sunday to attract more visitors that day, say the Galvins who have just bought a 1963 New Zealand assembled Plymouth Belvedere sporting blue crushed velvet upholstery which was sitting in a Henderson garage for about 25 years.

The Kumeu Courier has 20 individual passes worth \$20 each to give away to the show.

Just email your name and other contact details to editorial@kumeucourier.co.nz in to be in the draw for one ticket per family. We also have a few festival colouring-in books for kids with pencils to give away. Children under 12 have free entry to the festival, and parking is free also.

## 'Meet the Makers' dinner

Shortly before the Prince of Wales (Charles) and Duchess of Cornwall (Camilla) visited Waimauku's The Hunting Lodge, the venue hosted about 200 people for a 'Meet the Makers' evening showcasing Rodney producers who contribute to the menu.

Executive chef Des Harris and team brought out a stunning array of dishes while Des introduced some of the suppliers during the event which began around the fire pit where Kaipara Lamb from farmers Richard and Dianne Kidd and Linda and Phillip Hill was barbecued over Mincher Gardens' apple wood using a special spit roast method.

Later describing to guests in the Barn function centre how Kaipara

Lamb is born, reared and raised on their farm, the Kidds explained they are also in their fifth year of supplying North Island Countdown supermarkets with their brand.

Richard says it's "fantastic to see The Hunting Lodge back to how it is now".

"We used to come here in the 1980s and remember it as a great place to bring guests," he says.

The Kidds outlined how they farm sustainably and fence streams and plant to help improve and protect the Kaipara Harbour.

"Our lambs don't have large food miles either and we process them and bring many of them here," Richard says.

Kaipara Lamb tartare was served with Kaipara Oysters crême as a starter, and as a main with Whangaripo Buffalo labneh with Nat (Nat Rose Tettei) and Dave's (David Mercer) farm vegetables.

Oysters were also served separately as a delicious cold smoked starter and buttermilk fried, Biomarine director Jim Dollimore explaining how the Kaipara Oysters brand features oysters grown in a "vigorous" but clean tidal water environment near the Kaipara Harbour mouth where they are "tumbled about", adding to their taste.

Massimo's Italian Cheeses from Dairy Flat also graced the menu, Massimo saying "I do the best I can and hope people like it". His stracciatella was served with parmesan shortbread as a starter while an entrée comprised Massimo's buratta with sweet peas, asparagus and coppa served with focaccia and whipped brown butter.

Whangaripo Buffalo also make cheeses, a delicious buffalo blue cheese with macadamia nuts and John Tucker's honey and medlar fruit paste on the menu to finish.

John from Kaipara Natural Honey has some hives round The Hunting Lodge's permaculture gardens, which also provides salads, vegetables and other produce for the menu and functions.

He plans to sell his multiflora honey to the public through The Hunting Lodge's cellar door.

Chris and Pam Wills started farming buffalo near Wellsford and their daughter Annie Wills and husband Phil Armstrong told guests about how they were venturing into a mobile abattoir and that the buffalo cows, which provide milk for 20 years, all have names.

Bruce Spooner, wife Angela and son Daryl detailed the history behind their Georgian-style home and the orchard and gardens around Mincher in Coatesville.

The garden of national significance is open by appointment throughout the year, Bruce saying they'd had 600 people through in one day as part of a six-garden Coatesville Garden Ramble fundraising tour by the Rotary Club of Albany raising about \$30,000 for Glaucoma NZ Awareness and other Rotary projects.



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# Safer Communities



## Fire but not as we know it

As we go to print the latest figures have come out on the recent loses attributed to the NSW fires over the last month. A staggering 1.6 million hectares burnt or on fire. A staggering 48 houses lost and almost 1600 sheds or barns lost to fire. And most frightening is the five lives that have been lost to fires and several people unaccounted for.

Flame intensity that spanned over 30 meters tall and embers that were transported by wind and convection to start new fires almost 30km away from the fire head. If you think this is new and uncharted information, you are right. We are in an environment that the droughts are longer, the fuel is dryer, the wind is gustier and the humidity is far less than ever before.

I attended a complex of fires in the Clarence valley over the last two weeks an hour's drive north from Coffs Harbour in the role of safety advisor and worked with almost 300 strong minded, resilient fire fighters that work the fire line with a drip torch, fire appliance and hand tools. Three primary actions, scrap in a fire-break, burn back to the fire from the fire-break in small controlled patterns, and then extinguish with water to provide a solid black-out area to try to minimise fire spread. When it comes to saving homes, they use the same principle when they can, when they can't, they get amongst the fire with small volume high pressure water hoses to suppress the flames.

It's a hard business and many are pure volunteers, giving back for the good of the community. In this day and age I am really amazed by the readiness and the resolve of these people. So if you ever think you're having a bad day, best you



look at some others over the ditch that are doing it really tough and put things in perspective.

Stay safe, and check [kitsalright.nz](http://kitsalright.nz) before you light.

## Graham McIntyre

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# Community News

## Kumeu Arts

There will be something to please everyone at Kumeu Arts this December. Our annual, Affordable Art Sale in the main gallery is always packed full of a range of subject matter, styles and media. While in the shop you can find beautiful, hand-made art and crafts created by local people including; jewellery, ceramics, cards, calendars and books. Another exhibition by artist and painting tutor Amber Emm in the Pod Gallery (behind the main building) will also be sure to delight visitors. Amber will display a collection of over 30 watercolour paintings - all done en plein air (outdoors). So, this Christmas consider shopping at Kumeu Arts and purchase unique and meaningful gifts for your loved ones (or treat yourself) while supporting local artists. Both exhibitions end on the 19th of December and we close on Friday, December 20th and reopen on January 20th. Happy Christmas from Kumeu Arts.



## Kumeu wins Harbour Club 7s

Kumeu Rugby won the North Harbour Sevens Club Championship for the first time in its history.



The On Target Drilling Kumeu team was not one of the fancied teams going into the tournament at Helensville Rugby Club in November based on previous results.

But the team went through the tournament unbeaten, knocking over notable clubs in the process.

The first pool game versus hosts Helensville was approached with caution as the traditional rivalry of neighbouring clubs is always there.

After trading early tries, Kumeu ran out 36-12 victors. Next up and the team really got into their stride versus a strong Takapuna side, winning 31-17.

Last year's winners Northcote has been a bogey team for Kumeu at 15-aside, and a tight contest was won 14-12.

That left Kumeu topping its pool going into the knockout stages.

Marist in the quarter final were fit but Kumeu's power and support play showed in a comfortable win.

Fifteen-aside champions East Coast Bays proved a huge game in the

semi-finals.

Kumeu scored arguably the try of the tournament with Pita Volavola breaking out from Kumeu's dead ball area. Great support play led to a length of the field try levelling the scores.

Another Bays try put the pressure on. Then, more than a minute after the final hooter sounded, Peni Buakula broke the Bays defence to score. The conversion left Kumeu the winners at 19-17.

Five games gone and the Kumeu players were tired, with just one last push in the final.

North Shore has always been strong, but Kumeu's grip on possession in the first half produced two well-constructed tries against a stubborn defence to lead 10-7 at the break. Shore came back in the second half to lead 14-10. With a couple of minutes remaining Buakula did it again, scoring under the posts to give Kumeu a 17-14 lead.

A very tense couple of minutes followed, the players out on their feet. Shore got possession, but with the defence just holding they kicked with the ball gathered by Kumeu to hoof out and the trophy was Kumeu's.

It was a huge effort from a team that was underrated by most but believed in each other and took a never say die attitude into all the games, Kumeu coach Mark Hall says.

From the winning Kumeu team, three players are now training with North Harbour 7s team – Dillon O'Leary, Pita Volavola and Peni Buakula.

Playing in the National Club 7s tournament in Wellington next February is also being considered, with some fundraising to be done.

All-in-all a great way to finish the season, Hall says, with Kumeu looking forward to the 2020 season with increased confidence and pride.

## Seniornet Kumeu Inc

Seniornet Kumeu held its AGM on the 6th November, with an excellent turnout of members.

During the meeting, members were unanimous when they approved Honorary Life Memberships to Joan Crowe, Bev Meredith and Judy Heck.

All three of these very popular ladies have actively supported the club for over 20 years and all hold current "Officer" responsibilities at the club.

The AGM was followed by a superb buffet, to end the formal meeting program for 2019.

We now look forward to our two "End of Year" social events on the 19th November and 4th December.



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# Community News

The club restarts on Wednesday February 5th 2020, at our usual venue, St Chad's Church Hall, Huapai.

If you would like to have fun learning how to get the most from your Smartphone, Tablet (including iPads) and computer, why not join our friendly and informal club with tutors who teach what you need at a pace that suits you. Contact: Brian Lacey on 022 183 1811 [brian@lacey.nz](mailto:brian@lacey.nz) or Nigel Dempster at [nigeldem@outlook.com](mailto:nigeldem@outlook.com).

## Kaukapakapa Village Market

Sunday 15 December 8.30am to 1pm. Bring the kids along for a photo with Santa in his sparkly grotto located in the historic Kaukapakapa library next to the hall, free face painting and great entertainment with special Christmas performances from the ladies of "The Cougar Chorus" and the students from "DanceVille". As well as fresh produce, artisan food & preserves, plants, books, food and coffee there will be plenty of unique Christmas gift ideas from our craft and gift stall holders.



Our first market of 2020 is on Sunday 19 January with live music from Jessica on the keyboard, a tempting selection of stalls, food and coffee, fresh local produce, free face painting, kids craft table and much more.

Wishing you all a very Merry Christmas and a Happy 2020!

For more information contact Sarah 027 483 1542 or email [sarah1@maxnet.co.nz](mailto:sarah1@maxnet.co.nz).

## Entertainment Group

Local businesswoman Jasmin Kemp Nicholson's event agency, Entertainment Group, plays a vital role in connecting many of New Zealand's most popular performing artists with corporate and private event clients looking for fantastic live entertainment. Jasmin was born and raised in Helensville and now lives in Waimauku, raising her own family. Jasmin has over thirty years of experience in the event industry and has managed entertainment and events throughout New Zealand, Australia and the South Pacific. As well as helping clients choose the best acts to suit their event, Jasmin can arrange and coordinate the installation and operation of any staging or production required. Jasmin has an amazing team of experienced and professional event suppliers on call to assist with delivering events of any size from private pool-side parties to hotel

ballrooms and stadiums. To make your next event memorable (for all the right reasons!), email [jasmin@entertainmentgroup.co.nz](mailto:jasmin@entertainmentgroup.co.nz) or look for inspiration here - [www.entertainmentgroup.co.nz/deluxe-entertainment](http://www.entertainmentgroup.co.nz/deluxe-entertainment).

## The little library that could

Sunday 17th January. 10am to 1pm.

Since the reopening of the Kaukapakapa Library in 2014, we have been the fortunate recipients of much information on Kaukapakapa's past. History on the hotel, the school, the hall, St. Cuthbert's and All Saint's churches, along with all the library's original records.

We have Wyn Jordan's "Historical Records of Kaukapakapa" and the fantastic Jordan Collection of early photographs. Photos of most of the servicemen and woman, (yes, singular), on our WW1 and WW11 memorials, and a lot more stuff. So, if you're looking for something try us, we may not have all the answers but we will do our best to point you in the right direction. Library open in conjunction with the Kaukapakapa Village Market. For more info contact Megan 021 959 017, [threehorses@extra.co.nz](mailto:threehorses@extra.co.nz).



## Kumeu Library

Summer means holidays, and holidays mean lazy days of summer reading! Kumeu Library is running summer reading programmes for both children and adults, so no-one misses out on the fun.

Dare to Explore/Kia Maia te Whai is a fun, free summer reading programme for kids aged 5 to 12 years, which encourages them to read, engage with their environment and explore all the wonders that our libraries have to offer over the school holidays. Kids complete a minimum of five fun challenges to gain a certificate and invitation to the Dare to Explore party in January. The programme

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# Community News

runs from Monday 9 December 2019 to Monday 20 January 2020, and can be completed at home, on holiday, at the library, and with friends. Every child receives a colourful booklet full of ideas and challenges. Register online at [www.aucklandlibraries.govt.nz](http://www.aucklandlibraries.govt.nz) from 18 November, and then bring your child to Kumeu Library (or any other Auckland library) to pick up the booklet. Kumeu Library will also be buzzing with activities over the school holidays, some of which will help kids complete challenges for Dare to Explore - follow us on Facebook ([www.facebook.com/kumeulibrary](http://www.facebook.com/kumeulibrary)) to keep up with events.

Adults aren't left out of summer reading fun - The Great Summer Read offers those aged 13 years and over the opportunity to complete challenges and win fabulous prizes. There are ten challenges and ten prize draws - do one, do some, or do them all, and register your challenge online to be in to win. The Great Summer Read starts on 1 December 2019 and runs all through the holiday period to 31 January 2020, so get reading!

And there's more: over the summer holiday period, we extend the loan period for most items to accommodate statutory holiday closures. From 23 November until 4 January - 28 day loans become 42 day loans, and from 7 December until 11 January - 14 day loans become 28 day loans.

## Project Sense

After 15 years of working with small to medium businesses and large enterprises it comes down to a few key issues that make for expensive projects, long time frames and pain staking work to sort it all out. Does this sound like your business?



- Wrapping manual solutions and complexity around business processes
- Picking the wrong software - horses for courses, but it can't scale with your business as it does
- Master data - stored all over the place, in various software programs, someone's head or on paper
- Need a health and safety plan but don't know where to start
- Have a dysfunctional team that is paddling in different directions

So, what can you do about it? You can continue to meander along and try and work things out for yourself or...You can engage with experts who can help.

At Project Sense we like to keep things as simple as possible. Our team can help you navigate the daunting task of getting your 'ducks

in a row'.

We help you: Identify the problem or issue, Develop a response or solution, Help to implement the solution.

For more information go to our website: [www.projectsense.co](http://www.projectsense.co) or get in contact [info@projectsense.co](mailto:info@projectsense.co).

## Nature's Explorers

Over the past month, many of our teaching observations have revealed a real passion for role playing. Whether it be in the family corner, using the dress-ups, in the art corner while creating or outside amongst nature. The children are using their imaginations and role playing continuously. We had the privilege of having



Tena the ambulance driver come and visit Nature's Explorers. This was a great experience for the children to learn about the role of an ambulance officer. Making connections between people, places and things in the world (Te Whariki - Belonging). If anyone in the community would like to come and share the role you have in your job with our children, please email Nerys at [nerys.natures@gmail.com](mailto:nerys.natures@gmail.com) the children would really love to meet you. We are also taking enrolments for Jan 2020 so please call 09 412 8800 for more information.

## Plan printing services

Bowring Print offer a hassle-free complete plan printing service with quick turnaround and quality prints. Available in black & white or colour, we can print from file or original, in standard sizes from A4 to A0, or custom sizes up to 10m in length. For all architectural,



mechanical, electrical and construction drawings, table seating plans and low cost poster prints. Reduce and enlarge drawings, photos or documents and scan originals for file storage. Laminating and paper options available for extra durability. We offer while you wait prints or email your PDF files to [orders@bowring.co.nz](mailto:orders@bowring.co.nz) and we will have them ready for you when you arrive. Visit [www.bowring.co.nz](http://www.bowring.co.nz) for more information or visit in store. 10B Shamrock Drive, Kumeu.

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# In Brief

## Muriwai Open Studios update

All the artists involved in this collective would like to thank the local community for the fabulous support given to us during our first year. We have so enjoyed our interaction with the community at our open studios and at our free community workshops. The last free workshop for the year is to be given by the Jewellery



Artist, Joss Hong. For those who don't know Joss she is often inspired by moments and memories at Muriwai Beach, be it walking on the beach, the native bush or the dramatic sunsets. She puts this inspiration into her handcrafted contemporary jewellery using a range of techniques including resin casting. She believes resin casting helps capture precious moments and objects of emotion. With her resin casting she creates works of colour and texture, embedding objects such as leaves into resin.

In this introductory workshop you will learn how to make resin objects and embed objects into resin. Participants are encouraged to bring small items they could potentially embed into resin. Places are strictly limited. Please book now to avoid disappointment.

Joss Hong, Jewellery Artist: Resin casting workshop

Sunday 8 December 9:30 - 11:30am

email [joss@joss.co.nz](mailto:joss@joss.co.nz) to confirm your place

Places are strictly limited. Please book now to avoid disappointment

## Ideas for gifts to delight

Are you having difficulty thinking of fresh gift ideas for someone in your life? It could be they have retired or reached an age where they no longer enjoy activities they once did. Perhaps a physical or mental impairment has changed things, and you want to give them something uplifting.

Finding a practical solution for a challenge this person faces is something you could think about. If an individual can not move around or get out and about as they once did, it may be harder to keep themselves mentally stimulated. A puzzle, game, or new activity is an idea.

Reduced memory or eyesight can become stumbling blocks for others. Something practical like a clear clock with the day and time of day included, or a simple music player may be much appreciated.

At Mindjig we have a range of puzzles, activities and practical gift ideas that are great for all types of personalities. Visit [www.mindjig.co.nz](http://www.mindjig.co.nz)

co.nz or feel free to email [info@mindjig.co.nz](mailto:info@mindjig.co.nz), call 09 600 3251, or call or text 022 480 3022.

## Just Kidz Huapai

Our Pohutukawa (Infant) room officially opens next week and some of our smallest children have already been making themselves at home here in our beautifully appointed classroom. This room can take infants from 3 months through until around 2 yrs of age. As children have such high needs at this age and need careful nurturing and plenty of love and 1:1 interactions, we set our ratios at a minimum of 1 teacher for every 4 babies. High quality interactions, as in all of our rooms, are key and in considering this for our youngest learners, staff adopt the RIE (Resources for Infant Educators- Magda Gerber) philosophy in this room. This means we not only respect babies, we demonstrate our respect every time we interact with them. By this we mean understanding that your child is a unique human being with feelings thoughts and ideas even from the youngest age. This room is full of love and nurturing, encouragement and discovery. For new enrolments we are offering 50% off your first months fee. To find out more, please feel free to pop in for a visit at 335 Main Road, Huapai or contact us on 09 412 2025 or email: [Huapai@justkidz.co.nz](mailto:Huapai@justkidz.co.nz).



## Get Christmas sorted while avoiding the crowds

Have you left the Christmas shopping a little late?

Struggling with time to get to the shops?

Take the hassle out of Christmas and let them choose their Christmas gift by giving them a Precious Imprints gift certificate.

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## Kumeu Huapai

# PANELBEATERS

PHILIP GRIMMER

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Mobile: 027-498 7727

Email: [khp@xtra.co.nz](mailto:khp@xtra.co.nz)

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# In Brief

jump online, choose the denomination and where you would like the gift certificate sent (physically or electronically) and there you have it. Shopping.All.Done.

At Precious Imprints we create jewellery that is inspired by the people, places and things you love, so your loved ones will love the sentiment and meaning behind your purchase.

With a variety of styles and options to choose from they are bound to find something they love, OR they can even design their very own piece.

Visit [www.preciousimprints.co.nz](http://www.preciousimprints.co.nz) today and get your gift certificate sorted.

## The Mobile Car Specialists

Well, well, well... we're almost 'there' eh? The silly season is upon us and most of us will be enjoying some much earned time off in just a few weeks.

We'd like to thank the team at Kumeu Courier for another year of continued support, and also thank all of the fine people who have had their cars 'made awesome again' through us over 2019.

From the team at The Mobile Car Specialists - thank you!

Enjoy the sun, surf, highways and freedom over Dec/Jan. We'll hopefully see you in 2020.

Our services include: Dent removal - small to large, high quality paint correction / cut and polish, ceramic coating paint protection, yellow / foggy headlight restoration and signwriting removal.

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## Baby Buddy shares birthday with rest home residents

Reid Thomson Hensman celebrated his third birthday with Radius Taupaki Gables rest home and hospital care residents.

A special train cake was made for Reid and shared with everyone, while he also enjoyed opening his presents.

He's a foundation member of



the Baby Buddies group formed more than two years ago to ensure rest home residents and preschoolers spend time together every fortnight.

His brother Clark, who is one, has been coming all his life too.

Baby Buddies involves reading stories, playing games, sing-alongs and play which is very therapeutic and important for the elderly.

When young children visit a rest-home with other family members, they tend not to interact much with residents largely because their parents are do the talking.

With Baby Buddies, the main purpose of the visit is for young and old to interact.

Such intergenerational visits are an opportunity for the young to learn from the elderly while the residents get the feel-good factor of engaging with little ones.

Many of the residents' families bring along their great grandchildren to have a catch up, along with meeting other mums, dads, preschoolers and babies.

Baby Buddies runs during school terms, and in summer the Baby Buddies playgroup gathers outside in the courtyard as well where the preschoolers can enjoy water play.

## Planning for the business year ahead

It's nearly the end of the year. Summer holidays are almost here. This is a great time to get away from the business (retail excluded) and have time to think about your business.

How did you go this year? Did you achieve your goals for this year? What came up that was unexpected and what lessons can you learn from it? Is your business profitable and are you earning what you want to earn? Are you spending enough time with the family?

It is also a good time to look ahead. What are your goals for next year and in 5 years' time? What projects do you need to work on this coming year? What key performance indicators are you going to use to measure your progress? Do you need to hire staff? Do you need to engage with a trusted advisor? Do you need to start thinking about how to exit the business?

Summer is a great time to spend time with the family and recharge the batteries, but it also gives you headspace to make good decisions.

Ann Gibbard is a Business Success Partner with Oxygen8 Consulting. For help with your business plan, contact Ann at [ann@oxygen8.co.nz](mailto:ann@oxygen8.co.nz) or 021 682 014.

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# Property

## Precision Roofing

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The Precision Roofing teams are specialists in all aspects of roofing, meaning you only need one company to cover all your roofing needs.

Our services include; colour steel roofing, tile roof restoration, replacement of gutters and downpipes, and we also provide repairs on all of the above.

All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years. Precision Roofing and Spouting - phone 0800 002 222, email [info@precisionroofing.co.nz](mailto:info@precisionroofing.co.nz) or visit [www.precisionroofing.co.nz](http://www.precisionroofing.co.nz).



## Need to negotiate with Santa to get onto the nice list?

Do you need some help negotiating with Santa? If you find yourself not on Santa's Nice List this year then you have a variety of options. You can decide to do nothing (which may include throwing your toys out the cot, having a moan to your mate/spouse, or just drink the beer the kids leave out for Santa on Christmas Eve), but if that doesn't sit well with you then you could write to Santa and ask him what his problem is. Maybe there is some way you could work it out, or something you could do to right the wrong - maybe Santa doesn't have a clear record of the facts and you could clear up a few misunderstandings. If that letter gets lost in



the post or Santa is too busy to respond, then perhaps you could file with the Disputes Tribunal. It's a handy resource as Santa will have to attend in person and isn't allowed to take his lawyer. Assuming your wish list this year is under the magic number of \$15,000 (or if Santa agrees then \$20,000) then the Disputes Tribunal will hear your complaint, however they won't make Santa send you presents if they agree you were right but it's a good start to resolving a dispute. Another idea is to ask Santa to meet you for a chat and see if you can work it out - or maybe your lawyer could talk to Santa's lawyer and negotiate a resolution.

If your beef isn't with Santa then ClearStone Legal can also help resolve matrimonial disputes, neighbourly disputes, employment disputes, shareholder disputes - or we can help put an agreement in place before the dispute arises.

If you need some help negotiating with Santa or someone else then contact ClearStone Legal (incorporating Kumeu-Huapai Law Centre). Telephone 09 973 5102 to make an appointment. Re-locating to the Vines, 1A Tapu Road, Huapai mid-February 2020.

## Property market report

Auckland residential listings jumped by 30% from 1 September and 30 October, which has set the scene for a more "active" market in the run to the year's end.

Listings jumped from 1204 in September to 1605 last month - the highest number for 2019, with March the second busiest month of 2019 and 1571 listings. A feature of the market since March 2019 has been the limited number of listed properties for sale, and in September, the number of properties on the market was at its lowest for more than two years. In October that changed, with new listings being 30% higher than in September, and more than 40% higher than the average for the previous three months. Sales for the month increased to 824, up 6.9% on the previous month and over 3% higher than the average for the previous three months.

Prices also edged up with the average price at \$939,132 an increase of 1.6 per cent on the average for the previous three months and the median price at \$845,000 up by 2.2% on the average for the previous three months. October's data signals both vendors and buyers are coming to accept is that the market conditions that have prevailed for more than two years now are the new norm, and that there is no big price increases or major price declines on the horizon.

So, in short a careful and sustained market with a good choice for buyers and sellers that should be mind-full that the days of month on month price increases on property have gone.

Let's review the market:

Coatesville Lifestyle	\$1,090,000 to \$2,150,000
Helensville Residential	\$519,000 to \$690,000
Helensville Lifestyle	\$825,000 to \$1,400,000

  
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# Property

Huapai Residential	\$740,000 to \$965,000
Kumeu Residentia	\$840,000 to \$1,120,000
Kumeu Lifestyle	\$840,000 to \$3,080,000
Muriwai Residential	\$957,000 to \$1,132,000
Parakai Residential	\$500,000
Riverhead Residential	\$879,000 to \$1,025,000
Swanson Residential	\$560,000 to 1,150,000
Taupaki Lifestyle	\$1,250,000 to \$1,580,000
Waitakere Residential	\$808,000 to \$1,800,000
Waimauku Residential	\$955,000 to \$1,380,000
Waimauku Lifestyle	\$1,150,000 to \$1,975,000
Whenuapai Residential	\$1,010,000 to \$1,160,000

To ensure you get the very best return on your property sale. Ensure you have the best relationship possible with your chosen agent, agree on a focused marketing plan and an audience profile coupled with a process that will deliver competition and commitment. Failure to understand that this is a very careful and considered market is a failure to complete a sale. I would recommend that you and I get together and have a chat about the advantages that a Mike Pero solution delivers in services and support to ensure the very best price is achieved in the very least amount of time. Call me today on 0800 900 700, text me on 0276 320 421 or email me at graham.mcintyre@mikepero.com. See more at [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz) - Mike Pero Real Estate Ltd Licensed REAA (2008).

## West Auckland property and tax lawyers

Gina Jansen Lawyers are a Kumeu law firm who specialise in property/conveyancing, retirement home agreements, tax debt, Inland Revenue disputes and any Court matter, such as debt collection, limited work licences, bankruptcies and liquidations. We help small to medium businesses (companies, sole traders, partnerships) who have tax debt but can't seem to make any headway directly with Inland Revenue. We are the lawyers to call when Inland Revenue are pursuing you and your business for tax arrears. Tell your accountant to call us immediately if IRD serve legal proceedings (for example bankruptcy, company liquidations, or District Court civil judgment or criminal proceedings).

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very experienced at negotiating tax debt relief and appearing in the Courts on tax matters. We are also experienced property lawyers so our firm can handle your property purchase, sale or refinance when borrowing for debt consolidation. We also advise clients on occupation agreements for retirement villages and guide them through the minefield and process. Our clients don't need to use different lawyers to convey, appear in Court, contract or deal with Inland Revenue. We can do it all. Call Gina Jansen Lawyers on 09 869 5820 or visit our website at [www.ginajansen.co.nz](http://www.ginajansen.co.nz).

## Disclosure about trust assets to beneficiaries

Trustees now have a clear obligation to tell beneficiaries about the assets and investments contained within a trust. A further issue is the extent to which many trust deeds provide for not just the children of the settlor but more remote categories such as charities and the de facto partners of the settlors' children. These provisions were intended to ensure that there was a broad range of people or organisations who could benefit from the trust. Usually, however, those beneficiaries beyond close family will be oblivious to their mention in a trust deed. Against this, most modern trust deeds try and make sure that the only beneficiaries are the settlors' children and grandchildren.

We accordingly recommend a close review of any trust deed with legal assistance to establish who the beneficiaries are. Secondly, to consider the extent to which the settlors have power to remove discretionary beneficiaries. Removing the remote beneficiaries should have the effect of reducing the burden of disclosure and avoiding unwanted enquiries from those remote categories of beneficiary.

Luke Kemp - 25 Orah Road, Kumeu. Phone 09 412 6000 OR Email [luke@kempsolicitors.co.nz](mailto:luke@kempsolicitors.co.nz).

## Project Sense



### Are you?

- A start up trying to establish new business processes and tools
- An established business looking to get more efficiency out of your current business practices.
- Or just need a bit of direction

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- ✓ Project Management - small, medium and large projects
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- ✓ App/Website development
- ✓ Consulting - need a strategy, best practice, new way of working, we can help you

For more information go to [www.projectsense.co.nz](http://www.projectsense.co.nz) or email us at [info@projectsense.co](mailto:info@projectsense.co)

# Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
COASTEVILLE	2,150,000	12500M2	370M2	2,150,000		980,000	809M2	180M2	957,000
	3,250,000	12669M2	241M2	1,090,000		1,000,000	1132M2	94M2	1,105,000
	1,550,000	28100M2	228M2	1,465,000	PARAKAI	580,000	1464M2	83M2	500,000
	2,000,000	20000M2	195M2	1,400,000	RIVERHEAD	840,000	809M2	90M2	885,000
HELENSVILLE	1,450,000	14800M2	197M2	1,400,000		1,175,000	869M2	200M2	1,025,000
	830,000	3012M2	150m2	825,000		870,000	809M2	80M2	879,000
	680,000	2033M2	94M2	632,500	SWANSON	580,000	0M2	70M2	560,000
	685,000	602M2	80M2	690,000		1,050,000	1323M2	302M2	985,000
	1,500,000	40800M2	206M2	1,275,000		1,020,000	1722M2	156M2	1,150,000
	530,000	986M2	88M2	647,000		1,675,000	69700M2	230M2	1,975,000
	440,000	0M2	81M2	519,000	TAUPAKI	1,500,000	15100M2	245M2	1,580,000
	620,000	712M2	108M2	660,000		1,825,000	46200M2	202M2	1,250,000
HUAPAI	900,000	677M2	204M2	740,000	WAITAKERE	1,475,000	24000M2	430M2	1,800,000
	920,000	938M2	200m2	907,500		715,000	809M2	130M2	808,000
	970,000	517M2	180m2	965,000		1,100,000	31300M2	80M2	860,000
KUMEU	1,025,000	525M2	192M2	910,000	WAIMAUKU	1,400,000	1669M2	309M2	1,380,000
	2,175,000	10000M2	262M2	1,430,000		1,400,000	34400M2	150M2	1,150,000
	1,105,000	601M2	236M2	1,120,000		1,750,000	20400M2	288M2	1,975,000
	850,000	776M2	111M2	843,000		1,400,000	4947M2	154M2	1,167,925
	3,000,000	40469M2	188M2	3,080,000		1,075,000	5346M2	135M2	955,000
	1,250,000	10000M2	80M2	840,000	WHENUAPAI	1,100,000	305M2	235M2	1,035,000
	1,100,000	741M2	216M2	1,000,000		1,075,000	308M2	226M2	1,010,000
	930,000	345M2	218M2	925,000		6,815,000	45200M2	475M2	6,000,000
MURIWAI	1,375,000	1181M2	160M2	1,132,000		1,250,000	374M2	273M2	1,160,000

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

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\*Available for a limited time. Conditions apply.

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**VALLEY VIEWS, PASTURE IN HUE - NEAR TAUPAKI** 4 3 2 **\$1,595,000**

**81 Stoney Creek Drive, Waitakere**  
Asking Price \$1,595,000

Pasture and park like surrounding ignite the most idyllic, peaceful and playful home, shedding, grazing and kids playground imaginable. A contemporary and modern four bedroom, two bathroom home, over two levels, elevated, tranquil and private with the most outstanding valley and bush views. Open plan kitchen and dining area flowing seamlessly out to a large deck, making entertaining a breeze. Separate lounge area which opens up to Westerly decking over-looking a lush garden, lawn and entertaining area leading to a grazing paddock. Internal access triple car garage makes life easier for the tools and toys, with a separate 12m x 9m shed providing workshop space and storage, includes a separate room and bathroom, delivers options for extra room for guests or independent family members.

[www.mikepero.com/RX2109381](http://www.mikepero.com/RX2109381)



**Graham McIntyre**  
027 632 0421



**FRESHLY FORMED** 4 1 2 **By Negotiation** **NEW ON THE INSIDE - CHARACTER BUNGALOW OUTSIDE** 3 1 **\$879,000**

**40 Lumbarda Drive, Kumeu**  
By Negotiation

Looking for a quality build offering four bedrooms, two bathrooms and garage for toys, tools or home gym, this is the new home for you. Newly finished and offered for sale as surplus to requirements, this Golstruct home delivers a cool, open plan entertainers living environment coupled with wide sliders opening to North West patio and lawn area.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX2066146](http://www.mikepero.com/RX2066146)

**1014 Coatesville-Riverhead Highway, Riverhead**  
Open Home Asking Price \$879,000

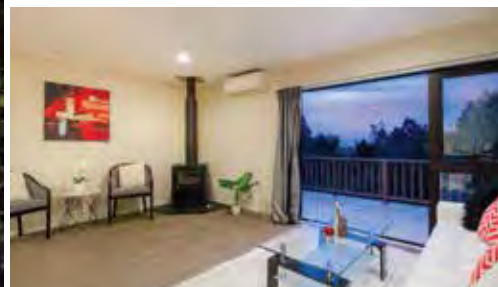
A beautifully finished and landscaped contemporary bungalow offering a very modern open plan living out to sunny North-West facing. Landscaped to deliver privacy and modern contemporary. The home boasts three generous bedrooms and comfortable bathroom off the central hallway with ample storage all on one level.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/R1814073](http://www.mikepero.com/R1814073)





## IEWS TO THE TASMAN SEA

4 2 2

By Negotiation

### 94 Hinau Road, Waimauku

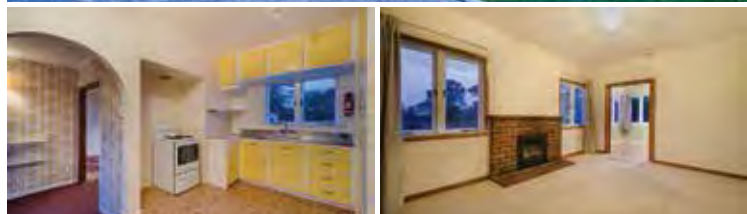
By Negotiation

Set on almost 1.5 acres of gentle sloping land with a bush framed vista to the Tasman Sea. This 1980's period build offering a delightful upstairs/downstairs home within a glade of gardens and native plantings, out of the wind and positioned to mingle with the Tuis and Wood Pigeons. Good space upstairs with three rooms and open plan living, linking alfresco to the east and west while downstairs has a bathroom, bedroom plus living area, double garage and workshop. Not short on space and offering some cosmetic uplift opportunity for you to apply your personal touch of colour and style. All the foundations for an extended family or having friends or guests stay over. In close proximity to beautiful coastal walkways, Waimauku Primary School, Parks and West Coast Beaches, make this your living and your Yang.

[www.mikepero.com/RX2066197](http://www.mikepero.com/RX2066197)



**Graham McIntyre**  
027 632 0421



## BEAUTIFUL CHARACTER BUNGALOW

3 2 1

By Negotiation

### 94 McEntee Road, Waitakere

By Negotiation

Classic 1960's bungalow offering three generous bedrooms, one bathroom, separate kitchen, separate dining, separate lounge and separate laundry area. You will appreciate this property for its character, its pedigree and longevity. An independent double garage and large fully fenced section completes this offering which is honest and substantial.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX2071416](http://www.mikepero.com/RX2071416)

## NORTHWEST ASPECT COUNTRY COTTAGE

2 2 1

By Negotiation

### 203 Mangakura Road, Helensville

By Negotiation

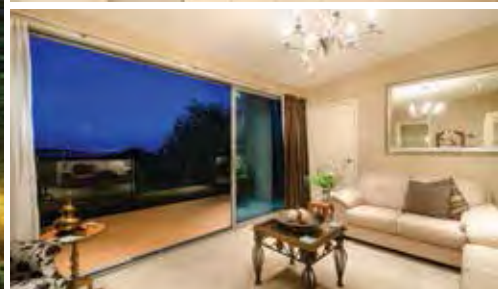
Nestled in a quiet glade overlooking most of its 1.5 hectares is this very private country cottage. Offering a feel of ambience, a touch of nostalgia and a tranquil place of relaxing contemplation. If you are seeking land and home that oozes personality and character, this is one that will feature high on your list.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX2066202](http://www.mikepero.com/RX2066202)





**CITY LIGHTS, SEA VIEWS, CHINESE WATER GARDEN** 3 2 3 **\$1,599,000**

## 5A Bernleigh Terrace, West Harbour

Asking Price \$1,599,000

Electric entry gates, full fencing in a quiet cul-de-sac location surrounded by high end and exclusive, million dollar homes. It is a perfect home for an executive couple that wants the convenience of lock up and leave, and the flexibility to have family or guests stay, providing them their own space so that you can live together but with independence and privacy. In addition the home has an extensive tandem double garage which could serve the interests of a home business, workshop or storage feature. Extensive landscaping, water feature and the best of the best with style, features and finishing. If you want the best of the best, you have to look for it, understand why, and enjoy the benefits that it delivers. This home has been designed for the sun and the extensive views.

[www.mikepero.com/RX2080143](http://www.mikepero.com/RX2080143)



**Graham McIntyre**  
027 632 0421



**ENTERTAINERS HOME** 4 2 2 **\$1,179,000**

## 8 Archer Rayner Place, Greenhithe

Asking Price \$1,179,000

Excellent design meets five star construction, this Universal home delivers the best of modern living with modern materials. The home offers: Four bedrooms, Two bathrooms, Two lounges, Double Internal garage and Two alfresco entertaining environments. Set on a North facing aspect, the home has a front to back split, giving the open plan living environment almost a regal introduction from the entrance.

[www.mikepero.com/RX2017773](http://www.mikepero.com/RX2017773)



**Graham McIntyre**  
027 632 0421

**TWO BEDROOM HOME** 2 1 1

**By Negotiation**

## 291 Hobsonville Road, Hobsonville

By Negotiation

A flat fully fenced section with a very tidy, refurbished two bedroom home. This brick and weatherboard home delivers a world of convenience. Offering two generous bedrooms, central bathroom and single garage. An open plan kitchen, dining, living that steps out to a north facing patio delivering generous sun and established planting in a private setting.

[www.mikepero.com/RX2077529](http://www.mikepero.com/RX2077529)



**Graham McIntyre**  
027 632 0421





## FIRST HOME BUYERS POTENTIAL PLUS

3 1 1

By Negotiation

### 36 Arlette Place, Massey

By Negotiation

Owner is relocating. Now is your opportunity to secure this solid three bedroom home on a freehold elevated site. Located in a safe and secure cul de sac, fully fenced and hidden from the road, a private sunny oasis awaits one lucky family. Open plan living, kitchen and dining extend out to a deck surrounded by tropical plantings. A wood-fire provides warmth and comfort in the winter. Abundant parking on a long driveway and the convenience of a basement garage and workshop. Plenty of room in the garden for the kids and pets to play, climb the magnificent walnut tree or jump on a tramp.

[www.mikepero.com/RX2105955](http://www.mikepero.com/RX2105955)



**Cherry Kingsley-Smith**  
021 888 824



## BEST APARTMENT LIVING

2 2

\$679,000

### 204B/160 Hobsonville Point Road, Hobsonville

Asking Price \$679,000

Two beds! Two bathrooms! Two car parks! Safe and secure! Step inside to open plan modern, spacious living and dining, a well appointed kitchen with breakfast bar and quality appliance package included. Two bedrooms, main bathroom, master ensuite and walk in wardrobe complete the design. The deck offers indoor / outdoor living for that morning cup of tea, glass of wine or alfresco dining.

[www.mikepero.com/RX2075126](http://www.mikepero.com/RX2075126)



**Cherry Kingsley-Smith**  
021 888 824

## STUNNING COASTAL LIVING

4 2 2

By Negotiation

### 105 Buckley Avenue, Hobsonville Point

By Negotiation

Located in the sought after Sunderland precinct of Hobsonville Point is this gorgeous and spacious Willis Bond four bedroom sun and light filled home, enjoying water views across the Inner Harbour. Less than a year old, this beautiful home features a superior build with quality fittings and appliances throughout and the enduring qualities of a solid brick construction.

[www.mikepero.com/RX2071867](http://www.mikepero.com/RX2071867)



**Cherry Kingsley-Smith**  
021 888 824





## THE COMPLETE LIFESTYLE PACKAGE

4 1 1

By Negotiation

### 7 Kaipara Lake Road, South Head

By Negotiation

Set high overlooking the exclusive Tupare Estate is this fully renovated four bedroom home. Open plan living with great indoor outdoor flow to a huge deck make this home an entertainers delight. The commanding view of the Kaipara Harbour is panoramic. The harbour can be accessed from the Tupare Estate's private boat ramp. This 16,699 sqm or 4.12 acre property is divided into four paddocks of improved pasture, great soil. There are two paddocks with animal shelters and one with a three bay shed with a concrete floor and two roller doors, all paddocks have reticulated water from the estate bore.

[www.mikepero.com/RX2039027](http://www.mikepero.com/RX2039027)



**Lyndsay Kerr**  
027 554 4240



## LAND WITH VIEWS, MULTIPLE SITES

By Negotiation

### Kiwitahi Road, Helensville

By Negotiation

Hill top location, overlooking the Woodhill Valley over to the Tasman Ocean and up to the Kaipara Harbour. With over 2.9 hectares (7 acres) of rolling hill country delivering full fencing, good/ easy access. Includes a small parcel of covenanted bush which intersects with a small duck pond on the property. Title issued, no covenants affecting your plans on this north-west facing masterpiece.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX2066456](http://www.mikepero.com/RX2066456)

## THE PERFECT LIFESTYLE PROPERTY

4 2 2

By Negotiation

### 535 Peak Road, Kaukapakapa

By Negotiation

Nestled on the side of the hill this property enjoys north facing panoramic views of the surrounding countryside. A spacious four large bedroom home provides plenty of room. A large open plan kitchen with breakfast bar opens out to the dining area and the lounge, there is also a large media/ family room which opens out on to the two level deck. There is plenty of grazing on this 3.1 ha property (7.66 acres).



**Lyndsay Kerr**  
027 554 4240

[www.mikepero.com/RX1803721](http://www.mikepero.com/RX1803721)

# Home & Garden

## Kawau Blinds always a shade better

Kawau Blinds has had a busy start to spring and now we realise Christmas is only weeks away. Are you getting visitors for Christmas? Now is the time to get that blind on the spare room window, insect screens on windows, or an awning in the outdoor area ready for Christmas dinner and visitors.



As the cut off time for all window dressings is fast approaching get your order in now so all you have to do is sit back and enjoy yourself. We have a huge range of fabrics for you to choose from, plenty of options across our range of products. Seniors discounts apply. Call us today so you don't miss out on pre-Christmas delivery 021 026 20387 email [kawaublinds@gmail.com](mailto:kawaublinds@gmail.com) or [www.kawaublinds.com](http://www.kawaublinds.com) No job too big or too small.

## Waimauku Garden Club

Keep the 3rd Thursday in the month free. That is always our day out.

In October Fernielea Cafe in Coatesville treated us to savoury and sweet scones, jam and cream, tea and coffee, giving us time to sit and catch up with each other.

Staying local, we were welcomed to Rosie Lea, a retirement lifestyle property. They had built a home, landscaping the grounds and planting trees and flowers.

It was magnificent. From the elevated house level we looked down to the pond and over paddocks to see the Arapawa sheep who had

their eyes fixed on us and looking somewhat stand-offish. Only two came towards the bucket of food or hands waiting to feed them.

To access the lower level we were treated to the grandchildren's names on each step, colourfully displayed. You could observe other obvious grandchildren input as you moved to the orchard and secluded vegetable garden, raised beds, screened to keep pukeko out. Thank you Liz.

From bare canvas to peaceful and magnificent park.

On the way through Riverhead we stopped at The Black Studio and had a chance to see what was for sale. Some of us were tempted.

After this short stop we headed over to The Hunting Lodge Cafe for a platter lunch and a look at their organic vegetable garden.

Annette at Awa Nurseries completed our wonderful day out by taking us through this spic and span nursery to show us what they sell as well as looking behind the scenes of a nursery business. We were able to meet some of the longtime local workers too. Of course we were able to buy plants as well.

Coming up on November 21, we are off to the bottom end of Waiheke on The Red Boat. Tea, coffee and a picnic lunch included in the cost.

December 19 .End of year, Christmas Lunch at the Muriwai Golf Club. February 20. Botanic Gardens Sculpture Trail and Hospice Garden. March 19.Clevedon. Possible new garden and sculpture park. April 16. Two new gardens in Drury/Bombay. A truly local day out enjoyed by all. Contacts:Althea 09 412 7752, Bette 021 145 1854, Diana 027 478 8928, Judith 027 272 9994, Veronica 027 755 4645.

## Subtropical garden

With the recent weather we have been having and summer to come, it is a great time to consider the favourite of many gardeners, the subtropical garden. The warmth and humidity can produce astonishing growth rates which can appease even the most impatient gardener.



At Awa Nursery, we have many plants which are tailor made for the subtropical garden, flowering spectacularly or that lush shiny foliage. Vireya rhododendrons are in stock which grow superbly in the subtropical garden, brightening up your garden with its long flowering period. So many colours and flowering intermittently throughout the year, these are a firm favourite. Cannas are now back in stock with their bold foliage and exotic flowers making a big splash with very little effort.

Consider the new Ligularia Rukuhia Beauty with its smaller growth

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# Home & Garden

habit to that of the Tractor Seat or the strappy Clivia with that splash of orange. Bromeliads look fantastic in the tropical garden. Palms – umbrella palm, bangalow, kentia, sugar cane, nikau, Lepidozamia to mention a few complete the picture. From large palms to the small black Mondo Grass, there is plenty of choices for those wishing to add to their existing subtropical themed garden or starting afresh. Take the plunge and come and visit Awa Nursery for ideas and inspiration.

## Palmers Westgate

The Silly Season is upon us. Avoid the queues at the mall and do your Christmas Shopping at Palmers Westgate!

There's plenty of gift inspiration in store for every person on your list.

From outdoor games, books for all ages, quirky retro toys, giftware and treats, to terrariums and houseplants that are wrapped and ready to give.

Plus join us for our late night on December 19th and enjoy stress free shopping, free gift wrapping and great gift ideas.

Merry Christmas from the team at Palmers Westgate. Palmers Westgate | Corner of Maki and Northside Drive, Westgate. Open 7 days from 8.30am. Phone 09 810 8385 | www.palmers.co.nz.



## Laser Plumbing and Roofing Whenuapai

What can Laser Whenuapai offer you??

Maintenance Plumbing – for all your plumbing needs, from basic tap washers, leaking pipes, the dreaded blocked toilets, or gas work, our maintenance plumbers are here to help – 24 hours a day.

Drainage – our qualified drainlayers can perform a full range of drainage repairs and replacements through to new drainage jobs – both storm water and wastewater. We offer a state of the art drain unblocking service, CCTV inspection service and a dedicated tip truck and digger to get the drainage work done.

Roofing – We find and fix roof leaks. We also offer all roofing



services...from repairs and gutter cleans right through to full re-roof.

Project Plumbing –We are specialists in new home plumbing, design and installation as well as home renovations. We also have extensive knowledge and experience in commercial plumbing. Contact us today and we will help manage your project.

Laser Whenuapai has been trading since 1985 – so choosing us means choosing a solid, reliable and experienced company that you can depend on. Not only can we offer you total solutions for all your plumbing, drainage or roofing needs, we stand by all our jobs by offering warranties...and always use quality New Zealand made products.

Get in touch with us today on 09 417 0110 or whenupai@laserplumbing.co.nz. We are open five days a week from 7am-4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Whenuapai.

## Livestock Report

Cattle sold exceptionally well at Pukekohe, with prices fabulous for all classes of cattle. Recent strong grass growth and the promise of more rain has buyers in great form. Killable cattle just continue on recent strong trends, despite some cattle being more forward than actually fat. Young cattle from yearling to weaners, both heifers and steers, just sell very well.

Cattle	Lowest Price	Highest Price
Medium prime steers	\$1,700	\$1,715
Good forward 2-year steers	\$1,395	
Good 15-month steers	\$1,025	\$1,140
Other 15-month steers	\$900	\$1,030
Light yearling steers	\$700	\$825
Weaner steers	\$590	\$680
Best prime heifers	\$1,350	\$1,600
Light 20-month Hereford heifers	\$1,140	
Plain x-bred yearling heifers	\$680	\$950
Weaner heifers	\$540	\$760
Light heifers	\$400	\$488
Boner cows	\$1,070	\$1,650
Light cows	\$570	\$990
Bulls	\$1,640	\$1,950
Fat lambs	\$139	\$200
Spring lambs	\$159	\$181
Rams	\$130	\$135
Hoggets	\$120	\$130
Ewes	\$100	\$160

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# Central's Tips

## December 2019



The holidays are here and it's a great time to escape out to the garden. Plant edible flowers to bring some extra wow to your salads, harvest ready garlic and protect tomatoes from getting blemishes.

And don't forget to take some time out and relax.



### Harvest ready garlic

Make sure to let garlic dry out in the sun after you've pulled it up. Plaiting it and hanging in a cool, dry area will not only look great but will help preserve it to be used over the coming months.

### In the Edible Garden

- **Sun scorch on tomatoes:** an unsightly blemish can form on tomatoes where plants are situated in bright sunlight. Cover with shade cloth over the heat of the day to keep them nice and red
- **Harvesting garlic:** when the tops of garlic begin to wither it's a sign that the cloves are ready. Pull out the entire plant, then let it lie on the soil in the sun for a few days to dry off. Storage by hanging in a cool dry area (plaiting is great), will keep it ready to use for months
- **Flowers for food, bees and butterflies:** edible violas, calendulas and nasturtiums look great in the vegetable patch as well as the summer salad. Add lavenders and flowering thyme plants for bees. When it comes to butterflies include plenty of blue echium and salvias that are attractive to them
- Last chance to throw some **sunflower seeds** in – they are available in both tall and short types, great fun in the summer garden

### The rest of the Garden

- Create a **pretty shade garden** by planting fuchsias and impatiens beneath tree canopies or amongst shrubs. These plants flower happily in low light over summer and autumn
- **Top up a birdbath** or an elevated dish of water during the hot summer months to give the birds and beneficial insects some respite against the heat.
- **Recycle:** Use grey water (washing up water from floors, handwashing or a bucket in the shower) to top up pots and prized plants. It's amazing how this can get you into a good 'watering routine' when your plants need it most
- **Blue** is a very cooling colour for heat which is why we see hydrangeas, tall salvias and agapanthus used around gardens for summer blooming. It can also give an illusion of depth in a garden
- **Liquid feed** everything around the garden, particularly newly planted annuals and perennials, and potted plants

## Project for December

### Create a beach-themed garden

Take the beach home to your place by theming your garden. Central Landscapes has crushed shell, sand and rustic sleepers to help create the look.

For all the products you'll need for your project visit [www.centrallandscapes.co.nz](http://www.centrallandscapes.co.nz)







# We dig hot summers

Wishing you a great holiday break enjoying your outdoors. Come and see us for all your summer landscape projects.



Visit your local yard: **Central Landscape Supplies Swanson**

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**Open Hours:** Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm

**Holiday Dates:** Closed 24<sup>th</sup> - 27<sup>th</sup> Dec • Open 28<sup>th</sup> - 30<sup>th</sup> Dec

**Closed** 31<sup>st</sup> Dec - 2<sup>nd</sup> Jan • Back to normal from the 3<sup>rd</sup> Jan

# Build New

## Signature Homes - architectural design

Building a new home can be a stressful time. Fortunately at Signature Homes we aim to work alongside you to ensure your build journey is enjoyable and runs as smoothly as possible. We have a number of services in place to ensure a professional, efficient build experience.

One essential step is facilitating all your design needs, be it a house and land package, subdivision, knockdown and rebuild, or a custom design and build concept.

We are continuously developing ways to streamline your experience. An area of progress in our Nor-west office is within our architectural design team. We have relationships with a number of architects but felt the need for an in-house team member to be constantly on hand to meet with or consult regarding design.

Following a lengthy recruitment process we are pleased to introduce Daniel Yang, as our new Architectural Designer. Daniel joins us with a Bachelor in Architecture, Master of Architecture (Prof) Hons. from



Auckland University, and is a Licensed Building Practitioner (Design). He has previously worked for Isthmus, GNR Studio, MC2 Architects and worked independently as a contractor.

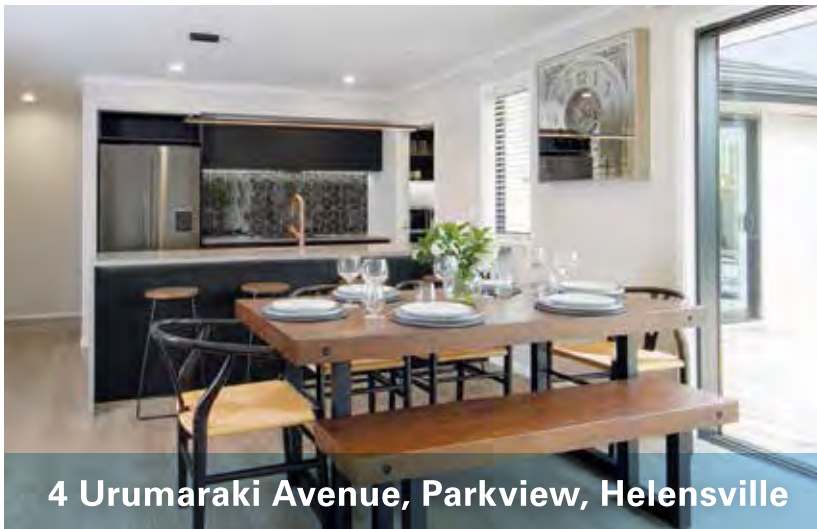
He is fluent in Mandarin and English. Daniel loves the outdoors, enjoying hiking and fitness in the gym and playing badminton. Originally from China, educated in New Zealand, with family locally and abroad.

Daniel has a lovely manner, fabulous sense of humour, a wealth of knowledge in local architecture and has an admirable work ethic. We welcome him to our team and are excited for you to meet him.

## Planning to build a new home is really exciting

It is the culmination of all your hard work and financial success. The point where you go from admiring the trends and comforts that fuelled your inspirations and fattened your scrap book, to finally deciding how you will start living them!

Who you decide to go on the building journey with is an important factor and will ensure your building equation starts off, as a positive, and remains there until



4 Urumaraki Avenue, Parkview, Helensville



6 Urumaraki Avenue, Parkview, Helensville

## TWO EXCITING SHOWHOMES

If you're thinking of building and looking for ideas and inspiration then make this your first step.

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G.J. Gardner. **HOMES**



# Build New

hand over and beyond. The team need to be people you can put your trust in and feel comfortable working with. So 'fit' between yourself and your builder is a biggie.

Once you have chosen your builder getting them involved early is recommended - as soon as you decide you are going to build. Designing and building your home is personal to you so having your builder guide you through the stages specific to your new home build and handle any requests that occur during the process makes things easy. If you are looking to build new, contact me for a no obligation 'getting started' phone call. Scott 027 406 3684.

## Why are new homes more energy efficient?

The average New Zealand home uses over \$2,000 worth of energy every year - even more in cold climates. A large proportion of this energy goes into heating, which in many homes pours out through single-glazed windows, ceilings and gaps under doors.

Well-built, energy efficient, brand new homes are different - they keep cool during summer and warm during winter. They also use less energy for a variety of other household necessities like heating hot water.

Most homes in New Zealand aren't particularly energy efficient. This obviously means they generate a bigger power bill, but it can have more serious implications.

Homes that aren't energy or water efficient are often unhealthy or unsafe to live in. They may have gaps in their exterior which let in cold air and make the property harder to heat. This may also make the home damp or mouldy, which can cause respiratory illnesses or exacerbate eczema - particularly in children.

Insulation - If your home doesn't have insulation at or above the new Healthy Homes standards, it'll leak heat through thousands of tiny gaps when the weather is cold.

Thankfully, all new homes are built at or above these standards with high grade floor, ceiling and wall insulation that'll keep you warm even in the depths of winter.

Double glazing - Kiwi homes lose up to 40% of their warmth in winter through their windows. The best way to stop that from happening is double glazing. Having this in your home keeps the warmth in and makes your windows more soundproof.

All new homes should be built with double glazed windows as it's very expensive to install them in existing properties that have single glazed windows.

Lighting - Old homes often have old and inefficient wiring and lighting. Newer homes, on the other hand, usually feature LED lighting which can last 15 to 100 times longer than halogen bulbs and use less than a third of the energy.

Whenever Golstruct build a home we only use the best - super efficient slim profile LED lighting. Plus if you want a few extra power points and down lights installed we'll usually leave them off the bill since they're so energy efficient!

Golstruct homes - Ian Sullivan , 022 580 0200, 0800 465 787, ian@golstructhomes.co.nz - Show Home at 175 Matua Road, Huapai.

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# Pets

## Canine body language

According to ACC - New Zealanders reported over 14,379 dog bites in 2018, costing over \$5,925,000. Women are more likely to be bitten than men 7,722 compared to 6,657. People aged between 55-59 are more likely to be bitten, 1,069 reported. Children under the age of 14 received 2,495.

Many bites are unreported or are not captured in ACC reporting for multiple reasons. But the fact is that dog bites are on the increase.

Coming in to summer we are going to again see an increase in dog bites if we don't start to implement a few basic rules.

1. Never try to touch a dog without the owner's permission.

Basically this means - ask first. Don't approach a dog if it is on its own, for example if it's outside a supermarket, shop, café or wherever.

We hear this all the time but what does that mean and can we rely on the owner to understand if the dog is happy to be touched or not. Most times yes ...but; as is always the case there are the exceptions. At a dog show a few years ago I watched as a couple of children approached an owner to ask if they could stroke her dog. The dog hid behind the owner. She told the children that it was ok and then dragged her dog around so that the children could pat it. Fortunately one of the people I was with intervened and asked the children if they thought the dog wanted to be patted as the owner had just dragged the dog from behind her? They said no - but even though they knew that the dog did not want to be patted they were still going to pat it as the owner had said it was ok. The dog had done everything in its power to move away from a situation it did not like but because of the circumstances it was in it couldn't. This could



have turned out to be one of those stories we see on the news of a child being bitten.

As parents we need to work with our children to help them to understand the do's and do nots when it comes to interacting with dogs, including dogs that belong to us or to friends or outside of the home.

Teaching your children basic canine body language is something that Kids Safe with Dogs Charitable Trust is doing. Going into daycare, primary, intermediate and colleges to help our youth understand how to behave around dogs.

The Dog Safe Workplace is working with them to bring Canine Body Language classes either online or Face-2-Face to communities to help us keep safe around dogs. If you would like any further information please contact Joanna Clough on jo@dogsafeworkplace.com.

## Kanika Park Cat Retreat

Summer care for cats - keeping your cat cool



Ice cubes can be fun for cats. Watch your cat push them around and pounce. Fill a hot water bottle with cold tap water for your cat to lie on. Put some ice cubes in their water bowl. Rinse out a balloon, fill it with water, tie a knot and freeze overnight. Remove the balloon and place in a baking tray.

Keeping your cat safe - Never lock pets in cars: Pets can quickly overheat and develop heatstroke. Water: Make sure fresh water is available, have a few bowls inside and out.

Sun Protection: If your cat is fair skinned and goes outside, apply a cat safe sunscreen on nose and ears.

Fleas: Especially bad during the hotter months.

Elderly, obese and kittens: These cats are less tolerant of heat.

Signs of heatstroke - Cats can get heatstroke and develop skin cancer from sunburn like people. Some signs of heatstroke; Agitation, stretching out and breathing rapidly, extreme distress, skin hot to touch, glazed eyes and vomiting and drooling.

If your cat is behaving oddly and you notice any skin changes during hot days contact your vet.

Kanika Park Cat Retreat has air con to keep our facility cool during summer. The full article is on our facebook page.

To view P: 027 5501406 | E: info@kanikapark.nz | FB: facebook.



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# Pets

com/kanikapark.

## Dog&Co

Hi, I'm Kirsty the photographer behind Dog&Co. Photography. Utilising beautiful locations around Auckland, I'm passionate about using natural light to create vibrant & photographic art of your pets as well as the bond you share with them. Whether it's your pet, the whole family, your kids, an engagement or maternity shoot, or even pre-wedding photos. I do it all! And not to mention we are lucky enough in West Auckland to have some of the most gorgeous locations so near by...! I have done some of my absolute favourite photoshoots at Bethells and Muriwai beaches (especially at sunset!) I would love to hear from you if you want to capture some memories!



On another note - that festive time of the year is coming around again where we have to frantically figure out what to buy as gifts for those who are special to us! How on Earth do we figure out something new and exciting...and equally heartfelt? Well if someone you love is a pet owner, I have the perfect idea for you! I offer gift vouchers for my photo sessions! I couldn't imagine a more special gift than that of everlasting keepsakes of one's pet or family. Christmas is sorted! For

more information about organising a photoshoot or a gift voucher feel free to visit my website for more info and to get in touch! [www.dogandco.nz](http://www.dogandco.nz).

## 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 [www.thenzcatfoundation.org.nz](http://www.thenzcatfoundation.org.nz). Phone 09 412 2636 or 021 929 999 for further information.



## \$85 = Exposure for a month

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

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# Food & Beverage

## New season, new menu

Besides our garden, one of the most commented-on elements of Allely Estate is our food. Our chefs are so talented and passionate about what they do - and it shows on the plate. We often see guests taking sneaky snaps of their plate before they start eating and it's not unusual for us to get emails from guests after the event saying how good the food was - our chefs really are that good.



To keep them feeling excited about what they do, we change up the menu each season. Some of the new items for the season ahead include the always-popular eye fillet, wrapped in bacon and grilled on buttery crushed potato, with baked mushroom and shallots with a red wine jus - and it's gluten free!

How about our posh take on steak, eggs and chips: a seared New York-cut sirloin, served with crispy potato batons, watercress, poached egg and a béarnaise sauce?

Our gourmet BBQ is also proving a popular choice this season for corporate events and Christmas parties - easy, fun, and so delicious.

But our brides seem to be most excited about our new desserts: our opera torte, selection of macarons (including strawberries and cream, lemon meringue and passionfruit!) and luxurious caramel and praline tart. Yum!

Have dietary or cultural requirements? Just ask! [www.allelyestate.co.nz](http://www.allelyestate.co.nz) or 09 412 7206.

## Festive Elderflower spritzer

This non-alcoholic refreshing elderflower spritzer is perfect to enjoy with family and friends over the festive season. Certified organic dried elderflowers are available from our website. [NewZealandHerbalBrew.co.nz](http://NewZealandHerbalBrew.co.nz).



Elderflower Spritzer Recipe

Ingredients: 1x heaped teaspoon of dried elderflowers, 1x large chopped strawberry, Juice of half an orange, 1x teaspoon maple syrup or honey (optional), Ice, 150ml of boiled water to make the tea, 150ml sparkling mineral water, 2x small strawberries (or other berries) to garnish

Method: Make the elderflower tea by adding 150ml of boiling water to a cup with the dried elderflowers and chopped strawberry and allow the tea to steep for 3-5 minutes. Strain and allow the tea to cool until it is tepid. To a glass, add the juice from the orange, the maple syrup and the cooled elderflower tea. Stir well. Next add 150ml of sparkling mineral water along with the strawberry garnish. Add some ice to top up the beverage. Serve immediately and enjoy.

## Soljans Café

As summer rolls in its time for us to roll out this year's summer cocktails. Our Fusion Frosé went so well last year that we've brought it back and added a Piña Colada to the menu too.

These two stunning cocktails are perfect for a hot summer's day, here at Soljans with a nice cheese board and some good company.

The Fusion Frosé is a delicious rosé based blended cocktail, topped with our Fusion rosé to give it that extra bit of sparkle. While the Piña Colada is your classic island getaway in a glass, available both alcoholic and non-alcoholic for the drivers.

Our café is open from 10 am weekdays and 9 am weekends till 3 pm, timing perfect with the prime sun hours. It's the perfect way to spend a Saturday! Call the café directly on 09 412 2680 to book your table now.



## Westbrook

Westbrook is your local friendly winery, 'just up the road' at 215 Ararimu Valley Road, Waimauku. You are invited to visit us and try some of our delicious wines along with a wine-matched platter - a Westbrook specialty. Not all food goes with all wine and not



all wine goes with all food. So we have taken away all the guesswork. Our Sauvignon Blanc and Pinot Gris go especially well with our brand-spanking new Hot-Smoked Salmon Platter, sustainably-sourced salmon smoked with love from the Matakana Smokehouse... you know we like to keep it local. The Cellar Door is open 11am - 5pm daily and has six current-release wines available for tasting. Pick your favourite and stay on for a glass of wine and a platter to suit our

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# Food & Beverage

amazing Chardonnay, aromatic or red wines. For group bookings or more info call 09 411 9924 or email [info@westbrook.co.nz](mailto:info@westbrook.co.nz). Drop in and say howdy.

## Café Botannix

Salutations to the silly season as we entertain with the 2019 Christmas Function degustation 3-course menu. Full of delicacies such as the cranberry stuffed chicken, glazed ham, summer pavlova or sticky date pudding, the menu is dressed to impress with Christmas attire and seasonal produce.

Alternatively, there is the Christmas High Tea that offers decadent tiers of Christmas nibbles, such as chocolate dipped strawberries and deep-fried camembert with apricot.

Numbers are limited so please book for your Christmas function.

Open 7 days from 8.30am.

Phone 09 810 8385 | [www.palmers.co.nz/cafe-botannix](http://www.palmers.co.nz/cafe-botannix).



## Dairy-free isocream and diabetes NZ approval

The team at IsoCream would like to bring you two pieces of exciting news.

First, many of you will be familiar with IsoCream – the high protein, low calorie, low carb, low fat, gluten free, 1% sugar ice cream made here in New Zealand. If that wasn't enough, we responded to customer demand and are pleased to have introduced a new product to our range. IsoCream Hemp, a dairy-free variety made with hemp protein. Available in Vanilla and Chocolate, this product ticks all the boxes for a sweet, guilt-free treat, for those seeking or needing a dairy-free option. At only 102 calories (Vanilla) and 113 calories (Chocolate) per serve, this clean green IsoCream could be your new go-to healthy indulgence. Hemp IsoCream is available at selected stores in West Auckland and indeed around NZ.

Secondly, IsoCream is proud to be one of only two Diabetes NZ-approved frozen desserts. The Ministry of Health estimates that 200,000 people in NZ have been diagnosed with diabetes and that another 100,000 are as yet undiagnosed. Managing diabetes can be a constant challenge. Those affected by diabetes, and their families, friends and colleagues, now have a new dessert option. Available in

a range of flavours, including favourites Salted Caramel and Cookies & Cream, as well as the Hemp ones referred to above, the only dilemma might be making your selection! Visit [www.isocream.co.nz](http://www.isocream.co.nz) for a list of stockists.

## Liberty Brewing Co. New Zealand champion

Helensville brewing business Liberty Brewing Co. won the Champion Award for Medium New Zealand Brewery and two Best in Class Trophies – Halo for New Zealand Styles and Yakima Monster for International Pale Ale at the 2019 NZ Brewer's Guild Awards.

The brewery also won a medal for every beer it entered - six golds, five silvers and three bronzes, and an Industry Award for best packaging through a recent rebrand of their entire range by Wellington creative agency Doublefish.

The night came to a perfect head with Liberty taking out Champion New Zealand Brewery, among more than 900 entries for the awards.

"Yeah, not a bad 10-year anniversary present", says chief brewer Joe Wood.

"We're absolutely stoked, and can't believe our luck really, especially to take the Champion Awards in such good company. We were up against some seriously impressive competition."

Liberty Brewing Co. was founded by Joe and Christina Wood in 2009, starting life as a way for the pair to promote their homebrew supplies business.

Demand quickly outgrew the small brewery in their Taranaki garage, leading them to briefly team up with Hallertau Brewery in Riverhead before moving into their own brewhouse in Helensville.

Seven people are in the team and this year Liberty opened a tasting room, where staff share free drinks after work, and fans can enjoy one



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# Food & Beverage

of a dozen beers on tap from Friday to Sunday.

Brewed and bottled at 69 Mill Rd, Helensville, Liberty beers is stocked at supermarkets, liquor stores and bars nationwide.

Visit [www.libertybrewing.co.nz](http://www.libertybrewing.co.nz) for more information.

## Let's celebrate 2019

It's nearly Christmas and all the staff at The Fireplace, are super excited to announce our 2019 christmas lucky draw.

WE want to give back to our loyal customers and thank you ALL for your support for 2019. We are giving away - dinner for 4 people - valued at \$200 (Conditions apply).



Next time you visit [www.facebook.com/TheFireplaceBarandRestaurant/](http://www.facebook.com/TheFireplaceBarandRestaurant/), simply write your name and number on the back of the receipt and pop your entry into the box at the front desk ... easy!

Please help by spreading this message to your friends who have visited us during the year, we wouldn't want them to miss out.

The winner will be drawn Monday 2nd December! Good luck and see you soon.

## The perfect Christmas gift for someone who 'has everything'

This Christmas, why not consider a gift pack of gorgeous gourmet chutney or relish as a tasty treat? It's always handy to have these on hand to liven up some home cooking or serve as part of an antipasto platter when unexpected guests pop in. And if you order online now, you'll get FREE delivery so it couldn't be easier.



The NoShortcuts range of artisan chutneys, relishes and jam are all handmade – just like mum made, chockful of natural ingredients and containing no artificial flavours, colours or preservatives.

You can select which of these products go in your gift pack (either 2 or 3 jars); Beetroot or Gherkin Relish, Sambal Ulek, Tamarillo Chutney, Thai Tomato, or the award winning Feijoa Kasundi, Mustard Pickle or

Feijoa & Ginger Jam.

Just \$20.00 for the 2 pack and \$30.00 for the 3 pack. To purchase with FREE delivery North Island wide, go to [www.noshortcuts.co.nz](http://www.noshortcuts.co.nz).

## Peko Peko

At Peko Peko, we promise to our customers that we use only rice bran oil, free-range chicken, free-range eggs, Himalayan pink salt and local produce as best as we can. We are dedicated to providing healthy Japanese food to our customers by cooking homemade with unique and original recipes.

Making fresh salad daily has been a very important role for us. Most of our food include homemade sauces therefore we know what we are providing to our customers. Please follow our Facebook and Instagram pages to check our latest updates. We are located at 102C Hobsonville Rd. 09 416 1197.



## The Rainbow Whisk

As summer rolls around, come and enjoy our view at the Hobsonville Marina. We have a new menu and are now serving Atomic coffee. As we get closer to Christmas, we will be progressing into serving meals on Friday and Saturday evening. These will be Filipino themed but will include some traditional staples - burger, fish, and chips. Kelly and Pam will be more than happy to accommodate any dietary requirements and are now catering for those on the Keto diet with a variety of sweet food and a new themed menu finding its way to you.



To please your sweet tooth, try our new waffle menu for you to try. Don't forget our famous monster shakes for the kids! Our details are on our facebook - [therainbowwhisknz](https://www.facebook.com/therainbowwhisknz).

You can find us behind the Vivo hairdressers before you go down the stairs to the Flagship restaurant and bar. We are also on Uber Eats should you want to stay in!



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# Food & Beverage

## The Vietnamese Cafe and Restaurant

The Vietnamese Cafe & Restaurant offers Northern Viet Nam flavours. We stick to authentic flavours. Coming to the festive season, The Vietnamese offers 10% discount on food from now till 31/12/19 from 17:00 to 19:00.



We open 7 days now with the new opening hours:

Mon - Wed: 16:00-21:00. Thu-Sat: 11:00-22:00. Sun 11:00-21:00.

## Christmas dinner looks a little different these days

My English parents emigrated to NZ after the war and they raised my siblings and me on meat and three vegetables – carrots, peas or cabbage and mashed potatoes.

Every day.

By the age of 15, I was vegetarian and making my own food but it was difficult to cook when the ingredients I wanted weren't available in our house.

As a teen growing up in Auckland my favourite restaurant became Gopals in Queen Street and so began a love of Indian food, vegetables, lentils, chickpeas – food full of flavour and variety.

I was vegetarian until my first pregnancy when I craved all sorts of weird meaty things and then with children to feed, I just ate the same as they did for many years.

After a while though, I realised I couldn't eat a lot of food without getting bad stomach pain and alternating between constipation and diarrhoea. Realising I don't tolerate gluten or dairy well was hard initially but now the food choices are limitless and I've actually gone full circle back to my vegetarian roots – lots of delicious food from around the world.

We are having a family reunion at Christmas, my two children who live overseas are bringing their partners "home" for a holiday.

Christmas day is going to be interesting, one daughter and her husband are vegans, my other daughter and her partner are leaning that way; my husband and three sons eat anything – the boys like quite a lot of meat – and then there's me – pescatarian, (fish no meat

or chicken), gluten & dairy free.

What on earth are we going to eat on Christmas day??

I've been puzzling on that all week and still not had any ideas.

What will be will be, none of us will go hungry, we will be together – and that's what Christmas is all about.

Merry Christmas everyone. Sally Avison. Brave & Blissful Health Coaching. Phone 021 131 6656.

## Hallertau x Woodhill MTB

Hallertau have always enjoyed the patronage of hungry and thirsty mountain bikers on their way back from Woodhill. All adults renewing their 6 month and annual Woodhill MTB passes now receive a complementary 1 litre Hallertau flagon which will be filled with the Hallertau brew of their choice. Finish your trail with a cleansing ale!



## \$85 = Exposure for a month

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

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# Health & Beauty

## PINC and STEEL cancer rehab

At NorthWest Physio + we have our fully qualified cancer rehab physiotherapists Laura and James who are here to support, guide and rehabilitate people through every stage of their cancer journey.

The PINC and STEEL rehabilitation programmes are divided into 4 phases. This allows us to provide physiotherapy support right from diagnosis, through surgery and treatment, working with you on personalised goals for as long as you need.

We tailor all our sessions specifically for your needs from 1:1 physiotherapy to group classes. We are here to help those with any cancer type and various sources of funding are available to those who need.

To find out more about physiotherapy and cancer and how we can help you please contact Laura at NorthWest Physio+ on: laura@nwphysioplus.co.nz or 09 412 2945.



## Kumeu Gym

Give Yourself the Gift of Fitness with Kumeu Gym's 2020 New Years 4 Week Body Reboot!!

Want to have a plan following your Christmas and New Years indulgences? Looking for that extra special Christmas Gift?

Kumeu Gym are running their Four Week New Years Body Reboot in the months of January and February.

What this gives you; 9 Point Body Composition and Girth Measurements at the beginning and end. Four Week Detox Meal

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Plan. Access to our SMART Personal Training (Group Personal Training AM and PM 6 days a week (valued at \$260). Mindset / Goal Setting Tasks to keep you on track. Access to our Smart Personal Training Facebook Page for support and encouragement. Flexible start dates running from 6 - 31 January. Join with a significant other and save more. Special Voucher if this is a Christmas Gift.

Cost: \$180 for one (saving \$80). \$300 for two (saving \$220).

When you set your 2020 New Years Goals, have a plan!

For more information or to sign up now go to: [www.kumeugym.co.nz/4-week-body-reboot.html](http://www.kumeugym.co.nz/4-week-body-reboot.html) Terms and Conditions apply - please see above website link for more information.

## Do you or someone you know play rugby?

Have you had a recent sport injury? Common rugby injuries: UCL/ RCL sprain and Fractures.

Common netball injuries: PIP joint sprains including collateral ligaments and volar plate injuries, Finger fractures, At the Hand Institute: We are specialists in dealing with injuries of the upper-limb, anything from the elbow to the finger tip. We can initiate your ACC claim, you do not need to see your GP first. We can send you for any diagnostic x-rays and provide splints and casts when required. We will help you with rehabilitation to get you back to you previous activities as soon as possible. Call us at Huapai on 09 412 8558 or Rosedale on 09 479 8438.

## Want to perform better over Christmas?

We have talked about how you are in charge of your chiropractic care, and how long you choose to benefit from care is about how much you want to get out of it. For some people, moving outside the pain-zone is all they want. For others, it is about getting the absolute most out of life.

We experience our lives through our nervous system. Your spine protects this delicate and powerful system. This is why it is so important to make sure your spine is functioning at its best. It allows the brain and nervous



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# Health & Beauty

system to properly communicate with your body, which enhances your overall health and wellbeing.

So, if you are curious as to how well you could be functioning, or if you already know that you have got more to give, phone us now for an appointment.

It is also time for our annual Food Drive. We are collecting any non-perishable goods for families in need over the Christmas period. This will be distributed by a local organisation to the families of the Nor-West that need it most. As always, Kumeu Chiropractic will match all donations in the hope that it will make a difference in our community over the holidays.

Please feel free to drop any donations to our office during our working hours. Thank you in advance ... and Merry Christmas. See you next year. Kumeu Chiropractic. 8 Shamrock Drive, Kumeu. Phone 09 412 5536.

## Can't have a white Christmas?

At least you can have WHITE TEETH!

It is the season to be jolly and indulge in a few festive treats. But it won't be just our waistlines taking a hit this Christmas.

Throughout the party season we will be increasing our intake of sugar, so it's vital we take extra special care of our teeth and gums.

A few tips from Kumeu Dental: Drink plenty of water and chew sugarless gum often. Wait at least 20 minutes after your last snack or glass of wine before brushing your teeth, as any kind of acid will temporarily weaken your enamel. Rinse straight after coffee or red wine to maintain the good results from your last whitening treatment. And talking about whitening, here is the good news:

Our highly in demand Whitening December Special is here, so if you would like to have pearly whites this Christmas, ring us on 09 412 9507 and ask our friendly receptionists how we can help brighten your smile, while keeping your wallet smiling too.

## Be sun smart

As we approach the summer months I thought I'd write something about the importance of protecting our skin from the sun. The skin is not often thought of as an organ, but this is exactly what it is. It

plays an important role in protecting us from the environment - from water, heat, infections, and the sun. It also keeps everything where it should be. But like any organ, it can be damaged and one of the main causes of damage to the skin is the sun. In this country, we are aware of the risks of the sun, that being said, I still see several cases of severe sunburn every year. Probably most worryingly, however, is that New Zealand has the highest melanoma rate in the world (Ministry of Health NZ).

This statistic is due to a number of factors, but the main issue I want to put across here, is that we need to be cautious in the sun. I am fully aware that we love the sunshine. It is part of the New Zealand culture to spend time outside when the sun is shining. That being said, please plan ahead. Wear suitable clothing. Wear a hat with a wide brim. When selecting a sunscreen, choose one with a high SPF (such as 50+). The World Health Organisation recommends reapplying this every 2 hours, or after working, swimming, or exercising outdoors. They also recommend avoiding the sun when it is at its strongest. This is between the hours of 10am and 4pm. Babies should always be kept out of the sun. Please remember that children's fragile skin is particularly susceptible to the sun. I completely understand how difficult it is putting sunscreen on a toddler. I have found that making a game out of it can help, and explaining to my child that if she wants to go outside she must put on her cream, wear a hat and cover up. Unfortunately this is the price we pay for living in this beautiful country. Dr Isabelle Duck is a GP at Silverdale Medical.

## "What's in my foot?!"

Feel like you have glass or a thorn in your foot but don't remember standing on anything? You may well have a corn or a verruca. While these two lesions produce similar symptoms in the foot, they are quite different from each other and therefore their treatments differ. A corn is a densely packed cylindrical mass of dead tissue, with the tip pointing into you. They generally form over areas of high pressure,

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# Health & Beauty

such as bony prominences or scar tissue. Corns are generally found on the toes and forefoot but can also be on the heel or midfoot. They can be easily and painlessly removed by a Podiatrist. The difficulty with corns is that if the pressure that caused them is still present, they will return, your Podiatrist should discuss with you ways in which you can reduce the chance of them returning.

Verrucae are viral lesions that have a cauliflower like appearance. Like all viruses, they are contagious so can be picked up from other family members or at communal bathing or changing facilities. The virus takes over the skin cells and starts growing larger. The body is always working to clear viruses, and sometimes verrucae clear on their own. If they don't it tends to be either because the immune system is unaware the verruca is there (because they are on the skin it is harder to detect the presence of a virus), or because the immune system is focusing on other more pressing matters e.g. growing, keeping you well etc. If you are continually sick, the body will not prioritise clearing the verruca, it will instead focus on getting you well. Treatment of verrucae therefore is dual sided - supporting the immune system to do what it does well - clear viruses, and applying a topical treatment to treat the verruca from the outside. Generally topical treatments work effectively if the verruca is young, however if it has been there for longer than a few years surgical and laser treatments are the next options. Both of these work well, provided the immune system is strong!

For corn and verruca treatment (and other lower limb queries) give the team at Hobsonville Podiatry a call on 09 3904 184.

## Five ways to protect your back on your summer road trip

With Christmas and school holidays just around the corner, a lot of us will be heading away on holiday or doing some travelling. Here are 5 simple tips to help protect your back during your trip.

1. Be careful packing and unpacking the car and protect your back (especially when reaching into the back of the boot).
2. Maintain good posture when sitting in the car. Try not to slouch and use the lumbar support and headrests.
3. Have regular breaks during the drive. Our spines need movement, so stop half way for a stretch.
4. Know when to stop and have a break. If you are feeling a little stiff and sore, stop and have a rest.
5. Stretch before and after the trip.

Elevate Chiropractic, [www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz) // Shop 1, 10 Greenhithe Road. Phone 09 413 5312.

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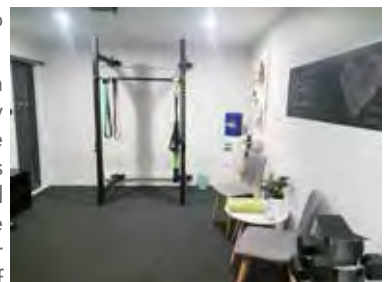
413A Hobsonville Road, opposite Unichem Pharmacy.



## Are you tired of yo-yo diets and boring workouts?

Fed up losing weight only to gain it all back again?

I was having a conversation with a very talented lady yesterday and she was super kind to give me permission to share this with you. She opened up and starting telling me about all the times she has done 'diets or programmes' and lost heaps of weight. Of course I congratulated her because YES it was amazing that she had lost all the weight.



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# Health & Beauty

However I then asked her "so if this has helped you to lose weight in the past & you saw great results, what is it that has brought you to me today?"

Her response almost had me in tears..... "I am here because yes I got results after I followed really strict eating plans & exercise regimes for a few months. BUT I found that it was too hard to stick to with my work & family commitments. For example all the food to prepare for me & then on top of that I would make a separate meal for the family. Once I had the results I wanted, I found myself slipping back into old habits and slowly over the next few months gained it all back again. This was so depressing and before I knew it I had put on an extra 5kg on top of that too! I then started another diet/ regime and spent the next few months losing it again, only to find myself start repeating the same patterns as life would get busy & I would feel guilty for putting my needs etc in front of my family & work deadlines."

Our conversation continued to find out what her triggers or habits were that were hindering her results. We came to a conclusion that short term diets with short term weight loss were not what she wanted. As with most women, she wanted something that was simple, effective & she could easily fit into her busy schedule to create the healthy life long changes she wanted. We put a plan together that not only got her feeling happy, healthy and more confident but has helped her to get results that have lasted & easy to maintain too – because now it wasn't a phase, it was a lifestyle choice .

TIP: Focus on weight maintenance (small changes that you can easily stick to every day) VS weight loss (fads, diets, short term results). When you create a healthy lifestyle, your body will thank you and start dropping the kilos off slowly but consistently & give you the body you want & love for a lifetime.

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## Shoe Talk's tips

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.



**Gillian Wiltshire D.O.**

**Registered Osteopath  
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0212330413  
[gill.wiltshire@gmail.com](mailto:gill.wiltshire@gmail.com)**

- 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 mould 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!

## The "2020 vision" for your local optometrists

A new year brings a fresh start and resolutions for most. For the team at Westgate Optometrists the upcoming New Year will be particularly momentous. We have been the original & exclusive optometry practice at Westgate Shopping Centre in Massey for many years. Attracting a loyal clientele by providing consistent and outstanding customer care, we endeavor to continue to provide the same high standard of attentive service in 2020 however we will be doing so from a brand new premises. Don't worry we're not going far, just down the road in fact. As of January next year you can find us at 4/46 Maki Street, opposite Kiwibank and NorthWest Mall and just around the corner from Goode Brothers.



We wish you all a very merry Christmas and look forward to seeing you for all of your eye care needs in the New Year. Phone: 09 831 0202 - Website: [www.westopt.nz](http://www.westopt.nz).

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# Area Columnists

## The Travel Brokers

I am just back from a wonderful week's break in Fiji, a reward trip for the Top 10 of The Travel Brokers of Helloworld (of 120 Brokers nationwide). We had a night at the gorgeous Sofitel Waitui Adults only Beach Club, then did a 4 night Blue Lagoon Cruise in the upper Yasawa Islands. A lovely small ship, just 30 cabins, fantastic



snorkelling, swimming in the sacred Sawa-l-lau caves, and the blue lagoon itself (Of the Brooke Shields movie fame) plus village & school visits with a really interesting intro into the good things that www.vinakafiji.org do. This is a charitable organisation, supported by Blue Lagoon Cruises & South Seas cruises, helping to look after the school education as well as the people who fish these waters - how to preserve the coral and look after the marine life, and general health care of the remote village people in the upper Yasawas.

She operates a 3 night cruise of the lower Yasawa islands, and then a 4 night cruise of the upper Yasawas, and if you do these back to back, you will have a 7 night cruise.

Be in quick and you may still be able to get one of their fantastic current specials, with limited availability:

Pay for 3 nights and get the 4 night cruise

Pay for 4 nights and get the 7 night cruise

I hope you all have a wonderful, safe, fun & relaxing Christmas break with your loved ones

The Travel Brokers support Kids Can as our charity of choice. So in lieu of sending our Christmas cards to my clients annually, I make a donation to Kids Can. www.kidscan.org.nz.

Europe Earlybirds are out now for travel to Europe for our winter / their summer 2020. There are amazing deals on offer for "fly free"

or huge discounts, with selected river cruises or coach tours, the benefits are certainly worth it for booking & depositing early to lock in your holiday now.

Please feel free to phone or email me, or make an appointment to meet me in my office in Waimauku.

Wherever in the world you want to go, I'd love to help you get there, let my 25 years travel experience enhance yours!

Tanya Franklin, your local Travel Broker, a member of helloworld. Home office 09 411 9105 or 021 254 9169 or email: tanya@ttb.co.nz www.thetravelbrokers.co.nz/tanyafranklin/aboutme.

## Caring for communities

Volunteers at Citizens Advice Bureau Helensville wrap up 2019 knowing they've gone the extra mile.

About 20 volunteers have helped clients in their coverage area from Kumeu to Kaukapakapa.

"It's not just about giving directions, signing papers and collecting data. It's not just a checklist service and our clients are not just statistics. We provide a simple, sincere and scarce service," says Rani Timoti, board secretary.

It's about providing the wholistic experience- manaakitanga (kindness), kotahitanga (togetherness), whanaungatanga (valuing everyone) and rangatiratanga (excellence).

Practical support has featured popular JP clinics; use of computer, phone and photocopy; CV typing and maps and information for visitors and tourists.

Volunteers continually learn from working alongside and empowering clients while using local knowledge of services and communities.

Highlights over 2019 include:

- \*Significant support for clients needing financial advice and debts cleared through our budget clinics

- \*Winning a highly commended award at the North West Business Awards

- \*A successful fundraising trip to Gibbs Farm with donations to the community

- \*Our popular community window displays for organisations and groups

The Helensville office closes over Christmas from December 20 at 3pm and re-opens on January 13 from 10am. Visit [www.cab.org.nz](http://www.cab.org.nz)



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# Area Columnists

for more information.

## Getting back to basics – harvesting

At Country Bears we are very fortunate to have space, so gardening and growing of vegetables, flowers and herbs are a very popular activity for our children. Ask a child where fruit and vegetables come from, and their response might possibly be "the supermarket" or "the freezer". Giving the



children repetitive experiences centered on the growth cycle from seed to harvest, empowers the children in their understanding of where fruit, vegetables, flowers and herbs come from.

Part of our outdoor programme is our garden; this plays an important part within our curriculum. The children learn many things from this experience, including what work is involved in keeping a garden; different types of plants and seedlings and how to care for these so we have fruit and vegetables to eat; working in a natural environment and understanding the impact the weather has on the growth of our garden; the language and words that they may not

have heard before, such as generic plant names and processes such as composting and worm farming; it is an activity that can be both solitary and group based. Gardening is a very sensory experience incorporating some, if not all, of the senses at different times, creating a holistic and rewarding experience for children.

Using empty strawberry and blueberry containers and our numerous gardens around the centre, we are teaching the children how to grow, maintain and watch the growth of our produce. A variety of vegetable and flower seedlings were recently planted, giving the children opportunities to learn that from a seed, produce or beauty begins to grow. Throughout this experience, the children will use mathematics, science and physical skills, along with communication, information gathering, problem-solving & social, co-operative skills.

This project required the children to transfer the dirt from the bag into the containers to plant the seeds in, top them off with more soil and water them. They took turns with their peers, followed instructions from the teachers, and used their gross and fine motor skills.

We will be watching in anticipation for the sprouts to appear and then will measure their growth, waiting patiently until the time is right for us to harvest. Then we shall reap the rewards; nature's healthy, vibrant, beautiful bounty!

If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: [www.facebook.com/cbearscc](http://www.facebook.com/cbearscc) or website [www.countrybears.co.nz](http://www.countrybears.co.nz).



## A GOOD BEGINNING LASTS A lifetime

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# Area Columnists

## Phelan's Local Board update

It is a huge honour to have been elected Chair of the Rodney Local Board at our swearing-in meeting in early November.

Last terms' Chair, Beth Houlbrooke, has been a tireless cheerleader for Rodney. She developed an excellent working relationship with the Mayor and Councillors, staff and management and most of all with the Board. Beth has most importantly ensured we maintained a focus on delivering our three-year plan, and worked with the Board to form a consensus on our goals, clearly demonstrated by the fact that in three years only three votes weren't unanimous.

I am encouraged to see that the Mayor intends to take a hard look at Council Controlled Organisations (CCO's). Auckland Transport is a source of frustration for many in Rodney. There are some great staff in that organisation who are as frustrated as I am with the mixed results. In a democracy, you cannot have an organisation spending billions of ratepayers dollars that appears not to communicate, engage or be accountable to the community that funds its activities.

It is now almost two years since the Local Government Commission released its report on the North Rodney breakaway application. We have yet to see meaningful progress on the recommendations which included better engagement and communication; Local Board offices in Rodney so our community has better access to our meetings and Board members; and a balancing of the funding inequalities we have compared to other parts of Auckland due to Rodney District Council constrained ability to fund facilities. I would like to see these recommendations need to be acted upon over the next twelve months.

Over the last five years, the population in Rodney has grown by over 10,000 making us the second-fastest growing ward in Auckland. This growth is set to continue. The Local Board must ensure we

are focused on meeting the needs of our growing towns while not neglecting our rural residents, this requires thoughtful balancing.

I look forward to continuing the excellent work of our previous Chair and the Local Board to maintain productive relationships, consensus and a focus on delivering results for all Rodney residents.

Your Local Board members are;

Phelan Pirrie - 021 837 167 phelan.pirrie@aucklandcouncil.govt.nz.

Brent Bailey - 021 730 892 brent.bailey@aucklandcouncil.govt.nz.

Danielle Hancock - 021 195 9826 danielle.hancock@aucklandcouncil.govt.nz.

Vicki Kenny - 027 670 9968 vicki.kenny@aucklandcouncil.govt.nz.

## Rarotonga holiday – helloworld travel

If you like "pina colodas and getting caught in the rain!" Words of an old classic song Escape from the late 70s.

Well, you can do both of those things in Rarotonga. And this is what my lovely wife, Lisa and I did recently when we went to Rarotonga for the very first time to celebrate our 30th

wedding anniversary. It was the perfect place to relax and get away from the hustle and bustle of city life. We flew Virgin Australia and travelled in their Economy X seats. These are great value, for just an extra \$55\* per person per direction over and above your economy class airfare, you get priority check in, priority baggage and get extra leg room plus you are able to board with Business class and get served first in the economy class cabin. While VA arrive late you do make up for this lost time on your last day as you leave late in the evening. When we landed, this is where we got caught in the rain, well a tropical downpour actually, having to cross the tarmac to the arrivals hall, no covered bridges here. We were greeted by friendly staff and a small group of singers, who welcomed us into the airport and their country. We split our trip into two, 3 night stays. Our first stop was at the Edgewater Resort on the northwest side of the main island and is the largest of the resorts on the island and very much caters for big groups and families. We stayed in a Beachfront Deluxe room on the third floor where we overlooked the lagoon. From here we witnessed two amazing sunsets. You can go for a lovely walk along the beach and snorkel directly off the sand at this resort. Rarotonga is about 35km round and is serviced by a clockwise and anti-clockwise bus system. We spent our last three nights at the lovely Moana Sands Lagoon Resort located at the south





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# Area Columnists

end of the wonderful Muri Lagoon on the eastern side of the island. This is an adults only resort that has just 24 rooms overlooking a stunning 20 metre pool. This boutique property is compact but has great outdoor space. The rooms are beautifully appointed and the property has the latest equipment in kayaks, reef shoes and snorkel gear, all complementary. From the front of the property you can take romantic walks along a beautiful beach, wade into the lagoon to explore the coral or kayak further into the lagoon to discover the sea life. Laguna Restaurant is on site and is fabulous. We had wonderful dinners every night and at very reasonable prices too. This is where the pina colodas come in, happy hour here runs from 11am to 7pm and the PCs are only NZD\$10\*\*. We soon got talking with other guests in this very friendly environment and listened to some good stories and had plenty of laughs which made for a great stay. In summary, Rarotonga has very much a bach feel about it with no footpaths to speak of around the bulk of the island, reminding you of the good ol' days and this is its charm. We loved Rarotonga, you can relax straight away and we will definitely visit again, next time with friends. Our reflection of Rarotonga is like the song, we had gone back in time, back to the 70s and it was a great Escape. If you want to know more please contact Neil Harkin, travel consultant at helloworld Hobsonville - 09 4161799 or email neil.harkin@helloworld.co.nz

P.S Please don't ask me to sing the song! \*Subject to change by VA

\*\*Bar prices and hours are subject to change by Laguna Restaurant.

## Chris Penk MP

As I write this column, my calendar still reads "November" so it feels pretty early to be reflecting on 2019. That's all the more so given how quickly the year has gone - at least for me - but in any case Christmas will soon be upon us!

The last twelve months have been busy for me, as your local MP, with plenty of local issues to handle, along with the hustle and bustle of Parliamentary politics most weeks of course.

The great majority of local issues that my office and I have been handling could be described as infrastructure-related. The story of West and Northwest Auckland in recent decades has been one of growth and, if we are honest, growing pains. The chapter marked

"2019" in that story will be no exception.

I've made a point of reaching out to all schools in the Helensville electorate (of which there are nearly 30) and noted the need for ongoing investment in classrooms and, in some areas, whole new schools to match population growth. I've advocated transport solutions - public and private alike - in countless meetings with decision makers. I've continued to ask for communications and energy networks to provide for our rural and other remote communities much better than they currently do.

I'm sure that everyone reading this will have had a busy year as well and I'd like to acknowledge with gratitude all the wonderful work that's done for our community by so many of you. Volunteers have kept our collective wheels turning, in particular, so please allow me to thank you on behalf of the community (as is my unique privilege, as your elected representative) for another 12 months of selfless service.

Please take care over the upcoming Christmas-New Year period, whether you're earning or learning, caring or volunteering. Let's give our amazing emergency services much less worrying work to do on the roads and in the surf this summer.

## Why volunteer?

Children watch everything you do. By being a leader, you'll show them first-hand how volunteering makes a difference and how good it feels to help other people and enact change. We all love that warm feeling when something clicks for someone and they are able to do what they didn't think they could do, that sense of achievement and purpose. That's only a tiny part of what volunteers get out of being part of Scouting NZ. Research has shown that volunteering counteracts stress, increases community integration, enhances self-confidence, provides a sense of purpose and helps you stay physically healthy. All these benefits, and it doesn't cost a cent! Not only this, but research shows that youth who see volunteers are more likely to be volunteer's in the future. Remember, today's youth really are tomorrow's leaders, and our youth need a variety of leaders to be their role models. There are people out there who think they have no skills in this field, but you would be truly surprised at what value each individual brings. Sometimes those who think

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# Area Columnists

they have the least to give find they are the most needed. Don't miss your opportunity to benefit by being one of our volunteers. You will enhance your links within the community, meet new people, have a chance to enhance your interpersonal skills and all in a supported environment and while having fun.

We have several Scout Groups in the North West Auckland areas that need new Leaders, if you want to come along and see for yourself, or if you want experience with working with youth. i.e. a trainee teacher then get in touch. You can email me at [zl.waitoru@zone.scouts.nz](mailto:zl.waitoru@zone.scouts.nz). Craig Paltridge. Waitoru Zone Leader.

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## Shake up or shape up

The Auckland Council elections are completed and Phil Goff has been returned to power as the mayor of Auckland. So, the topical question is, what might be different under his reign from the previous three years?

Under his first term, Councillors were divided into two factions. Those supporters of Goff, were called by the media the "A team" and those who were not in the clique were dubbed the "B team".

One change we are likely to see is the mayor employing a far more inclusive leadership style with all the Councillors.

This has already been evidenced to me in my early meetings with the mayor. There is no doubt in my mind of his intent to improve on his first-term relationships. This will be beneficial for NorWest Rodney. By way of example, through the mayor employing a listening ear, advocating to central government to alleviate SH16 traffic congestion, gaining better roading maintenance standards, and dramatically increasing the rate of delivery of the road sealing programme have all been endorsed as projects he will champion with me. These endorsements and support are very different from what I experienced last term. My job is to ensure these are indeed delivered as wins for NorWest Rodney.

It is my opinion a key action the mayor must undertake, in order to instill greater confidence and trust about the council, is to commission an independent review of the performance of the Council Controlled Organisations (CCOs). This is something he promised on the election hustings.

There is a strong undercurrent of concern that ordinary ratepayers are being marginalised and citizens' rights' increasingly over-ridden by all-powerful CCO bureaucracies. To his credit Mayor Goff has formally announced that he will be reining in the city's CCOs. This should be seen as more good news.

The people of Rodney have expressed frustration with the CCOs' performance and delivery, along with their poor levels of responsiveness when issues are lodged with them. The five CCOs are Auckland Transport (AT), Panuku Development Auckland, Watercare, Auckland Tourism Events and Economic Development



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# Area Columnists

(ATEED), and Regional Facilities Auckland (RFA). Collectively they control over 50 per cent of all council's (your rates) spending.

The review will be conducted independently of Auckland Council staff and will include, amongst other things, if any of the CCOs should be abolished, or downsized, or even amalgamated back into Auckland Council. The primary driver is what value for money are each really delivering?

Mayor Goff wants the independent panel up and running before Christmas with the findings delivered by mid-next year. That's pretty quick!

I'm predicting the review will be good for the NorWest, particularly in the roading space by getting better bang for our buck from Auckland Transport, and better customer service levels in general. I will update you if this "shake up" is "shaping up" as we all might be hoping.

Stopping council's wastage and overspending remains a primary focus for me.

## Kip McGrath Education Centres

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"You think learning is hard - yes? But after you come to Kip McGrath you will change your mind. The teachers are nice, caring and awesome. Kip McGrath can help you with maths, English and reading. I have learnt as much as a person would in a year, and I've only been at Kip McGrath for just six months. The experience at Kip McGrath is worth trying. Like, if you are low in a subject, Kip McGrath can boost you up by miles. I learned that 'ea' makes the 'ee' sound and when you add 'ing' to 'try' you keep the 'y'.

So go to Kip McGrath and become the smartest in your room at school. Come and visit Kip McGrath - you won't regret it.

## Are you going on holiday?

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

Or even better, go away and have the 'best sleep' of the year.

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# Area Columnists

It's because you're on holiday...right?

What if it isn't?

What if that old bed at the bach or the caravan, tent or in the luxury hotel where you are staying, is just in a 'clear' GEOPATHIC STRESS free zone.

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

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

Notice when you are holiday, how you sleep, compared to home? Which one needs checking?

A simple building biology test of home could save sleepless nights in the future and 'home' could be the holiday!

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

## Where there is love, there is life

The truth is that where there is love, there IS life. Love is the power of the Universe, and everything is alive through an inexplicable power that could be called, ultimately, love. ... Feeling, projecting and giving love in any direction changes things.



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# Rural News

## Western ITM - your lifestyle property supplies specialist

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For further advice/information visit us instore today OR visit [westernitm.co.nz](http://westernitm.co.nz) for a free quotation. Western ITM Kumeu - 154 Main Road, Kumeu. Phone 09 412 8148. Open Mon-Sat.

## Selling a lifestyle property in a flat market

There has been a lot of talk and press recently about the slowdown of sales in the property market.

I believe the market is just taking a deep breath after enduring one of most frantic real estate periods this country has experienced. Strong pricing and no lack of buyers helped fuel this market with vendors cashing in on the increased value of their properties and it seemed an endless supply of buyers not wishing to be left behind in the market.

This market affected lifestyle properties more than other niche real estate markets.

With the rapidly rising cost of urban real estate a lot of potential lifestyle vendors shelved plans to sell their properties as, despite achieving good prices for their rural land, the cost of buying in town or perhaps a retirement property in the likes of Tauranga was outpacing their purchasing ability.

Now that episode is behind us we need to look at the market in a new light.

There will always be properties for sale and buyers looking to purchase.

This new market will give you the time to sell your property to your best advantage and allow you the time to consider what options are available to you as you move on to the next phase of your life.

It is time to get back to the basics of selling real estate.

If your property has been on the market for some time and you have had good traffic the problem is probably the price all other issues are secondary if the price is right. This could be a good time to take your property off the market and have a break from the pressures of keeping your home in that "it looks like nobody lives here look".

This break is the time to plan the sale of your home. No doubt there has been plenty of feedback from buyers and agents. Sit down and make a list of the things that people liked and a list of negative comments. Like "too dear", "too much money to be spent on it",

"too much maintenance", "too small", "too big" I could go on forever.

Now is the time to call an experienced real estate professional and review these comments and plan how you can market your properties strengths and review, cost, prioritise and remediate issues which may have had a negative effect on selling your home.

An experienced local agent will be able to advise you on what buyers are looking for in your area and what people are prepared to pay.

Once you have completed this exercise you should be refreshed and better armed to take your property to market and achieve your goal.

Please give me a call if you would like an obligation free opportunity to discuss how best to prepare your home to stand out in this more considered market.

Lyndsay Kerr, Mike Pero Real Estate Kumeu on 027 554 4240 or [lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com).

## Muriwai Tide Chart

Date	High	Low	High	Low	High
Sun 01 Dec	01:33	07:55	13:55	20:22	-
Mon 02 Dec	02:14	08:35	14:36	21:07	-
Tue 03 Dec	02:59	09:19	15:22	21:57	-
Wed 04 Dec	03:52	10:09	16:18	22:54	-
Thu 05 Dec	04:54	11:09	17:20	23:55	-
Fri 06 Dec	06:00	12:16	18:22	-	-
Sat 07 Dec	-	00:54	07:03	13:20	19:18
Sun 08 Dec	-	01:50	07:59	14:16	20:10
Mon 09 Dec	-	02:40	08:48	15:06	20:58
Tue 10 Dec	-	03:26	09:33	15:51	21:43
Wed 11 Dec	-	04:10	10:15	16:34	22:26
Thu 12 Dec	-	04:52	10:56	17:17	23:10
Fri 13 Dec	-	05:35	11:37	17:59	23:53
Sat 14 Dec	-	06:17	12:19	18:43	-
Sun 15 Dec	00:37	07:00	13:02	19:28	-
Mon 16 Dec	01:23	07:45	13:48	20:16	-
Tue 17 Dec	02:11	08:33	14:37	21:07	-
Wed 18 Dec	03:04	09:24	15:31	22:02	-
Thu 19 Dec	04:02	10:21	16:30	23:02	-
Fri 20 Dec	05:04	11:24	17:33	-	-
Sat 21 Dec	-	00:04	06:09	12:30	18:37
Sun 22 Dec	-	01:06	07:14	13:36	19:40
Mon 23 Dec	-	02:08	08:17	14:39	20:41
Tue 24 Dec	-	03:06	09:16	15:36	21:37
Wed 25 Dec	-	04:00	10:09	16:27	22:28
Thu 26 Dec	-	04:49	10:56	17:15	23:15
Fri 27 Dec	-	05:34	11:39	17:59	23:57
Sat 28 Dec	-	06:15	12:19	18:40	-
Sun 29 Dec	00:37	06:55	12:56	19:20	-
Mon 30 Dec	01:14	07:33	13:32	19:59	-
Tue 31 Dec	01:51	08:10	14:08	20:37	-

Source: LINZ. Daylight Saving; Please note that tide times have





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